



# What's On : December

See Information Posters at the foot of the What's On page of our website.

NOTE: Changes to the timetable may occur. Please phone or email for updates.

■ Exhibition 
 ■ Creative activities 
 ■ Wellbeing 
 ■ Children 
  Other 
 TBC = to be confirmed

Regularity	Day	Dates	Activity / Event	Time	Cost per session
EVERY DAY	Tues-Sat	27 Nov to 5 Jan	Christmas Emporium	10:30 am to 4.00 pm	Gifts for sale
Third Monday each month	Monday	17	Board Games evening	6.45 pm to 8.45 pm	Donations to organiser
Second Mon. each month	Monday	10 <span style="color: red;">To be confirmed</span>	Poetry Evening – readings invited of up to 5 mins	7.30 pm to 9.30 pm	£2 admission
First Tuesday each month	Tuesday	4	First Mummies Club – creative activities and <i>me</i> time	7.30 pm to 9.30 pm	Price varies. Incs materials
Weekly	Tuesday	4, 11, 18	Qigong	11.15 am to 12.15 pm	£8
Weekly	Tuesday	4, 11, 18	Seated Qigong	12.30 pm to 1.00 pm	£8
	Tuesday	18	Felted fun – make your own Xmas Present – Age 7+	10.30 am to 12.30 pm	£15
Weekly	Tuesday	4, 11, 18	Drop in and Decopatch – paper & glue available	1.30 pm to 4.00 pm	£5 per item or BYO for £2+
Weekly x 5	Tuesday	3, 20, 27 & Dec 4, 11	Sign language for babies 5-18 mths	9.30 am to 11.10 am	£28 for a 5 week course
Weekly	Wednesday	5, 12, 19	Gentle Yoga	7.00 pm to 8.00 pm	£8
Weekly	Wednesday	5, 12, 19	Parents & Toddlers – Arts & Crafts	10.30 am to 11.45 am	£7 per child
Weekly	Wednesday	5, 12, 17	Art Group for all levels - work in your preferred medium	12.30 pm to 2.30 pm	£15 – materials provided
	Wednesday	12	Coffee morning – Drop in and make some Xmas decorations	10.30 am to 12.30 pm	
Weekly	Thursday	6, 13, 20	Pilates – beginner and intermediate	10.00 am to 11.00 am	£10
	Thursday	6	Creative Drawing	1.30 pm to 3.30 pm	£15
	Thursday	13	Needle Felting – Make your own Reindeer	10.30 am to 12.30 noon	£20 Booking essential
1 <sup>st</sup> and 3 <sup>rd</sup> Fri. each month	Friday	7, 14	Memory Café for people with memory challenges + carers	10.30 am to 12.00 noon	Donations welcome 😊
	Friday	14	Christmas Wreath Making	6.00 pm to 9.30 pm	£45
Weekly	Friday	7, 14, 21	Gentle Yoga	10.00 am to 11.00 am	£8

FOR BOOKINGS AND THE LATEST INFORMATION: [opendoorberko@gmail.com](mailto:opendoorberko@gmail.com)

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