

THE HEART OF ALTON FOR
 **50 YEARS** 

ACA Leisure Learning

Sept-Dec 2025



**Become an ACA Member to get
your 10% members discount**

www.altoncomcen.org.uk

Alton

Psychic & Holistic Fair

Dates for 2025

14th Sept &

2nd Nov

10.00am-2.30pm

Alton Community Centre

**Mediumship, Tarot, Angel & Oracle Card Readings
Healing, Reiki Healing and other holistic therapies**

**Lots of stalls selling craft and new age themed
goodies. Jewellery, Angels and Faeries, incense,
tarot cards, crystals etc**

Entry £3.50

(includes free talks/Demos)

**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 their chosen course.

For more information, or to enrol please contact:

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

01420 85057

Marie.kellie@altoncommunitycentre.org.uk

www.altoncomcen.org.uk

Alton Community Centre CIO—Registered Charity Number 1173885

Enrolling for your course:

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**

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.

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.

AUTUMN 2025 TERM DATES

Monday 22nd Sept—Friday 5th Dec

Half term 27th-31st Oct

Some courses may have different dates, please check the brochure for the specific dates for your course.

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



BECOME A MEMBER TODAY!

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

Membership Benefits

- **10% off all ACA Leisure Learning classes (no limit)**
- **10% off Minibus hire (Self drive)**
- **10% off Room Hire when hiring for one-off functions**
- **10% off Shopmobility short term hire**
- **50% off Photocopying**

Support your Community Services

- **Venue hire at reasonable rates**
- **ACA Leisure Learning**
- **Community Events**
- **Community Clubs**
- **Café**
- **Minibus hire**
- **Shopmobility Short-Term Hire**

See Over for Joining Form



ALTON
COMMUNITY
ASSOCIATION

MEMBERSHIP APPLICATION 2025/2026

Type of Membership Required (please tick as required)

- ☐ INDIVIDUAL OVER 18 £23.00
☐ SENIOR £18.00

Please complete in block letters

Your Full Name:

Address:

.....

Post Code

Tel No:

Mobile:

Email:

Annual Membership is from 1st September to 31st 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

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

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

Art Classes & Workshops

A126 Art for All Abilities with Maggie Cole

£135.00 (ACA Mem £121.50) for 10 weeks Monday 22nd Sept-1st Dec 10.00-13.00 at Alton Community Centre Half term 27th Oct

Maggie's classes are friendly, informal and include lots of guidance. This term, the theme will be Still Life. You will be developing drawing skills that will be transferable to other subjects of your own, learning to look with careful observation. Subjects will include flowers, plants, kitchen items and garden items. For the first 5 weeks we will be using watercolours and graphite pencils and for the second 5 weeks we will be using acrylics and pastels. There will be structured tuition with demonstrations by the tutor every other week. For the alternative weeks there will be the opportunity to work on your own project/painting in any medium. Whether you love painting landscapes, seascapes, wildlife or still life in 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 materials. You will also need to bring a photo or object to paint or draw when working on your own project and an apron when using acrylics.

A229 Art for All Abilities with Maggie Cole

£135.00 (ACA Mem £121.50) for 10 weeks Tuesday 23rd Sept-2nd Dec 10.00-13.00 at Alton Community Centre. Half term 21st Oct

Maggie's classes are friendly, informal and include lots of guidance. This term, the theme will be Still Life. You will be developing drawing skills that will be transferable to other subjects of your own, learning to look with careful observation. Subjects will include flowers, plants, kitchen items and garden items. For the first 5 weeks we will be using watercolours and graphite pencils and for the second 5 weeks we will be using acrylics and pastels. There will be structured tuition with demonstrations by the tutor every other week. For the alternative weeks there will be the opportunity to work on your own project/painting in any medium. Whether you love painting landscapes, seascapes, wildlife or still life in 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 materials. You will also need to bring a photo or object to paint or draw when working on your own project and an apron when using acrylics.

