



# OCTOBER



## **Monday 5th October**

9-11.30am: Walnut Shell Tree Decorations

9.30am-12pm: Autumnal Watercolours

1-3.30pm: Woodland Folklore Designs

1.30-4pm: Autumnal Phone Photography

## **Wednesday 7th October**

9-11.30am: Mandala Drawing

9.30-10.30am: Music Therapy with Elizabeth

11am-12pm: Music Therapy with Elizabeth

1-3.30pm: MDF Christmas Decoration (Posca Pens)

1.30-2.30pm: Music Therapy with Elizabeth

3-4pm: Music Therapy with Elizabeth

## **Thursday 8th October**

9-11.30am: Copperplate Calligraphy

9.30am-12pm: Create your own Gift tags

1-3.30pm: Button up - Button Art

1.30-4pm: DIY Felt Pumpkin Decoration (Sewing)

## **Friday 9th October**

9-11.30am: Brown Paper Christmas Cards

9.30am-12pm: Scrap Book Page Making

1-3.30pm: Walnut Shell Tree Decoration

1.30-4pm: Walking Group



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## **Monday 12th October**

9-11.30am: Copperplate Calligraphy

9.30am-12pm: DIY Autumnal Leaf Garland

1-3.30pm: Brown Paper Christmas Cards

1.30-4pm: DIY Felt Pumpkin Decoration (Sewing)

## **Wednesday 14th October**

9-11.30am: Woodland Folklore Designs

9.30-10.30am: Music Therapy with Elizabeth

11am-12pm: Music Therapy with Elizabeth

1-3.30pm: Clay Tree decorations

1.30-2.30pm: Music Therapy with Elizabeth

3-4pm: Music Therapy with Elizabeth

## **Thursday 15th October**

9-11.30am: Mandala Drawing

9.30am-12pm: Autumnal Phone Photography

1-3.30pm: Word Play Creative Writing

1.30-4pm: Scrap Book Page making

## **Friday 16th October**

9-11.30am: Cute—Drawing Cute Creatures

9.30am-12pm: DIY Autumnal Leaf Garland

1-3.30pm: Button up—Button Art

1.30-4pm: Walking Group



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## **Monday 19th October**

9-11.30am: Mandala Drawing

9.30am-12pm: Autumnal Watercolours

1-3.30pm: Word Play—Creative Writing

1.30-4pm: Scrap Book Page Making

## **Wednesday 21st October**

9-11.30am: Copperplate Calligraphy

9.30-10.30am: Music Therapy with Elizabeth

11am-12pm: Music Therapy with Elizabeth

1-3.30pm: Brown Paper Christmas Cards

1.30-2.30pm: Music Therapy with Elizabeth

3-4pm: Music Therapy with Elizabeth

## **Thursday 22nd October**

9-11.30am: Woodland Folklore Designs

9.30am-12pm: Autumnal Pastels

1-3.30pm: Walnut Shell Tree Decorations

1.30-4pm: DIY Felt Pumpkin Decoration (Sewing)

## **Friday 23rd October**

9-11.30am: Cute—Drawing Cute Creatures

9.30am-12pm: DIY Felt Plushie (Sewing a cute bat)

1-3.30pm: Watercolours

1.30-4pm: Walking Group



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## **Monday 26th October**

- 9-11.30am: Cute—Drawing Cute Creatures
- 9.30am-12pm: MDF painting and Decorating
- 1-3.30pm: Halloween Pop-up Cards
- 1.30-4pm: DIY Autumnal Leaf Garland

## **Wednesday 28th October**

- 9-11.30am: Halloween Pop-up Cards
- 9.30-10.30am: Music Therapy with Elizabeth
- 11am-12pm: Music Therapy with Elizabeth
- 1-3.30pm: Halloween Pastel Drawing
- 1.30-2.30pm: Music Therapy with Elizabeth
- 3-4pm: Music Therapy with Elizabeth

## **Thursday 29th October**

- 9-11.30am: Brown Paper Christmas Cards
- 9.30am-12pm: Autumnal Pastels
- 1-3.30pm: Mandala Drawing
- 1.30-4pm: Create Your Own Gift Tags

## **Friday 30th October**

- 9-11.30am: Copperplate Calligraphy
- 9.30am-12pm: DIY Felt Plushie (Sewing a cute bat)
- 1-3.30pm: Woodland Folklore Designs
- 1.30-4pm: Walking Group