

# CLASSES – JUNE

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

## MONDAY 6<sup>TH</sup> JUNE

*(50p Daily Attendance Charge)*

*Morning –*

**Ceramic & Glass Painting Course – 10am – 12.30pm – Rachael – (Continued - Final Class)**

- This course ran by Bishop college will help you relax, unwind and focus. You will produce something that is personalised using creative painting techniques upon ceramic and glass pieces.

**Exploration of Emotions Course – 10.30am – 12.30pm – Michelle – (Continued - Week 5)**

*Afternoon -*

**Scriptwriting & Mental Health Awareness – 1pm – 3pm – Michelle (Continued - Week 10)**

**Copperplate Calligraphy – 1.15pm – 3.30pm – Olwyn – (Craft Room)**

- The Copperplate script is a very beautiful and dynamic calligraphy style. It does require a fair bit of practice in order to master it, but this class will start you off gently with the very basics. You will practise the correct use the tools then go onto create basic lettering using copperplate script

**Fabric Leaf Garland Course (6-week course) – 1.15pm – 3.30pm - Nicola – (Room 3)**

- In this course you will learn basic **cutting** and trimming of fabrics to create lots of delicate fabric Leaves/Petals. You will then explore a little **sewing** using basic hand stitches to bond pieces of your fabric together. Finally, you will add your bunches to a length of string to create your own beautiful décor piece. *(If you book onto this course, please remember to pop the following 5 weeks in your diary)*

## TUESDAY 7<sup>TH</sup> JUNE

*(50p Daily Attendance charge)*

*All day -*

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

- *Come and go as you please. A gentle introduction into social interaction and a safe place to get on with any hobbies you may have e.g., Painting, drawing, writing, jigsaws, crosswords, knitting. Or just enjoy a nice little chin wag with a cuppa.*

## **WEDNESDAY 8<sup>TH</sup> JUNE**

*(50p Daily Attendance Charge)*

*Morning –*

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

- Simple line drawings of whimsical scenes to embellish with watercolours. This is a perfect class for our newcomers, not overly complicated allowing time for chatting, build confidence and self-esteem.

### **Buttons and Bits Gift Tags – 10am – 12pm – Nicola (Room 3)**

- You will explore multi medium materials, rustling through crafty bits and bobs to collage together onto pre-made Gift tag templates. These will be ideal for any upcoming events and gift giving. Made with love.

### **Horticulture – 10am – 12pm – Joy (Allotments)**

- Potter about in our Allotments, planting bulbs, caring for and maintaining our vegetable, fruits and herb patch. Learn to use correct gardening tools and simply unwind out in the fresh air. A great way to feel re-energised and soak in that all important vitamin D.

*Afternoon –*

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

- Choose 3 songs which have a positive impact on you. We will play each song and you can share a little story on what they mean to you. This is a good team bonding session and allows you to discover more about one another.

### **3D Origami Hearts Décor – 1.15pm – 3.30pm – Nicola (Craft Room)**

- Create beautiful 3D hearts using this traditional Japanese art form. This is a simple introductory class for beginners. No experience needed. This class will help improve dexterity and hand and eye coordination.

## **THURSDAY 9<sup>TH</sup> JUNE**

*(50p Daily Attendance Charge)*

*All day –*

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

- *Come and go as you please. A gentle introduction into social interaction and a safe place to get on with any hobbies you may have e.g., Painting, drawing, writing, jigsaws, crosswords, knitting. Or just enjoy a nice little chin wag with a cuppa.*

### **Joinery Skills Course – Small, Hinged Table (4 Weeks) – 10am – 4pm – Tony (Workshop)**

- In this course you will practice scale drawing, marking out and how to cut different joints. You will also learn how to select and dress timber, how to fit hinges and how to apply finishes to timber. **(If you book onto this course, please remember to pop the following 3 weeks in your diary)**

*Afternoon –*

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

- A very gentle exercise session to begin the class, helping ease joint stiffness, regain mobility and strengthen muscles. The class is finished off with helpful info on healthy eating, nutritional values, and simple healthy recipe ideas.

## **FRIDAY 10<sup>TH</sup> JUNE**

**CENTRE CLOSED**

## MONDAY 13<sup>TH</sup> JUNE

*(50p Daily Attendance Charge)*

*Morning –*

**Exploration of Emotions Course – 10.30am – 12.30pm – Michelle – (Continued - Week 6)**

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

- Learn the basics of weeding, potting and planting bulbs, herbs and flowers and basic upkeep of flowerbeds and greenhouse. A great way to unwind and re-energize.

*Afternoon –*

**Scriptwriting & Mental Health Awareness – 1pm – 3pm – Michelle (Continued - Week 11)**

**Copperplate Calligraphy – 1.15pm – 3.30pm – Olwyn (Craft Room)**

**Fabric leaf Garland Course – 1.15pm – 3.30pm – Nicola (Continued - Week 2)**

## TUESDAY 14<sup>TH</sup> JUNE

*(50p Daily Attendance Charge)*

*All day –*

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

## WEDNESDAY 15<sup>TH</sup> JUNE

*(50p Daily Attendance Charge)*

*Morning –*

**Positivity Alphabet Poster – 10am – 12pm – Olwyn (Craft Room)**

- Create an A3 collage with a positive message for each letter of the alphabet. This will allow you to explore positive thoughts and feelings and express them on paper.

