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

**MONDAY 7TH MARCH**

*Morning -*

**Drawing Angels – 9.30am – 12pm – Olwyn (Craft Room)**

* Shading with pencils

*Afternoon –*

**Script Writing & Mental Health Awareness – 1pm – 3pm - Michelle - (Continued) Watercolour Cards – 1.30pm – 4pm – Olwyn (Craft Room)**

**TUESDAY 8TH MARCH**

*Morning –*

**Pencil Shaving Cards – 9.30am – 12pm – Olwyn (Craft room)**

* Creating imagery/characters using pencil shavings with a little bit of fun doodling

*Afternoon –*

**One Stroke Painting – 1.30pm – 4pm – Olwyn (Craft room)**

**WEDNESDAY 9TH MARCH**

*All day –*

**Social Day – 9am – 4pm – (Both Rooms)**

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

**THURSDAY 10TH MARCH**

*All Day –*

**Social Day – 9am – 4pm – (Both Rooms)**

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

**FRIDAY 11TH MARCH**

*Morning –*

**Foam Board Fish Paperweight – 9.30am – 12pm – Olwyn (Craft room)**

* Created with a natural pebble and wire

*Afternoon –*

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

**Meditation & Level 1 Stress Awareness Course – 2pm – 4pm – Margaret (Continued)**

**MONDAY 14TH MARCH – CENTRE CLOSED UNTIL MONDAY 28TH MARCH**

**MONDAY 28TH MARCH**

Morning –

**Emotional Resilience – 9.30am – 12pm – Andrea (Room 2)**

*Afternoon –*

**Script Writing & Mental Health Awareness – 1pm – 3pm – Michelle (Continued)**

**Paint and decorate your own Bird Box – 1.30am – 3.30pm – Nicola (Craft Room)**

* Paint and decorate a premade full sized bird box to take home with you **(£5.00)**

**TUESDAY 29TH MARCH**

*Morning –*

**Watercolour Daffodils – 9.30am – 12pm – Nicola (Craft Room)**

*Afternoon –*

**Gentle Chair Exercise Class & Eating Well – 1.30pm – 3.30pm – Nicola (Room 2)**

**WEDNESDAY 30TH MARCH**

*All day -*

**Social Day – 9am – 4pm – (Both Rooms)**

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

**THURSDAY 31ST MARCH**

*All day –*

**Social Day – 9am – 4pm – (Both Rooms)**

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

**FRIDAY 1st APRIL**

*Morning -*

**Easter Bunny Cards – 9.30am – 12pm – Nicola (Craft Room)**

*Afternoon –*

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

**Walking Group – 1.30pm – 3.30pm – Nicola (Meet in room 3)**

**Meditation & Level 1 Stress Awareness Course – 2pm – 4pm – Margaret (Continued)**