

Enrolment Form

If paying by cheque, each applicant should enrol on a separate form and return the form with payment by

MONDAY 15th April 2019

PLEASE PRINT CLEARLY

Name

Address

.....

.....

Post Code

Tel No.

Mobile No.

Email

Class No.	Class Name	Fee £
.....
.....
.....
.....

.....

.....

.....

.....

Total £

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

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

Notes on Enrolment

Enrol and pay 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.
- CACE does not return enrolment fees at the request of a member, except where the member requests a refund before the first class of term.
- 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.
- Our Privacy Policy, explains the data we keep, why we keep it, who can use it and your rights under the General Data Protection Regulations (2018). For more details visit our website WWW.CACECLASSES.CO.UK

1. Book Circle (Third Monday of every month) £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. Annual enrolment fee £15 (inc. refreshments) renewable in September.
Monday 15th April, 7:30 – 9:30pm.

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 22nd April, 10:00 – 11:00am 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 – Inter/Advanced (Monday) £25
For those with previous experience.
Starts 22nd April, 11:05am- 12:05pm for 10 classes.

4. Tai Chi & Qigong - Beginners (Monday) £25
No experience required.
Starts 22nd April, 12:10 - 1:10pm for 10 classes

5. Therapeutic Art of Crochet (Monday) £45
Church of Scotland Hall, Invergowrie. Tutor: E. Fiddes
A course covering all crochet basics with scope for learners to work at own rate and progress on own project with expert tutor support if wished. Beginners will need a 3.5mm crochet hook and DK crochet cotton in a light colour.
Starts 22nd April, 7:00 - 9:00pm for 10 classes.

6. Introduction to Windows Spreadsheets (Monday)£10
Church of Scotland Hall, Invergowrie. Tutor: K. Kelly
Over 2 classes, learn the main components of spreadsheets using Windows; how to insert data, use cells, rows and columns, create and sort lists & records and perform simple calculations. Bring your laptop fully charged, preferably with a mouse attached and with a spreadsheet package (e.g. Excel, Calc) already loaded.
Starts 6 May, 7:00 – 9:00pm for 2 classes.

7. Yoga - Morning (Tuesday) £38
Madoch Centre, St Madoes Tutor: A. Binnie
Wake up and stretch yourself out in this Hatha yoga class. Suitable for all ages and abilities.
If you are not sure if this class is for you, the tutor is willing to make arrangements to meet up before the first class to discuss. Please contact CACE for further information.
Starts 23rd April, 10:00 - 11:30am for 10 classes

8. 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 30th April, 2:00 - 4:00pm for 10 classes.

9. Bridge (Tuesday) £36
Inchture Village Hall. Tutor: H. Taylor
For those with a basic knowledge of bridge who would like to learn better card play and bidding. Please contact Morag on 01382 668129, if you are not sure if this class is of a suitable level for you.
Starts 23rd April, 2:00 – 4:00pm for 8 classes.
(Note – No class on 7th and 28th May)

10. Scottish Country Dancing (Tuesday) £5
Errol Primary School. Tutor: M. Boal
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 23rd April, 7:30 - 9:30pm for 10 classes.

11. Carse Voices (Tuesday) £8
Errol Village Hall.
We are delighted to welcome Alice Marra back to *Carse Voices*. The talented and highly sought after singer and musical director specialises in Acapella singing. No auditions and no need to read music. Enrolment fee £8 plus £5 per week.
Starts 23rd April, 7:30 - 9:30pm for 6 classes.

12. 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 24th April, 10:45am - 12:45pm for 10 classes

13. Yoga - Evening (Wednesday) £38
Errol Primary School Tutor: A. Binnie
Feel the physical and mental benefits of yoga in this class which is suitable for those both experienced and inexperienced in yoga. Please bring mat and blanket.
If you are not sure if this class is for you, the tutor is willing to make arrangements to meet up before the first class to discuss. Please contact CACE for further information.
Starts 24th April, 7:00 - 8:30pm for 10 classes.

14. Exploring the Carse (Wednesday) £28
Various locations
Six visits to places of interest in and around the Carse of Gowrie. See website or ring Michael on 01382 360252 or Bill on 01382 581819 for further information.
Starts 15th May, 7:00 - 9:00pm for 6 visits.

