



Classes – October



To Book Classes Call: **0191 384 8100**

MONDAY 4th OCTOBER

Morning -

Watercolour Cards – 9.30am – 12pm – Olwyn

Afternoon –

Gardening – 12pm – 2pm – Sandra

Life Coaching and Empowerment Course – 1pm – 3pm - Michelle (Continued)

Calligraphy – 1.30pm – 4pm – Olwyn

TUESDAY 5th OCTOBER

Morning –

Beginners Autumnal Phone Photography & Editing – 9.30am – 12pm - Nicola

One Stroke Painting Gift Wrap – 9.30am – 12pm - Olwyn

Afternoon –

Gentle Chair Exercise Class & Eating Well – 1.30pm – 3.30pm – Nicola

Nightmare Before Christmas Art (Fineliners & Watercolours) – 1.30pm – 4pm – Olwyn

WEDNESDAY 6th OCTOBER

Morning –

Gardening/Allotment – 10am – 12pm – Joy

All day –

Social Day – 9am – 4pm – Nicola/Andrea (Both rooms) -

(Come and go as you please, 50p tea and coffee charge)

THURSDAY 7th OCTOBER

All Day –

Social Day – 9am – 4pm – Nicola/Andrea (Craft Room) -

(Come and go as you please, 50p tea and coffee charge)

Afternoon -

Makaton sign language Course – 1pm – 3pm – Maria (Room 2) (Continued)

Classes – October

FRIDAY 8th OCTOBER

Morning –

DIY Felt Pumpkin - 9.30am – 12pm – Nicola

Skulls and flowers Magic Painting (Fineliners & Water) – 9.30am – 12pm – Olwyn

Afternoon –

Relax and Unwind Meditation Course – 1pm – 3pm – Margaret (Room 2) – **This is an 11-week course and is free to anyone who is claiming a means tested benefit. These classes will repeat every Friday afternoon until 17th December. If you book onto this course, please make a note of all Fridays in your diary/calendar.**

Textiles – 1.30pm – 3.30pm – Isabelle (Craft Room)

Walking Group – 1.30pm – 3.30pm Nicola (Meet in Café)

Classes – October

MONDAY 11th OCTOBER

Morning –

Watercolour Cards – 9.30am – 12pm – Olwyn

Afternoon –

Gardening – 12pm - 2pm – Sandra

Life Coaching & Empowerment Course – 1pm – 3pm – Michelle (Room 2) (Continued)

Calligraphy – 1.30pm – 4pm – Olwyn

TUESDAY 12th OCTOBER

Morning –

Beginners Autumnal Phone Photography & Editing – 9.30am – 12pm – Nicola

Skulls and Flowers Magic Painting (Fineliners & water) – 9.30am – 12pm - Olwyn

Afternoon –

Gentle Chair Exercise Class & Eating Well – 1.30pm – 3.30pm - Nicola

Ghostly Pop-up Cards – 1.30pm – 4pm - Olwyn

WEDNESDAY 13th OCTOBER

Morning -

Gardening/Allotment – 10am – 12pm - Joy

All day –

**Social Day – 9am – 4pm – Nicola/Andrea (Both Rooms) -
(Come and go as you please, 50p tea and coffee charge)**

THURSDAY 14th OCTOBER

All day –

**Social Day – 9am – 4pm - Nicola/Olwyn (Craft Room) -
(Come and go as you please, 50p tea and coffee charge)**

Afternoon –

Makaton Sign Language Course – 1pm – 3pm – Margaret (Room 2) (Continued)

Classes – October

FRIDAY 15th OCTOBER

Morning –

Fabric Autumnal Leaf Décor - 9.30am – 12pm – Nicola

One Stroke Painting Gift Wrap – 9.30am – 12pm - Olwyn

Afternoon –

Relax and Unwind Meditation Course – 1pm – 3pm – Margaret (Room 2) (Continued)