**Buttons and Bits Gift Tags – 10am – 12pm – Nicola (Room 3)**

**Horticulture – 10am – 12pm – Joy (Allotments)**

*Afternoon –*

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

**3D Origami Hearts Décor – 1.15pm – 3.30pm – Nicola (Craft Room)**

## **THURSDAY 16<sup>TH</sup> JUNE**

*(50p Daily Attendance Charge)*

*All day –*

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

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

**Joinery Skills Course – Small, Hinged Table – 10am – 4pm – Tony (Continued - Week 2)**

*Afternoon –*

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

## **FRIDAY 17<sup>TH</sup> JUNE**

*(50p Daily Attendance Charge)*

*Morning –*

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

**Personal Mood Board Exploration – 10am – 12pm – Nicola (Room 3)**

- In this Class you will explore your likes, interests, hobbies, home comforts and anything that makes you, you! flip through magazines tear out images that represent who you are, apply to card and write a small description of how these images reflect you.

*Afternoon –*

**Pictionary – 1.15pm – 3.30pm – Olwyn (Room 3)**

- Pictionary is a fun, creative team building exercise. This up-beat and energised class will help you build on trust, patience and better your social skills.

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

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

**(NEW!) Meditation and Relaxation Course (7 weeks) – 2pm – 4pm – Margaret (Room 2)**

- This course will allow you to focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being. You will also experience some reflexology and Thai-chi. *(If you book onto to this course, please remember to pop the following 6 weeks in your diary)*

## MONDAY 20<sup>TH</sup> JUNE

*Morning –*

**Exploration of Emotions Course – 10.30am – 12.30pm – Michelle – (Continued- Final Class)**

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

*Afternoon –*

**Scriptwriting & Mental Health Awareness – 1pm – 3pm – Michelle (Continued- Final Class)**

**Fabric Leaf Garland Course - 1.15pm – 3.30pm – Nicola (Continued - Week 3)**

## TUESDAY 21<sup>ST</sup> JUNE

*All day –*

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

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

## WEDNESDAY 22<sup>ND</sup> JUNE

*Morning –*

**Buttons and Bits Gift Tags – 10am – 12pm – Nicola (Craft Room)**

**Horticulture – 10 am – 12pm – Joy (Allotments)**

*Afternoon –*

**Create your own Scrapbook Course (6 weeks) – 1.15pm – 3.30pm – Nicola (Craft Room)**

- Create your own personalised Scrapbook and apply your personality to every page. Fill your book with photographs of fond memories, small personal trinkets and positive affirmations which you can look back on as a distraction which can help with grounding, ease anxiety and low mood. **(If you book onto to this course, please remember to pop the following 5 weeks in your diary)**

## **THURSDAY 23<sup>RD</sup> JUNE**

*All day –*

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

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

**Joinery skills Course – Small, Hinged Table – 10am – 4pm – Tony (Continued - Week 3)**

*Afternoon –*

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

## **FRIDAY 24<sup>TH</sup> JUNE**

*Afternoon -*

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

**Meditation and Relaxation Course – 2pm – 4pm – Margaret (Continued - Week 2)**

## MONDAY 27<sup>TH</sup> JUNE

*Morning –*

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

*Afternoon –*

**Copperplate Calligraphy – 1.15pm – 3.30pm – Olwyn (Craft Room)**

## TUESDAY 28<sup>TH</sup> JUNE

*All day –*

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

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

## WEDNESDAY 29<sup>TH</sup> JUNE

*Morning –*

**Drawing Illusions – 10am – 12pm – Olwyn (Room 3)**

- Using a combination of 3D pencil shading, real objects and a bit of phone photography, we will create some fun optical illusions.

**Decorate your own Pre-built Bird Box (£5.00 Charge) – 10am – 12pm – Nicola (Craft Room)**

- Using decorative papers and paint you will create your own beautifully unique birdbox, which you can take home to brighten up your own garden/yard.

**Horticulture – 10 am – 12pm – Joy (Allotments)**

*Afternoon –*

**Desert Island Discs – 1.15pm – 3.30pm – Olwyn (Craft Room)**

**Create Your Own Scrapbook Course – 1.15pm – 3.30pm – Nicola (Continued - Week 2)**



## **THURSDAY 30<sup>TH</sup> JUNE**

*All day –*

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

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

**Joinery Skills Course – Small, Hinged Table – 10am – 4pm – Tony (Continued - Final Class)**

*Afternoon –*

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

## **FRIDAY 1<sup>ST</sup> JULY**

*Morning -*

**Positivity Alphabet Poster – 10am – 12pm – Olwyn (Craft Room)**

**Personal Mood Board Exploration – 10am – 12pm – Nicola (Room 3)**

*Afternoon –*

**Pictionary – 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 and Relaxation Course – 2pm – 4pm – Margaret (Continued - Week 3)**