

Diary: At a Glance

From January 2024

Mondays

Exe Pottery Open Studio	5-8pm
Vinyasa Flow Yoga	6:30-7:30pm

Tuesdays

Exe Coll-Creative Writing	10am-12:00pm
Exe Coll-Painting and Drawing in Oil & Acrylic	10am-12:30pm
Life Drawing	6pm-8:30pm
Exeter Aikido	7-8:30pm
Spectrum Choir	7:30-9.30pm

Wednesdays

The People's Acupuncture Project	12-6pm
Exe Coll-Water Colour and Drawing	1pm-15:30pm
Vinyasa Flow Yoga	6-7pm
Exeter Folk Choir	7-9pm

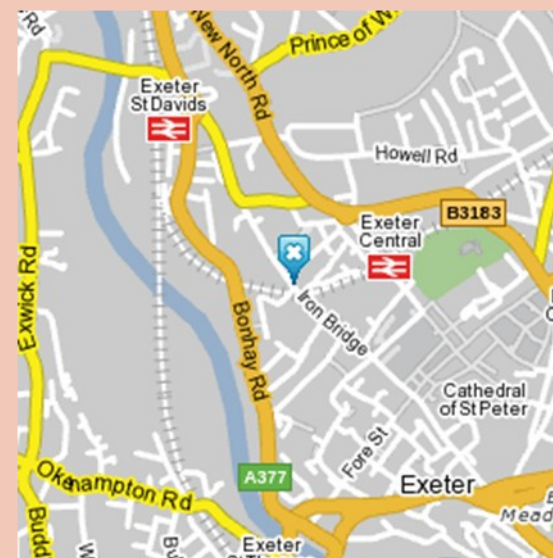
Thursdays

Gentle Yoga to Release Tension & Stress Online	
Iyengar Yoga	6:30-8pm

Fridays

Yoga for People with Parkinson's	10:30am-11:30am
Exeter Aikido	7-9pm

Map showing the location of Exeter Community Centre.



Exeter Community Centre

17 St David's Hill
Exeter
EX4 3RG

Phone: 01392 420549

E-mail: communication@exeter.oncentre.online

Website: www.eccentre.org

Twitter: @exetercommunity

The Centre has good wheelchair access and disabled parking.
Please phone to reserve your parking space.

The Mulberry Tree Café is open from 9am-3.30pm
Monday-Friday.

Phone: 07771 917671

skdellight624@gmail.com

Brochure date 14/12/2023



Activities and Events at Exeter Community Centre Spring Term 2024

Issue 1

Tel: 01392 420549

Information on classes at the centre



Maxine Dean Yoga: 60 minute vinyasa flow yoga
Mon: 6:30pm – 7:30pm
Room: Haldon

Weds: 6pm – 7pm

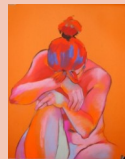
Room: Dinham

Cost: £10 per class with 5 and 10 class packs available. Mats and blocks available

Contact: Instagram— maxinedean

Website-

<https://www.maxinedeanyoga.com>



Life Drawing

Tues: 6pm—8:30pm

Room: Art Room

Cost: £220 per 10 week term

Starts: January 17th (10 Sessions)

Working directly from the model

Absolute Beginners through to Professional

All Welcome

Contact: Tel. 01392 666609 or email june-janes@virginmedia.com check

www.lifedrawingandportrait.co.uk or just turn up on Tuesday January 17th



Spectrum Choir

Tues: 7:30pm-9:30pm

Room: Ballroom

Cost: £3-£5 1st session free.

Starts: January 10th Devon's choir for all

lesbian, gay, bisexual & transgendered people & their friends. Come along and join us for a fun, social, great sounding time! No singing experience or auditions necessary!

Contact: hello@spectrumdevon.org.uk, visit spectrumdevon.org.uk or find us on Facebook.



Exe Pottery Open Studio

Mon: 5pm-8pm

Jan 8th, 22nd, 29th

Feb 5th, 12th & 19th,

Mar 4th, 11th & 22nd,

Apr. 8th, 15th, 22nd

Pottery:

Suggested Donation: £40/month fee, (for 3 sessions or £5/hour for occasional use.

The studio will be open for aspiring potters to come in and work with some basic support.

Purchase clay at the studio or bring your own.

Contact: ratsyfang@hotmail.com



Aikido

Tues: 7pm –8:30pm

& Fri: 7pm-9pm

Room: Dinham Room

Cost: £35 per month (Concessionary fee £28) plus £15 insurance per annum

Starts: ongoing_ Join anytime.

The first class is free. Aikido is a Japanese method of self-defence. It is fundamentally non-aggressive and non-competitive. The strikes, throws, locks and pins can be used to neutralise and immobilise aggressors without causing them injury, if you so choose. Exeter Aikido is a technical and Budo based Aikido, soft but dynamic. The Instructors at Exeter Aikido have all received their grades in Japan.

