



What's On at Open Door

September 2018

Please note: changes to the timetable may occur.

■ Art & Craft
 ■ Health & Wellbeing
 Other

Regularity	Day	Date/s		Class	Time	Cost per session
Third Monday each month	Monday	17		Board Games – with Charles	6.45 pm to 8.45 pm	Donations to Berkamsted Board Games Club
Weekly	Tuesday	11, 18, 25		Qigong – with Pam	11.15 am to 12.15 pm	£8
Weekly	Tuesday	11, 18, 25		Seated Qigong – with Pam New!	12.30 pm to 1.00 pm	TBC
Weekly x 5	Tuesday	25, and Oct 2, 9, 16, 23		Little Signers Club – sign language for babies – with Anna New!	9.30 am to 11.10 am	TBC
	Tuesday	11		First Mummies Club – creative activities and ‘me’ time – with Lisa	7.30 pm to 9.30 pm	£15 incs materials
Weekly	Tuesday	11, 18, 25		Drop in and Decopatch – with Rosie	1.30 pm to 4.00 pm	£5 per item or bring your own for £2+. Paper/glue available
Weekly x 8	Tuesday	11 Sept to 30 Oct		Writing Together – creative writing for beginners and scribblers – with Linda New!	10.30 am to 12.30 pm	£80 for course of 8 sessions
Weekly	Wednesday	12, 19, 26		Watercolour Painting for Beginners – with Julie	12.30 pm to 2.30 pm	£15 – materials provided
	Thursday	13		Herts Health Walks – gentle First Steps walk of 30 mins starting Sacred Heart Church. Refreshments at Open Door en route.	11.15 am	Donations welcome 😊
	Thursday	20		Sushi – with Mike	7.00 pm to 9.30 pm	£45
Weekly	Thursday	13, 20, 27		Pilates – with Michelle	10.00 am to 11.00 am	£10

FOR BOOKINGS AND THE LATEST INFORMATION:

opendoorberko@gmail.com

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Art & Craft Health & Wellbeing Other

Regularity	Day	Date/s		Class	Time	Cost per session
First Friday each month	Friday	7	<input checked="" type="checkbox"/>	Memory Cafe	10.30 am to 12 noon	Free – donations welcome
	Friday	3	<input checked="" type="checkbox"/>	Yoga and Vegan Supper Club – with Root & Branch Well-being	6.30 pm to 9.30 pm	£25
Weekly	Friday	3, 10, 17, 24, 31	<input checked="" type="checkbox"/>	Gentle Yoga – with Raccine	11.00 am to 12.00 noon	£8

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