

What's On : March 2019

Information Posters at the foot of the *What's On* page of our website

NOTE: Changes to the timetable may occur. Please check for updates.

■ Exhibition
 ■ Creative activities
 ■ Wellbeing
 ■ Children
 Other
 TBC = to be confirmed

Regularity	Day	Dates	Activity / Event	Time	Cost per session
Every day	Tues-Sat	5-30	<i>Above and Below Exhibition</i>	10:30 am to 4.00 pm	Works for sale
2 nd Monday every Month	Monday	4	Open Mic Poetry & Prose Evening	7.30 pm to 9.30 pm	Suggested donation £2+
Weekly	Monday	From 11 Mar	Knit & Natter – drop-in sessions	10.30 am to 12 noon	Donations welcome 😊
Weekly until Easter	Monday	From 18 Mar	Choir TBC	7.30 pm to 9.30 pm	TBC
First Tuesday each month	Tuesday	5	First Mummies Club – creative activities and <i>me</i> time	7.30 pm to 9.30 pm	Price varies. Incs materials
Taster session	Tuesday	5	Photo Journalling - Make a memory book with old photos	1.30 pm to 3.00 pm	Free
One-off	Tuesday	5	Little Signers – sign language for babies 5-18 mths	2.00 pm to 4.00 pm	TBC
Weekly	Tuesday	5, 12, 19, 26	Qigong	11.15 am to 12.15 pm	£8
Weekly	Tuesday	5, 12, 19, 26	Seated Qigong	12.30 pm to 1.00 pm	£8
Weekly	Tuesday	5, 12, 19, 26	Drop in & Decopatch – theme varies each week	1.30 pm to 4.00 pm	£5 per item or BYO for £2+
7-week course	Tuesday	5, 12, 26 Feb + 5, 12 Mar	Little Signers – sign language for babies 5-18 mths	9.30 am to 11.10 am	£38 for 7-week course
	Tuesday	19	Functional Feet – making feet healthy	7.30 pm to 8.45 pm	£10
Weekly	Wednesday	6, 13, 20, 27	Parents & Toddlers - Arts & Crafts (themes vary)	10.30 am to 11.45 am	£7 per child
Weekly	Wednesday	6, 13, 20, 27	Art Club – Beginner/ Intermed – learn different techniques	12.30 pm to 2.30 pm	£15 – materials provided
Weekly	Wednesday	6, 13, 20, 27	Gentle Evening Yoga	7.00 pm to 8.00 pm	£10
Weekly	Wednesday	6, 13, 20, 27	Drop-in Knitting session – get help with your projects	1.30 pm to 4.00 pm	Donations welcome 😊
Fortnightly	Thursday	7, 21	Learn to Crochet DAY New!	1.00 pm to 3.00 pm	£15 pw or £75 for 6 sessions
Fortnightly	Thursday	7, 21	Learn to Crochet EVE New!	7.00 pm to 9.00 pm	£15 pw or £75 for 6 sessions
Fortnightly	Thursday	7, 21	Word Creative Writing Group – all levels New!	7.00 pm	Donations of £2 welcome 😊
Weekly	Thursday	7, 14, 21, 28	Pilates for Beginners and Intermediates	10.00 am to 11.00 am	£10 pw or £52 for 6 sessions
Monthly	Thursday	14	Health Walks – meet Sacred Heart Car Park, refreshments and lunch at Open Door	11.15 am	Donations welcome 😊
	Thursday	14, 28	Pottery with Freda	7.00 pm to 9.00 pm	£15

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	Now weekly	Friday	1, 8, 15, 22	Memory Café for people with memory challenges + carers	10.30 am to 12.00 noon	Donations welcome 😊
	Weekly	Friday	1, 8, 15, 22	Gentle Yoga	10.00 to 11.00 am	£10
	Monthly	Friday	1	Yoga and Vegan Supper Club	6.30 pm to 9.30 pm	£25 - booking essential
		Friday	8	Functional Feet – making feet healthy <i>Fully booked!</i>	11.30 am to 12.45 pm	£10
		Friday	15	Finale club - conversation re end-of-life preparations <i>New!</i>	2.00 pm to 4.00 pm	TBC