

# Enrolment Form

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

**MONDAY 13th January 2020**

PLEASE PRINT CLEARLY

Name .....

Address .....

.....

.....

Post Code .....

Tel No. ....

Mobile No. ....

Email

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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](http://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](http://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 20th January, 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 20th January, 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 20th January, 11:05am- 12:05pm for 10 classes.**

**4. Tai Chi & Qigong - Beginners (Monday) £25**  
No experience required.  
**Starts 20th January, 12:10 - 1:10pm for 10 classes**

**5. Dressmaking (Monday) £45**  
Church of Scotland Hall, Invergowrie. Tutor: R. Alexander  
The tutor will help you to know your machine, adapt patterns and coach you in making your own garment. Please bring your own machine and a project to work on. All levels of skill welcome.  
**Starts 20th January, 1:30 – 3:30pm for 10 classes.**

**6. 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 20th January, 7:00 - 9:00pm for 10 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 21st January, 10:00 - 11:30am for 10 classes**

**8. Painting - Afternoon (Tuesday) £45**  
Church of Scotland Hall, Invergowrie. Tutor: E. Stirling  
Over the course of two hours in a relaxed social setting the tutor will work with students of all abilities helping them create a drawing or painting of their choice. Typical subjects include still life, landscapes, portraits etc. Students can bring in images to work from or set up a small still life. Students should bring their own art materials to the class.  
**Starts 21st January, 2:00 - 4:00pm for 10 classes.**

**9. Bridge (Tuesday) £40**  
Inchture Village Hall. Tutor: H. Taylor  
For those with a basic knowledge of bridge who would like to learn better card play and bidding.  
**Starts 21st January, 2:00 – 4:00pm for 9 classes.**  
**(Note – No class on 10th & 17th March)**

**10. Scottish Country Dancing (Tuesday) £5**  
Errol Primary School. Tutor: L. Magill  
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 21st January, 7:30 - 9:30pm for 10 classes.**  
**(Note – No class on 10th March)**

**11. Carse Voices (Tuesday) £8**  
Errol Village Hall.  
We are delighted to welcome back Alice Marra to Carse Voices. She specialises in Scottish Acapella singing. There's no need to read music and no auditions. Just come and experience the fun, physical and mental benefits to be found from singing.  
Enrolment fee £8 plus £5 per week.  
**Starts 21st January, 7:30 - 9:30pm for 10 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 22nd January, 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 a 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 22nd January, 7:00 - 8:30pm for 10 classes.**

**14. Exploring the Carse (Wednesday) £28**  
The Scout Hall, St Madoes  
Six talks on aspects of life 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 19th February, 7:00 - 9:00pm for 6 classes.**

**15. Life Drawing (Wednesday) £48**  
Church Hall Longforgan. Tutor: S. Morison  
Drawing from and understanding the figure is the fundamental way of training the eye to see accurately and the best way of learning to draw almost any subject.  
**The most important aspect of drawing is learning how to observe properly and we will practice this with live models.** In this series of classes, you will acquire new techniques, learn how to see in a different way and enjoy the process of mark making in your own unique style all whilst having fun and losing your fear of life drawing. Open to all levels. Please bring A3+ sketchbook; Conté pencils, charcoal, coloured dry pastels; putty rubber and ideally an easel.  
**Starts 5th February, 7:45 - 9:45pm for 6 classes.**

**16. Over 50s Ballet (Thursday) £25**  
Bullionfield Hall, Invergowrie. Tutor: C. Owen  
Using classical ballet techniques 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 23rd January, 10:45 - 11:45am for 10 classes**

**17. 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 23rd January, 6:45 - 8:15pm for 10 classes.**

**18. 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 23rd January, 7:00 - 9:00pm for 10 classes.**

#### **Stained Glass Workshops**

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 workshops 2 & 3, 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 or tea at break times provided, but bring a packed lunch.

**19. Stained Glass Workshop 1 (Saturday 1st Feb) £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 1st February, 10:00am - 5:00pm.**

**20. Stained Glass Workshop 2 (Saturday 22nd Feb) £38**  
This will be a 'Cutting', 'Foiling' and 'Leading' class.  
**Saturday 22nd February, 10:00am - 5:00pm.**

**21. Stained Glass Workshop 3 (Saturday 14th Mar) £38**  
This will be a 'Cutting', 'Foiling' and 'Leading' class.  
**Saturday 14th March, 10:00am - 5:00pm.**

**22. Minibus Excursion (Saturday 28th March) £5**  
Visit to Royal Yacht Britannia. Leaving at 9.00am from east end of the Carse with pickup points to suit passengers. Entry cost £16.50 (Concession £14.50). Enrolment £5 per person (bus only).  
**Saturday 28th March, 9:00am.**

**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 1st March, for 6 classes (Choice of two times)**

**23. Golf One 1:45 - 2:45pm**

**24. Golf Two 3:00 - 4:00pm**

**25. 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)

**26. 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](http://www.caceclasses.co.uk)**

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

## **Carse Association for Continuing Education**



## **Spring Term 2020**

### **HIGHLIGHTS**

#### **DRESSMAKING**

Make your own garments and master your sewing machine with the help of a professional dressmaker.

#### **LIFE DRAWING**

Learn how to observe subjects, draw them accurately and acquire new art techniques.

#### **PAINTING**

We welcome Ewan Stirling, an experienced, qualified art teacher, as the new tutor for the Tuesday painting class.

#### **MINIBUS EXCURSION**

Visit to the Royal Yacht Britannia.

#### **DATE FOR YOUR DIARY**

Summer term outing to Pitlochry Festival Theatre Saturday 27th June to see the musical "GYPSY".

**Enrolment deadline  
MONDAY 13th January 2020**