A432 Art For All (Painting & Drawing for Everyone) with Maggie Cole

£128.00 (ACA mem £115.20) for 10 weeks Thurs 25th Sept—4th Dec 9.45-12.15 at Alton Community Centre Half term 30th Oct

This is a friendly mixed ability class, and the sessions are fully structured with lots of guidance from Maggie. This term, the theme will be Still Life. You will be developing drawing skills that will be transferable to other subjects of your own, learning to look with careful observation. Subjects will include flowers, plants, kitchen items and garden items. For the first 5 weeks we will be using watercolours and graphite pencils and for the second 5 weeks we will be using acrylics and pastels.

There will be structured tuition with demonstrations by the tutor every week. The class is suitable for everyone from the petrified beginner to the improver – all are welcome. You will need to bring your own materials and an apron when using acrylics.

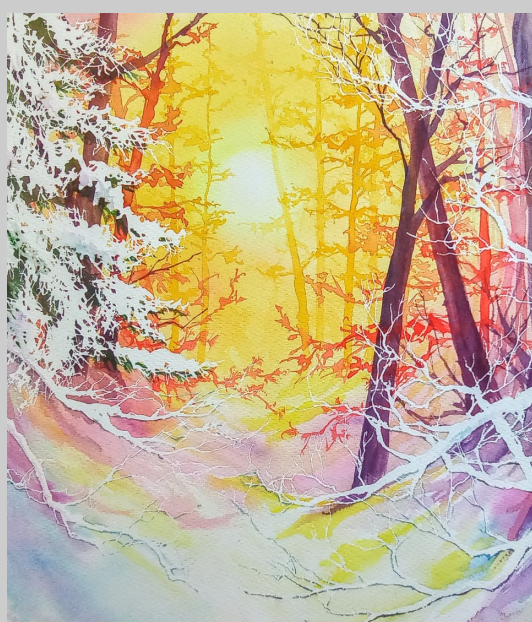
A620 Art for Fun Workshop—Winter Sun

£35.00 (ACA Mem £31.50) Saturday 11th October 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3 hour workshop and create your own snowy winter woodland scene in watercolour. This friendly and welcoming environment is perfect for all skill levels. You'll build your composition up in layers, while using masking to protect the white of the snow.

This is a great opportunity to immerse yourself in the painting process, and connect with fellow art enthusiasts. Making art is a great way to boost your mental health, helping you relax, unwind, and lose yourself in creating.

Please bring your own art materials (a suggestion list will be provided).



A621 Art for Fun Watercolour Workshop — A Winter Hare with Kate Davis

£35.00 (ACA Mem £31.50) Saturday 8th Nov 13.30-16.30 at Alton Community Centre

Artist Kate Davis will guide you, step by step, to create a Winter Hare, using watercolour, salt and masking fluid, and highlighting various creative options throughout the session. This friendly and welcoming environment is perfect for all skill levels. This is a fun opportunity to immerse yourself in the painting process, and connect with fellow art enthusiasts. Making art is a great way to boost your mental health, helping you relax, unwind, and lose yourself in creating.

Please bring your own art materials (a suggestion list will be provided).



A622 Art for Fun Workshop—Vibrant Winter Illustrations Using Watercolour & Pen

£35.00 (ACA Mem £31.50) Saturday 29th Nov 13.30-16.30 at Alton Community Centre

Join artist Kate Davis to produce a colourful, sleepy hedgehog using pen and wash, followed by a festive robin nestled in a wreath, either on watercolour paper or you can create designs directly onto blank cards, perfect for sending!

This is a fun workshop where Kate will guide you, step by step, through the process. This is a wonderful chance to enjoy the creative process and get into the Christmas spirit, alongside fellow art enthusiasts. Making art is a great way to boost your mental health, helping you relax, unwind, and lose yourself in creating.

Please bring your own art materials (a suggestion list will be provided).



A235 Italian Intermediate (Level 4) with Stella Hawkins

£130.00 (ACA Mem £117.00) for 10 weeks
Tuesday 23rd Sept – 2nd Dec 13.30–15.30 at
Alton Community Centre Half term 28th Oct

This course is suitable for students who have studied at least three years of Italian previously, or who may be returning to study Italian after

a long break, and who are familiar with all the basic 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.

