

New Plymouth Adult Community Education

Code	Course	Tutor	Day / Time	Dates	Fee
NP404	Asian Cuisine - Sri Lankan, Indian, Thai & Chinese Talk about the herbs and spices, make different curry powders and pastes. Learn the art of cooking a variety of dishes from Sri Lanka, India, China and Thailand! Some hands on experience included! Bring a pen and notebook, \$30 additional costs for ingredients payable to Nelum at the first session.	Nelum Gunatunga	Thursday 7 - 9pm	21 Oct - 2 Dec 7wks	\$70+
NP401	Cake Decorating Learn to decorate your very own cakes and/or increase your existing skills! This course is designed for beginners and intermediate level decorators. You will learn basic cake covering using fondant, techniques with royal icing and how to use sugar paste to mould flowers and various other exciting decorations. Participants to bring a pen, notebook and scissors to the first session; additional costs can be as much as \$100 - \$130, to be discussed with Wendy.	Wendy Harland	Thursday 5.30 - 7.30pm	14 Oct -2 Dec 8wks	\$75+
NP420	Cake Decorating Learn to decorate your very own cakes and/or increase your existing skills! This course is designed for beginners and intermediate level decorators. You will learn basic cake covering using fondant, techniques with royal icing and how to use sugar paste to mould flowers and various other exciting decorations. Participants to bring a pen, notebook and scissors to the first session; additional costs can be as much as \$100 - \$130, to be discussed with Wendy.	Wendy Harland	Thursday 7.30 - 9.30pm	14 Oct -2 Dec 8wks	\$75+
NP403	Household Budgeting Take control of your finances with confidence. Assess your current financial position and learn practical tips on budgeting, saving, reducing debt and planning for the future. Bring along a pen and notebook.	Anne-Marie Ingram	Wednesday 7 - 9pm	20 Oct -10 Nov 4wks	\$25
NP405	Indian Cooking - Stage 1 Come and experience this hands on Indian cooking course with very easy 'cook your own' Butter Chicken and various other mouth watering Indian dishes! Bring a pen and notebook. \$40 additional costs for ingredients payable to Sangeeta at the first session.	Sangeeta Chaudhari	Tuesday 7 - 9pm	19 Oct - 7 Dec 8wks	\$75+
NP425	Indian Cooking - Stage 2 NEW! Further your skills with more hands on cooking in this stage 2 course with more specific dishes from scratch! Bring a pen and notebook. \$40 additional costs for ingredients payable to Sangeeta at the first session.	Sangeeta Chaudhari	Thursday 7 - 9pm	21 Oct - 9 Dec 8wks	\$75+
NP402	Introduction to Insight Meditation NEW! Come and learn the basics of Insight Meditation and the teachings that support it. From the Buddhist tradition, the teachings of wisdom and compassion can be approached as a secular practice and/or as a spiritual path.	Kanya Stewart	Tuesday 5.30 - 7.30pm	19 Oct - 23 Nov 6wks	\$75

