

# *ACA Leisure Learning*

**April-Aug 2024**



Leisure Learning in the Alton, Alresford,  
Whitehill and Liss Areas

**10% discount for ACA Members**

**SUMMER TERM HALF PRICE MEMBERSHIP OFFER!**

**NEW SUMMER WORKSHOPS/SHORT COURSES**

Please enrol early to ensure that your class runs

**[www.altoncomcen.org.uk](http://www.altoncomcen.org.uk)**

# Alton Psychic & Holistic Fair



**Sun 12th May**

**10.00-15.00**

**Alton**

**Community**

**Centre**

**Entrance £3.50**

**(includes free talks/Demos)**

**Psychic Mediums, Tarot Readings,  
Holistic Therapies and treatments,  
stalls selling crystals, jewellery, incense  
and lots more.**

**For information or to enquire about  
a stall call 01420 85057 or email  
marie@altoncommunitycentre.org.uk**



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**Alton Community Association members can claim a 10% reduction on their course fees (including workshops) if they are an ACA member or become a member when enrolling.**

**For more information, or to enrol please contact:**

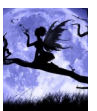
**Alton Community Association  
Amery Street  
Alton  
GU34 1HN**

**01420 85057**

**marie@altoncommunitycentre.org.uk**

**www.altoncomcen.org.uk**

**Alton Community Centre CIO—Registered Charity Number 1173885**



You can enrol by post by sending the enrolment form with your payment by cheque or credit/debit card. If you require receipt of your payment please provide your email address, we will send you an emailed acknowledgement of your payment. We will only contact you if the course is cancelled, otherwise you should turn up for the first session. Unless your course is cancelled by us any refunds issued will be made at the discretion of the Association and a £20.00 administration fee will be charged. The Community Association reserves the right under certain circumstances to refuse an enrolment at the discretion of the Centre Manager or the Association Trustees.

### **In person or by telephone:**

You can enrol at Alton Community Centre or ring us for information at:

East Hampshire Leisure Learning, Alton Community Centre, Amery Street, Alton, Hants, GU34 1HN. Telephone:01420 85057

ACA Leisure Learning Office hours are 9.00-13.00 Mon/Wed/Fri & 9.00-17.00 Tues/Thurs

Reception Hours are 9.00-17.00 Mon-Fri & 9.00-13.00 on Saturdays

Alternatively, you can email us on [marie.kellie@altoncommunitycentre.org.uk](mailto:marie.kellie@altoncommunitycentre.org.uk)

### **Not sure which course to choose?**

Information advice and guidance are an integral part of our service. For further information on our courses please contact our staff.

### **SPRING 2024 TERM DATES**

**Monday 22nd April –8th July (Bank Hol 6th May)**

**Half term 27th—31st May**

### **Please check the brochure for course individual start dates.**

Please refer to individual course details in this brochure for actual dates and any exceptions.

**A reduction on your course fees is available for ACA members (10%), A.C.A membership concessions are available on all our courses including workshops. Please note we are unable to discount your fees to take into account any missed weeks for holidays/appointments etc in the fee charged.**

Every effort has been made to ensure that the information in this brochure is accurate. On occasions it is necessary to change or withdraw a course for a variety of reasons. Please check details of your course and the fees when you enrol. Details of all courses appear on the following pages.

**All enrolments are taken by Alton Community Centre.**

### **Data Protection**

Any personal information you give to us will be processed in accordance with the EU General Data Protection Regulations 2018. Alton Community Association will use the information in our communications with you. ACA may send you marketing information about our courses, ACA Membership and events.

Your information will not be shared with third parties without your permission



# SPRING FAIR

Saturday 6th April  
10.00am-2.00pm

Alton Community Centre



Free entry, Craft and gift stalls,  
Spring Basket Raffle.

Free children's activities and movies.



For more information 01420 85057

[marie@altoncommunitycentre.org.uk](mailto:marie@altoncommunitycentre.org.uk)





**ALTON**  
COMMUNITY  
ASSOCIATION



# Community Club



*Friendship*

**Tuesday's 10.00am - 2.30pm**

*Activities*

*Quizzes*

Transport available (Alton only)

£28 Per day (includes lunch)

*Games*

*Trips Out*

Trips out included.

