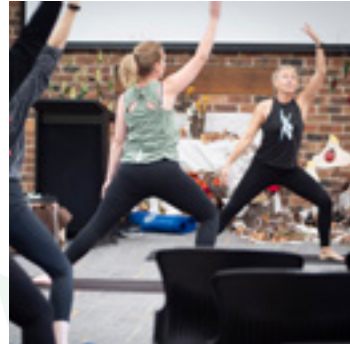


WOMEN'S WINTER CHILL RETREAT

afternoon electives

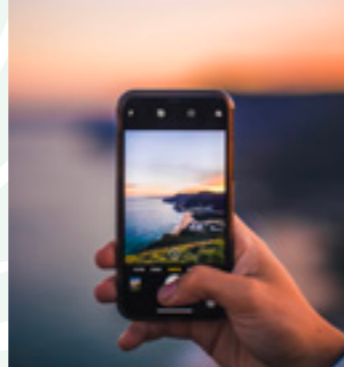
an
Oasis
in the desert



STRETCH & STRENGTHEN CLASS

with Kim Faulkner

Join Kim, an accredited fitness and yoga instructor as she leads us in a time of body, mind and spiritual nourishment as we stretch and strengthen our God given bodies. Bring flexible clothing and a mat or towel. If you have any medical conditions please provide a medical certificate.



PHONE PHOTOGRAPHY

with Anne Simpson

Back by popular demand! Come learn how to take better photos with your smartphone. Anne has self-taught an incredible photographic eye for people, nature and inanimate things with amazing and consistent results. There will be 'theoretical' and practical components to help improve your phone snaps forever more.



ACOUSTIC WORSHIP SESSION

with Jess Reurich

Enjoy some slow, unstructured time with music; singing worship songs together. Bring an instrument to play if you want to, but definitely your own voice.



DRAWING GRATITUDE

with Lucia Alonso-Sanchez

Like a 'Pinot and Picasso' class (but without the wine) you will follow the talented Lucia as she leads you to draw an image of communal gratefulness, using a sketchbook to creatively express things to God.
(Cost \$2 on the day, max. 12 people)



CRAFTING: PLAYING CARD HOLDERS

with Margaret Bell

A quick and easy hand sewing project that is fun for all to use. The holders are designed specifically to help young children, those with arthritis and the elderly when playing cards. Make several and take the pattern to make more later!
(Cost \$5)



5KM SOCIAL WALK

Spend some time in nature with good company as a group strikes out on a 5km walk around the beautiful coastal surrounds of Kiama. Bring good walking shoes and water.



MAKING CREATIVE EARRINGS

A re-run of our creative "Christmas Hoopla" craft, you have the opportunity to make two pairs of subtle or vivacious earrings (or studs, pendants or book mark), with an array of beautiful paper or acrylic paint skins.
(Cost \$10)



COOKING FRUIT CROSTATATA

with Vanessa Sluyter

Learn how to make a delicious fruit crostata – a rustic Italian free-form version of an open fruit tart or galette. BYO rolling pin and you will get to take some home. As a bonus, Vanessa will also show you another super quick and effective dessert you can whip up when needed!
(Cost \$8, max. 10 people)



BOOK LOVERS GROUP

with Laura Lidden

Bring a book you recently loved reading and come chat about it with other book lovers. This is a bit like an open book club where you get to hear and discuss what others are devouring!



FREE TIME

Free time is an option to you during elective time. If you would prefer time alone, or with friends, you can sit in a beautiful place or visit the shops of Kiama.