

1. Book Circle (Monday) £15 /yr
Residents' Social Room, Dorward Place, Longforgan.
Meets on the third Monday of every month. Phone Cath on 01382 580742 or Michael on 01382 360252.
See website for book list.
Starts 15th January, 7:30 - 9:30 pm.

2. Chi-Kung (Monday) £25
Church of Scotland Hall, Invergowrie. Tutor: B. Styles
Includes standing and floor mat exercises similar to yoga, to strengthen and improve balance, relax the mind, improve posture and concentration. Wear loose clothing and bring a mat for floor exercises.
Starts 15th January, 10:15 – 11:15 am for 10 classes.

Tai Chi & Qigong
Church of Scotland Hall, Invergowrie. Tutor: B. Styles
Tai Chi & Qigong combine meditation with slow, simple standing movements and breathing to enhance the flow of your body's energy to help cure disease, increase strength and endurance, and enhance spirituality.

3. Tai Chi & Qigong - Beginners (Monday) £25
No experience required.
Starts 15th January, 11:30am - 12:30pm for 10 classes

4. Tai Chi & Qigong – Inter/Advanced (Monday) £25
For those with previous experience.
Starts 15th January, 12:45 - 1:45 pm for 10 classes.

5. Therapeutic Art of Crochet (Monday) £45
Church of Scotland Hall, Invergowrie. Tutor: E. Fiddes
For complete beginners and those with existing skills. Learn basic skills, how to read patterns & diagrams, use modern techniques and gain the confidence to continue developing your skills. There will also be flexibility to work on your own project at your own rate.
Starts 15th January, 7:00 - 9:00 pm for 10 classes.

6. Creative Writing (Monday) Tutor: D. Wood £32
Residents Lounge, Dorward Place, Longforgan.
Do you have stories to tell? Explore ways of doing this with creative writing. Gain suggestions for further crafting of your work and valuable feedback from an audience.
Starts 22nd January, 7:00 - 9:00 pm for 7 classes.
(Note – No class on 19th February)

7. Getting to grips with Windows 10 (Monday) £5
Inchture Church Hall. Tutor: P. Roberts
Learn about Windows 10 - settings, cloud storage & backup. How to enable 'God Mode' to provide access to all your computer's control panel tools. Bring your laptop/notebook fully charged if Windows 10 is installed.
Monday 22nd January, 7:00 - 9:00 pm.

8. Internet Explained, Ebay Buying/Selling (Monday) £5
Inchture Church Hall. Tutor: P. Roberts
Using the Internet, 'free to download' software, interesting sites which can be accessed from your computer. Also learn how to buy and sell on eBay. Bring your laptop/ notebook/ iPad fully charged.
Monday 29th January, 7:00 - 9:00 pm.

9. Yoga - Morning (Tuesday) Tutor: A. Binnie £38
Scout Hall St Madoes (formerly the Community Centre).
Wake up and stretch yourself out in this Hatha yoga class. Suitable for all ages and abilities.
Starts 16th January 10:00 - 11:30 am for 10 classes

10. Painting - Afternoon (Tuesday) £45
Church of Scotland Hall, Invergowrie. Tutor: D. Wood
From photos and sketches, the tutor will teach methods for creating a painting or drawing based on your chosen subject and help you find the most suitable medium to create your final piece. Bring your own art materials.
Starts 16th January, 2:00 - 4:00 pm for 10 classes.
(Note – No class on 30th January)

11. Scottish Country Dancing (Tuesday) £5
Errol Primary School. Tutor: R. Farrow
The class is aimed at beginners and those wishing to brush up their dancing skills. Please note that a partner is not needed. Enrolment fee £5 plus £2.50 per night.
Starts 16th January, 7:30 - 9:30 pm for 10 classes.
(Note – No class on 6th March)

12. Carse Voices (Tuesday) £8
Errol Village Hall.
Normally singing acapella, there's no need to read music. Just come and experience the fun, physical and mental benefits to be found from singing. No audition required. Enrolment fee £8 plus £5 per week.
Starts 16th January, 7:30 - 9:30 pm for 10 classes.

