

# What's On: June 2022

## – weekly activities



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

### Exhibitions:

- Dacorum Young Photographers Rotary exhibition – Thursday 9<sup>th</sup> – Saturday 25<sup>th</sup> June
- Dacorum Young Artists winners exhibition - Monday 27<sup>th</sup> June – Saturday 9<sup>th</sup> July

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

Day	Activity / Event	Time	Cost	Booking info
Mondays	Functional Pilates	10 - 11am & 11:15 -12:15	£14 per class	07968 062791 <a href="mailto:sam@functionalpilates.net">sam@functionalpilates.net</a>
	Creative Mondays – crochet, fun with fabric and more	10:30-12:30 (from 7 <sup>th</sup> March)	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 <a href="mailto:susie.alderson@outlook.com">susie.alderson@outlook.com</a>
	Connections men's yoga (at Carmenta Life)	8pm - 9pm	£10 a session or £90 for 10	Booking required - <a href="mailto:iain.manson@opendoorberkhamsted.co.uk">iain.manson@opendoorberkhamsted.co.uk</a>
Tuesdays	Slow Flow yoga with Leanne	9:30-10:30am	£10 per class or £50 for 6	To book, contact Leanne on <a href="mailto:leannecoombes@gmail.com">leannecoombes@gmail.com</a>
	Qigong with Yoko	11:30 and 12:30	£50 for 5 sessions	Book via 07947988465 or <a href="mailto:yokoyaghmie@btinternet.com">yokoyaghmie@btinternet.com</a>
	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 - <a href="mailto:fredcharliej@gmail.com">fredcharliej@gmail.com</a>
	Yoga Nidra with Natalie	7 - 8:15pm	£15	For more information or to book contact <a href="mailto:nataliebrophyoga@gmail.com">nataliebrophyoga@gmail.com</a>
Wednesdays	'Sagalates' seated Pilates with Michelle	10:30 - 11:15	£5 a week	Booking required - 07826 858533 or <a href="mailto:michelleselinger@outlook.com">michelleselinger@outlook.com</a>
	Art with Julie Smare	12:30-2:30	£15 a session	Booking required - <a href="mailto:julie.smare1@gmail.com">julie.smare1@gmail.com</a>
	The Open Door Book group (virtual – on Zoom)	LAST Weds of the month 2pm	Donations welcome	Booking required - <a href="mailto:fredcharliej@gmail.com">fredcharliej@gmail.com</a>
Thursdays	Pilates with Michelle Selinger	9:45-10:45	£10 a session	Booking required - 07826 858533 or <a href="mailto:michelleselinger@outlook.com">michelleselinger@outlook.com</a>
	Wobble with Susie Alderson (virtual – on Zoom)	10am		Booking required - 07762 138356 or <a href="mailto:susie.alderson@outlook.com">susie.alderson@outlook.com</a>
	Chair yoga with Hilary Warrell	11:30am - 12:30pm	£10 a session	Booking required - 07963 252577 or <a href="mailto:hqwarrell@hotmail.co.uk">hqwarrell@hotmail.co.uk</a>
	NEW – Youth Café	Various dates monthly, 4-6pm	Free	No need to book
	Support Group for Parents of Neurodiverse Children	SECOND Thurs of month, 7-8:30pm	Free	Please email <a href="mailto:ponkgroup24@gmail.com">ponkgroup24@gmail.com</a> 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 <a href="http://www.bookwhen.com/opendoor">www.bookwhen.com/opendoor</a>
	The Open Door Book group (virtual – on Zoom)	LAST Thurs of the month 7:30pm	Free, donations welcome	Booking required - <a href="mailto:fredcharliej@gmail.com">fredcharliej@gmail.com</a>
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 - <a href="mailto:info@opendoorberkhamsted.co.uk">info@opendoorberkhamsted.co.uk</a>
	Paracise with Susie Alderson (virtual – on Zoom)	10:30 - 11:15am	First class free, then £5	Booking required - 07762 138356 or <a href="mailto:susie.alderson@outlook.com">susie.alderson@outlook.com</a>
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 (not on in June)	SECOND Sat of the month, 12-3	Donations welcome	No need to book
Sun	Power Flow Vinyasa with Aisling	8:15 – 9:15am (NOT last Sunday of the month)	£10 per class	For more information and to book go to <a href="http://www.infinityyoyoga.co.uk">www.infinityyoyoga.co.uk</a>

# What's On: June 2022

## – one off events/classes/courses



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### Exhibitions:

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- Dacorum Young Artists winners exhibition - Monday 27<sup>th</sup> June – Saturday 9<sup>th</sup> July

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

Date	Activity / Event	Time	Cost	Booking info
Weds 11th, 18th, 25th May & 1st Jun	Yoga with Raccine	7pm - 8:15pm	First free, then £10	Booking required - <a href="mailto:raccineyoga@gmail.com">raccineyoga@gmail.com</a>
<i>We will be closed on the Jubilee weekend bank holidays Thursday 2nd, Friday 3rd June and Saturday 4th June</i>				
Not running this month	Repair Café	9:30-12:30 Every 1 <sup>st</sup> Sat of the month	Donations welcome	No need to book
Sunday 5 <sup>th</sup> June	Paediatric First Aid Certificate for Ofsted	9-3pm	£80	Book now at <a href="https://bookwhen.com/hannah_daisyfirstaid">https://bookwhen.com/hannah_daisyfirstaid</a>
Thursday 9 <sup>th</sup> June	New exhibition opens: Rotary Young Photographer competition Exhibition	10:30-3:30	Free, donations welcome	No need to book
Thursday 9 <sup>th</sup> June (every other Thursday)	Dacorum Health Walks followed by coffee at Open Door	Meet at 10am in the Catholic Church carpark	Free, donations welcome for drinks and cakes	No need to book
Thursday 9th June	Youth Café!	4-6pm	Free	No need to book
Thursday 9th June	Connections: Coping with mental health challenges, hosted by Jon Russell	7pm - 9pm	Free, donations welcome	Book now at <a href="http://www.bookwhen.com/opendoor">www.bookwhen.com/opendoor</a>
Thursday 9 <sup>th</sup> June	Support Group for Parents of Neurodiverse Children	7 - 8:30pm Every 2nd Thurs of month	Free	Please email <a href="mailto:ponkgroup24@gmail.com">ponkgroup24@gmail.com</a> for more info or to book
Saturday 11th June	Saturday Sewing - learn to love your sewing machine workshop	2-5pm	£30, subsidies available	Book now at <a href="http://www.bookwhen.com/opendoor">www.bookwhen.com/opendoor</a>
Not running this month	Mary's Meals	11:30-3pm	Free, donations welcome	No need to book
Thursday evenings 16th, 23rd, 30th June & 7th July	Learn to love your sewing machine workshop - evening course (4 sessions)	7-9pm	£60, subsidies available	Book now at <a href="http://www.bookwhen.com/opendoor">www.bookwhen.com/opendoor</a>
Saturday 18th June	Mixed race family group	2 - 2:45pm	Free, donations welcome for drinks and cakes	For more information or to RSVP please contact <a href="mailto:bipocoftring@gmail.com">bipocoftring@gmail.com</a>
Thursday 23 <sup>rd</sup> June (every other Thursday)	Dacorum Health Walks followed by coffee at Open Door	Meet at 10am in the Catholic Church carpark	Free, donations welcome for drinks and cakes	No need to book
Saturday 25 <sup>th</sup> June	Saturday Sewing - learn to love your sewing machine workshop	2-5pm	£30, subsidies available	Book now at <a href="http://www.bookwhen.com/opendoor">www.bookwhen.com/opendoor</a>

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