

enrich your life with community classes and social activities



Term 1 Term 2 February — April 2022 May — July 2022

Parnell Community Centre

Jubilee Building, 545 Parnell Rd, Parnell Monday-Friday, 8am-5pm community@villagesquare.org.nz 09 555 5164

classes

Class Name	Day and Time	No. Weeks	Cost	Term 1 Start	Term 2 Start	At	Class Description		
Culture and Languages									
French — Beginners	Tues 7.30-9pm	8	\$105	8 Feb	3 May	PCC	Covers French culture, speaking, reading and writing; enabling you to communicate confidently in a range of simple situations.		
French — Post Beginners	Tues 6-7.30pm	8	\$105	8 Feb	3 May	PCC	Continue to develop your confidence and ability to speak, read and write in French.		
French — Intermediate	Thurs 6-7.30pm	8	\$105*	10 Feb	5 May	PCC	For those who have intermediate-level knowledge of French or have attended the Post Beginners class. Please note there is a recommended text to accompany the course.		
German — Beginners	Tues 6-7.30pm	8	\$105	8 Feb	3 May	PCC	Learn basic grammar, including how to speak, listen and write in German. Perfect for those planning a trip to Deutschland!		
German — Post Beginners	Tues 7.30-9pm	8	\$105	8 Feb	3 May	PCC	Expand your command of the German language. Continue from the Beginners class and practice more advanced conversations.		
Italian — Beginners	Mon 7.30-9pm	8	\$105	14 Feb	2 May	PCC	Buongiorno! Learn basic vocabulary, greetings, introductions and commonly-used expressions. Develop the confidence to give Italian a try.		
Italian — Post Beginners	Mon 6-7.30pm	8	\$105	14 Feb	2 May	PCC	For those who have basic-level knowledge of Italian and wish to improve their grammar, vocabulary, speaking and listening.		
Italian — Intermediate	Wed 7.30-9pm	8	\$105	9 Feb	4 May	PCC	Hone the skills learned in the Beginners and Post Beginners classes. Prepare and build confidence for advanced-level study.		
Italian — Advanced Conversation	Wed 6-7.30pm	8	\$105	9 Feb	4 May	PCC	Enrich your knowledge of Italian and expand your vocabulary through fun activities and useful social interactions.		
Portuguese — Beginners	Mon 7.30-9pm	8	\$105	14 Feb	2 May	PCC	Learn basic vocabulary, grammar and common phrases.		
Portuguese — Post Beginners	Mon 630pm	8	\$105	14 Feb	2 May	PCC	Continue to develop your skills in speaking and understanding Portuguese.		
Spanish — Beginners, Group 1	Wed 7.30-9pm	8	\$105	9 Feb	4 May	PCC	Learn basic grammar, practise speaking, discover new phrases and make amigos. Hasta la vista!		
Spanish — Beginners, Group 2	Thurs 7.30-9pm	8	\$105	10 Feb	5 May	PCC	Strengthen your grammar and extend your vocabulary. Learn to communicate in everyday situations.		
Spanish — Post Beginners	Wed 6-7.30pm	8	\$105	9 Feb	4 May	PCC	For those who have basic-level knowledge of Spanish or have attended the Beginners class.		
Spanish — Intermediate	Thurs 6-7.30pm	8	\$105	10 Feb	5 May	PCC	For those who have intermediate-level knowledge of Spanish or have attended the Post Beginners class.		
Chinese Mandarin — Beginners	Tues 6-7.30pm	8	\$105	8 Feb	3 May	PCC	Start your Chinese language journey and learn essential vocabulary with our Chinese Manadarin Beginners class.		
Chinese Mandarin — Post Beginners NEV	V Tues 7.30-9pm	8	\$105	8 Feb	3 May	PCC	Try a more advanced level of Chinese Mandarin. Suitable for those who have completed the Beginners class.		
Te Reo Classes at Selwyn Community Education	SELWYN					SCE	Te Reo Classes for beginners and next-step learners are held at Selwyn Community Education, 203 Kohimarama Road, Kohimarama. selwyncomed.school.nz / 09 521 9623		
ESOL Conversation / General English									
Everyday English	Tues 9.15am-1.15pm	7	\$200	8 Feb	3 May	PCC	Learn basic grammar, vocabulary and pronunciation, and put it into practice in an authentic Kiwi setting.		
Fluency and Pronunciation	Wed 6-8pm	8	\$140	9 Feb	4 May	PCC	Focus on the essentials of English pronunciation and work on areas you find challenging.		