Please visit our website www.exeteraikido.co.uk or phone 01392 496787 for more information.



Creative Writing Course code

P0PCWFB0/2/1

Weds: 10 weeks 10:00am-12pm

Room: Heavitree Room

Cost: £151 **Starts:** January 17th

You will follow a scheme of work with different themes each week, produce a body of work through the term and, homework is set and read aloud each week. Peer evaluation is very useful, and a class anthology is produced at the end of the term.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.

Information on classes at the centre



Painting and Drawing in Oils and Acrylics

Course code POPDRAW0/2/1 **Weds:** 10 weeks 10:00am-12:30pm

Room: ArtRoom

Cost: £179

Starts: January 18th

Develop your drawing and painting skills in oils and acrylics in a friendly sociable class exploring colour tone, texture and picture composition. Suitable for Beginners to Advanced. **Contact:** For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Watercolour & Drawing

Weds: 9 weeks 1:00pm-3:30pm

Room: Art Room

Cost: £179 for 22.5hrs tuition

Starts: January 18th

You will work at your own pace developing skills in observational and expressive art techniques, from still life to landscape studies. Suitable for beginners or more experienced students.

Contact: For more information visit www.exe-coll.ac.uk or telephone 01392 400500.



Exeter Folk Choir

Weds: 7pm-9pm (term time)

Room: Dinham

Cost: 1st session free

Starts: January 11th

Exeter Folk Choir run by Wren Music. A great way to release your voice, make new friends & have fun. All abilities and voices are welcome – all you need to join is to want to sing. Sheet music is provided for those who prefer it. Many existing projects and performances including Sidmouth Folk Festival & Exeter Cathedral and 'wassailing' early each year.

Contact: Paul Wilson paul@wrenmusic.co.uk
T. 01837 53754



Exeter Acupuncture Project

Weds: 11am-6pm

Cost: Treatments are on a sliding scale and start from £25 for an appointment.

Room: Haldon Room

Book in advance: A community acupuncture clinic providing professional acupuncture in Exeter.

Contact:

www.exeteracupunctureproject.com
exeter_acupunctureproject@gmail.com
Call: 07444718395



Iyengar Yoga

Thurs: 6:30pm—8pm

Room: Dinham

Cost: £90 per 10 week block

Starts: Ongoing

The physical benefits of yoga are numerous and affect all systems of the body, helping to bring balance where there is imbalance and misalignment. As we begin to use the mind to work more skilfully with the body, the mind too receives the benefit of becoming more aware, more sensitive and the beginning of Self-knowledge takes place.

Contact: Isabelle Luterbacher 01626 867 057 or 07403 374 722 email: i_luterbacher@hotmail.com



Gentle Yoga for Arthritis & Similar Conditions is still online

Yoga to strengthen the nervous and immune systems Using posture, breathing and relaxation.

Contact: Dawn Williams on 07891 015713
dawnwilliamsyoga@gmail.com



Yoga for People with Parkinson's

Fri: 10:30 to 11:30am

Room: Dinham

Cost: £36 per calendar month

Classes have been created to help people adapt to the Yoga postures according to the impact of the symptoms upon their bodies. The Yoga works on your body, breath, mind/emotions and well-being, so you leave feeling energised and relaxed. You will need to bring your own mat. Classes remain online too.

Contact: Dawn Williams on 07891 015713
dawnwilliamsyoga@gmail.com

Information on classes at the centre



Alliance Française-Devon

Learn French with the French!

Develop your spoken French in a safe and fun environment with our dedicated native French teachers.

Beginning in September our language courses will boost your confidence and revive your enthusiasm for the French language.

Please go to our website for exact timings, course information and prices or:- Call: 01803 864 242

Email: info@allianceexeter.co.uk

Visit: www.allianceexeter.co.uk



Global Centre:

<http://www.globalcentredevon.org.uk>

DDE runs a programme of community events at the Global Centre in Exeter and occasionally in other parts of Devon.

These events are listed here for your information, most are free and registration is not required unless you choose to show your interest.

World at Lunch Thurs: 1pm to 2pm

Gown meets Town meets evenings

Book Club meets Mondays 6:30pm to 8pm



CERAMEXE_A pottery cooperative working at the ECCT pottery studio. CeramExe is a group of mainly amateur potters who have come together from a diverse range of backgrounds

to share a passion for making ceramics. Committed to working together maintaining the exchange of ideas and supporting each other. A co-operative group, making decisions collectively, exhibiting together, and sharing the tasks of running the group. Members pay a yearly membership fee and have access to work from the studio mid-day Thursdays to mid-day Saturdays.

Contact: ceramexpottery@gmail.com



School of Bodywork

Introduction to Massage, Individual Massage Tuition and Professional Massage Qualification courses available throughout the year.

Magdalen Room:

Course information and booking is available on the website: www.schoolofbodywork.com or call 07711 656011