

CITY OF ALBANY

Term 4 - Active Minds

October - December, 2018

Active  
Albany

**CHARACTER  
STRENGTHS - POSITIVE  
PSYCHOLOGY PROGRAM**

Hayley Lawrence

Thursday 12.30 - 1.30pm  
4 weeks October 25 -  
November 15  
Cost: \$40 or \$33 Conc.

**MINDFULNESS**

Hayley Lawrence

Thursday 1.45 - 2.45pm  
4 weeks October 25 -  
November 15  
Cost: \$40 or \$33 Conc.

**CONVERSATIONAL  
MANDARIN**

Xiujuan Lin (Anna)

Wednesday 5.15 - 6.15pm  
5 weeks October 17 -  
November 14  
Cost: \$50 or \$42 Conc.

**CONVERSATIONAL  
FRENCH**

Anyes Icher

Monday 10.30 - 11.30am  
6 weeks October 22 -  
November 26  
Cost: \$60 or \$50 Conc.

**KNIT HAPPENS**

Grytsje Doust

Tuesday 10am - 12pm  
6 weeks October 23 -  
November 27  
Cost: \$45 or \$38 Conc.  
(includes some materials)

**INTRO TO SEWING**

Sally Pell

Wednesday 9.30 - 11am  
6 weeks October 24 -  
November 28  
Cost: \$120 or \$100 Conc.



## LAUGHTER YOGA

Jo-Anne Glenie

**Venue:** Albany Leisure & Aquatic Centre  
Friday 6.15 - 7pm  
5 weeks October 26 -  
November 23  
**Cost:** \$20

## UKULELE FOR BEGINNERS

Marj Wilson

Wednesday 5.30 - 6.30pm  
4 weeks October 24 -  
November 14  
**Cost:** \$ 40 or \$ 33 Conc.  
**Hire Fee:** \$15



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