



## Auchterarder & District Leisure Classes

NEW  
CLASSES

## Prospectus September - December 2018

Run by volunteers for the people of  
Auchterarder and District

### MONDAY

#### DAYTIME

##### Christmas Floral Decorations - with Anne Buchan

Make a Xmas door decoration with a difference; try a festive coffee table design, we have plenty of ideas to deck the halls and grace your table. No previous experience necessary. You will be required to provide minimal foliage and flowers, appropriate for the designs, each week. Basic floral bases and materials will be available at a small cost. Details of the course will be sent out early November.

Auchterarder Community Church Centre (Garden Room) 1.30pm to 3.30pm

£20 for 4 weeks starting 19 November 2018

#### EVENING

##### Upcycling and Recycling - with Linda Gardner

Combine hand knitting and sewing to upcycle and recycle your stash: Creative ways to use old yarns, fabrics and ribbons and other materials yearning for a new purpose in life. You will learn pattern design, mixing media and innovative ways to make new from old. Be inspired in this fun and informative relaxed class. All abilities welcome.

Community School (support building) 7-9 pm.

£40 for 8 weeks starting 10 September 2018

##### Community Choir - with Sandra Miller

All the research shows that singing is good for your health and wellbeing. So why not come along and sing some songs, meet new people and feel all the better for it? It will help cheer you up on dark winter nights. No experience necessary and you don't need to be able to read music. All you need are your voice and your enthusiasm. Community School (Assembly Hall) 7pm to 8.30pm

£35 for 7 weeks starting 22 October 2018

### TUESDAY

#### DAYTIME

##### Art Afternoon - with Douglas Matthews

Embracing all media, some experience helpful but not essential. Beginners are welcome.

Aytoun Hall (ground floor) 1.30 - 3.30 pm.

£50 for 10 weeks starting 11 September 2018

#### EVENING

##### Scottish Country Dancing - with Jane Rattray

Learn and enjoy the basics in an informal, friendly atmosphere. Suitable for beginners and continuers. Auchterarder Community Church Centre (small hall) 7-9 pm.

£50 for 10 weeks starting 11 September 2018

##### Tai Chi - with Iain Naylor

An ancient form of exercise from China, slow gentle movements provide a balanced exercise for mind and body. Our tutor is one of Scotlands most experienced teachers having studied tai chi since 1980 and regularly studied in China since 2005. Beginners welcome. Light clothing and soft-soled shoes are required.

Community School 6.30-8 pm.

£50 for 10 weeks starting 11 September 2018

##### Upholstery - with Bob Farmer

Learn how to re-upholster small to medium pieces of furniture. We will contact new starters prior to the first class to discuss what you need to bring with you.

Community School 7-9 pm.

£50 for 10 weeks starting 11 September 2018

## WEDNESDAY

### EVENING

#### Fishing Skills and Fly Tying - with Sandy McIntosh

Improve your fishing with expert advice on casting lures, location etc. Lessons in fly tying.

The Fishing Hut, Kinkell Bridge 7-9 pm

**£30 for 6 weeks starting 14 November 2018**

## THURSDAY

### DAYTIME

#### Art Afternoon - with Douglas Matthews

Embracing all media, some experience helpful but not essential. Beginners welcome.

Aytoun Hall (ground floor) 1.30 - 3.30 pm.

**£50 for 10 weeks starting 13 September 2018**

#### Chair Yoga - with Julie Henderson **NEW!**

Are you interested in the many benefits of yoga and meditation but uncomfortable sitting on the floor? Kundalini Chair-led yoga is a gentle series of exercises practised from a chair and focusing on building strength, balance and flexibility. Each class finishes with relaxation and meditation helping to reduce stress and increase overall wellbeing. All welcome. Wear comfortable clothing.

Aytoun Hall (Girnal Hall) 11am to 12noon

**£35 for 10 weeks starting 13 September 2018**

## SATURDAY

#### ONE DAY CLASS 8 December 2018 **NEW!**

#### Make a Christmas wreath - with Anne Buchan

Not able to come along to our four week course?

Take a morning to make your own Christmas

Wreath, you can also try your hand at a table

decoration. No experience necessary. You will be

required to provide minimal foliage and flowers.

Basic floral bases and materials will be available

at a small cost. Details of the exact requirements

will be sent out in advance.

Auchterarder Community Church Centre (small

hall) 10am to 1pm.

**£15 for a half day 8 December 2018.**

All students must be aged 18 or over.

We do not send out acknowledgements, please assume that the class will run unless you are notified of a cancellation.

In the event of a class not being run at all, students will be informed as soon as is practical and fees will be returned.

There may be a small extra charge for materials for some classes.

An up to date tetanus injection is advised for all practical subjects.

Please note that the AAEA is unable to refund class fees once the class is confirmed as running.

### ALL ENROLMENTS:

Please send the enclosed enrolment form with your cheque, made out to AAEA, to

AAEA Secretary

17 Beech Tree Place

Auchterarder, PH3 1JQ

**TO ASSIST THE ADMINISTRATOR PLEASE  
RETURN ENROLMENT FORMS BY  
3 September 2018. CLASSES START  
MONDAY 10TH SEPTEMBER 2018 UNLESS  
OTHERWISE NOTIFIED IN THE BROCHURE**

[There will be a half term break 8-19 October](#)

For further information visit our website

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

or call 07887 735597

You can view this brochure and print off an enrolment form on-line, but we regret we cannot process your enrolment on-line