

# OCTOBER CLASSES



To Book Classes Call: **0191 384 8100** or Email: **enquiries@stmargaretscentre.co.uk**

(There is an attendance fee of 50p per day, this is to help with cost of materials and hot beverages)

## MONDAY 3<sup>RD</sup> OCTOBER

*Morning –*

### **Lino Printing Workshop (6 Week Course - 50's & over) - 10am -12pm - Carrie (Craft Room)**

- This 6-week course ran by Creative Age will introduce you to the art of Lino printing. Lino Printing is a form of ink block printing that involves carving a pattern or design onto linoleum, rubber or vinyl surface. The surface is then rolled in ink or Paint which can then be printed from onto card or fabric to create a professional and unique print. **(This Course is for people aged 50's and over only, it is a 6-week course, so please pop the following 5 weeks in your diary)**

### **Gardening – 11am – 1pm – Sandra (Shed Area)**

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

*Afternoon -*

### **Magic Ink Painting - 1.15pm - 3.30pm - Olwyn (Craft Room)**

- Using non waterproof Fine Liners you will work onto an A3 illustration. You will then add water to your ink which will react and create a lovely, smoky effect, watercolours can then be added for a splash of colour.

## TUESDAY 4<sup>TH</sup> OCTOBER

*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. **You must book your slot on any social day you wish to attend to secure a seat.**

*Afternoon –*

### **Communicating With Makaton Course – 1pm – 3pm – Maria – (Final Class)**

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## WEDNESDAY 5<sup>TH</sup> OCTOBER

*Morning –*

### **Autumnal Watercolour Leaves - 10am - 12pm – Nicola (Room 3)**

- Create realistic looking crisp, autumnal leaves using delicate blotting techniques with rustic-coloured watercolours.

### **Inchies - 10am - 12pm – Olwyn (Craft Room)**

- Create one-inch square mini pieces of art made up of buttons, bows and beads.

### **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 –*

### **Creative Dough Animals - 1.15pm - 3.30pm - Olwyn (Craft Room)**

- Taking inspiration from Japanese steamed dough balls, we will make a Playdoh type dough and explore fun and cute animal shapes that the Japanese love so much.

### **Origami Bat Halloween Decor– 1.15pm – 3.30pm – Nicola (Room 3)**

- Using this popular Japanese paper folding technique, you will create spooky bat décor.

## THURSDAY 6<sup>TH</sup> OCTOBER

*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. **You must book a slot on any social day you wish to attend to secure a seat.**

### **Joinery Work Skills Course - Small hinged Table (Final Class) – 10am – 4pm – (Workshop)**

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## **FRIDAY 7<sup>TH</sup> OCTOBER**

*Morning –*

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

- Explore watercolours by painting beautiful delicate pre-printed illustrations onto your very own card.

### **Fabric Plushie Pumpkin Garland (4 weeks) - 10am – 12pm – Nicola (Room 3)**

- Create multiple fabric pumpkins using your choice of fabrics, which you will simply hand sew and stuff with wadding. You may also choose to decorate your pumpkins with delicate beading. To complete, you will string all your pumpkins together to create a home decor piece. **(If you book onto this course, pop the following 3 weeks in your diaries)**

### **Project Linus - 10am – 12pm – Isabelle & Debbie (Room 2)**

- Project Linus is a volunteer organisation. We aim to provide a sense of security and comfort to sick and traumatised babies, children and teenagers through the provision of new home-made patchwork quilts and knitted blankets. No sewing skills or experience is required, you will learn new skills as you go.

*Afternoon –*

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

- A movie themed version of our favourite musical class - pick your favourite 3 movie soundtracks and tell us what they mean to you

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

- A good walk can do wonders for your mental wellbeing. It improves self- perception and self-esteem, mood, and sleep quality, and it reduces stress, anxiety, and fatigue. This walk is an easy paced, relaxing, short adventure within our local city.

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

- Learn the basics of Sewing, knitting, and quilting in this friendly, upbeat, and social class. Learn how to use sewing machines and the correct tools and techniques to create wonderful textile pieces whilst expanding your social skills.

# OCTOBER CLASSES



## MONDAY 10<sup>TH</sup> OCTOBER

*Morning –*

**Lino Print Workshop – 10am – 12pm – Carrie (Continued – Week 2)**

**Gardening – 11am – 1pm – Sandra – (Final Session of the year)**

*Afternoon –*

**Autumn Doodle Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)**

- A simple Zentangle approach to making cards with a leaf design.

**Realistic Faux Fur Hanging Bat – 1.15pm – 3.30pm – Nicola (Room 3)**

- Create your own realistic hanging bat decoration using only felt, faux fur and pipe cleaners, you will be amazed at the finished, spooky result.

## TUESDAY 11<sup>TH</sup> OCTOBER

*All day –*

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

## WEDNESDAY 12<sup>TH</sup> OCTOBER

*Morning –*

**Learning to Manage Stress (NEW) – 10am – 4pm – I.M.P.A.C.T (Room 2)**

- This one-day course will help you develop techniques on how to cope with stress. It will look at stress and its cause.