A335 Italian Beginners with Stella Hawkins

£87.00 (ACA Mem £78.30) for 10 weeks
Wednesday 24th Sept—3rd Dec 15.30–16.30
at Alton Community Centre Half term 29th Oct

This course introduces you to the beautiful Italian language and deals with the vocabulary and grammar which will be useful in a trip to Italy! The focus is on speaking and listening and we will be using short audio files and videos to enhance the fun! This way if you have dabbled with learning Italian in the past and would like to get to grips with the essential building blocks of the language or if you are completely new to learning Italian this course will help you learn how to speak and understand Italian. You will need Nuovo Espresso 1, Libro studente (Alma Edizioni) by Luciana Ziglio. ISBN no 8861823181 and a notebook and pen.

A334 Italian Elementary (Level 2) with Stella Hawkins

£119.00 (ACA Mem £107.10) for 10 weeks
Wednesday 24th Sept—3rd Dec 13.30–15.15 at
Alton Community Centre Half term 29th Oct

This course is suitable for students who have done at least two years of Italian and are comfortable with using the Present and Past tenses.

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 2, Libro studente (Alma Edizioni) by Maria Bali & Giovanna Rizzo ISBN no 8861823211 and a notebook & pen.



Modern Languages

Spanish

A192 Spanish Absolute Beginners with Soraya Fernandez

£111.00 (ACA mem £99.90) for 12 weeks
Monday 22nd Sept—15th Dec 9.30-10.45 at
Alton Community Centre. Half term 27th
Oct

This course is aimed at students who have some knowledge of the language and are not absolute beginners. 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

A190 Spanish Higher Intermediate with Soraya Fernandez

£162.00 (ACA mem £146.70) for 13 weeks
Monday 15th Sept—15th Dec 13.00-15.00 at
Alton Community Centre. Half term 27th
Oct

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.

A191 Spanish Lower Intermediate with Soraya Fernandez

£144.00 (ACA mem £129.60) for 13 weeks
Monday 15th Sept-15th Dec 11.00-12.30 at
Alton Community Centre. Half term 27th
Oct

This course is aimed at students who have some knowledge of the language and are not absolute beginners. 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

A390 Spanish Advanced with Soraya Fernandez

£162.00 (ACA mem £146.70) for 13 weeks
Wed 17th Sept—17th Dec 10.00-12.00 Via
Zoom. Half term 29th Oct

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.

A591 Spanish Beginners Plus with Soraya Fernandez

£132.00 (ACA Mem £118.80) for 12 weeks Friday 19th Sept-12th Dec 9.30-11.00 at Alton Community Centre Half term 31st Oct

This course is aimed at students who have some knowledge of the language and are not absolute beginners. It is possible to join the class if you have some knowledge of Spanish, the tutor can advise of the level of this class and can also suggest another if this one is not suitable.

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.



A590 Spanish Lower Intermediate with Soraya Fernandez

£149.00 (ACA Mem £134.10) for 12 weeks Friday 19th Sept—12th Dec 11.15-13.15 at Alton Community Centre Half term 31st Oct

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. We are continuing to focus 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.

**See page 18-23
for details of our
Special Interests
Courses & Workshops**

Modern Languages German

A400 German Chat & Conversation Group

£44.00 (ACA Mem £39.60) for 5 weeks Thursday 25th Sept—23rd Oct 18.30–19.30 at Alton Community Centre

Join our new German chat and conversation group designed for people with some knowledge of speaking German and who are looking to practice their learned skills and to build their confidence in speaking.

This will be a mixed ability conversation and chat group designed for people to practice their conversational skills whatever their level.

This group will focus on conversing about everyday topics, practical vocabulary, and common phrases to help you communicate effectively in various situations.

Practice your listening and speaking along with expanding your vocabulary in a supportive environment.

Whether you're preparing for travel, work, or simply wish to connect with German speakers, this group will enhance your conversational abilities and foster a love for the language.

