



## Term 4 2021 Programme

Keep Learning Mid Canterbury (formerly the Learning Exchange) is run by Connecting Mid Canterbury Charitable Trust which also operates the Mid Canterbury TimeBank. All talks and workshops are **open to all**. **Registrations are required**. Some events are free and others have small fees. **BOOK EARLY** as places are limited for most events. **Click on the link/ title for the event** to get all the information and to register; or email: [kate@connectingmc.org](mailto:kate@connectingmc.org) If there's an event you would like to see happen in a future Keep Learning programme, let us know. We are always after ideas.

### October 2021

**Wednesday 13 October, 6.00-6.30pm: [The Importance of Small](#)**

Come along to the Ashburton Art Gallery for a **FREE** public talk delivered by Kerry Swanson, as part of the *Microscopic Worlds: On The Importance of Small* show. The show brings together 3D images of local water samples, plants and insects in a brightly coloured, interactive display. The images, taken with the Scanning Electron Microscopes at the University of Canterbury, show magnified views of these everyday items to help visitors understand how they work and what is going on at the microscopic level.

**Tuesday 19 October, 11am – 12pm: [Live Stronger for Longer](#)**

The *Live Stronger for Longer* project is a national initiative to support older adults to stay living independent and injury free, in their own homes. This 45 min presentation covers; how ageing affects our functional capacity (ability to do daily activities), trainability, the importance of strength and balance activities for active ageing and how to access these opportunities within your local community. **Free!** Venue: Community House



### November 2021

The following events are all held at Staveley Camp, as part of the [Open Weekend @ Staveley Camp & Forest](#)

**Saturday 6 November**

• **10.30am – 12pm [Forest Tour](#)**

Discover Staveley Camp's precious protected remnant forest which has been ravaged by the recent series of fierce winds. Kaitiaki gen de spa will point out forest highlights, what work has been done to restore the native bush and answer questions.

• **1-3pm [Printing with Nature](#)**

Try your hand at using natural materials to print a card or bookmark. Instructors will be on hand to share with you the ins and outs of monoprinting. Find some leaves in the morning, print with them in the afternoon. All materials supplied. Children are welcome.

• **3-5pm [Harakeke/ Flax](#)**

Hear how Maz Bartlett developed her passion for harakeke. Learn about tikanga, history, uses of the plant as well as how to take care of flax bushes, transplant them and how to dispose of unwanted leaves

The following events are held at Staveley Camp, as part of the [Open Weekend @ Staveley Camp & Forest](#)

**Sunday 7 November**

- **9am – 12pm:** [Harakeke / Flax weaving - Flowers](#)

*This 3 hour workshop will be facilitated by Harakeke weaver Vicky King and will cover an introduction to harakeke (flax), harvesting and preparing it for weaving, also tikanga. Once preparation of the flax is complete, participants will learn to weave putiputi/flowers with the harakeke. No experience is required - this is suitable for adult beginners.*

- **10.30am – 12pm:** [Shinrin Yoku](#)

*Shinrin Yoku is the Japanese practice of 'Forest Bathing'. You'll be guided on a gentle hour long (approx) walk through Staveley Forest during which you'll experience the rejuvenating relationship between humans and trees; the wonderful health benefits of consciously being in nature.*

- **1pm - 4pm:** [Harakeke/ Flax weaving – Bracelets](#)

*This 3 hour workshop will be facilitated by Harakeke weaver Vicky King and will cover an introduction to harakeke (flax), harvesting and preparing it for weaving, also tikanga. Once preparation of the flax is complete, participants will learn to weave bracelets with the harakeke. No experience is required - this is suitable for adult beginners*



**November 2021 contd.**

**Tuesday 9 November, 5.30 – 7pm:** [Know Your Rights](#)

*Ever felt like your GP didn't listen? Your physio didn't explain things well? Your carer didn't show up on time? Maybe you're concerned for someone you care about or want to be prepared if you ever find yourself in a situation like this. Come and hear Ruby McGruddy, an advocate with the Nationwide Health and Disability Advocacy Service, explain your rights when it comes to receiving a health or disability service. Free event. Venue: Community House*

**Sat 20 & Sun 21 Nov, 9am - 5pm:** [Harakeke – Intermediate Level](#)

*During the 2 - day wananga harakeke weaver Vicky King will explain treatment and process options for harakeke and teach you how to weave a pīkau (backpack) or a shopping kete (basket). This is suitable for intermediate level weavers. Limited to 12 places so get in quick. Venue: Hakatere Marae*

**Sunday 28 November, 4 - 7pm:** [A Taste of India](#)

*In this event you'll learn to make a North Indian dish (Daal Roti), a South Indian dish (Sambhar Vada) and a sweet dish (an Indian rice pudding). You will hear more about the country and its food culture from your host Ramandeep Kaur who is from Delhi but lives now in rural Ashburton. Enjoy your meal together with others. This event will sell out fast so book now if interested. Venue: Ashburton Seniors Centre*

**December 2021**

**Sunday 5 December 2-5pm:** [Christmas Fun](#)

*At this Christmas themed event you will make and decorate delicious gingerbread cookies. Participants will also learn to make simple, beautiful, Christmas decorations. This is a great event for adults and children alike - all are welcome. A good chance to get in the Christmas Spirit and create things you could enjoy yourself or gift to others. All ingredients and materials supplied - \$6 charge per person towards these costs. Come and have some Christmas fun with others in this friendly event run by volunteer Mercedes Walkham.*