



WHAT'S ON

April 2024

Monday 1 Tuesday 2 Wednesday 3 Thursday 4 Friday 5 Saturday 6

Jan 2nd-Dec 21st Café open to all Monday to Saturday

<p>10:30am-12:30pm Creative Monday Mornings & Crochet Group</p>	<p>9am-1:30pm Kate Benton Psychotherapy</p>	<p>10:45am-11:30am 'Sagalates' seated Pilates with Michelle Selinger</p>	<p>9am-1:30pm Kate Benton Psychotherapy</p>	<p>10:30am-12pm Memory Café for people with dementia and Alzheimer's</p>	<p>9:30am-12:30pm Repair Café - Throw it away? No way!</p>
<p>12:30pm-2:30pm Free English classes for Ukrainians - Безкоштовні курси англійської для українців</p>	<p>10am-12pm Community Fridge - redistributing surplus food to our community</p>	<p>12:30pm-2:30pm Art with Julie Smare</p>	<p>FULLY BOOKED</p> <p>9:45am-10:45am Intermediate Pilates with Michelle Selinger</p>	<p>7pm-9pm Pottery: Wheel Thrown Pottery workshop with Amanda Toms (beginners)</p>	<p>10am-12:30pm Pottery: Wheel Thrown Pottery workshop with Amanda Toms (beginners to intermediates)</p>
<p>8pm-9pm Connections men's yoga</p>		<p>4pm-5:30pm After school pottery painting</p>	<p>1pm-4pm Community Garden Volunteer Thursdays</p>		<p>Sunday</p>
		<p>5:30pm-8:30pm Pottery: Open studio session (untutored)</p>			<p>7</p>
		<p>6pm-8pm Pottery: wind chimes with Sarah</p>			<p>8:15am-9:15am Power Flow Vinyasa yoga with Aisling</p>
		<p>6:30pm-7:30pm Pottery: Glazing session</p>			
8	9	10	11	12	13

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<p>12:30pm-2:30pm Free English classes for Ukrainians - Безкоштовні курси англійської для українців</p>	<p>10am-12pm Community Fridge - redistributing surplus food to our community</p>	<p>12:30pm-2:30pm Art with Julie Smare</p>	<p>FULLY BOOKED</p> <p>9:45am-10:45am Intermediate Pilates with Michelle Selinger</p>		
<p>8pm-9pm Connections men's yoga</p>	<p>10am-12pm Pottery: Wheel thrown pottery workshop with Paul (beginners)</p>	<p>7pm-8:30pm Parents of Neurodiverse Kids (PONK) Support Group</p>	<p>10am-12pm Dacorum Health Walks followed by coffee at Open Door</p>		<p>Sunday</p>
			<p>1pm-4pm Community Garden Volunteer Thursdays</p>		<p>14</p>
					<p>8:15am-9:15am Power Flow Vinyasa yoga with Aisling</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20
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10:30am-12:30pm Creative Monday Mornings & Crochet Group	9am-1:30pm Kate Benton Psychotherapy	10:45am-11:30am 'Sagalates' seated Pilates with Michelle Selinger	9am-1:30pm Kate Benton Psychotherapy	9:30am-10:45am Gentle Yoga Flow class with Katie	10am-12:30pm Pottery: Wheel Thrown Pottery workshop with Amanda Toms (beginners to intermediates)
12:30pm-2:30pm Free English classes for Ukrainians - Безкоштовні курси англійської для українців	10am-12pm Community Fridge - redistributing surplus food to our community	12:30pm-2:30pm Art with Julie Smare	FULLY BOOKED	10:30am-12pm Memory Café for people with dementia and Alzheimer's	Sunday
8pm-9pm Connections men's yoga	10am-12pm Pottery: Wheel thrown pottery workshop with Paul (intermediates / returners)	7:30pm-8:30pm Gentle Yoga Flow class with Katie	9:45am-10:45am Intermediate Pilates with Michelle Selinger	7pm-9pm Pottery: Wheel Thrown Pottery workshop with Amanda Toms (beginners)	21
22	23	24	25	26	27

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12:30pm-2:30pm Free English classes for Ukrainians - Безкоштовні курси англійської для українців	10am-12pm Community Fridge - redistributing surplus food to our community	11am-12:30pm The Open Door Book group - in person (Wednesdays)	FULLY BOOKED	10:30am-12pm Memory Café for people with dementia and Alzheimer's	Sunday
8pm-9pm Connections men's yoga	1:30pm-3pm The Open Door Book group - in person (Tuesdays)	12:30pm-2:30pm Art with Julie Smare	9:45am-10:45am Intermediate Pilates with Michelle Selinger		28
		2pm-3pm The Open Door Book group - on Zoom (Wednesdays)	10am-12pm Dacorun Health Walks followed by coffee at Open Door		8:15am-9:15am Power Flow Vinyasa yoga with Aisling
		7:30pm-8:30pm Gentle Yoga Flow class with Katie	1pm-4pm Community Garden Volunteer Thursdays		
			7:30pm-8:30pm The Open Door Book group - on Zoom (Thursdays)		
29	30				

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12:30pm-2:30pm Free English classes for Ukrainians - Безкоштовні курси англійської для українців	10am-12pm Community Fridge - redistributing surplus food to our community
8pm-9pm Connections men's yoga	