NP406	Let's do Dinner! Cook your way out of that 'paper bag'. Learn basic cooking skills to feed yourself and impress family and friends with your very own tasty home-cooked meals and snacks. \$40 additional costs for ingredients payable to Anne at the first session.	Anne Berrie	Tuesday 7 - 9pm	19 Oct -16 Nov 5wks	\$50+
NP407	Pottery Kindle your creative fire in a warm, friendly and fun environment. Learn the WHOLE process and take home pieces crafted by your very own hands! Suitable for all levels, beginners to advanced. Additional costs for clay and firing payable to Dianne as you go.	Dianne Somers	Tuesday 7 - 9pm	19 Oct -23 Nov 6wks	\$60+
NP408	Tai Chi Chuan Tai Chi is a Chinese Health Exercise that works on strengthening the body and mind while calming the spirit. It involves slow moves that build up lower body strength and balance and exercises joints, tendons and ligaments. It helps to focus the mind and concentrate but also enhances well being.	Judi Harre	Monday 7.30 - 9pm	18 Oct - 6 Dec 8wks	\$60
NP409	Te Reo Maori - Stage 1 Looking to learn Te Reo Maori and wishing to be able to greet people and introduce yourself in Te Reo Maori? This introductory stage 1 course is designed for those who have absolutely no prior knowledge of Te Reo Maori. Held in Spotswood.	Bernie Edwards	Monday 6 - 8.30pm	1 Nov - 6 Dec 6wks	\$40
NP422	Te Reo Maori - Stage 2 <u>NEW!</u> By enrolling in this introductory stage 2 course you will not only be able to greet people in Te Reo, you will also be able to recite a Karakia with understanding of basic grammar foundations. Held in Spotswood.	Bernie Edwards	Thursday 6 - 8.30pm	4 Nov - 9 Dec 6wks	\$40
WEEKEND WORKSHOPS					
NP412	Touch of India Impress family and friends with this one day workshop introducing you to the spices of India. Starting from scratch you will learn the basics of enjoying an Indian meal; workshop includes entrée, mains and a sweet dish. \$15+ additional costs for ingredients payable to Sangeeta on the day.	Sangeeta Chaudhari	Saturday 10.30 - 2pm	23 Oct 1 day	\$25+
NP410	Oamaru Limestone Sculpture Enjoy this hands on introductory course to Oamaru Limestone Sculpture! Designing and working in 3D you will complete 2 pieces over the duration of the weekend - maybe even more! Places are limited to 8 so book your workshop early! \$5 tool hire and purchase of limestone (\$1 per kg) payable to Barry.	Barry TeWhatu	Sat & Sun 9am - 4pm	13 & 14 Nov 2 days	\$110+
NP417	Creating Herbal Skincare Concerned about the chemical cocktails you could be using on your skin? Re-discover how to tap into natural ingredients and herbs to create your own personal skin care range! \$10 additional costs payable to Shirley on the day.	Shirley Olsen	Saturday 9 - 12 noon	13 Nov 1 session	\$20+

NP416	Healing with Herbs Learn about the plants and herbs that grow around you and how to turn them into natural remedies to help heal you and your family. \$10 additional costs payable to Shirley on the day.	Shirley Olsen	Saturday 1 - 4pm	13 Nov 1 session	\$20+
NP411	Creating Soap Discover how to make pure, natural soap like your grandmother made. Explore plants that naturally lather and make pure soap using ingredients found in your very own kitchen! \$5 for 2 soap samples payable to Shirley on the day.	Shirley Olsen	Sunday 9am - 12noon	14 Nov 1 session	\$20+
NP414	Touch of India NEW! Impress family and friends with this one day workshop introducing you to the spices of India! Starting from scratch you will learn the basics of enjoying an Indian meal; workshop includes entrée, mains and a sweet dish. \$15+ additional costs for ingredients payable to Sangeeta on the day.	Sangeeta Chaudhari	Sunday 10.30 - 2pm	14 Nov 1 day	\$25+
NP415	Felt Making NEW! Using finest merino fibre in all colours of the rainbow, nice warm water and a piece of olive soap, you will learn the basic skills of fabulous feltmaking and turn your ideas into a unique piece of textile craft. Please bring three medium size towels, a plastic bag and something yummy for lunch and enjoy a wonderfully creative weekend! You are welcome to bring your own sheep wool. \$20 for materials payable to Franziska on the day.	Franziska von Hunerbein	Sat & Sun 10 - 4pm	27 & 28 Nov 2 days	\$45+
NP421	Yoga & Meditation Retreat NEW! This class combines Yoga and Mindfulness Meditation to bring about renewal of vitality and expanded awareness. Suitable for beginners and experienced. \$40 whole day or \$20 half day.	Kanya Stewart	Saturday 9 - 4pm	4 Dec 1 day	\$40
NP413	Aerated Concrete Carving Come and enjoy this hands-on workshop! You will design and create your very own garden art which can be enhanced by utilizing natural resources such as paua, kina, candles plus much more! \$5 tool hire and purchase of hebel payable to Mark on the day.	Mark Bloomfield	Saturday 9am - 4pm	Register Interest 1 day	\$40+
NP418	Digital Photo's & Basic Editing Get the best from your camera! Learn how to set your camera for the best results, install your camera software, download and sort your photos, attach photos to email, crop and enhance your photos and anything else we can answer for you! Places are limited so book a place early.	Derek Hughes	Sunday 9am - 4pm	Register Interest 2 days	\$80
NP419	Digital Photo's - the Next Level This 'Next Level' class is for those who have completed the basic editing class with Derek. Workshop covers further photo editing, creating panoramas and basic page layout. Places are limited so book a place early.	Derek Hughes	Sunday 9am - 4pm	Register Interest 1 day	\$60