

**ACE CORNTON**  
**January—March 2018**

## **Adult Learning**

For people in the **Stirling area**

**NEW CLASSES**

**Make friends / have fun / learn**



**FREE  
CLASSES**  
FOR QUALIFYING  
LEARNERS



- **Free Internet Use**
- **Guidance and advice on Adult Learning**



# ACE CORNTON JANUARY—MARCH 2018

\* Subject to staff availability

<b>Monday</b>	<b>Beginners IT</b> 9.30—11.30 <b>Starts 22 Jan (10 weeks)</b>	<b>Needles &amp; Pins</b> 9.30—12.00 <b>Starts 22 Jan (10 weeks)</b>	<b>Free Internet *</b> 12.30—3.00  <b>Manual Handling Workshop</b> 1.00—4.00 <b>On 5 Feb (1/2 day)</b>
<b>Tuesday</b>	<b>CAB Drop In Sessions</b> Every Tuesday 10.00—12.30 & 1.00—4.00 <b>Starts 9 Jan</b>		
<b>Wednesday</b>	<b>REHIS Cooking Skills</b> 9.30—11.30 <b>Starts 21 Feb (5 weeks)</b>  <b>Employability Plus</b> 9.30—12.00 <b>Starts 21 Feb (5 weeks)</b>	<b>Scottish History</b> 10.00—12.00 (fortnightly) <b>Starts 17 Jan (6 weeks)</b>  <b>Community Lunch</b> 12.30—2.30 <b>On 31 Jan</b>	<b>Free Internet *</b> 12.30—3.00  <b>Money Talks Workshop</b> <b>(Money Advice Scotland)</b> 1.00—3.00 <b>On 7 Feb</b>
<b>Thursday</b>	<b>Aerobics (£2 per class)</b> 10.00—11.00 <b>Starts 11 Jan (12 weeks)</b>  <b>Raising Children with Confidence</b> 9.30—11.30 <b>Starts 1 Feb (6 weeks)</b>	<b>Therapeutic Massage</b> 1/2 hour appointments 10.00—2.00 £5 per session <b>Starts 25 Jan (9 weeks)</b>	<b>Universal Credit &amp; Job Search</b> 12.00—2.00  <b>Homework SpACE *</b> 3.30—5.00 <b>Starts 1 Feb (8 weeks)</b>
<b>Friday</b>	<b>Emergency First Aid (1 day) - date to be confirmed</b> <b>First Aid at Work (3 days) - dates to be confirmed</b> <b>REHIS Elementary Food Hygiene (1 day) - date to be confirmed</b>		<b>Free Internet *</b> 2.00—3.00

**One to one support available—please call 01786 445619 or pop into office to find out more**