

CLASSES – APRIL

To Book Classes Call: 0191 384 8100

WEDNESDAY 6TH APRIL

Morning -

Easter Watercolour Wreaths – 10am – 12pm – Olwyn (Craft Room)

Watercolour Daffodils – 10am – 12pm (Room 3)

Gardening – 10am- 12pm – Joy (Allotments)

Afternoon –

Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Room 3)

- In this session you will choose 3 tracks that bring back positive memories for you, and that you feel able to share with others.

Paint and decorate your own bird box (£5.00 Charge) - 1.15pm – 3.30pm (Craft Room)



THURSDAY 7TH APRIL

All day –

Social day – 9.30am – 4am – Olwyn (Craft Room & Room 3)

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

Afternoon –

Gentle Chair Exercise Class & Healthy Eating – 1.15pm – 3.30pm – Nicola (Room 2)

FRIDAY 8TH APRIL

Morning –

Watercolour Cards – 10am – 12pm – Olwyn (Craft Room)

Easter Bunny Cards – 10am – 12pm – Nicola (Room 3)

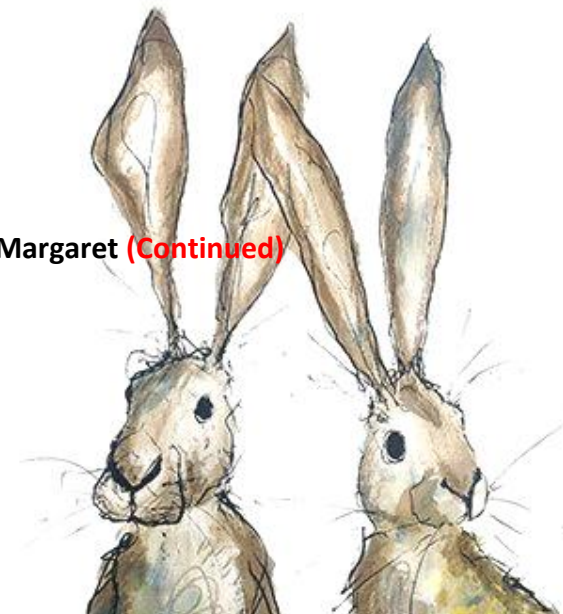
Afternoon –

Recorder Group 1.15pm – 3.30pm – Olwyn (Room 3)

Walking Group – 1.15pm – 3.30pm – Nicola (Meet in Room 2)

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

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



CLASSES – APRIL

MONDAY 11TH APRIL

Morning -

Gardening – 11am – 1pm – Sandra – (Greenhouse/Gardens)

Afternoon –

Easter Watercolour Wreaths – 1.15pm – 3.30pm – Olwyn (Craft Room)

Beginners Phone Photography & Editing – 1.15pm – 3.30pm – Nicola (Room 3)

TUESDAY 12TH APRIL

All day –

Social day – 9.30am – 4am – Nicola (Craft Room & Room 3)

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

WEDNESDAY 13TH APRIL

Morning –

Still Life Painting with Acrylics – 10am – 12pm – Olwyn (Craft Room)

Easter Bunny Cards – 10am – 12pm – Nicola (Room 3)

Gardening – 10am – 12pm – Joy (Allotments)

Afternoon –

Paper Collage Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)

Watercolour Daffodils – 1.15pm – 3.30pm – Nicola (Room 3)

THURSDAY 14TH APRIL

All day –

Social day – 9.30am – 4am – Olwyn (Craft Room & Room 3)

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

Joinery Work skills Class (3 Week Course) – 10am – 4pm – Tony (Workshop)

- Learn the skills of the correct use of woodworking tools to create a Mini Picnic Table

Afternoon –

Gentle Chair Exercise Class & Healthy Eating – 1.15pm – 3.30pm (Room 2)

FRIDAY 15TH CLOSED – GOOD FRIDAY

Happy Easter!