Modern Languages French

A576 French Conversation with Danielle Dowse

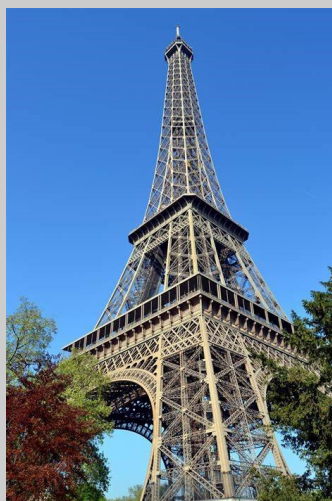
£124.00 (ACA Mem £111.60) for 10 weeks Fri 26th Sept—5th Dec 10.00–12.00 at Arlebury Park Half term 31st Oct

Come and practice your French in this friendly and sociable class which actively encourages discussions in French.

Students should be quite confident in their ability to hold a conversation in the French language but wish to refresh and improve their reading, writing and conversational skills.

Topics to include, French news, culture and current affairs.

There will be plenty of vocabulary, grammar and group activities. You will need a notebook, pen and English/French dictionary.



Health & Wellbeing (Yoga)

A239 Mixed Ability Yoga with Lorraine Grocott

£110.00 (ACA Mem £99.00) for 10 weeks
Tuesday 23rd Sept—2nd Dec 10.00-11.30 at Liss
Village Hall, Half term 28th Oct

Along with regular practice of the asanas (postures) there will be a little focus on meditation. We will use as a guidance the book called Mindfulness: The Path to the Deathless – The Meditation Teaching of Venerable Ajahn Sumedho who was the Abbot at the Chithurst Monastery.

Our minds are constantly fragmented and scattered, so it is any wonder that it seems impossible to focus on one object? We are accustomed to doing more than one thing at a time (for example, listening to music while we drive, or talking on the phone while preparing a meal).

With regular practice we can tame the mind and bring it under control. With regular practice we can keep our minds and emotions in balance.

Please wear comfortable clothing i.e. stretch pants. Bring a blanket for relaxation.

You will need to buy or bring a mat.
In the long term you will need to purchase a block

Yoga Mats/blocks (these can be brought direct from the tutor if required).



A343 Yoga for Everyone with Christine Clist

£121.00 ACA Mem £108.90) for 11 weeks
Wed 24th Sept –10th Dec 19.00-20.30 at
Alton Community Centre, Half term 29th
Oct (Note longer 11 week term)

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 (Dance & Fitness)

A101 Barre Fitness For Beginners with Emma Healy Roylance

£87.00 (ACA Mem £78.30) for 10 weeks Mon
22nd Sept—1st Dec 13.30-14.30 at Alton
Community Centre. Half term 27th Oct

Curious to try a new fitness class, want to try something completely different? Then come along and try Barre Fitness!

Barre Fitness is a fun, non-impact fitness class, that uses techniques from Ballet and Pilates to help strengthen and shape the arms, glutes, legs and core.

Whilst improving posture, balance and over all fitness.

A330 Body Moves (Dance Fitness) All Abilities - Dance Your Way To Fitness with Sheron Gillard

£91.00 (ACA Mem £81.90) for 10 weeks 17th Sept—3rd Dec 9.45-11.00 at Alton Community Centre. 2 Week Half term TBC

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 and resistance band* required for the additional strength and body conditioning exercises that will be included (seated/standing alternatives offered). Can advise, if necessary.

A500 Salsa Dance Class with Armando Lao Alvarez

£105.00 (ACA Mem £94.50) for 10 weeks 26th Sept—5th Dec 18.00-19.30 at Alton Community Centre. No Classes 31st Oct

Join our Salsa class and experience the vibrant, energetic world of salsa dancing! This 10 week course is great for the all abilities Armando will guide you through every step, ensuring you have fun while you learn. Learn basic salsa steps, footwork, turns and spins all set to the infection rhythms of Salsa music. Come along, meet new people and have fun! No partner needed. Come along and join the party!

