Epsom
Community Centre
Community
Classes &
Activities

Join in the fun

Term 1 2 Feb – April 2021
Term 2 3 May – July 2021

www.epsom-community-centre.org.nz

Class Name	Day & Time	No. weeks	Cost	Term 1 start	Term 2 start	Class Description
ESOL / GENERAL ENGLISH						
Everyday English	Fri 12.30-2.30pm	9	$160	12 Feb	14 May	Learn English with our experienced teacher. Focus on speaking, listening and improving pronunciation while learning more about Kiwi life.
HEALTHY BODY & MIND						
Hatha Yoga	Mon 12-1pm	**T1** 8 **T2** 9	**T1** $124 **T2** $139.50	15 Feb	3 May	Learn simple techniques for relaxing, de-stressing and increase muscle tone and flexibility. Own mat required.
9am Pilates Beginners class	Tue 9-10am	10	$155	2 Feb	4 May	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	2 Feb	4 May	
CREATIVE ARTS & CRAFTS						
Anyone Can Learn to Draw	Tue 12.30 -1.30pm	8	$95	9 Feb	4 May	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 NEW	Tue 1.45 - 2.45pm	8	$95	9 Feb	4 May	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.
MUSIC, RHYTHM & DANCE						
Adult Jazz	Mon 1.10 - 2.10pm	**T1** 8 **T2** 9	**T1** $84 **T2** $94.50	15 Feb	3 May	Come join the fun! This upbeat dance class covers everything from limbering to learning squences and combinations to modern music with a jazz twist.
COOKING WORKSHOPS						
Chinese Dumplings Workshop NEW	Sat 9.30am-12.30pm	1 Workshop	$30	20 Feb	–	Learn how to make Chinese dumplings in this hands-on workshop. Make your own dough and filling, plus learn tips about putting the parcels together and traditional Chinese flavours.
Thai Cooking Workshop NEW	Sat 9.30am-12.30pm	1 Workshop	TBA	–	22 May	Learn how to cook delicious classic Thai dishes at home from our experienced chef and enjoy a meal at the end of the class.

Parnell Trust thanks Barfoot & Thompson Epsom, Auckland Council and Albert-Eden Local Board for their support.

Visit **www.epsom-community-centre.org.nz/classes** for full programme details

Take part in classes and activities at **Epsom Community Centre** and join in the fun!

Improve English skills with our **ESOL** classes, stay in great shape with our **Healthy Body and Mind** classes, express your creativity in our **Creative Arts and Crafts** classes, have fun and get energised in our **Music, Rhythm and Dance** classes, and develop your culinary skills in our new **Cooking Workshops.**

Hatha Yoga is approved by ACC's Live Stronger for Longer programme. Along with our Pilates classes, they're great for all ages and can help +65 year olds stay stronger for longer and prevent falls.

Take a look at our Term 1 and 2 programme of classes and activities, then visit our website at **www.epsom-community-centre.org.nz/classes** for more details and to enrol online.

What else is going on at Epsom Community Centre?

EPSOM COMMUNITY MARKET

Come along to Epsom's newest food, craft and community hub! Visit our website for more information and to find out when we're holding our next quarterly market.
www.epsom-community-centre.org.nz/market

VENUE HIRE

Choose Epsom community Centre for your next event! Cost effective venue hire with special rates for community groups and non-profits. We have five rooms for hire ranging in capacity from 15 to 80 people. Tables, chairs, kitchen facilities and AV equipment avaiable.

COMMUNITY SERVICES

- **Epsom Community Crèche:** Independently run, community based early childhood centre. **www.epsomcommunitycreche.co.nz**
- **Epsom Community Garden:** A number of garden beds tended by dedicated volunteers
- **Justice of the Peace Service Desk:** Every Friday, 9.30-11.30am. No appointment necessary.

Epsom Community Centre is proudly managed by Parnell Community Trust

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CLASSES & ACTIVITIES