


## Tackling Loneliness this November – activities at the Old Schoolhouse Community Project

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>The Old Schoolhouse Community Project</p>			1	2
5 <ul style="list-style-type: none"> <li>• Chatter Boxes 10am</li> <li>• Chess/Draughts 11am</li> </ul>	6 <ul style="list-style-type: none"> <li>• Guided Reflection 10am</li> <li>• Chair Yoga 1pm</li> </ul>	7 <ul style="list-style-type: none"> <li>• Gardening Group 10am</li> <li>• Ballroom Dancing 2pm</li> <li>• Gentle Yoga 6pm</li> </ul>	8 <ul style="list-style-type: none"> <li>• Digital Drop-In 1pm</li> </ul>	9 <ul style="list-style-type: none"> <li>• Guided Reflection 10am</li> </ul>
12 <ul style="list-style-type: none"> <li>• Chatter Boxes 10am</li> <li>• Chess/Draughts 11am</li> <li>• Urban Stroll 1:30pm</li> </ul>	13 <ul style="list-style-type: none"> <li>• <b><u>Christmas Crafts 10am*</u></b></li> <li>• Chair Yoga 1pm</li> </ul>	14 <ul style="list-style-type: none"> <li>• Gardening Group 10am</li> <li>• Ballroom Dancing 2pm</li> <li>• Gentle Yoga 6pm</li> </ul>	15 <ul style="list-style-type: none"> <li>• Short Story Hour 10am</li> <li>• Guitar Jam 2pm</li> </ul>	16 <ul style="list-style-type: none"> <li>• <b><u>Lunchtime Social 12pm*</u></b> <b>(£4)</b></li> </ul>
19 <ul style="list-style-type: none"> <li>• Chatter Boxes 10am</li> <li>• Chess/Draughts 11am</li> </ul>	20 <ul style="list-style-type: none"> <li>• <b><u>Christmas Crafts 10am*</u></b></li> <li>• Chair Yoga 1pm</li> </ul>	21 <ul style="list-style-type: none"> <li>• Gardening Group 10am</li> <li>• Ballroom Dancing 2pm</li> <li>• Gentle Yoga 6pm</li> </ul>	22 <ul style="list-style-type: none"> <li>• Guided Reflection 10am</li> <li>• Digital Drop-In 1pm</li> </ul>	23 <ul style="list-style-type: none"> <li>• The Big Quiz (with Tea &amp; Biscuits) 1-2pm</li> </ul>
26 <ul style="list-style-type: none"> <li>• Chatter Boxes 10am</li> <li>• Chess/Draughts 11am</li> </ul>	27 <ul style="list-style-type: none"> <li>• <b><u>Christmas Crafts 10am*</u></b></li> <li>• Chair Yoga 1pm</li> </ul>	28 <ul style="list-style-type: none"> <li>• Gardening Group 10am</li> <li>• Ballroom Dancing 2pm</li> <li>• Gentle Yoga 6pm</li> </ul>	29 <ul style="list-style-type: none"> <li>• Short Story Hour 10am</li> <li>• Guitar Jam 2pm</li> </ul>	30 <ul style="list-style-type: none"> <li>• Scrabble Club 1:30pm</li> </ul>

**\*Please Note: Christmas Crafts and Lunchtime Social must be booked in advance – call us on (0151) 480 9177**

Activity	Description	Cost*
<b>Ballroom Dancing</b>	2-3 pm: Dance instruction with Beverley and Martin, focussing on a new dance each month. No experience or partner necessary. 3-4pm Free dance practice, a chance to go over what you have learned. (Please call for details/reservations)	S.D. £5
<b>Chair Yoga</b>	A slower paced yoga class that does include some standing poses but does not require participants to get up and down from the floor – an ideal class for those who might find a regular yoga class a little too challenging initially	S.D. £4
<b>Chatter Boxes</b>	Reminisce, day-dream, hypothesise... Chatter Boxes is an informal chat around a particular (non-contentious!) topic. A great way to meet new friends or learn new things about your old ones!	
<b>Christmas Crafts</b>	Practise your crafting skills and make some beautiful Christmas items in a relaxed, welcoming atmosphere. Refreshments and all materials are included in cost of these sessions.	S.D. £5
<b>Digital Drop-In</b>	Are you baffled by technology? Do you feel like you're missing out on the advantages the Internet can bring? Perhaps you have a gadget, like a mobile phone or tablet that you aren't yet getting the most from? Or maybe you just need to fill a form in online. Whatever it is, maybe we can help. Drop in and see what we can do.	
<b>Gardening Group</b>	Join us in some garden work and help us to keep our outside spaces looking beautiful, it's a great chance to enjoy some fresh air and meet some new people and contribute to a worthwhile project.	
<b>Gentle Yoga</b>	A mixture of standing, seated and restorative postures with the aim of improving flexibility, strength and balance. This class is generally accessible to anyone who is comfortably able to get up and down from the floor without assistance.	S.D. £4
<b>Guided Meditation</b>	Enjoy a little relaxation time in our Quiet Room. You will be lead through a short meditation or reflection exercise. The sessions lasts approximately half an hour but, afterwards, you are welcome to linger in the quiet or join us for a cuppa.	
<b>Guitar Jam</b>	Is your acoustic guitar gathering dust in the corner of the room? Why not come and bash out a few tunes with us. Maybe you're a beginner and we can show you some chords... Maybe you're a guitar genius and you can teach us a thing or two! Bring your guitar and a song and let's jam. (Please note: It's definitely an "unplugged" session! ☺)	
<b>Lunchtime Social</b>	The aim of our Lunchtime Social is to provide a regular, monthly event for older local residents who may otherwise have limited opportunities to socialise and mix with other people. We provide a simple, value for money, two course meal with entertainment. (It's a set menu but we try to accommodate any dietary needs – just let us know when you book). <b>To become a member of the Lunchtime Social club you must fill in a form with your contact details – then you will then be able to book a place at a lunch.</b>	£4
<b>Music Hour</b>	Come and enjoy a cuppa and homemade biscuit in our Snack Shack with a different soundtrack playing each day at 10am Monday: Sounds of the 50s / Tuesday: Sounds of the 60s / Wednesday: Easy Listening Favourites / Thursday: Country Classics Friday: Musical Icons	
<b>Scrabble Club</b>	Flex your vocabulary skills with a friendly game of Scrabble – everyone's favourite word game.	
<b>Short Story Hour</b>	When was the last time someone read you a story. Enjoy a tale or two as we read aloud together.	
<b>The Big Quiz</b>	A test of your general knowledge! Come and enjoy a fun quiz that takes in a range of topics.	
<b>Urban Stroll</b>	Meet and mingle while enjoying some fresh air and exercise. We'll take a short walk around the local area or parks followed by a refreshing cuppa in the Snack Shack.	

\*S.D. = "Suggested Donation to..."