*Arts & Crafts*

Alton Community Centre

Amery Street, Alton, GU34 1HN

01420 85057



**ALTON**  
COMMUNITY  
ASSOCIATION

## **BECOME A MEMBER TODAY!**

### **HALF PRICE SUMMER TERM OFFER!**

Enjoy the membership benefits and support our important community services and centre

#### **Membership Benefits**

- 10% off all Leisure Learning classes (no limit)
- 50% off Photocopying at Alton Community Centre
- 10% off Room Hire when hiring for one-off functions
- 10% off Minibus hire from Alton Community Centre
- 10% off Shopmobility hire from Alton Community Centre
- A chance to vote at our AGM - have your say
- Attend Alton U3A Quarterly Lectures & Monthly Meetings for a small charge

#### **Support your Community Services**

- Venue hire at reasonable rates
- Community Club for the elderly
- Memory Lane Café
- ACA Leisure Learning
- Shopmobility Short-Term Hire
- Community Events
- Café and Bar
- Minibus to hire

**See Over for Joining Form**

# MEMBERSHIP APPLICATION 2023/2024

## HALF PRICE SUMMER TERM OFFER!

Type of Membership Required (please tick as required)

INDIVIDUAL OVER 18 £10.00

SENIOR £7.50

**Please complete in block letters**

Your Full Name: .....

Address: .....

.....

.....

Post Code .....

Tel No: .....

Mobile: .....

Email: .....

Annual Membership is from 1st September to 31st August  
Half Price Membership for the Summer Term only April-August

Please detach this page and return with your subscription to:  
Alton Community Centre, Amery Street, Alton, Hampshire. GU34 1HN  
Cheques should be made out to 'Alton Community Association'

SIGNATURE:.....Date: .....

### Data Protection

Any personal information you give to us will be processed in accordance with the EU General Data Protection Regulations 2018. Alton Community Association CIO will use the information in our communications with you. ACA may send you marketing information about EHLL courses, ACA Membership and events.

Your information will not be shared with third parties without your permission

Alton Community Association CIO is a registered Charity number 1173885 (formerly 266673)



# *Art & Craft*

## **C126 Art for All Abilities with Maggie Cole**

£129.00 (ACA Mem £116.10) for 10 weeks Monday 22nd April-22nd July 10.00-13.00 at Alton Community Centre Half term No classes 6th & 27th May and 17th & 24th June

Maggie's classes are friendly, informal and include lots of guidance. This term, we will be looking at drawing and painting techniques for creating images of farmyard animals in different settings and also Cornish scenes. There will be structured tuition with demonstrations by the tutor every other week. For the first 5 weeks the demonstrations will be in watercolour of farmyard animals and for the second 5 weeks the demonstrations will be in acrylics for the Cornish scenes. For the alternate weeks, there will be the opportunity to work on your own project in any medium. Whether you love painting landscapes, seascapes or wildlife in oils, watercolours, acrylics, pastels or mixed media – anything goes ! The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring your own painting materials. You will also need to bring a photo or object to paint/draw when working on your own project. It is advisable to bring an apron when working with acrylics.

## **C229 Art for All Abilities with Maggie Cole**

£129.00 (ACA Mem £116.10) for 10 weeks Tuesday 23rd April—16th July 10.00-13.00 at Alton Community Centre. No classes 4th, 18th & 25th June

Maggie's classes are friendly, informal and include lots of guidance. This term, we will be looking at drawing and painting techniques for creating images of farmyard animals in different settings and also Cornish scenes. There will be structured tuition with demonstrations by the tutor every other week. For the first 5 weeks the demonstrations will be in watercolour of farmyard animals and for the second 5 weeks the demonstrations will be in acrylics for the Cornish scenes. For the alternate weeks, there will be the opportunity to work on your own project in any medium. Whether you love painting landscapes, seascapes or wildlife in oils, watercolours, acrylics, pastels or mixed media – anything goes ! The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring your own painting materials. You will also need to bring a photo or object to paint/draw when working on your own project. It is advisable to bring an apron when working with acrylics.

