

What's On: January 2022

– weekly activities



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

Exhibitions:

- 'Hidden Treasures' - Monday 6th December '21 - Saturday 22nd Jan 2022

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

Day	Activity / Event	Time	Cost	Booking info
Monday	Functional Pilates	10 - 11am & 11:15 - 12	£14 per class	07968 062791 sam.functionaltheraipies@gmail.com
	Creative Mondays	10:30 – 12:00	Donations welcome	Drop-in sessions, 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 (virtual – on Zoom)	8pm - 9pm	£10 a session or £90 for 10	Booking required - iain.manson@opendoorberkhamsted.co.uk
Tues	Yoga Nidra with Natalie	7-8pm	£15	For more information or to book please contact nataliebrophyoga@gmail.com
Wednesday	'Sagalates' seated Pilates with Michelle	10:30 - 11:15	£5 a week	Booking required - 07826 858533 or michelleselinger@outlook.com
	Art with Julie Smare	12:30-2:30	£15 a session	Booking required - julie.smare1@gmail.com
	The Open Door Book group (virtual – on Zoom)	Last Weds of the month 2pm	Free, donations welcome	Booking required - fredcharliej@gmail.com
	Yoga with Raccine	7pm - 8:15pm	First free, then £10	Booking required - raccineyoga@gmail.com
Thursday	Pilates with Michelle Selinger	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	11:30am - 12:30pm	£10 a session	Booking required - 07963 252577 or hgwarrell@hotmail.co.uk
	The Open Door Book group (virtual – on Zoom)	Last Thurs of the month 7:30pm	Free, donations welcome	Booking required - fredcharliej@gmail.com
	Support Group for Parents of Neurodiverse Children	Every 2nd Thurs of the month, 7-8pm	Free	Please email ponkgroup24@gmail.com for more info or to book
	Connections men's meet-ups	Third Thursday of every month, 7-9pm	Free, donations welcome	See the schedule and book your place now at www.bookwhen.com/opendoor
Friday	Yoga with Raccine	10:00am - 11:15am	First class free, then £10	Booking required - raccineyoga@gmail.com
	Memory Café for people with dementia and Alzheimer's (and a family member/carer)	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 a session	Booking required - 07762 138356 or susie.alderson@outlook.com
Saturday	Repair Café Throw it away? No way!	First Sat of every month, 9:30-12:30	Donations welcome	No need to book (note January café is cancelled)
	Mary's Meals - soup, tea and cake, plus table top sale, for charity www.marysmeals.org.uk	Last Sat of every month, 12-3pm	Donations welcome	No need to book

What's On: January 2022

– one off events/classes/courses



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

Date	Activity / Event	Time	Cost	Booking info
Saturday 8th January	Repair Café CANCELLED	9:30-12:30	Donations welcome	No need to book
Tuesday 11th January - 8th February (5 weeks)	Qigong with Yoko	11am-12 Extra slot to be added	£50 for the 5 sessions	Find out more and book via yokoyaghmie@btinternet.com or 07947988465
Wednesdays 12th January - 23rd February (6 weeks excl half term)	Programming Club: Coder Dojo (7-15 years)	4:30-5:30	Free	Please book at www.bookwhen.com/opendoor the sessions are bookable either for the series of six, as one off sessions, or to start part way through the series.
Thursday 13 th January	Support Group for Parents of Neurodiverse Children	Every 2nd Thurs of the month, 7-8pm	Free	Please email ponkgroup24@gmail.com for more info or to book
Fridays 14th, 21st & 28th January Or Saturdays 15th, 22nd & 29th January	Pottery with Edwina - 3 session courses Come and discover pottery through this short course with Edwina.	Fridays 2-4pm Saturdays 10:30 – 12:30	£60 for the three sessions	Contact Edwina on weenawilks@hotmail.com or 07595310951 for more info or to book
Tuesdays 18th, 25th January and 1st & 8th February (4 week course)	Guided Acrylics workshops with Louise Williams	1-3pm on Zoom 7-9pm in person	£50 Zoom £60 in person	Contact Louise for more information or to book email gocreate123@gmail.com
Thursday 20th January 2022	Connections: Men's Health and Nutrition, with Mark Francas of Nourish Men's Nutrition & Health	7pm - 9pm	Free, donations welcome	For further information and to book your place, see www.opendoorberkhamsted.co.uk/meetups
Saturday 22nd January	Canvas Crew Experiment with.... CANCELLED	1:30 – 4:30	£45	Book at https://forms.gle/M9Yxino9zQNMVgv39 or hello@thecanvascrew.co.uk for info
Saturday 29th January	Mary's Meals	Last Saturday of every month 12-3pm	Donations welcome	No need to book

Have you seen our Winter Cards project? Pickup a card template from Open Door during January, follow the prompts on the template to create a lovely greetings card for someone in the community and drop it back by 1st Feb. The completed cards will be distributed by Open Door from 3rd Feb, to others in the community - you may also pick one up for yourself!

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!