

# Classes - August

To Book Classes Call: 0191 384 8100

## MONDAY 2<sup>ND</sup> AUGUST

*Morning –*

**Botanical Drawing (Fineliners) – 9.30am – 12pm - Olwyn**

*Afternoon –*

**Gardening – 12pm – 2pm – Sandra**

**Managing Low Mood & Anxiety (5-week Course Every Mon.) – 1.30pm – 3.30pm – Andrea**

**Brown Paper Floral Gift Bag – 1.30pm – 4pm – Olwyn**

## TUESDAY 3<sup>RD</sup> AUGUST

*Morning –*

**Mulberry Paper Handcrafted Roses – 9.30am – 12pm - Nicola**

**Mandala Elements (Fineliners Repeated Patterns) – 9.30am – 12pm – Olwyn**

*Afternoon –*

**Air Dry Clay “3 Peas in a pod” – 1.30pm – 4pm – Nicola**

**Pop – Up Kitten Card – 1.30pm – 4pm – Olwyn**

## WEDNESDAY 4<sup>TH</sup> August

*Morning –*

**Gardening/Allotment – 10am – 12pm – Joy**

*All Day (Come and go as you please, 50p tea and coffee charge) -*

**Social Day – 9am – 12pm – Nicola/Andrea (Craft Room & Room 2)**

## THURSDAY 5<sup>TH</sup> AUGUST

*All day (Come and go as you please, 50p tea and coffee charge) -*

**Social Day – 9am – 4pm – Nicola/Olwyn (Craft Room & Room 2)**

## FRIDAY 6<sup>TH</sup> AUGUST

*Morning –*

**“All Square” Collage Cardmaking - 9.30am – 12pm – Olwyn**

**Gentle Chair Exercise Class - 10.30am – 12pm – Nicola**

*Afternoon -*

**Textiles – 1pm – 3.30pm – Isabelle**

**Walking Group – 1.30pm – 3.30pm Nicola**

# Classes - August

## MONDAY 9<sup>TH</sup> AUGUST

*Morning –*

**3D Origami Hearts Garland – 9.30am – 12pm – Nicola**

*Afternoon –*

**Gardening – 12pm -2pm – Sandra**

**Managing Low Mood and Anxiety (Continued) – 1.30pm – 3.30pm – Andrea**

**Felt Florals & Beads Keyring (Sewing) – 1.30pm – 4pm – Nicola**

## TUESDAY 10<sup>TH</sup> AUGUST

*Morning –*

**Buttons & Bits Gift Tags – 9.30am – 12pm – Nicola**

*Afternoon -*

**Air Dry Clay “3 Peas in a Pod” – 1.30pm – 4pm – Nicola**

## WEDNESDAY 11<sup>TH</sup> AUGUST

*Morning –*

**Gardening/Allotment – 10am – 12pm - Joy**

*All day (Come and go as you please, 50p tea and coffee charge) -*

**Social Day – 9am – 4pm – Nicola/Andrea (Craft Room & Room 2)**

## THURSDAY 12<sup>TH</sup> AUGUST

*All day (Come and go as you please, 50p tea and coffee charge) -*

**Social Day – 9am – 4pm - Nicola/Olwyn (Craft Room & Room 2)**

## FRIDAY 13<sup>TH</sup> AUGUST

*Morning –*

**Emotional Resilience – 9.30am – 12pm – Andrea**

**Gentle Chair Exercise – 10.30am – 12pm – Nicola**

*Afternoon –*

**Textiles – 1pm – 3.30pm – Isabelle**

**Walking Group – 1.30pm – 4pm – Nicola**

# Classes - August

## **MONDAY 16<sup>TH</sup> AUGUST**

*Morning –*

**Calligraphy – 9.30am – 12pm – Olwyn**

*Afternoon -*

**Gardening – 12pm – 2pm – Sandra**

**Managing Low Mood and Anxiety (**Continued**) – 1.30pm – 3.30pm – Andrea**

**Brown Paper Floral Gift Bags – 1.30pm – 4pm – Olwyn**

## **TUESDAY 17<sup>TH</sup> AUGUST**

*Morning –*

**Mulberry Paper Handcrafted Roses – 9.30am – 12pm – Nicola**

**Watercolour Cards – 9.30am – 12pm – Olwyn**

*Afternoon –*

**3D Origami Hearts – 1.30pm – 4pm – Nicola**

**Pop – Up Kitten Cards – 1.30pm – 4pm – Olwyn**

## **WEDNESDAY 18<sup>TH</sup> AUGUST**

*Morning –*