A451 Samba Dancing Class with Lisa Hopkins

£87.00 (ACA Mem £78.30) for 10 weeks Thursday 25th Sept—4th Dec 17.30-18.30 at Alton Community Centre. Half term 30th Oct

Come and learn the basics of Samba Dancing with Lisa in this fun and energetic class with some great Samba music. This class will cover all the basic Samba steps along with an opportunity to have a try at of 'Portera De Bandera' which is Flag Bearing

This involves simple samba moves include posture & poise, parading with Flag Formations and learn marching moves in the samba style good enough to take to carnivals & festivals or have fun while keeping fit! Suitable for all abilities from the complete beginners to those with some experience of the steps. Meet new people and enjoy the music. No partner needed



Health & Wellbeing

Tai Chi

A171 Tai Chi For All with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks
Monday 22nd Sept—1st Dec 17.15-18.15 at
Whitehill Village Hall. Half term 27th Oct

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 hour of calm, breathing and fun. Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

A172 Tai Chi –Mixed Ability with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks Monday
22nd Sept –1st Dec 19.15-20.15 at Alton
Community Centre. Half term 27th Oct

A class that welcomes complete 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 hour of calm, breathing and fun. Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

A373 Tai Chi For Health with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks Wed 24th Sept-3rd Dec 13.30-14.30 at Alton
Community Centre Half term 29th Oct

This class has the opportunity to practice Tai Chi seated, standing or a mixture of both so this class is available to all. This class follows a simplified form adapted for suitability for all ages and abilities. In this class you will also learn some Qigong exercises to help balance, flexibility and overall health and wellbeing. Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

A271 Tai Chi For All with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks
Tuesday 23rd Sept-2nd Dec 12.30-13.30 at
Alton Community Centre. Half term 28th
Oct

Beginners are most welcome to join this class along with the more experienced practitioners! This term we will be learning a form to improve posture, balance, wellbeing and health
Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

A373 Qigong Beginners with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks
Wed 24th Sept—3rd Dec 11.00-12.00 at
Alton Community Centre Half term 29th
Oct

Qigong is an ancient art that can be learned alongside Tai Chi or learnt independently. It includes breathing exercises linked to flowing hand movements which help to improve mental health, along with physical health and wellbeing. Please bring water to drink and wear loose comfortable clothing and soft soled shoes.

A372 Tai Chi Mixed Ability Evening Class- with Sue Kelly

£110.00 (ACA Mem £99.00) for 10 weeks Wed 24th Sept—3rd Dec 18.30-20.00 at Arlebury Park Café Half term 28th May

Although this class is for people with some experience of Tai Chi, however we are also happy to welcome beginners. We will continue working of the 24 Yang form and seasonal Qigong. Tai Chi is an excellent and gentle form of exercise which promotes and enhances both mental and physical health, balance, flexibility along with all round wellbeing

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

A471 Tai Chi with Sue Kelly

£87.00 (ACA Mem £78.30) for 10 weeks Thursday 24th Sept –3rd Dec 9.15-10.15 at Alton Community Centre Half term 30th Oct

This is a mixed ability class and is suitable for beginners as well as experienced practitioners 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. This class learns a simple Tai Chi form which is a relaxing routine which promotes positive benefits for both your physical and mental health. Please wear comfortable clothing, soft shoes and bring water to drink.

FREE 'HAVE A GO' QIGONG SESSION

SAT 13TH SEPTEMBER 2.00-3.00PM
ALTON COMMUNITY CENTRE



TO CELEBRATE WORLD QIGONG DAY WE ARE RUNNING A FREE 'HAVE A GO' QIGONG SESSION LED BY SUE KELLY

QIGONG IS A GENTLE FORM OF EXERCISE WHICH HELPS BALANCE THE BODY USING BREATHING AND VISUALISATION TO ENHANCE YOUR HEALTH AND WELLBEING.

QIGONG HAS BEEN PROVEN TO BE BENEFICIAL FOR A NUMBER OF CONDITIONS AND PROMOTES POSITIVE MENTAL HEALTH.

COME AND FIND OUT ALL ABOUT QIGONG!

For more information or to book please
call 01420 85057 or email marie.kellie@altoncommunitycentre.org.uk



A683 The Evolution of Corsetry From Early Examples to the Present Day Presentation & Discussion with Jane Beagrie

As part of the 50th Anniversary of Alton Community Association we are looking into the history of corsetry as a nod to the buildings previous use as a factory involved in the Manufacture of Foundation Garments

£8.00 (ACA Members £4.50) Saturday 20th Sept 14.00-16.00 at Alton Community Centre
There will be a 30 minute interval for refreshments.

