

Community Friday

Lavinia House Activity and Social Club

A vibrant and friendly Club for those over 50. Come along and enjoy different clubs and classes.

- Bingo - Family History - Darts - Bowls - Learn the Ukulele
- Chair Aerobics - Yoga - Baking - Opening Lines Writers Club - Art - Crafts - French - Quizzes - Trips -

Facilities also include; on site café offering delicious home-cooked meals and light bites, hairdressing, acupuncture, beauty treatments, massage and foot care.

Make new friends, try new things, discover new or reignite old passions.

Just £3 per day, which includes tea and coffee on arrival

Open Monday to Friday between 8.30 and 4.30pm



Life Online



Learn how to use the internet and digital technology. Life Online offers 1-2-1 tuition tailor made to your needs. Help with computers, tablets and mobile phones from friendly and patient tutors.

Just £3 per session.

Every Friday between 4.30pm and 6.30pm

Outset is delighted to be co-creating this exciting IT Club. A volunteer opportunity that we are sure will be a wonderful experience, both for the older clients that will benefit from the skills learnt and the young volunteers.



To book give call us on 01403 260560

Please turn over for more information



Community Friday

 **THINK cook**

Supper Club

Come and learn to cook a range of delicious, healthy meals from scratch then sit down and enjoy your meal in the company of others. For those who love to cook and those who can't even boil an egg.

Bring your own wine or beer and enjoy a tittle with your supper. All ingredients supplied

£10 per session. Every Friday between 4.30pm and 6.30pm

The Think Cook Community Interest Company was founded almost a year ago to teach cooking to the wider community. The intention was to show that cooking from scratch was something that everyone could do more cheaply and create healthier meals in the process.

MAKE YOUR MARK

Are you looking to explore an interest in creativity and art but feel unconfident or a bit lost?

- Mark Making - Texture - Colour - Life Drawing - Mixed Media -

Unique modifiable sketchbook and materials are provided. You can enjoy the six week course as an entire journey or drop in on any session.

£6 per hour

Every Friday between 6.45pm and 7.45pm. If you would like to stay on after the hour's tuition, from 7.45pm to 8.45pm there will be an hour of supported freestyle.

Make Your Mark is a local project run by professional artist Paisley Randell, who wanted to allow easy access to art for everyone. With inclusive sessions allowing clients to progress on their individual journey, Mark Your Mark is a unique and explorative way to discover and build your skills.



To book give call us on 01403 260560

Please turn over for more information

