



the
village
square



enrich your life
with community
classes and social
activities at **Epsom
Community Centre**

Term 3
Term 4

July – September 2022
October – December 2022

classes

Epsom Community Centre
202 Gillies Ave, Epsom
09 555 5164
community@
epsom-community-centre.org.nz



| Class Name | Day and Time | No. Weeks | Cost | Term 3 Start | Term 4 Start | Class Description |
|--|-----------------------|----------------------------|---------------------------------------|--------------|--------------|---|
| ESOL / General English | | | | | | |
| Everyday English | Fri 12.30-2.30pm | 8 | \$148 | 5 Aug | 21 Oct | Learn English with our experienced teacher. Focus on speaking, listening and improving pronunciation while learning more about Kiwi life. |
| Healthy Body & Mind | | | | | | |
| 9am Pilates Beginners class | Tue 9-10am | 10 | \$155 | 26 Jul | 18 Oct | Experience a positive, exercise-based way to balance mind and body. Improve your flexibility, posture, muscle strength and balance. |
| 10am Pilates Continuing class | Tue 10-11am | 10 | \$155 | 26 Jul | 18 Oct | |
| Yoga | Mon 10-11am | T3 9 T4 8 | T3 \$148.50 T4 \$132 | 25 Jul | 17 Oct | Yoga promotes flexibility, strength, fitness and mindfulness. Connect your body, mind and spirit through this popular form of exercise based on asanas (physical poses). |
| Creative Arts & Crafts | | | | | | |
| Anyone Can Learn to Draw | Wed 9.30-10.30am | 8 | \$104 | 3 Aug | 19 Oct | Unlock your inner artist starting with simple exercises in drawing objects using line, tone, shading and perspective. Bring materials from list provided. |
| Anyone Can Learn to Paint a Small Canvas | Wed 10.30-11.30am | 8 | \$120 | 3 Aug | 19 Oct | A painting class with brushes of colour and splashes of fun! A wide range of subject matter will be explored. Students to bring their own materials from the list provided. |
| Knit One, Purl One NEW | Mon 9.30-11.30am | 8 | \$86 | — | 17 Oct | Sit back, relax, have a cup of tea and biscuits while knitting something special with Marian and the team. BYO materials. |
| Music Rhythm & Dance | | | | | | |
| Adult Jazz | Mon 1.10-2.10pm | T3 9 T4 8 | T3 \$108 T4 \$96 | 25 Jul | 17 Oct | Come join the fun! This upbeat dance class covers everything from limbering to learning sequences and combinations to modern music with qjazz twist. |
| Ukulele NEW | Mon 5.30-7.30pm | 8 | \$165 | 1 Aug | 21 Oct | Learn this fun and versatile instrument from a professional musician. Own ukulele required. |
| Technology | | | | | | |
| Computers for Beginners NEW | Wed 7-9pm | 4 | \$110 | 3 Aug | 19 Oct | Learn skills to navigate the internet and keep connected to friends and family on social media. |
| Cooking Workshops | | | | | | |
| Indian Cuisine NEW | Sat 9.30am-12.30pm | 1 Workshop | \$45 | 20 Aug | — | Bring South Asia to your kitchen in this fun, hands on workshop where you'll learn to make rich and flavourful Indian dishes from scratch. |
| Mexican Cuisine NEW | Sat 9.30am-12.30pm | 1 Workshop | \$45 | — | 12 Nov | Take your taste buds to South America and learn how to cook quintessential Mexican dishes. We'll be making enchiladas, burritos, fresh salsa and homemade corn chips. |



Enrich your life with community classes at **Epsom Community Centre**

How to enrol?

Visit our website at
epsom-community-centre.org.nz/enrol
to enrol online, or call our friendly team
and enrol over the phone (pre-enrolment
is required for all classes)

CONTACT US

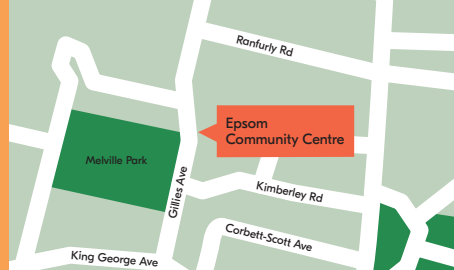
Epsom Community Centre

202 Gillies Ave, Epsom

T 09 638 7444

E community@epsom-community-centre.org.nz

Facebook @EpsomCommunityCentre



Epsom Community Centre
is proudly managed by
The Village Square Trust

What we do at Epsom Community Centre

- Community classes
- Venue hire
- Community garden
- Community market
- JP service desk
- ... and more!

More info at
epsom-community-centre.org.nz

AUCKLAND GARDEN DESIGNFEST

**PROFESSIONALLY DESIGNED
GARDENS OPEN TO THE PUBLIC**

26 - 27 NOVEMBER 2022

gardendesignfest.co.nz



High Tea at Jubilee

Accompanied by Nairobi Trio

**40TH ANNIVERSARY
CELEBRATION**

- **TICKETS \$59**
- **SUN 30 OCT**
- **2.30 - 4.30 PM**
- **JUBILEE HALL**



VillageSquare.org.nz/HighTea