13. Painting - Morning (Wednesday) £45
Annat Hall, Rait. Tutor: L. Morrocco
Learn to draw and paint in a relaxed and friendly environment. Develop observational skills and experiment with different media. Class suitable for all. Students should bring their own art materials to the class.
Starts 17th January 10:45 am - 12:45 pm for 10 classes

14. Painting - Afternoon (Wednesday) £45
Church of Scotland Hall, Invergowrie. Tutor: D. Wood
From photos and sketches, the tutor will teach methods for creating a painting or drawing based on your chosen subject and help you find the most suitable medium to create your final piece. Bring your own art materials.
Starts 17th January, 2:00 - 4:00 pm for 10 classes.

15. Yoga - Evening (Wednesday) £34
Errol Primary School Tutor: A. Binnie
Feel the physical and mental benefits of yoga in this class which is suitable for both experienced and inexperienced in yoga. Bring mat and blanket.
Starts 17th January, 7:00 - 8:30 pm for 9 classes.
(Note – No class on 21st March)

16. Pilates Evening (Wednesday) £25
Episcopal Church Hall, Invergowrie. Tutor: A. Moir
A body conditioning form of exercise that helps encourage joint mobilisation, correct alignment for a strong, healthy body. Wear clothes suitable for exercise and bring a yoga mat.
Starts 17th January, 7:30 - 8.30 pm for 10 classes.
(Note – No class on 21st February)

17. Exploring the Carse (Wednesday) £28
Scout Hall St Madoes (formerly the Community Centre).
Six talks on aspects of life and landscape in and around the Carse of Gowrie. See website for programme or ring Michael on 01382 360252 or Bill on 01382 581819 for further information.
Starts 14th February, 7:00 - 9:00 pm for 6 classes.

18. Over 50s Ballet (Thursday) £25
Bullionfield Hall, Invergowrie. Tutor: J. Ginslov
Combining Alexander Technique and Classical Ballet the classes enhance your memory, flexibility, imagination, core strength and stamina. Suitable for those 40+. Wear clothes for moving and soft shoes or socks. No previous experience necessary.
Starts 18th January, 10:30 - 11:30 am for 10 classes

19. Spanish for Improvers (Thursday) £38

Church Hall, Longforgan. Tutor: V. Catalán
Learn to speak Spanish in a relaxed setting. The class is intended for those with some prior knowledge of the language. Ring Michael on 01382 360252 or Muriel on 01382 360205 if you wish to discuss.
Starts 25th January, 7:30 - 9:00 pm for 10 classes.

20. Jewellery Making (Thursday) £45

Church Hall, Longforgan. Tutor: S. Falconer
Create your own unique pieces of jewellery. No experience necessary. Tools are available for use during classes. Other items e.g. beads, stringing, findings, etc., please bring your own or purchase at the class.
Starts 18th January, 7:00 - 9:00 pm for 10 classes.

Stained Glass Workshops

Church Hall, Longforgan. Tutor: L. Rowley
For beginners and experienced. Please bring an A4 sketch pad, ruler and pencil with some idea of the design you wish to make. If leading you will need to bring a board approx. 18" Sq. or A3 size with four batons or beads around the sides to hold your work.
For workshop 2, please indicate on your application whether you will be foiling or leading. This can be done on the 'Check out' page of website in the 'additional information' box to the right of your name. The lead strips are easily damaged so the tutor will bring only what is required. Coffee/tea provided, but bring a packed lunch.

21. Stained Glass Workshop 1 (Saturday) £38

This will be a 'Cutting' and 'Foiling' only class, with an opportunity to make a small panel using foil which you may then go on to 'Lead'
Saturday 10th February, 10:00 am - 5:00 pm.

22. Stained Glass Workshop 2 (Saturday) £38

This will be a 'Cutting', 'Foiling' and 'Leading' class.
Saturday 10th March, 10:00 am - 5:00 pm.