## **C432 Painting & Drawing for Everyone with Maggie Cole**

£123.00 (ACA mem £100.80) for 10 weeks Thurs 25th April—25th July 9.45-12.15 at Alton Community Centre No classes 30th May, 20th & 27th June and 11th July.

This is friendly mixed ability class. This term, the theme will be Farmyard Animals and Cornish Scenes. These are fully structured sessions with lots of guidance from the tutor. Explore composition, tone, aerial and linear perspective and colour mixing. Experiment with different techniques in watercolours and acrylics. For the first 5 weeks we will be working in watercolours for Farmyard Animals and for the second 5 weeks, in acrylics for the Cornish Scenes. You will need to bring your own painting equipment and an apron when working in acrylics.

## **D620 Art for Fun—2 Week Summer Mini Course**

**NEW**

£39.00 (ACA Mem £35.10) for 2 weeks. Tuesday 23rd & 30th July 10.00-13.00 at Alton Community Centre

Maggie's classes are friendly, informal and include lots of guidance. She will be doing step by step demonstrations with 1 to 1 support. In this fully structured acrylic painting course for 2 weeks, we will be looking at drawing and painting Summer trees in acrylics. We shall be covering how to mix greens, how to create foliage texture and aerial perspective The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring your own painting materials. It is advisable to bring an apron when working with acrylics. Experimenting with art and colour is a great creative outlet and can have a positive impact on your mental health and wellbeing. Our Art for All workshops are a great introduction to our Art classes.



## **C334 Italian Elementary (Level 2) with Stella Hawkins**

£132.00 (ACA Mem £118.80) for 12 weeks  
Wednesday 10th April—3rd July 13.30-15.15 at  
Alton Community Centre Half term 29th May

This course is suitable for students who have done at least one year of Italian and are familiar with the basic tenses, particularly the Present and Past.

Lots of practice and revision throughout the course will enable students to increase their confidence in speaking and listening whilst growing their vocabulary and learning more about Italian culture and way of life. You will need Nuovo Espresso 1, Libro studente (Alma Edizioni) by Luciana Ziglio. ISBN no 8861823181 and a notebook and pen.

## **C235 Italian Intermediate (Level 4) with Stella Hawkins**

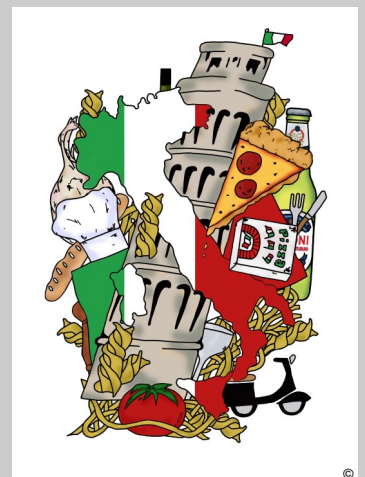
£143.00 (ACA Mem £128.70) for 12 weeks  
Tuesday 9th April—2nd July 13.30-15.30 at  
Alton Community Centre Half term 28th May

This course is suitable for students who have studied at least two years of Italian previously, or who may be returning to study Italian after a long break, and who have a good understanding of the present, past and future tenses. The course will enable students to increase their vocabulary and speak Italian with more confidence, as well as becoming more accurate in the use of different tenses and grammatical structures.

The class will engage in improving speaking and listening skills also through conversation practice, role play and audio visual activities. You will need Nuovo Espresso 2, Libro studente (Alma Edizioni) by Maria Bali & Giovanna Rizzo ISBN no 8861823211 and a notebook & pen.

