

Diary: At a Glance

From April 2019

Mondays

Alliance Francaise French 10am-12pm 1-3pm 6:30-8:30pm
 Acroyoga 6pm -9pm
 Exeter College—Art in the Evening 6:30pm-9pm
 Exe Pottery Open Studio 6pm-9pm
 Global Centre Book Club: 7pm-8:30pm

Tuesdays

Exeter College –Spanish Beginners 10am to 12pm
 PD Active Yoga 10am-11am
 Exeter College –Spanish Intermediate 1pm to 3pm
 Alliance Francaise French 10am-12pm 1-3pm 6:30-8:30pm
 Exeter College—Life Drawing 6pm-8:45pm
 Yoga To De-Stress 6pm-7pm
 Exeter Aikido 7pm-8:30pm
 Yoga For Healthy Living 5:45pm-7:15pm, 7:30pm-9pm
 Spectrum Choir 7:30-9:30

Wednesdays

Alliance Francaise French 10am-12pm 1-3pm 6:30-8:30pm
 French Post - Intermediate Language & Culture 10:30am-12:30pm
 The People's Acupuncture Project 12pm-6pm
 Exeter College Art—Watercolour and Drawing 1pm-3:30pm
 Wren Choir 7pm-9pm

Thursdays

Alliance Francaise French 10am-12pm 1-3pm 6:30-8:30pm
 Yoga To De-Stress 10am-11am
 Exeter College- French Intermediate 10:30-12:30pm
 Gentle Yoga for Arthritis & Similar Conditions 11:45-12:45pm
 Global Centre World at Lunch 1pm-2pm
 Iyengar Yoga 6:30pm-8pm
 Exeter Street Choir 7pm -9pm

Fridays

Gentle Yet Strong Yoga 10:30am-11:30am
 WEA-Poetry and History 2:30pm to 4:30pm
 Exeter Aikido 7pm-9pm

Saturdays

Mindful Relaxation (monthly) 10:30am-12:30pm
 Mornings of Mindfulness (monthly) 9:30am- 12:30pm

Map showing the location of Exeter Community Centre.



Exeter Community Centre

17 St David's Hill
 Exeter
 EX4 3RG

Phone: 01392 420549
 E-mail: admin@eccentre.org
 Website: www.eccentre.org
 Twitter: @exetercommunity

The Centre has good wheelchair access and disabled parking.
 Please phone to reserve your parking space.

The Mulberry Tree Café is open from 8.30am-4pm Monday-Friday.
 Phone: Alex on 07957 195770
themulberrytreecafe@gmail.com

Brochure date 06/04/2019



Activities and Events at Exeter Community Centre Summer Term 2019

Issue 1

Tel: 01392 420549

Information on classes at the centre



Art in the Evening

Mon: 6:30pm-9:00pm

Room: Art Room

Cost: £156 £51 Reduced fee

Starts: April 29th (10 weeks)

Learn basic drawing, looking at line, tone & colour. Try out pastels, watercolour, acrylics & oils. Drawing pad (A3 size), pencil and rubber required.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Exe Pottery Open Studio

Mon: 6am-9pm April 1st, 8th, & 15th May 6th, 13th, & 20th, June 3rd, 10th, & 17th

Pottery:

Suggested Donation: £35/month fee, or £5/hour for occasional use. The studio will be open for aspiring potters to come in and work with some basic support. Purchase clay at the studio or bring your own.

Contact: ratsyfang@hotmail.com



Spanish Intermediate

Tues: 10 weeks 1pm-3pm

Room: TBC

Cost: £128 or £44 Reduced fee

Starts: April 30th (10 weeks)

This is a course for those that have already attended the beginners course or already have a basic knowledge of Spanish. You will build on your knowledge of and skills enabling you to cope with more challenging everyday situations and you will gain more confidence in speaking and listening.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Acro Yoga Foundations

Mon: 6pm-7:30pm

Room: Haldon

Acroyoga Foundations is a class for those new to Acroyoga or those who wish to refine the fundamentals.

Acro Yoga Open Jam

Mon: 7:30pm to 9pm

Room: Haldon

The Acroyoga Open Jam is a safe place for all levels to come and practice. The Jam is not a led class however teachers are present to provide guidance.

Cost: £7 or £12 if you attend Foundations & Jam
Acroyoga is a blending together of the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing Arts. These three lineages form the foundation of a practice that cultivates trust, playfulness, and community.

Contact: yogawithjules@hotmail.co.uk
<http://www.yogawithjules.co.uk>



PDYoga (Parkinson's Disease)

Tues: Active Yoga (based on Ashtanga Primary series): 10am- 11am

Fri: Gentle but strong Yoga 10:30am-11.30am

Cost: 1st session £7; Thereafter £42 for 6 sessions

Room: Dinham

Build muscle strength, flexibility, confidence and a solid foundation for physical activity, overall health and well-being.