10 Feb

5 May

PCC Improve your fluency and confidence in speaking and understanding Kiwi English at work.

\$140

Workplace English

Thurs 7-9pm

Class Name Day and Time No. Weeks Class Description **Healthy Body and Mind** Wed 9.30-11am 10 9 Feb PCC Hatha Yoga — Beginners \$155 4 May Learn simple techniques for relaxing and de-stressing, and increase your muscle tone and flexibility. Own mat TI 9 weeks TI \$139.50 required. Hatha Yoaa — Continuina Fri 9.30-11am 11 Feb 6 May PCC T2 10 weeks **T2** \$155 Thurs 7-8am Early Bird Pilates - 7am 10 \$155 10 Feb 5 May Rise and shine with our Early Bird classes! Designed for busy bees who want to achieve healthy and balanced lifestyle goals before the start of the work day. Own mat required. Early Bird Pilates — 8am PCC Thurs 8-9am 10 \$155 5 May 10 Feb Mon 9-10am \$139.50 14 Feb Pilates Day Class — Beginners 2 May PCC Experience a positive, exercise-based way to balance mind and body. Improve your flexibility, posture, muscle strength and balance. Own mat required. PCC Pilates Day Class — Beginners Thurs 9-10am 10 Feb 5 May Pilates Day Class — Continuing Mon 10-11am 9 \$139.50 14 Feb 2 May PCC For those who have previously attended the Beginners class. Continue your practice and develop your strength and balance. Own mat required. Thurs 10-11am PCC Pilates Day Class — Continuing 10 \$155 10 Feb 5 May Tues **Evening Pilates NEW** 10 \$155 8 Feb 3 May PCC Join Rose for a new Pilates session to suit those wanting to unwind and re-focus after work. Own mat required. 5.30-6.30pm Learn a series of slow, continuous movements that promote physical and mental wellbeing, and improve 8 7 May Tai Chi & Qigong — Beginners Sat 9.15-10.15am \$76 12 Feb PCC For those who have previously attended the Beginners class. Continue developing your coordination and Sat 10.15-11.15am 7 May Tai Chi & Qigong - Continuing 6 \$57 26 Feb PCC balance in this dynamic class. Tai Chi Yang Style — Long Form Advanced class for those who have previously attended the Continuing class. Learn Yang-style Tai Chi 108 form 6 \$57 26 Feb 7 May PCC and Weapons 11.15am-12.15pm (long form), and the fan and sword forms. Creative Arts & Crafts 8 \$95 Anyone Can Learn to Draw - Group 1 9 Feb 4 May Unlock your inner artist, starting with simple exercises in drawing objects using line, tone, shading and perspective. Students to bring their own materials from the list provided. PCC Wed 2.15-3.15pm 8 9 Feb 4 May Anyone Can Learn to Draw — Group 2 \$95 A painting class with brushes of colour and splashes of fun! A wide range of subject matter will be explored. Wed 3.30-5pm Anyone Can Learn to Paint a Small Canvas 8 \$110 9 Feb 4 May PCC Students to bring their own materials from the list provided. Mon Learn the basics of the art of Ikebana (Japanese flower arrangement) in the Sogetsu style and enjoy this Artistry of Flowers — Ikebana for Beginners 5 21 Feb 12.30-2.30pm elegant and creative world. Beginners are welcome. Course fee includes materials in first class Learn how to create floral design in a more sustainable way. Introduce floral mechanics such as Kenzan Artistry of Flowers - Sustainable Floral Mon 5 \$130 PCC 2 May (pin holder), natural fixture and more. We'll cover hand tied bouquets, centre pieces, button hole and corsages, Design 12.30-2.30pm arrangements in vases and hanging decorations. Course fee includes materials in the first class. Calligraphy - Beginners Thurs 6-7.30pm 8 \$110* 10 Feb 5 May PCC Learn stylish Italic and Foundational handwriting, and the principles of Calligraphy. Learn techniques to enhance your calligraphic journey, including embossing, simple shapes and gold foil Thurs 7.30-9pm Calligraphy - Enhanced NEW 8 \$110* 10 Feb PCC 5 May Sit back, relax, have a cup of tea and biscuits while knitting something special with Marian and the team. Knit One, Purl One 8 5 May \$85 PCC 10 Feb 2.45-4.45pm BYO materials Music, Rhythm and Dance Mon 11.10am-The Art of Dance 14 Feb 2 May PCC A weekly fix of energising dance and yoga that balances the mind, body and soul. All levels are welcome. 12.10pm Wed 6.30-Come and dance with us! You don't need a partner and you don't need any experience. PCC Swing Out Central 9.30pm Please visit www.swingoutcentral.co.nz for more details. Social Activities - \$10 Annual Membership fee covers all Social Activities. Small, additional cost per session. Activities run throughout the year.