**If you would be interested in a new  
Italian Beginners course  
Please email to register your  
interest  
[marie@altoncommunitycentre.org.uk](mailto:marie@altoncommunitycentre.org.uk)**

**NEW**





# Modern Languages

## Spanish

### **C191 Spanish Beginners Plus with Soraya Fernandez**

£105.00 (ACA mem £94.50) for 10 weeks  
Monday 15th April—8th July 11.00-12.30 at  
Alton Community Centre. No classes 29th  
April, 6th May & 27th May

This course is aimed at students who have some knowledge of the language and are not absolute beginners (approx. 1 term of study). The course will enable the student to get by in a Spanish speaking country. Practical topics will be covered such as personal information, directions and shops, ordering food and drink and accommodation. Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notepad and pen

### **D290 Holiday Spanish for Beginners (Summer Term 2024) Evening Class with Soraya Fernandez**

**NEW**

£37.00. (ACA mem £33.30) for 3 weeks Tues  
23rd July—6th Aug 19.00-21.00

Ever wanted to learn Spanish? This course will enable will give you the Spanish language skills to get by in Spain or a Spanish speaking country. This course is suitable for students who are new to the language. Practical topics will be covered such as personal information, directions and shops, ordering food and drink and accommodation. Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notepad and pen.

### **C190 Spanish Higher Intermediate with Soraya Fernandez**

£119.00 (ACA mem £99.00) for 10 weeks  
Monday 15th April—8th July 13.00-15.00 at  
Alton Community Centre. No classes 29th  
April, 6th May & 31st May

The course will enable the student to increase their vocabulary and speak Spanish with more confidence. As well as becoming more accurate in the use of different tenses. This course is suitable for students who have studied at least three years of Spanish or equivalent and who have a good notion of present, past and future tenses. Although lots of practice will be done throughout the course. It's an active class which emphasizes practice and learning through role-plays, games and visual aids. You will need a notebook and pen.

### **C390 Spanish Advanced with Soraya Fernandez**

£119.00 (ACA mem £99.00) for 10 weeks Wed  
17th April—10th July 10.00-12.00 Via Zoom.  
No classes 1st & 29th May

The course will enable the student to increase their vocabulary and speak Spanish with more confidence. As well as becoming more accurate in the use of different tenses. The course aims to expand the student's vocabulary further, including idiomatic expressions and topics designed to increase fluency and conversation on everyday topics and current affairs. We will also look at historical and cultural aspects of the Hispanic speaking world. Students should have a good ground in the use of different tenses and vocabulary, although there will be plenty of opportunities to practise during the course.

## **D491 Holiday Spanish for Beginners (Summer Term 2024) with Soraya Fernandez**

**NEW**

£37.00 (ACA Mem £33.30) Thursday 25th July—8th August 11.00-13.00

Ever wanted to learn Spanish? This course will enable will give you the Spanish language skills to get by in Spain or a Spanish speaking country. This course is suitable for students who are new to the language. Practical topics will be covered such as personal information, directions and shops, ordering food and drink and accommodation. Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notepad and pen.

## **B590 Spanish Lower Intermediate with Soraya Fernandez**

£119.00 (ACA Mem £99.00) for 10 weeks Friday 19th April—5th July 10.45-12.45 at Alton Community Centre No classes 3rd & 31st May

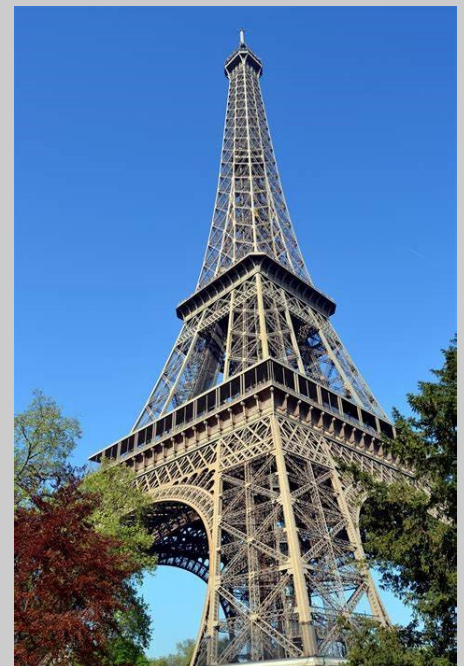
The course will enable the student to increase their vocabulary and speak Spanish with more confidence. This course is suitable for students who have done at least a year of Spanish and have some notions of the different tenses. This term we are focusing on practical vocabulary at the same time as practicing grammar for different contexts. However, lots of opportunities for practice will be provided during the course to continue leaning and improving. You will need a notepad and pen.