**Gardening/Allotment – 10am – 12pm – Joy**

*All day (come and go as you please, 50p tea and coffee charge) -*

**Social Day – 9am – 4pm – Nicola/Andrea (Craft Room & Room 2)**

## **THURSDAY 19<sup>TH</sup> AUGUST**

*All day (come and go as you please, 50p tea and coffee charge ) -*

**Social day – 9am – 4pm – Nicola/Olwyn (Craft Room & Room 2)**

## **FRIDAY 20<sup>TH</sup> AUGUST**

*Morning -*

**MDF Pencil Holders – 9.30am – 12pm – Olwyn**

**Gentle Chair Exercise Class – 10.30am – 12pm – Nicola**

*Afternoon –*

**Textiles – 1pm – 3.30pm – Isabelle**

**Walking Group – 1.30pm – 3.30pm – Nicola**

# Classes - August

## MONDAY 23<sup>RD</sup> AUGUST

*Morning –*

**Mandala Elements (Fineliners) – 9.30am – 12pm – Olwyn**

*Afternoon –*

**Gardening – 12pm – 2pm – Sandra**

**Managing Low Mood and Anxiety (Continued) – 1.30pm – 4pm – Andrea**

**Calligraphy – 1.30pm – 4pm – Olwyn**

## TUESDAY 24<sup>TH</sup> AUGUST

*Morning -*

**Felt Florals and Beads Keyring (Sewing) – 9.30am – 12pm – Nicola**

**Botanical Drawings – 9.30am – 12pm – Olwyn**

*Afternoon –*

**Gentle Chair Exercise – 1.30pm – 3pm – Nicola**

**Brown Paper Floral Gift Bags – 1.30pm – 4pm – Olwyn**

## WEDNESDAY 25<sup>TH</sup> AUGUST

*Morning –*

**Gardening/Allotment – 10am – 12pm – Joy**

*All day (Come and go as you please, 50p tea and coffee charge) -*

**Social day – 9am – 4pm – Nicola/Andrea (Craft Room & Room 2)**

## THURSDAY 26<sup>TH</sup> AUGUST

*All day (Come and go as you please 50p tea and coffee charge) -*

**Social day – 9am – 4pm – Nicola/Olwyn (Craft Room & Room 2)**

## FRIDAY 27<sup>TH</sup> AUGUST

*Morning –*

**Pop – Up Kitten Cards – 9.30am – 12pm – Olwyn**

**Emotional Resilience – 9.30 – 12pm - Andrea**

*Afternoon –*

**Textiles – 1pm – 3.30pm – Isabelle**

**Walking Group – 1.30pm – 4pm - Nicola**

# Classes - August

## **MONDAY 30<sup>TH</sup> AUGUST**

**BANK HOLIDAY – CLOSED**

## **TUESDAY 31<sup>ST</sup> AUGUST**

*Morning –*

**Felt Florals and beads Keyring (Sewing) – 9.30am – 12pm – Nicola**

**Watercolour Cards – 9.30am – 12pm – Olwyn**

*Afternoon –*

**Buttons and Bits Gift Tags – 1.30pm – 4pm – Nicola**

**Botanical Drawing – 1.30pm – 4pm – Olwyn**

## **WEDNESDAY 1<sup>ST</sup> SEPTEMBER**

*Morning –*

**Gardening/Allotment – 10am – 12pm – Joy**

*All day (Come and go as you please, 50p tea and coffee charge) –*

**Social day – 9am – 4pm – Nicola/Andrea (Craft Room & Room 2)**

## **THURSDAY 2<sup>ND</sup> SEPTEMBER**

*All day (Come and go as you please, 50p tea and coffee charge) –*

**Social day – 9am – 4pm – Nicola/Olwyn (Craft Room & Room 2)**

## **FRIDAY 3<sup>RD</sup> SEPTEMBER**

*Morning –*

**“All Square” Collage Cardmaking – 9.30am – 12pm – Olwyn**

**Gentle Chair Exercise Class – 10.30am – 12pm – Nicola**

*Afternoon –*

**Textiles – 1pm – 3.30pm – Isabelle**

**Walking Group – 1.30pm – 3.30pm – Nicola**

(Final Managing Low Mood and Anxiety Class continues Monday 6<sup>th</sup> September)

# Classes - August