Contact: Dawn Williams on 07891 015713
dawnwilliamsyoga@gmail.com



Yoga For Healthy Living

Tues: 5:45pm-7:15pm & 7.30pm-9.00pm

Room: Ballroom

Cost: £85 or £26 Concession

Starts: April 30th (10 weeks)

Improve health, balance and flexibility with this mindful practice of postures, breathing exercises, meditation and relaxation.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500



Spanish Beginners

Tues: 10 weeks 10am-12pm

Room: TBC

Cost: £128 or £44 Concession

Starts: April 30th (10 weeks)

For complete beginners with no prior knowledge or those who wish to brush up their skills. You will learn the language you need for basic survival in Spanish speaking countries, including how to ask for information and have short conversations in a variety of settings.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Life Drawing:

Tues: 6pm-8:45pm

Room: Northernhay Room

Cost: £193 or £88 Concession

Starts: April 30th (10 weeks)

Working directly from the model, with individual tuition, you will learn drawing techniques- line tone, colour and abstracting. Paper, pencil and rubber required (or any other preferred medium).

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.

Information on classes at the centre



De-Stress with Yoga

Tues: 6pm – 7pm
Thurs: 10am-11:30am
Room: Haldon Room

Cost: Tues_Special offer 5 classes for £35 and get the 6th session free or Drop-in rate £7.

Thurs_Special offer 5 classes for £40 and get the 6th one free or drop-in rate £8

Starts: Ongoing

Ashtanga Primary Series-based class for beginners to intermediate levels.

For more information contact Dawn on 07891015713 or dawnwilliamsyoga@gmail.com



Aikido

Tues: 7pm –8:30pm
& Fri: 7pm-9pm

Room: Dinham Room

Cost: £35 per month (Concessionary fee £28) plus £15 insurance per annum

Starts: ongoing_ Join anytime.

The first class is free. Aikido is a Japanese method of self-defence. It is fundamentally non-aggressive and non-competitive. The strikes, throws, locks and pins can be used to neutralise and immobilise aggressors without causing them injury, if you so choose. Exeter Aikido is a technical and Budo based Aikido, soft but dynamic. The Instructors at Exeter Aikido have all received their grades in Japan. Please visit our website www.exeteraikido.co.uk or phone 01392 496787 for more information.



Spectrum Choir

Tues: 7:30pm-9:30pm

Room: Haldon

Cost: £3-£5 1st session free.

Starts: Ongoing

Devon's choir for all lesbian, gay, bisexual & transgendered people & their friends. Come along and join us for a fun, social, great sounding time! No singing experience or auditions necessary!

Contact: hello@spectrumdevon.org.uk, visit spectrum-devon.org.uk or find us on Facebook.



French Post - Intermediate Language & Culture

Weds: 10.30pm-12:30pm
Room: Heavitree

Cost: £128 or £44 Concession

Starts: May 1st (10 weeks)

This is a course for those that have already attended the beginners course or already have a basic knowledge of French. You will build on your knowledge of and skills enabling you to cope with more challenging everyday situations and you will gain more confidence in speaking and listening.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



The Peoples Acupuncture Project

Weds: 12pm-6pm

Cost: Our ambition is to provide quality acupuncture to everyone who needs it, whatever their financial means.

Our fees are based on a sliding scale from £15-£30, per treatment session. Pay whatever you can afford.

Room: Haldon Room

Book in advance: We treat a wide range of conditions including chronic illness, injury and pain, as well as giving emotional support for general well-being.

Contact: www.peoplesacupunctureproject.com info@peoplesacupunctureproject.com
Call: 07444718395



Art: Watercolour and Drawing

Weds: 1pm–3:30pm

Room: Art Room

Cost: £156 or £51 Concession

Starts: May 1st (10 weeks)

You will work at your own pace in observational & expressive art techniques, from still life to landscape studies. Suitable for beginners or more experienced students.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



French Beginners (Part-2)

Weds: 1pm-3pm

Room: Heavitree

Cost: £128 or £44 Reduced fee

Starts: May 1st (8 weeks)

For complete beginners or those who wish to brush up their skills. Learn the language you need for basic survival in French speaking countries, including how to ask and give basic information and have short conversations in a variety of settings.

Contact: For more information visit www.execoll.ac.uk or telephone 01392 400500.



Wren Music

Weds: 7pm-9pm (term time)

Room: Dinham

Cost: 1st session free

Starts: April 24th

Voices In Common are the Exeter Folk Choir run by Wren Music. A great way to release your voice, make new friends & have fun. All abilities and voices are welcome– all you need to join is to want to sing. Sheet music is provided for those who prefer it. Many existing projects and performances including Sidmouth Folk Festival & Exeter Cathedral and 'wassailing' early each year.