## **Modern Languages French**

### **C576 French Advanced Conversation with Danielle Dowse**

£119.00 (ACA Mem £107.10) for 10 weeks Fri 26th April—5th July 10.00-12.00 at Arlebury Park Half term 31st May

Come and practice your French in this class which aims to encourage discussion in French. Students should be quite confident in their ability to hold a conversation in the French language but wish to refresh their reading, writing and conversational skills. Topics to include, French news, culture and current affairs. There will be plenty of vocabulary, grammar and group work activity. You will need a notebook, pen and English/French dictionary.



# Wellbeing

## **C400 Introduction to Mindfulness and Mindful Meditation with Kathryn Bunce**

**NEW**

£58.00 (ACA Mem £52.20) for 6 weeks Thursday 18th April – 23rd May 10.00-12.00 at Alton Community Centre

Learn how to live more fully in the present moment - reducing everyday stress levels and improving wellbeing.

This course will teach you the basics of Mindfulness and provide you with a set of practical, easy and effective tools, including mindful meditations that you can use every day.

This will allow you to become more present and calmer and better at managing everyday stress as a result.

This informal and friendly course is taught within a small group to allow learners to fully participate and uses clear, science backed explanations, including short YouTube clips, to explain how and why the techniques work. Its practical style includes learning through written and verbal exercises, group discussion and a range of guided meditations, the recordings of which you will have access to outside the classes.

You will be able to learn practical techniques from week 1 and build on your knowledge throughout the course. Your tutor is qualified both as an adult educator and as a mindfulness and mindful meditation teacher and has taught this course successfully both in the UK and Australia.

## **Mindfulness and Mindful Meditation Summer Workshop with Kathryn Bunce**

**NEW**

Coming up in August!

Learn how to live more fully in the present moment - reducing everyday stress levels and improving wellbeing with this Summer Mindfulness Workshop

This will be an informal and friendly course taught within a small group to allow learners to fully participate and uses clear, science backed explanations to help you learn some basic techniques to help in everyday situations or to form part of your self care routine.





# Health & Wellbeing (Yoga)

## **C239 Mixed Ability Yoga with Lorraine Grocott**

£105.00 (ACA Mem £94.50) for 10 weeks Tuesday 23rd April –9th July 10.00-11.30 at Liss Village Hall, No classes 28th May & 25th June

Summer Term 2024 – This term, with all the wonderful food being grown around us, we will focus on foods that help us to 'live longer' and keep us healthy.

We will look at: -

- \* Herbs & spices
- \* Our daily routine
- \* Nature's gastric bands – foods that naturally curb your appetite
- \* How to relieve digestive problems
- \* Good bad and best in choices of the food we eat.

And of course, we will maintain our regular yoga practice to keep us mobile and flexible.

We will continue to practice meditation to keep our minds and emotions in balance.

I look forward to seeing you on your mats.

For each class you will need to wear loose comfortable clothing and bring a Yoga mat, a blanket for relaxation and some water to drink (Yoga mats are available to purchase direct from the teacher for £20)

## **C343 Yoga for Everyone with Christine Clist**

£105.00 ACA Mem £94.50) for 10 weeks Wed 10th April-3rd July 19.00-20.30 at Alton Community Centre, No classes 29th May and 12th & 19th June.

This is a classical Hatha Yoga class involving stretching, breathing and relaxation techniques, together with a little meditation to enhance a sense of calm and wellbeing. With practice the techniques learned will help to strengthen the body and gently encourage it to become more flexible. The techniques used for breathing and meditation aims to bring an awareness to help relieve stress and to encourage relaxation.

Students will become aware of and learn the importance of good posture in daily life. Please bring a your own yoga mat, blanket (for relaxation), water to drink and wear comfortable clothing



# Health & Wellbeing (Fitness)

## **C332 Body Moves All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£58.00 (ACA Mem £52.20) for 7 weeks Wednesday 10th April—23rd May 9.45-11.00 at Alton Community Centre.

