

CLASSES – MARCH

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)



CLASSES – MARCH

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)