The art and craft of creating corsets has undergone significant transformations throughout history from its early examples to contemporary designs. Corsetry has evolved in terms of materials, construction techniques and societal significance. This presentation delves into the rich history of corsetry, highlighting key developments and examples to illustrate its journey. Looking back at centuries and decades of development is an interesting journey and is a journey through historic events which have shaped fashion. As world renowned British Miliner Stephen Jones once said "Today's fashion is tomorrows costume"

A684 Discover the Art of Corsetry-Tailored to You (Make your own Corset) with Jane Beagrie

£149.00 (ACA Members £134.10) Saturday 18th Oct—8th Nov 9.30-12.30 for 4 weeks at Alton Community Centre
Price includes all materials (supplied by the tutor) needed to create your own bespoke corset.

Pre-made corsets often sacrifice comfort for style and rarely offer a perfect fit-especially beyond standard sizing. In this welcoming beginners course, you will learn how to create a soft corset that's designed specifically to your own measurements.

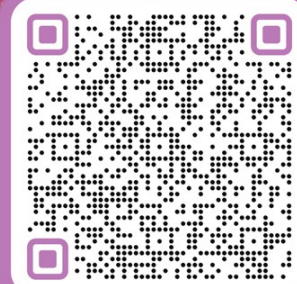
This course is designed for those who have a knowledge of sewing but wish to extend their skills. Step by step course from construction and fitting to wearing your corset with confidence—whether layered over or worn discreetly under clothing. This class is ideal for anyone looking to explore styling options and make something truly unique and wearable whether it is just for fun, for a specific event or for a costume or if you just want to extend your sewing skills. Equipment list available from reception when you enrol.



• ALTON COMMUNITY CENTRE •

50TH
ACA
🕷️

WEDS
29TH
OCTOBER
7:30PM



SCAN ME

AUTHENTIC 80S AEROBICS CLASS

SYNTH POWERED & LYCRA CLAD!

£8 * AGES 15+ * 01420 85057 * ALL FITNESS LEVELS

A571 9 Star Ki Japanese Astrology Workshop with Sue Kelly

£35.00 (ACA Mem £31.50) Saturday 13th Sept
9.00-12.30 at Alton Community Centre

Nine star Ki is a Japanese form of astrology, combining numerology with your year, month and date of birth.

Learn what the nine numbers mean, and how they combine to give a unique template for ourselves.

Learn the interaction of these numbers with the others on our chart, looking at clashes and combinations within the year and month numbers. How do others perceive us?

What is our role in life? How do we interact on a daily basis.

A572 Self Help Acupressure with Sue Kelly

£35.00 (ACA Mem £31.50) Saturday 6th September 9.00-12.30 at Alton Community Centre

Learn 24 energy points and how to Combine them for a variety of common ailments. Colds, aches and pains, give yourself more energy and enthusiasm for the coming months. Learn a routine to help you sleep All done with clothes on!

A622 Art for Fun Workshop—Vibrant Winter Illustrations Using Watercolour & Pen

£35.00 (ACA Mem £31.50) Saturday 29th Nov
13.30-16.30 at Alton Community Centre

Join artist Kate Davis to produce a colourful, sleepy hedgehog using pen and wash, followed by a festive robin nestled in a wreath, either on watercolour paper or you can create designs directly onto blank cards, perfect for sending!

This is a fun workshop where Kate will guide you, step by step, through the process This is a wonderful chance to enjoy the creative process and get into the Christmas spirit, alongside fellow art enthusiasts. Making art is a great way to boost your mental health, helping you relax, unwind, and lose yourself in creating.

Please bring your own art materials (a suggestion list will be provided).