Dance has been proved to be an excellent way to keep both physically and mentally healthy. Join us as we dance and laugh our way to fitness in a friendly and supportive environment. Body Moves encourages you to MOVE and think in a way that gives you an EFFECTIVE WORKOUT of the mind and body. The health benefits of regular exercise are numerous so come along and enjoy a variety of music, make new friends and just de-stress for an hour. **Exercise mat/towel and resistance band\* required for the additional strength and body conditioning exercises that will be included (seated/standing alternatives**

## **C334 Body Moves All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£34.00 (ACA Mem £30.60) for 4 weeks 12th June— 3rd July 9.45-11.00 at Alton Community Centre.

Dance has been proved to be an excellent way to keep both physically and mentally healthy. Join us as we dance and laugh our way to fitness in a friendly and supportive environment. Body Moves encourages you to MOVE and think in a way that gives you an EFFECTIVE WORKOUT of the mind and body. The health benefits of regular exercise are numerous so come along and enjoy a variety of music, make new friends and just de-stress for an hour. **Exercise mat/towel and resistance band\* required for the additional strength and body conditioning exercises that will be included (seated/standing alternatives offered). \* Can advise, if necessary.**

## **D333 Body Moves All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£34.00 (ACA Mem £30.60) for 4 weeks 31st July—21st Aug 9.45-11.00 at Alton Community Centre.

Dance has been proved to be an excellent way to keep both physically and mentally healthy. Join us as we dance and laugh our way to fitness in a friendly and supportive environment. Body Moves encourages you to MOVE and think in a way that gives you an EFFECTIVE WORKOUT of the mind and body. The health benefits of regular exercise are numerous so come along and enjoy a variety of music, make new friends and just de-stress for an hour.

## **D373 Tai Chi For Complete Beginners (Summer Session) with Sue Kelly**

£27.00 (ACA Mem £24.30) for 3 weeks Wednesday 14th-28th Aug 11.30-12.30 at Alton Community Centre

**NEW**

Ever wanted to learn Tai Chi? Come and learn the relaxing health exercises that are integral to Tai Chi. Tai Chi is a gentle but highly effective form of exercise that keeps you moving and strengthens joints and improves circulation, muscle tone and balance. In this class is suitable for the complete beginner and relaxing routine which can promote positive mental health benefits and is a great start or addition to your self-care routine.

# Health & Wellbeing

## Tai Chi

### **C171 Tai Chi For All with Sue Kelly**

£83.00 (ACA Mem £74.70) for 10 weeks Monday 22nd April—8th July 17.15-18.15 at Whitehill Village Hall. Half term 27th May

A continuing class that welcomes beginners and improvers of all abilities. This class can be done standing or seated. Tai Chi is a gentle exercise that aids health and wellbeing and is a positive addition to your mental health self care routine. Its beneficial for internal strength and aids good balance. Come and join in for an our of calm, breathing and fun. You will need soft shoes and water to drink.

### **C271 Tai Chi For All with Sue Kelly**

£83.00 (ACA Mem £74.70) for 10 weeks Tuesday 23rd April-2nd July 11.30-12.30 at Alton Community Centre. Half term 28th May

Come and join in a gentle movement class with an emphasis on health and wellbeing, helping our inner strength, calm, balance and general health. We will be continuing to learn sections of the 88 Form This course is for everyone who enjoys Tai Chi, beginners may find it a challenge but are welcome to join us.

### **C471 Tai Chi Beginners Plus with Sue Kelly**

£83.00 (ACA Mem £74.70)for 10 weeks Thursday 25th April—4th July 10.00-11.00 at Alton Community Centre Half term 30th May

This class began in Sept 2023, but as an all abilities class we also welcome newcomers. We have been slowly working through the 8 form. This term we will be revising the 8 form and learning the 8 methods/5 steps. Everyone is welcome to come along and join us. Tai Chi is a gentle but highly effective form of exercise that keeps you moving and strengthens joints and improves circulation, muscle tone and balance. Its relaxing routine is calming and can promote positive mental health benefits and is a great start or addition to your self-care routine.

Please wear comfortable clothing and soft shoes and bring water to drink.