23. Help with your Smartphone (Saturday) £5

Inchture Church Hall. Tutor: P. Roberts
iPhones, Android, Blackberry, etc. – Learn how to manage contacts, messages, mail, notifications, browse, manage apps, security, settings & syncing, combat spam, backup to the clouds, Google photos & what to do if you drop your phone in water. Bring your iPhone/Smartphone fully charged.
Saturday 20th January, 10:00 am – 12.00 noon.

24. Help with your iPad (Saturday) £5

Inchture Church Hall. Tutor: P. Roberts
Learn about managing settings, files, saving documents, passwords, browsing, how to take screenshots, enlarge views, split the keyboard, copy & paste, save to iCloud, camera settings, organise and edit photos, transfer photos to other devices.
Bring your iPad fully charged.
Saturday 27th January, 10:00 am – 12.00 noon.

25. Minibus Excursion (Saturday) £5

Visit to National Museum of Flight (East Fortune) and then Scottish Seabird Centre (North Berwick). Leaving 9:00 am from the east end of the Carse with pickup points to suit passengers. Enrolment £5 per person (bus only). Entrance to both venues £17.50 (Concessions £13.95)
Saturday 3rd March, 9:00 am.

26. Golf (Sunday) £37

Middlebank Golf Centre. Tutor: G. Couzens
Learn or improve your golfing skills with tuition by experienced PGA golf pro Gareth Couzens, using both the driving range and short game area. Balls provided.
Starts 18th February, 3:00 – 4:00 pm for 6 classes

27. Short Walks (First Sunday in the month) £6 /yr

Gentle walks up to 5 miles on the first Sunday in the month, meeting at 12 midday. Contact Estelle Ward on 01828 686508 for programme.
Annual enrolment fee £6. (Renewable in September)

28. Long Walks (Third Sunday in the month) £7 /yr

Longer walks from 7 - 12 miles on the third Sunday in the month, normally meeting at 10:00 am. Contact Rosemary / Michael on 01382 360252 or Margaret on 01821 642 774 for programme.
Annual enrolment fee £7. (Renewable in September).
Walk programmes include walks beyond the Carse area.

Visit our website

www.caceclasses.co.uk

for further information on any class or call
01382 360252 or 01382 581819

Carse Association for Continuing Education



Spring Term 2018

Visit our website

www.caceclasses.co.uk

We encourage you to enrol online on our website. This gives immediate feedback about successful registration which is important for classes that fill up quickly and saves you postage. If you want to learn more about online registration, our Class No. 8, 'Internet Explained' will cover this.

Enrolment deadline

MONDAY 8th January 2018.



Enrolment Form

Each applicant should enrol on a separate form.
Please return form with payment by
MONDAY 8th January 2018

Name

Address

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Post Code

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Tel No.

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Mobile No.

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Email

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Class No.	Class Name	Fee £
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Total £	

It helps us save postage costs if we email rather than post a brochure. It also saves you postage if you enrol online.

If you would be prepared to receive class details by email in future, please tick here []

Notes on Enrolment

Enrol online at www.caceclasses.co.uk or send the completed enrolment form with a cheque (not cash) made payable to CACE at:-

**The CACE Enrolment Secretary,
Benvie Mill
Benvie
Dundee DD2 5LB**

PLEASE NOTE

- Places are limited in many of the classes. We operate a 'first come, first served' policy so enrol early to secure a place and to help us know before the start of term whether classes have enough enrolments to be viable.
- Classes will not run if there are insufficient enrolments by the enrolment deadline.
- You will only be contacted if a class is over-subscribed or cancelled, otherwise please attend the first session.
- CACE takes no responsibility for individuals, their actions or property on any CACE walks, visits or classes.
- Should any unforeseen changes occur, CACE reserves the right to amend the programme at any time
- The minimum age for our classes is 16 years.

The Carse Association for Continuing Education (CACE), was founded in 1995. It is a non-profit making organisation run by a small group of volunteers.