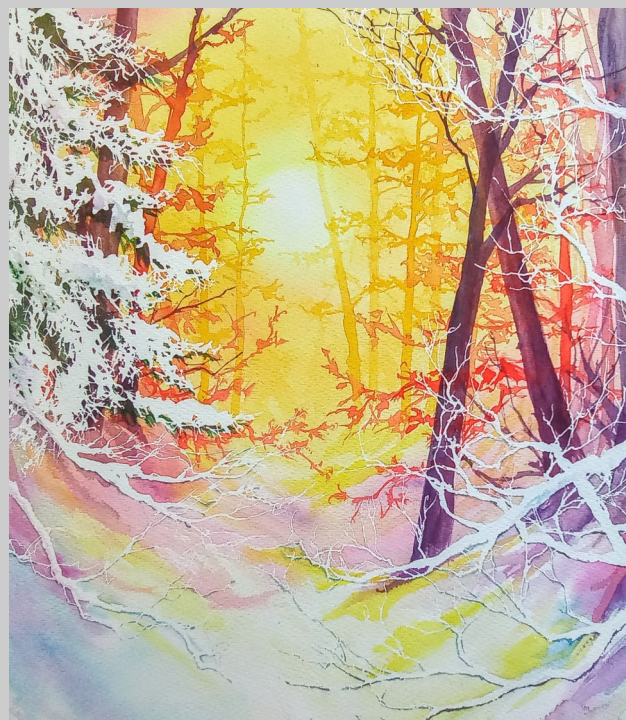
A620 Art for Fun Workshop—Winter Sun

£35.00 (ACA Mem £31.50) Saturday 11th October 13.30-16.30 at Alton Community Centre

Join artist Kate Davis for a 3 hour workshop and create your own snowy winter woodland scene in watercolour. This friendly and welcoming environment is perfect for all skill levels. You'll build your composition up in layers, while using masking to protect the white of the snow.

This is a great opportunity to immerse yourself in the painting process, and connect with fellow art enthusiasts. Making art is a great way to boost your mental health, helping you relax, unwind, and lose yourself in creating.

Please bring your own art materials (a suggestion list will be provided).



A621 Art for Fun Watercolour Workshop — A Winter Hare with Kate Davis

£35.00 (ACA Mem £31.50) Saturday 8th Nov 13.30-16.30 at Alton Community Centre

Artist Kate Davis will guide you, step by step, to create a Winter Hare, using watercolour, salt and masking fluid, and highlighting various creative options throughout the session.

This friendly and welcoming environment is perfect for all skill levels. This is a fun opportunity to immerse yourself in the painting process, and connect with fellow art enthusiasts. Making art is a great way to boost your mental health, helping you relax, unwind, and lose yourself in creating.

Please bring your own art materials (a suggestion list will be provided).



Special Interests & Workshops (cont)

A380 Creative Writing: Spoken Word/Performance Poetry with Betty Knight

£145.00 (ACA Members £130.50) Wednesday 24th Sept-17th Dec 18.00-19.30 for 12 weeks at Alton Community Centre Half term 29th Oct

Rooted in the South African traditions of Praise & Critique poetry. Spoken word is a dynamic and expressive art form that blends performance with poetic storytelling. This course is ideal if you wish to develop their writing and performance skills in a supportive environment.

Whether you are a curious beginner or have some experience, you'll be encouraged to find your unique voice and use poetry as a tool for self expression, mental wellbeing and empowerment. You will be encouraged to explore both personal and social themes and develop your voice and style through rhythm, language and emotion.

The course tutor is Betty Knight (BA Hons) MA, Doctoral researcher in English-Creative and critical writing. She is also the author of 'A Nest of Voodoo Dolls' and 'Black Cloud Rider' and the editor of Botswana Women Write Spoken Word Anthology. Her work explores race, identity and the Black female experience in the diaspora. She brings a wealth of knowledge and lived experience to her teaching.

A281 3D CAD (Computer Aided Design) with Graham Knight

£145.00 (ACA Members £130.50) Tuesday 23rd Sept-16th Dec 18.00-19.30 for 12 weeks Tuesday 23rd Sept—16th Dec at Alton Community Centre Half term 28th Oct

Would you like to redesign a room, design a piece of furniture or 3D print jewellery or functional parts using free software?

Learn how to use 3D CAD (three-dimensional computer aided design) software to create virtual three-dimensional models for design or DIY projects e.g. product, furniture and interior design, architecture, 3D printing etc.

