

What's On: August 2022

– weekly activities



Café open Monday to Saturday 10:30-3:30 serving drinks and cakes

Exhibitions:

- Summer Holidays open submissions exhibition – 1st – 27th August

Weekly activities below – see overleaf for one off classes and courses!

Day	Activity / Event	Time	Cost	Booking info
Mondays	functional pilates <i>(No 11:15 class during August)</i>	10 - 11am & 11:15 -12:15	£14 per class	07968 062791 sam@functionalpilates.net
	Creative Mondays – crochet, fun with fabric and more	10:30-12:30	Donations welcome	No need to book
	Paracise with Susie Alderson (virtual – on Zoom)	10:30am - 11:15am	First class FREE, then £5 a session	Booking required - 07762 138356 or susie.alderson@outlook.com
	Connections men's yoga (at Carmenta Life)	8pm - 9pm	£10 a session or £90 for 10	Booking required - iain.manson@opendoorberkhamsted.co.uk
Tuesdays	Slow Flow yoga with Leanne <i>(Not during August – restarts 6th Sept)</i>	9:30-10:30am	£10 per class or £50 for 6	To book, contact Leanne on leannecoombes@gmail.com
	Qigong with Yoko <i>(Not running 9/16/23rd August)</i>	11:30-12:30	£50 for 5 sessions	Book via 07947988465 or yokoyaghmie@btinternet.com
	Ukraine coffee meetup кава зустріч для українців	1-3pm	Donations welcome	No need to book
	Open Door Book Group – in person	LAST Tuesday of month 1:45pm	Donations welcome	Booking required - fredcharliej@gmail.com
	Yoga Nidra with Natalie <i>Not during August – restarts 6th Sept</i>	7-8:15pm	£15	For more information or to book contact nataliebrophyoga@gmail.com
Wednesdays	'Sagalates' seated Pilates with Michelle	10:30 - 11:15	£5 a week	Booking required - 07826 858533 or michelleselinger@outlook.com
	Art with Julie Smare <i>Not during August – restarts TBC</i>	12:30-2:30	£15 a session	Booking required - julie.smare1@gmail.com
	Yoga with Raccine	7-8:15pm	First free, then £10	Email raccineyoga@gmail.com to book
	The Open Door Book group (virtual – on Zoom)	LAST Weds of the month 2pm	Donations welcome	Booking required - fredcharliej@gmail.com
Thursdays	Pilates with Michelle Selinger <i>Not during August – restarts 22nd Sept</i>	9:45-10:45	£10 a session	Booking required - 07826 858533 or michelleselinger@outlook.com
	Wobble with Susie Alderson (virtual – on Zoom)	10am		Booking required - 07762 138356 or susie.alderson@outlook.com
	Chair yoga with Hilary Warrell <i>Not during August – restarts 12th Sept</i>	11:30am – 12:30pm	£10 a session	Booking required - 07963 252577 or hqwarrell@hotmail.co.uk
	Support Group for Parents of Neurodiverse Children <i>Not running in August – next 14 Sept</i>	Regular day TBC 7-8:30pm	Free	Please email ponkgroup24@gmail.com for more info or to book
	Connections men's meet-ups	THIRD Thursday of month, 7-9pm	Free, donations welcome	See the schedule & book at www.bookwhen.com/opendoor
	The Open Door Book group (virtual – on Zoom)	LAST Thurs of the month 7:30pm	Free, donations welcome	Booking required - fredcharliej@gmail.com
Fridays	Memory Café for people with dementia and Alzheimer's	10:30 – 12 noon	Free but donations welcome	Please email before you or a loved one come for the first time - info@opendoorberkhamsted.co.uk
	Paracise with Susie Alderson (virtual – on Zoom)	10:30 - 11:15am	First class free, then £5	Booking required - 07762 138356 or susie.alderson@outlook.com
Sat	Repair Café Throw it away? No way!	FIRST Sat of the month, 9:30-12:30 (not on in June)	Donations welcome	No need to book
	Mary's Meals - soup, tea and cake, plus table top sale	SECOND Sat of the month, 12-3	Donations welcome	No need to book
Sun	Power Flow Vinyasa with Aisling <i>(Only running on 14th & 28th August)</i>	8:15 – 9:15am	£10 per class	For more information and to book go to www.infinityyoyoga.co.uk

What's On: August 2022

– one off events/classes/courses



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One off events / classes / courses below – see overleaf for weekly activities

Date	Activity / Event	Time	Cost	Booking info
Monday 1 st August	New exhibition opens: Summer Holidays!	Mon-Sat 10:30-3:30	Free, donations welcome	No need to book
Wednesday 3 rd August	Kid's Art Club ages 5+	2-3:30pm	£15 (or £25 for 2, £40 for 3)	Book via 07595 310951 or weenawilks@hotmail.com
Thursday 4 th August (every other Thursday)	Dacorum Health Walks followed by coffee at Open Door	Meet at 10am in the Catholic Church carpark	Free, donations welcome	No need to book
Saturday 6 th August	Repair Café – get your broken things mended!	9:30-12:30 Every 1 st Sat of the month	Donations welcome	No need to book
Wednesday 10 th August	Kid's Art Club ages 5+	2-3:30pm	£15 (or £25 for 2, £40 for 3)	Book via 07595 310951 or weenawilks@hotmail.com
Thursday 11 th August	Drop in kids 5+ art class - portraits	10:30-12	Suggested donation £2	No need to book
Saturday 13 th August	Mary's Meals	2-3pm	Free, donations welcome	No need to book
Saturday 13 th August	Mixed race family group	10:30-11:30	Free, donations welcome	For more info or to RSVP please contact bipocoftring@gmail.com
Thursday 18 th August (every other Thursday)	Dacorum Health Walks followed by coffee at Open Door	Meet at 10am in the Catholic Church carpark	Free, donations welcome	No need to book
Thursday 18 th August	Drop in kids 5+ art class – animal collage	10:30-12	Suggested donation £2	No need to book
Thursday 18 th August	Connections: Budgeting and how to get by	7pm - 9pm	Free, donations welcome	Book now at www.bookwhen.com/opendoor
Tuesday 30 th August	Ukraine coffee meetup with live music by John Knowles	1-3pm	Free, donations welcome	No need to book
Various dates	Pottery classes for adults and children - in our Community Pottery Shed 2 minutes walk around the corner from Open Door	Various times	Various	See schedule at www.opendoorberkhamsted.co.uk/potteryshed



For further info or to book, check www.opendoorberkhamsted.co.uk/whats-on, pop in & ask, or call 01442 768120. Changes and additions may occur - please check for updates!