Contact: Paul Wilson paul@wrenmusic.co.uk
T. 01837 53754
M. 0785508820319



Gentle Yoga for Arthritis & Similar Conditions

Thurs: 11:45-12:45

Cost: 1st session £7; Thereafter £42 for 6 sessions

Room: Dinham

Starts: Ongoing

Yoga to strengthen the nervous and immune systems Using posture, breathing and relaxation.

Contact: Dawn Williams on 07891 015713 dawnwilliamsyoga@gmail.com

Information on classes at the centre



Iyengar Yoga

Thurs: 6:30pm—8pm

Room: Dinham

Cost: £90 per 10 week block

Starts: Ongoing

The physical benefits of yoga are numerous and affect all systems of the body, helping to bring balance where there is imbalance and misalignment. As we begin to use the mind to work more skilfully with the body, the mind too receives the benefit of becoming more aware, more sensitive and the beginning of Self-knowledge takes place.

Contact: Isabelle Luterbacher 01626 867 057 or 07403 374 722 email: i_luterbacher@hotmail.com
See www.gaiaitreeyoga.com for more information.



Exeter Street Choir

Thurs: 7pm-9pm

Room: Ballroom

Cost: 1st session free

Starts: April 4th

A community choir that welcomes all using popular music to bring people together and provide a welcome & friendly space for everyone.

Contact: Nigel Neill 01398 371291 <https://www.facebook.com/exeterstreetchoir> <http://www.musichealth.co.uk/exeterstreetchoir>



CERAMEXE A pottery cooperative working at the ECCT pottery studio.

CeramExe is a group of mainly amateur potters who have come together from a diverse range of backgrounds to share a passion for making ceramics. Committed to working together maintaining the exchange of ideas and supporting each other. A co-operative group, making decisions collectively, exhibiting together, and sharing the tasks of running the group. Members pay a yearly membership fee and have access to work from the studio mid-day Thursdays to mid-day Saturdays.

Contact: ceramexpottery@gmail.com



Global Centre: <http://www.globalcentredevon.org.uk>
DDE runs a programme of community events at the Global Centre in Exeter and occasionally in other parts of Devon. These events are listed here for your information, most are free and registration is not required unless you choose to show your interest.

World at Lunch Thurs: 1pm to 2pm

Gown meets Town meets evenings

Book Club meets Mondays 6:30pm to 8pm



Alliance Française-Devon

Learn French with the French!

Develop your spoken French in a safe and fun environment with our dedicated native French teachers. Beginning in September our language courses will boost your confidence and revive your enthusiasm for the French language.

Please go to our website for exact timings, course information and prices or:- Call: 01803 864 242

Email: info@allianceexeter.co.uk

Visit: www.allianceexeter.co.uk

Radical Honesty Weekend Workshop April 26th 27th & 28th

Would you like to learn new, honest and compassionate ways of being and relating?

- Would you like to learn how to tell complete truth and support others in doing so?

- Would you like more deep connections and intimacy in your relationships?

- Would you like to live in an honest community?

If yes, then this Radical Honesty Workshop is designed for you. **Info:** www.radicalhonesty.com

*PRICE *£300.00 | Concessions £250.00



Mindful Relaxation

Sat: 10:30am—12:30am

Room: Dinham

Cost: £14 per session, £24 if two weeks are booked at the same time

Starts: Monthly ~ ongoing

This is a 2 hour session to practice mindfulness and to nurture yourself through breathing, restorative yoga postures, meditation and a deep relaxation at the end. It is suitable for all abilities.

Contact: For more information contact Dawn on 07891015713 or dawnwilliamsyoga@gmail.com

Mornings of Mindfulness

Saturdays:

6th April; 18th May; 8th June; 13th July

9.30am to 12.30

An occasional Saturday morning event for those with some experience of mindfulness or similar awareness practice. A simple programme of sitting, walking, and lying down meditation, mindful movement – and a tea break.

There is spoken guidance and discussion to close. The cost of the morning is £12. To find out more, call Mark Bowden on 01392 439715,

07951 820803,

e-mail info@mindbase.co.uk, or see

www.mindbase.co.uk



Day Classes in Exeter

Saturday April 13th

Stitching for the Terrified: 'Shell'

Sunday April 14th

Intro to Contemporary Crewelwork: 'Yellow Daisy'

Saturday May 4th

Intro to Contemporary Crewelwork: 'Flower in a Vase'

Saturday June 22nd

Intro to Raised Embroidery: 'Little Red Flower'.

Intro to Canvas Stitches: 'Boat'.

Monday 8th— Tuesday July 9th

Silk Shading & Laid Work: 'Chrysanthemum'

More information can be found at:-

<https://www.royal-needlework.org.uk/>