



# What's On : September 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.**

**Please note that more classes and times are still in the course of being confirmed for September.**

**Updates will be announced as soon as possible.**

Regularity	Day	Dates	Activity / Event	Time	Cost per session
Every day	Monday - Saturday	27 Aug to 4 Sept	EXHIBITION: Made Visible	10.30 am to 4.00 pm	–
Every day	Monday - Saturday	7 to 29	EXHIBITION: Herts Open Studios	10.30 am to 4.00 pm	Works for Sale
Fortnightly	Monday	To be advised	Gospel Choir	7.30-9.00 pm	FREE
Weekly	Monday	2,9,16,23,30	Knit & Natter – drop-in sessions	10.30 am to 12 noon	Donations welcome 😊
Weekly	Tuesday	10, 17, 24	Qigong	11.00 am to 12.00 noon	£8
Weekly	Tuesday	10, 17, 24	Seated Qigong	1.00-1.30 pm	£5
Weekly	Tuesday	10, 17, 24	Beginners' Qigong <b>NEW!</b>	2.00-3.00 pm	TBA
Weekly	Tuesday	10, 17, 24	Drop in & Decopatch – theme varies each week	1.30 pm to 4.00 pm	£5 per item or BYO for £2+
Once	Tuesday	3	Mums and toddlers – Art and story <b>NEW!</b>	11.00 am to 12 noon	£7
Once	Tuesday	10	After-school Art + refreshments <b>NEW!</b>	4.00 pm to 5.30 pm	TBA
Weekly	Wednesday	4, 11, 18, 25	Parents & Toddlers - Arts & Crafts (themes vary)	10.30 am to 11.45 am	£7 per child Discounts for siblings
Weekly	Wednesday	3, 10, 17	Art Club – Begins/Intermed. – learn different techniques	12.30 pm to 2.30 pm	£15 – materials provided
Weekly	Wednesday	11, 18, 25	Tai Chi beginners	6.00 to 7.00 pm	£8
Weekly	Wednesday	4, 11, 18, 25	Gentle Evening Yoga	7.30pm to 8.30pm	£10
Weekly	Wednesday	4, 11, 18, 25	Drop-in Knitting session – get help with your projects	1.30 pm to 4.00 pm	Donations welcome 😊
Fortnightly	Thursday	5, 19 and 3 Oct	Health Walks. Meet Sacred Heart Church; return to Open Door for lunch & refreshments	Start 11.15 am	Donations welcome 😊
Once	Thursday	26	Baby signing <b>TASTER SESSION</b>	11.00 to 11.45 am	<b>FREE</b>
Weekly	Thursday	5, 12, 19, 26	Pilates	9.30 am to 10.30 am	£10 per session
Weekly	Thursday	5, 12, 19, 26	Creative writing	7.00-9.00 pm	Donations welcome 😊
Weekly	Thursday	5, 12, 19, 26	Make do and mend – bring your sewing and other projects <b>NEW!</b>	2.00-4.00 pm	Donations welcome 😊

For bookings and the latest information: email [opendoorberko@gmail.com](mailto:opendoorberko@gmail.com)  
 Open Door, Community Space and Cafe, 360-364 High Street, Berkhamsted HP4 1HU  
 Tel: 01442 768120 [www.opendoorberkhamsted.co.uk](http://www.opendoorberkhamsted.co.uk)  
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Regularity	Day	Dates	Activity / Event	Time	Cost per session
Weekly	Friday	6, 13, 20, 27	Memory Café for people with memory challenges + carers	10.30 am to 12.00 noon	Donations welcome 😊
Weekly	Friday	6, 13, 20, 27	Gentle Yoga	10.00 to 11.00 am	£10
Once	Friday	13	Creative Mindfulness <b>NEW!</b>	1.00 - 4.00 pm	£35 - booking essential
Weekly	Friday	20, 27	Music with Rosie under 5's	2.00-2.45 pm	£5
Once	Saturday	14	Mary's Meals Charity Lunch <b>NEW!</b>	11.30-2.00 pm	Donations welcome 😊
Once	Saturday	To be confirmed	Pottery Raku - Adults <b>NEW!</b>	10.00 am to 4.00 pm	£40 prior booking only

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