### **C371 Tai Chi For Health with Sue Kelly**

£83.00 (ACA Mem £74.70) for 10 weeks Wed 17th April—3rd July 13.30-14.30 at Alton Community Centre No classes 29th May & 26th June

This class is ideal for those with health issues or seeking help for balance, fatigue, rehabilitation after an illness or to promote good mental health. Its perfect for those needing a more gentle approach to tai chi. This class can be done either seated or standing or a mixture of both. We will be following the Sun Style 13 form and Ba Duan Jin health Qigong. This is a very friendly class and a midweek oasis of calm. This class is suitable for all abilities.

### **C372 Tai Chi Mixed Ability Evening Class- with Sue Kelly**

£106.00 (ACA Mem £95.40) for 10 weeks Wed 17th April—3rd July 19.15-20.45 at Arlebury Park Café No classes 29th May & 26th June

This is primarily for people with some experience of Tai Chi, however we welcome beginners who are willing to work hard! We will continue working of the 24 form flexibility exercises, 8 methods/5steps and Qigong  
There is also an opportunity to learn the 32 sword Tai chi (please speak to the tutor).



# Summer Sessions Short Courses & Workshops

## **D620 Art for Fun—2 Week Summer Mini Course**

£39.00 (ACA Mem £35.10) for 2 weeks. Tuesday 23rd & 30th July 10.00-13.00 at Alton Community Centre

Maggie's classes are friendly, informal and include lots of guidance. She will be doing step by step demonstrations with 1 to 1 support. In this fully structured acrylic painting course for 2 weeks, we will be looking at drawing and painting Summer trees in acrylics. We shall be covering how to mix greens, how to create foliage texture and aerial perspective. The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring your own painting materials. It is advisable to bring an apron when working with acrylics. Experimenting with art and colour is a great creative outlet and can have a positive impact on your mental health and wellbeing. Our Art for All workshops are a great introduction to our Art classes.

## **D290 Holiday Spanish for Beginners Evening Class with Soraya Fernandez**

£37.00. (ACA mem £33.30) for 3 weeks Tues 23rd July—6th Aug 19.00-21.00

Ever wanted to learn Spanish? This course will enable will give you the Spanish language skills to get by in Spain or a Spanish speaking country. This course is suitable for students who are new to the language.

Practical topics will be covered such as personal information, directions and shops, ordering food and drink and accommodation. Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notepad and pen.

## **D491 Holiday Spanish for Beginners with Soraya Fernandez**

£37.00 (ACA Mem £33.30) Thursday 25th  
July—8th August 11.00-13.00

Ever wanted to learn Spanish? This course will enable will give you the Spanish language skills to get by in Spain or a Spanish speaking country. This course is suitable for students who are new to the language. Practical topics will be covered such as personal information, directions and shops, ordering food and drink and accommodation. Cultural topics and getting to know Spain and other Spanish speaking countries will also be covered. Please bring a notepad and pen.

## **D333 Body Moves All Abilities - Dance Your Way To Fitness with Sheron Gillard**

£34.00 (ACA Mem £30.60) for 4 weeks 31st July—21st Aug 9.45-11.00 at Alton Community Centre.

Dance has been proved to be an excellent way to keep both physically and mentally healthy. Join us as we dance and laugh our way to fitness in a friendly and supportive environment. Body Moves encourages you to MOVE and think in a way that gives you an EFFECTIVE WORKOUT of the mind and body. The health benefits of regular exercise are numerous so come along and enjoy a variety of music, make new friends and just de-stress for an hour. **Exercise mat/towel and resistance band\* required for the additional strength and body conditioning exercises that will be included (seated/standing alternatives offered). \* Can advise, if necessary.**

## **C373 Tai Chi For Complete Beginners (Summer Session) with Sue Kelly**

£27.00 (ACA Mem £24.30) for 3 weeks Wednesday 14th-28th Aug 11.30-12.30 at Alton Community Centre

Ever wanted to learn Tai Chi? Come and learn the relaxing health exercises that are integral to Tai Chi. Tai Chi is a gentle but highly effective form of exercise that keeps you moving and strengthens joints and improves circulation, muscle tone and balance. In this class suitable for the complete beginner we will be learning the 8 step Yang Style. Its relaxing routine is calming and can promote positive mental health benefits and is a great start or addition to your self-care routine. Please wear comfortable clothing and soft shoes and bring water to drink.

