

What's On: July 2022

- weekly activities



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

Exhibitions:

- Dacorum Young Artists winners exhibition - Monday 27th June – Saturday 9th July
- Virtual Nature Walls - Blue Mind and Forest Bathing by Vanessa Champion – 11th – 23rd 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 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	9:30-10:30am	£10 per class or £50 for 6	To book, contact Leanne on leannecoombes@gmail.com
	Qigong with Yoko (not running in August - begins again 6th September)	11:30 and 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	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	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	Donations welcome	Booking required - fredcharliej@gmail.com
Thursdays	Pilates with Michelle Selinger (stopped for summer – restarts 22 nd Sept)	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
	Support Group for Parents of Neurodiverse Children	SECOND Thurs of month, 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	8:15 – 9:15am (NOT last Sunday of the month)	£10 per class	For more information and to book go to www.infinityyoyoga.co.uk

What's On: July 2022

– one off events/classes/courses



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

Exhibitions:

- Dacorum Young Artists winners exhibition - Monday 27th June – Saturday 9th July
- Virtual Nature Walls - Blue Mind and Forest Bathing by Vanessa Champion – 11th – 23rd July

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

Date	Activity / Event	Time	Cost	Booking info
Saturday 2 nd July	Repair Café – get your broken things mended!	9:30-12:30 Every 1 st Sat of the month	Donations welcome	No need to book
Saturday 2 nd July	Clay build of St Peter's Church	11-4pm	Free	No need to book - at St Peter's Church, NOT Open Door
Sunday 3 rd July	Infant and child first aid course	10-12pm	£25	Book now at https://bookwhen.com/hannah_da_isyfirstaid
Sunday 26 th June for 6 weeks	Reading for fun with your kids	2-3pm	Free	Booking via learning@communityactiondacorum.org.uk or 01442 253 935.
Wednesday 6 th July	Needle felting workshop - make a garden bird	10:30-1pm	£25	Book now at www.bookwhen.com/opendoor
Thursday 7 th July (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 9 th July	Mary's Meals	11:30-3pm	Free, donations welcome	No need to book
Wednesday 13 th July	Needle felting workshop - make a garden bird	10:30-1pm	£25	Book now at www.bookwhen.com/opendoor
Wednesday 13 th July	Support Group for Parents of Neurodiverse Children	7 - 8:30pm Every 2nd Thurs of month but a slight change this month!	Free	Please email ponkgroup24@gmail.com for more info or to book
Thursday 14 th July	The Big Summer Swish clothes swap	6:30-8:30pm	£10	Book now at www.bookwhen.com/opendoor
Fridays 15 th & 22 nd July	Next steps sewing machine course (2 sessions)	1-3pm	£40, subsidies available	Book now at www.bookwhen.com/opendoor
Saturday 16 th July	Learn to love your sewing machine workshop	2-5pm	£30, subsidies available	Book now at www.bookwhen.com/opendoor
Monday 18 th July	Deadline for submissions to Summer Holidays exhibition	n/a	£5 per submission	Find out more at www.opendoorberkhamsted.co.uk/exhibitions
Wednesday 20 th July	Needle felting workshop - make a garden bird	10:30-1pm	£25	Book now at www.bookwhen.com/opendoor
Thursday 21 st July (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 21 st July	Connections: Classic cars at Open Door	7pm - 9pm	Free, donations welcome	Book now at www.bookwhen.com/opendoor
Saturday 23 rd July	Creative cushions workshop	2-5pm	£30, subsidies available	Book now at www.bookwhen.com/opendoor
Saturday 30 th July	Mixed race family group	10:30-11:30	Free, donations welcome	For more info or to RSVP please contact bipocoftring@gmail.com

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!