CLASSES – APRIL

MONDAY 18TH CLOSED – EASTER MONDAY

TUESDAY 19TH APRIL

All day –

Social day – 9.30am – 4am – Nicola (Craft Room & Room 3)

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

WEDNESDAY 20TH APRIL

Morning –

Paper Collage Cards – 10am – 12pm – Olwyn (Craft Room)

Still Life Shading and Blending with Pastels – 10am – 12pm – Nicola (Room 3)

Gardening – 10 am – 12pm – Joy (Allotments)

Afternoon –

Leather Turtle Coasters – 1.15pm – 3.30pm – Olwyn (Craft Room)

Create your own Scrapbook Course (6 Week Course) – 1.15pm – 3.30pm (Room 3)

- Each Week you will create pages out of materials, fabrics & items which will express a representation of your personality. You will explore textures, patterns and composition, to create your own personal collages. The pages will then be bound together to create a stunning Scrap book which you can cherish.

THURSDAY 21ST APRIL

All day –

Social day – 9.30am – 4am – Olwyn (Craft Room & Room 3)

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

Joinery Work skills Class (week 2) – 10am – 4pm – Tony (Continued)

- Learn the skills of the correct use of woodworking tools to create a mini picnic table

Afternoon –

Gentle Chair Exercise Class & Healthy Eating – 1.15pm – 3.30pm (Room 2)

Friday Classes on Following Page -

CLASSES – APRIL

FRIDAY 22ND APRIL

Morning –

Watercolour Cards – 10am – 12pm – Olwyn (Craft Room)

Beginners Phone Photography & Editing – 10am – 12pm – Nicola (Room 3)

Afternoon -

Beginners Recorder Group – 1.15pm – 3.30pm - Olwyn (Room 3)

Walking Group – 1.15pm – 3.30pm - Isabelle (Meet in Room 2)

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

No Meditation This day

CLASSES – APRIL

MONDAY 25TH APRIL

Morning –

Exploration of Emotions Course (7 weeks) – 10.30am – 12.30pm – Michelle – (Room 2)

- In Atlas of the Heart, Brene Brown takes us on a journey through 87 of the emotions and experiences that define what it means to be human. As she maps the necessary skills and lays out an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances - a universe where we can share the stories of our bravest and most heart-breaking moments with one another in a way that builds connection. Across the 6 - week course we will discover what we truly feel and find the right language to express ourselves in the right way. This course is not accredited so there will be no assessments or paperwork involved. **(You must be able to attend the 1st session for initial sign up)**

Gardening – 11am – 1pm – Sandra – (Greenhouse/Gardens)

Afternoon –

Scriptwriting & Level 1 Mental Health Awareness – 1pm – 3pm – Michelle (Continued)

Leather Turtle Coasters – 1.15pm – 3.30pm – Olwyn (Craft Room)

Still life Shading & Blending with Pastels – 1.15pm – 3.30pm – Nicola (Room 3)

TUESDAY 26TH APRIL

All day –

Social day – 9.30am – 4am – Nicola (Craft Room & Room 3)

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

WEDNESDAY 27TH APRIL

Morning –

Still life Painting with Acrylics – 10am – 12pm – Olwyn (Craft Room)

Beginners Phone Photography & Editing – 10am – 12pm – Nicola (Room 3)

Gardening – 10 am – 12pm – Joy (Allotments)

Afternoon –

Watercolour Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)

Create your own Scrapbook Course (week 2) – 1.15pm – 3.30pm – Nicola (Continued)

Thursday and Friday Classes on Following Page -

CLASSES – APRIL

THURSDAY 28TH APRIL

All day –

Social day – 9.30am – 4pm – Olwyn (Craft Room & Room 3)

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

Joinery Work skills Class (Final Session) – 10am – 4pm – Tony (Continued)

- Learn the skills of the correct use of woodworking tools to create a mini picnic table

Afternoon –

Gentle Chair Exercise Class & Healthy Eating – 1.15pm – 3.30pm (Room 2)

FRIDAY 29TH APRIL

Morning -

Paper Collage Cards – 10am – 12pm – Olwyn (Craft Room)

Watercolour Daffodils – 10am – 12pm – Nicola (Room 3)

Afternoon –

Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Room 3)

- In this session you will choose 3 tracks that bring back positive memories for you, and that you feel able to share with others

Walking Group – 1.15pm – 3.30pm – Nicola (Meet in Room 2)

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

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