15. Over 50s Ballet (Thursday) £25
Bullionfield Hall, Invergowrie. Tutor: C. Owen
Combining Alexander Technique and Classical Ballet the classes enhance your memory, flexibility, imagination, core strength and stamina. Wear clothes for moving and soft shoes or socks. No previous experience necessary.
Starts 25th April, 10:45 - 11:45am for 10 classes

16. 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 to discuss.
Starts 25th April, 6:45 - 8:15pm for 10 classes.

17. Jewellery Making (Thursday) £45
Church Hall, Longforgan. Tutor: S. Falconer
Learn techniques to 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. bring your own or purchase at the class for a small cost.
Starts 25th April, 7:00 - 9:00pm for 10 classes.

18. Flower Arranging (Friday) £18
Errol Village Hall Tutor: J Scholfield
Flower arranging with a summer theme.
Starts 26th April, 1:30 – 3:30pm for 4 Classes
(Note – No class on 10th May)

Stained Glass Workshops (Saturday)
Church Hall, Longforgan. Tutor: L. Rowley
For beginners and experienced. For cutting or foiling, bring an A4 sketch pad, ruler & pencil with an idea of the design you wish to make, but no larger than A4. Please bring a board approx. 18" Sq. or A3 size with 4 battens or beads around the sides to hold your work. For workshop 2, please indicate on your application whether foiling or leading. *This can be done on the 'Check out' page of website in the 'additional information' box near 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.

19. Stained Glass Workshop 1 (Saturday 11th May) £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 11th May, 10:00am - 5:00pm.

20. Stained Glass Workshop 2 (Saturday 15th June) £38
This will be a 'Cutting', 'Foiling' and 'Leading' class.
Saturday 15th June, 10:00am - 5:00pm.

21. Basic Life Support (Saturday 4th May) £5
Inchtute Village Hall Tutor: T. McConnachie
Could you help effectively if you found someone in a distressed state, such as unconscious or choking? This workshop will help you know what to do. It includes CPR, Blocked Airway, Recovery Position and how to use a Defibrillator.
Saturday 4th May, 9:30am – 12:30pm.

22. Minibus Excursion (Saturday 22nd June) £5
Visit to Battle of Bannockburn Visitor Centre and then Summerlee Museum of Scottish Industrial Life, Coatbridge. Leaving at 9.00am from the east end of the Carse with pickup points to suit passengers. Ticket cost £11.50 (Concession £8.50). Enrolment £5 per person (bus only).
Saturday 22nd June, 9:00am.

23. Pitlochry Festival Theatre (Saturday 29th June) £35
Our Pitlochry Theatre outing this year is to "Summer Holiday", one of the most popular movies of the 60's immortalised by Cliff Richard and The Shadows. During a wet Scottish summer Don whisks his workmates away on a borrowed bus in search of sunshine and fun in Athens". Remember the songs – Summer Holiday, Travellin' Light, Bachelor Boy, The Young Ones, Living Doll? They're all here in this happy, feel-good stage adaptation. Bring a picnic or have lunch with us in Port na Craig Restaurant (please indicate when enrolling). Our coach leaves Invergowrie at 9.15 am (other pick-up times can be found on our website) and returns approx. 7.00 pm. For further information phone Rosemary on 01382 360252. Theatre ticket and coach travel £35
Saturday 29th June 9.15 am (Invergowrie)

Golf Tuition (Sunday) £40
GC Golf at 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 26th May, for 6 classes (Choice of two times)

24. Golf One 1:45 – 2:45pm

25. Golf Two 3:00 – 4:00pm

26. Short Walks (First Sunday of every month) £6 /yr
Gentle walks up to 5 miles on the first Sunday of every month, meeting at 12 midday. Contact Muriel Anderson on 01382 360205 for programme.
Annual enrolment fee £6. (Renewable in September)

27. Long Walks (Third Sunday of every month) £7 /yr
Longer walks from 7 - 12 miles on the third Sunday of every month, normally meeting at 10:00 am.
Contact Rosemary 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.

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.

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



Summer Term 2019

CACE AGM

Friday 31st May at West Carse Hall, Glencarse
7:00 for 7:30 pm. All welcome.

Pitlochry Theatre Visit – 29th June

♪ We're all going on a...♪

'SUMMER HOLIDAY'

New classes

Introduction to Windows Spreadsheets.

Basic Life Support – CPR and use of Defibrillator etc.

By popular demand, we've added a second Golf Class to get you in the swing for summer!

Enrolment deadline
MONDAY 15th April 2019