**See page 20  
for details of our  
Mediation, Mindfulness  
and crystals  
Workshops**



## **D450 Meditation For Wellbeing with Vicky Johnson**

£19.00 (ACA £17.10) Thursday 4th July 18.00-21.00 at Alton Community Centre

In this workshop you will learn and understand how to use meditation in your every life, whether you practice before you go to sleep, at your desk at work or set time. Understand the importance of meditation within your own wellbeing. Learn to how you can use meditation to understand yourself better, feel calmer and be less reactive in certain situations. Meditation will be a tool you can learn and incorporate the practice into your daily life. Class can be done sat in a chair or seated or laying down wherever you feel comfortable. Please bring water to drink

## **D451 Meditation Using Crystals with Vicky Johnson**

£19.00 (ACA £17.10) Thursday 18th July 18.00-21.00 at Alton Community Centre

In this workshop you will learn how crystals can help you in your meditation practice. Each crystal has a different meaning and many countries and traditions have used crystals for years for different purposes for themselves. The crystal can be a personal preference in this course for instance using black tourmaline a protective and 'grounding' crystal known to transmute negative energy into positive energy.

## **D452 Crystals For Wellbeing with Vicky Johnson**

£36.00 (ACA £32.40) Thursday 1st & 8th Aug 18.00-21.00 at Alton Community Centre.

This 2-week course will explore crystals and their properties, learning which crystals complement daily life.

Learn about choosing a Crystal or does the crystal choose you?

Using Crystals in your meditation routine

Cleansing your crystals - Sound Vibration meditation

Crystals for Chakras - What are Chakras?

Colour Meditation

Crystals for home life, work life and balancing the mind

learn a Relaxation meditation using crystals

## **Mindfulness and Mindful Meditation Summer Workshop with Kathryn Bunce**

Coming up in August!

Learn how to live more fully in the present moment - reducing everyday stress levels and improving wellbeing with this Summer Mindfulness Workshop

# ACA Leisure Learning Enrolment Form

Name			
Address			
Postcode			

Phone	Home			
	Mob			
	Work			
Email				
Do you have any support requirements?				
Emergency contact				

**Data Protection:** Any personal information you give to us will be processed in accordance with the EU General Data Protection Regulations 2018. Alton Community Association CIO will use the information in our communications with you. ACA may send you marketing information about EHLL courses, ACA membership and events. Your information will not be shared with third parties without your permission.

ACA membership runs from Sept—August						
	2023/2024	2024/2025	2025/2026	2026/2027	2027/2028	2028/2029
Date renewed						
Ind/sen/sencple/ family						
Amount paid						
Mem number						



Autumn Term Code	Course Title	Venue	Fee paid	Date
A				
A				
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A				
A				
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A				
A				

Spring Term Code	Course Title	Venue	Fee paid	Date
B				
B				
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Summer Term Code	Course Title	Venue	Fee paid	Date
C				
C				
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21<sup>st</sup> - 30<sup>th</sup> June 2024

# Jane Austen Regency Week

Alton & Chawton \* Hampshire \* UK

*Jane Austen*

For your delight

we present our

Ten-day Summer Festival



\* Talks, walks, houses, gardens, dancing, food and more \*

[www.JaneAustenRegencyWeek.co.uk](http://www.JaneAustenRegencyWeek.co.uk)


 JaneAustenRegencyWeek

[ja@altoncommunitycentre.org.uk](mailto:ja@altoncommunitycentre.org.uk)

Tel: +44 (0)1420 85057

Tickets go on sale in January 2024. Festival promoter: Alton Community Association CIO.  
Events, dates and times may vary, so please check website & printed programme.





**Did you know  
Alton Community Centre  
run their own monthly  
50/50 lottery?**

**£5.00 per number  
per month**

**Call 01420 85057 or ask at reception**