Textiles – 1.30pm – 3.30pm (Craft Room)

Walking Group – 1.30pm – 3.30pm – Nicola (Meet in café)

Classes – October

MONDAY 18th OCTOBER

Morning –

Nightmare Before Christmas Art (Fineliners & Watercolours) – 9.30am – 12pm – Olwyn

Afternoon -

Gardening – 12pm – 2pm – Sandra

Life Coaching Course – 1pm – 3pm – Michelle (Continued)

Skulls and Flowers Magic Painting (Fineliners & Water) – 1.30pm – 4pm - Olwyn

TUESDAY 19th OCTOBER

Morning –

Paper Bat Chandelier – 9.30am – 12pm – Nicola

Calligraphy – 9.30am – 12pm - Olwyn

Afternoon –

Gentle Chair Exercise Class & Eating Well – 1.30pm – 3.30pm - Nicola

Ghostly Pop-up Cards – 1.30pm – 4pm – Olwyn

WEDNESDAY 22nd SEPTEMBER

Morning –

Gardening/Allotment – 10am – 12pm – Joy

All Day –

Social Day – 9am – 4pm – Nicola/Andrea (Both Rooms) -

(Come and go as you please, 50p tea and coffee charge)

THURSDAY 23RD SEPTEMBER

All day –

Social day – 9am – 4pm – Nicola/Olwyn (Craft Room) -

(Come and go as you please, 50p tea and coffee charge)

Afternoon –

Makaton Sign Language Course – 1pm – 3pm – Maria (Room 2) (Continued)

Classes – October

FRIDAY 22nd OCTOBER

Morning –

DIY Felt Halloween Bat – 9.30am – 12pm - Nicola

Watercolour Cards – 9.30am – 12pm – Olwyn

Afternoon –

Relax and Unwind Meditation Course – 1pm – 3pm – Margaret (Room 2) (Continued)

Textiles – 1.30pm – 3.30pm – Isabelle (Craft Room)

Walking Group – 1.30pm – 3.30pm – Nicola (Meet in Café)

Classes – October

MONDAY 25th OCTOBER

Morning –

One Stroke Painting Gift Wrap – 9.30am – 12pm – Olwyn

Afternoon –

Gardening – 12pm – 2pm – Sandra

Life Coaching Course – 1pm – 3pm – Michelle (Room 2) (Continued)

Nightmare Before Christmas Art (Fineliners & Watercolours) – 1.30pm – 4pm – Olwyn

TUESDAY 26th OCTOBER

Morning -

Skulls and Flowers Magic Painting (Fineliners & Water) – 9.30am – 12pm – Olwyn

Fabric Autumnal Leaf Décor – 9.30am – 12pm - Nicola

Afternoon –

Gentle Chair Exercise Class & Eating Well – 1.30pm – 3.30pm – Nicola

Calligraphy – 1.30pm – 4pm - Olwyn

WEDNESDAY 27th OCTOBER

Morning –

Gardening/Allotment – 10am – 12pm – Joy

All day -

Social day – 9am – 4pm – Nicola/Andrea (Both Rooms) –

(Come and go as you please, 50p tea and coffee charge)

THURSDAY 28th OCTOBER

All day –

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

(Come and go as you please, 50p tea and coffee charge)

Afternoon –

Makaton Sign Language – 1pm – 3pm – Maria (WEA) Room 2 (Continued Course)

Classes – October

FRIDAY 29th OCTOBER

Morning -

Halloween Pumpkin Carving (£2 charge for your Pumpkin) – 9.30am – 12pm – Nicola

Ghostly Pop-up Cards – 9.30am – 12pm – Olwyn

Afternoon –

Relax and Unwind Meditation Course – 1pm – 3pm – Margaret (Room 2) (Continued)

Textiles – 1.30pm – 3.30pm – Isabelle (Craft Room)

Walking Group – 1.30pm – 3.30pm – Nicola (meet in café)