You will be taught the principles and practices of working with both 'Sketchup' and 'AutoDesk Fusion' software, through a series of hands-on activities. You will explore the tools and settings that support the efficient production of a range of complex and accurate 3D CAD models and their associated production drawings, rendered images, animations, simulations and data for 3D printing.

This course is for students of all ages, who have some experience using a computer but have little if any experience using CAD software.

Ensure you have a portable device e.g. a laptop computer, that can access 'Sketchup for Web' software and has a downloaded version of 'AutoDesk Fusion for personal use'. IT guidance on accessing software and minimum hardware requirements are available upon request.

You will be guided by Graham Knight BA (Hons) 3D Design, who has taught A-Level Design and Technology at Alton College for 27 years and used 3D CAD software for 20 years.

A282 English Language Non Accredited (Functional Skills Level 1 & 2 /Term 1) with Betty Knight

£145.00 (ACA Members £130.50) Tuesday 23rd Sept-16th Dec 18.00-19.30 for 12 weeks at Alton Community Centre Half term 28th Oct

English Language (Functional Skills Level 1 & 2)

This three-term course is suitable for adults who have not achieved a grade 4/C which is needed to access further or higher education or enhanced employment opportunities. Students should have a reasonable standard of spoken and written English (an initial assessment can be organised). Class sizes will be limited to 10 and students will be supported and guided to improve their reading, writing and spoken language techniques.

This is a non accredited course purely for leisure learning.

You will be taught by Betty Knight (BA [Hons], MA, Doctoral researcher in English), who has taught at Alton College, worked as a private tutor and been a visiting lecturer at Winchester University. She is a published writer and a GCSE English Language examiner with Edexcel Pearson.

New Tutors needed!

We are looking for new tutors in a wide variety of subjects to expand our programme of courses and workshops.

We offer courses weekdays, evenings and on Saturday mornings. No matter what your interest or idea is please come and tell us.

We would love to hear from you whatever you are interested in teaching.

If you are interested in becoming one of our leisure learning tutors, please email

Marie@altoncommunitycentre.org.uk

THE HEART OF ALTON FOR



50 YEARS 

THE RETURN OF THE COMMY DISCO (BUT WE'RE GROWN UPS NOW!)

SAT 11TH OCT
7.30-11.00 PM

ALTON COMMUNITY CENTRE

TICKETS £10.00

STEP BACK IN TIME TO THE COMMY DISCO ERA
AND DANCE THE NIGHT AWAY TO THE ORIGINAL DJ DAVE PATON.
CLASSIC 80S CLOTHING IS WELCOME BUT NOT MANDATORY.

01420 85057
ACAENQUIRIES@ALTONCOMMUNITYCENTRE.ORG.UK



SCAN ME

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 courses, ACA membership and events.
Your information will not be shared with third parties without your permission.

ACA membership runs from Sept—August

	2025/2026	2026/2027	2027/2028	2028/2029	2029/2030
Date renewed					
Membership Type					
Amount paid					
Mem number					

**ALTON COMMUNITY CENTRE
CHRISTMAS CRACKER
SUN 7TH DEC
10.00AM - 2.00PM**

**STALLS GALORE—LARGEST INDOOR
MARKET IN ALTON
FIND ALL YOUR GIFTS FOR CHRISTMAS
OR A TREAT FOR YOURSELF!
FREE ADMISSION, FREE MULLED WINE
HAMPER RAFFLE
SANTA'S GROTTO &
FREE CHILDRENS MOVIES & ACTIVITIES
CHRISTMAS CHEER,
and much more!**

**For more information or to book a stall
call 01420 85057
marie@altoncommunitycentre.org.uk**



The background of the poster is dark blue and filled with various colorful lottery balls. In the center, a large pink ball with the number 5 and a purple ball with the number 8 are prominent. Other balls in shades of blue, purple, orange, and green with numbers like 7, 9, 35, 25, 6, 1, 44, 12, and 30 are scattered around. The text 'ACA LOTTERY' is written in large, bold, white letters, with 'ACA' in a smaller font above 'LOTTERY'.

ACA LOTTERY

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

ONLY £5.00 per number per month!

For more information or to pick your
'lucky number' call 01420 85057 email
acaenquiries@altoncommunitycentre.org.uk