Parnell Community Centre Bridge	Fri 1-4pm	\$8	PCC Enjoy a social game of Bridge and afternoon tea.
Mah Jong	Mon 12.30-2.30pm	\$4	PCC Whether you are learning to play or wanting to refresh your skills, all are welcome to join this fascinating Oriental board game over afternoon tea.
Scrabble	Tues 1.30-3.30pm	\$4	PCC Enjoy good fellowship and afternoon tea while building your Scrabble vocabulary.
Buggy Walking Group	Tues 11am-12pm	FREE	PCC Join others who are looking for fresh air on this buggy-friendly walk around the Auckland Domain. In collaboration with Plunket.
Step Out Walking Group	Thurs 10-11am	FREE	PCC Enjoy socialising and feeling motivated as you step out with this friendly and enthusiastic group of walkers.
Seniors Coffee & Chat	Meets fortnightly on Thurs, 10-11.30am	\$4	PCC Come together for morning tea, guest speakers and regular outings.
Parnell Coffee & Craft	2nd Thurs of every month, 10-11am	FREE	PCC Work on your craft project over a cup of tea and biscuits. Everyone's welcome! In collaboration with Parnell Library.
Film Group	3rd Thurs of every month,	\$4	PCC Come together once a month to discuss movies you've recently seen over afternoon tea.

Locations: PCC = Parnell Community Centre, 545 Parnell Rd, Parnell; GTC = Glanville Terrace Campus, 27 Glanville Tce, Parnell; SCE = Selwyn Community Education, 203 Kohimarama Road, Kohimarama *Extra cost for course materials villagesquare.org.nz for more details and to enrol online. Pre-enrolment is required for all classes.

Sustainable Urban Living Workshops at Parnell Farmers' Market

Our Sustainable Urban Living Workshops will run from February to May 2022. For updates on the workshops, see villagesquare.org.nz/SUL or look out for a flyer at Parnell Farmers' Market.

Epsom Community Centre	Class Name	Day and Time	No. Weeks	Cost	Term 1 Start	Term 2 Start
We also run Community Classes and Activities at Epsom Community Centre For more informaiton, visit our website at villagesquare.org.nz/epsom	Everyday English	Fri 12.30-2.30pm	8	\$86	11 Feb	6 May
	9am Pilates Beginners class	Tue 9-10am	10	\$155	8 Feb	3 May
	10am Pilates Continuing class	Tue 10-11am	10	\$155	8 Feb	3 May
	Anyone Can Learn to Draw	Wed 9.30-10.30am	8	\$95	16 Feb	11 May
Epsom Community Centre 202 Gillies Ave, Epsom 09 638 7444 lucy@epsom-community-centre.org.nz	Anyone Can Learn to Paint a Small Canvas	Wed 10.30-11.30am	8	\$95	16 Feb	11 May
	Knit One, Purl One	Mon 9.30-11.30am	8	\$85	14 Feb	2 May
	Adult Jazz	Mon 1.10-2.10pm	9	\$94.50	14 Feb	2 May
	Ukulele	Mon 5.30-7.30pm	8	\$110	14 Feb	2 May
	Computers for Beginners	Wed 7-9pm	6	\$100	9 Feb	4 May
	Mexican Cuisine	Sat 9.30am-12.30pm	1 Workshop	\$40	12 Mar	_
	Indian Cuisine	Sat 9.30am-12.30pm	1 Workshop	\$40	_	TBC







Enrich your life with classes and social activities at Parnell Community Centre

How to enrol?

Visit our website at villagesquare.org.nz/enrol to enrol online, or visit our office at Parnell Community Centre to enrol in person (pre-enrolment is required for all classes)



CONTACT US Parnell Community Centre 545 Parnell Road, Parnell

T 09 555 5164

E community@villagesquare.org.nz **Facebook** @ParnellCommunityCentre



Parnell Trust has rebranded! We're now The Village Square Trust. Find out more at villagesquare.org.nz/rebranding

What we do at Parnell Community Centre

- Community classes
- Social activities
- Heritage walks
- · Venue hire
- IP service desk
- Parnell Farmers' Market
- Craft Harvest market and more!

More info at villagesquare.org.nz



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