**Creative Dough Animals – 10am – 12pm – Olwyn (Craft Room)**

**Halloween Origami Bat Décor - 10am – 12pm – Nicola (Room 3)**

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

*Afternoon –*

**Autumnal Watercolour Leaves - 1.15pm – 3.30pm – Olwyn (Craft Room)**

**Magic Ink Painting- 1.15pm – 3.30pm – Nicola (Room 3)**

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## THURSDAY 13<sup>TH</sup> OCTOBER

*All day –*

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

**Joinery Work Skills Course (NEW) - Wooden Storage Box - 10am – 4pm – Tony (Workshop)**

- Learn the skills and use of correct tools to plan out and build your own storage box with unique wooden hinges. (This is a 3-Week course, please pop the following 2 weeks in your diary)

*Afternoon -*

## FRIDAY 14<sup>TH</sup> OCTOBER

*Morning –*

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

**Fabric Plushie Pumpkin Garland Course - 10am – 12pm – Nicola (Continued week 2)**

**Project Linus (Textiles) - 10am – 12pm – Isabelle & Debbie (Room 2)**

*Afternoon –*

**Desert Island Discs (Movie Night) – 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)**

# OCTOBER CLASSES



## MONDAY 17<sup>TH</sup> OCTOBER

*Morning -*

**Lino Print Workshop – 10am – 12pm – Carrie (Continued – Week 3)**

*Afternoon –*

**Autumn Doodle Cards – 1.15pm – 3.30pm – Olwyn (Craft Room)**

**Autumnal Watercolour Leaves – 1.15pm – 3.30pm – Nicola (Room 3)**

## TUESDAY 18<sup>TH</sup> OCTOBER

*All day –*

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

## WEDNESDAY 19<sup>TH</sup> OCTOBER

*Morning –*

**Inchies – 10am – 12pm – Olwyn (Craft Room)**

**Origami Bat Halloween Décor – 10am – 12pm – Nicola (Room 3)**

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

*Afternoon –*

**Magic Ink Painting – 1.15pm – 3.30pm – Olwyn (Craft Room)**

**Realistic Faux Fur Hanging Bat – 1.15pm – 3.30pm – Nicola (Room 3)**

## THURSDAY 20<sup>TH</sup> OCTOBER

*All day –*

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

**Joinery Work Skills Course – Wooden Storage Box – 10am – 4pm (Continued – Week 2)**

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## **FRIDAY 21<sup>ST</sup> OCTOBER**

*Morning –*

**Fabric Plushie Pumpkin Garland Course - 10am – 12pm – Nicola (Continued Week 3)**

**Project Linus - 10am – 12pm – Isabelle & Debbie (Room 2)**

*Afternoon –*

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

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

# OCTOBER CLASSES



## MONDAY 24<sup>TH</sup> OCTOBER

*Morning -*

**Lino Print Workshop – 10am – 12pm – Carrie (Continued – Week 4)**

*Afternoon –*

**Pumpkin Carving (£2.00 Fee) - 1.15pm – 3.30pm – Nicola (Room 2)**

- Get creative and spooky, carving your very own Halloween pumpkin to take home with you. **(This class is on 3 times, please only book onto 1 class each, to allow everyone a chance to do it)**

## TUESDAY 25<sup>TH</sup> OCTOBER

*All day –*

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

## WEDNESDAY 26<sup>TH</sup> OCTOBER

*Morning –*

**Tackling Destructive Thoughts (NEW) – 10am – 4pm – I.M.P.A.C.T**

- This one-day course looks at negative thought patterns and how they can be challenged.

**Magic Ink Painting - 10am – 12pm – Olwyn (Craft Room)**

**Realistic Hanging Bat décor - 10am – 12pm – Nicola (Room 3)**

**Horticulture – 10am – 12pm – Joy (Final Session of the Year)**

*Afternoon –*

**Creative Dough Animals - 1.15pm - 3.30pm - Olwyn (Craft Room)**

**Pumpkin Carving (£2.00 Fee) - 1.15pm – 3.30pm – Nicola (Room 2)**



# OCTOBER CLASSES



## THURSDAY 27<sup>TH</sup> OCTOBER

*All day –*

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

**Joinery Work Skills Course – Wooden Storage Box – 9am – 4pm (Continued – Week 3)**

## FRIDAY 28<sup>TH</sup> OCTOBER

*Morning -*

**Project Linus - 10am – 12pm – Isabelle & Debbie (Room 2)**

**Inchies – 10am – 12pm – Olwyn (Craft Room)**

**Fabric Plush Pumpkin Garland Course - 10am – 12pm – Nicola (Continued – Final Class)**

*Afternoon –*

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

**Pumpkin Carving (£2.00 Fee) – Nicola (Room 2)**

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