

Arthur's Shed **March 2020** - Open To all, free of charge – Book on at 01223 675777

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
1:30-2:30 Singing Shed (Drop in choir)	10:30-11:30 Clay work 2-4 Men's Shed	10-11 Reiki & Crystals 1:30-3 Still Life Drawing with Jackie	2:30-3:30 Tai Chi	
9	10	11	12	13
1:30-2:30 Singing Shed (Drop in choir)	10:30-11:30 Clay work 2-4 Men's Shed	10-11 Reiki & Crystals 12:30-1:30 Still Life Drawing with Helena	11-1 Sugarcraft 2:30-3:30 Tai Chi	10-12 Astronomy 1-3 Arthur's Yard (model railway)
16	17	18	19	20
1:30-2:30 Singing Shed (Drop in choir)	10:30-11:30 Clay work 2-4 Men's Shed	10-11 Reiki & Crystals 1:30-3 Still Life Drawing still life with Jackie	2:30-3:30 Tai Chi	10-12 Astronomy 1-3 Arthur's Yard (model railway)
23	24	25	26	27
	10:30-11:30 Clay work 2-4 Men's Shed	10-11 Reiki & Crystals 12:30-1:30 Still Life Drawing with Helena	11-1 Sugarcraft 2:30-3:30 Tai Chi	11-1 Flower Arranging
30	31			
10:30-11:30 Dementia Friends information session 	10:30-11:30 Clay work 2-4 Men's Shed			

Arthur's Shed, Arthur Rank Hospice, Cherry Hinton Road, Shelford Bottom, CB22 3AB. Babraham Park & Ride Bus

For more information please turn over

What is Arthurs Shed?



Arthur's Shed is a purpose-built studio set in the beautiful grounds of the Arthur Rank Hospice. Sessions are open to the public and free of charge although a suggested donation of £5 is welcomed. Sessions can be booked onto by calling our reception on 01223 675777.

Arthur's Yard: Design and build a model railway set

Astronomy: Learn all about the sun, moon and stars and build your very own sun dial! (We recommend attending all 6 sessions)

Clay Work: Create beautiful small clay pieces using air dried clay – no kiln required!

Flower Arranging: Create beautiful floral displays with the support of skilled florist

Hedgehog Making: Come and learn how to make a hedgehog using a recycled book and other craft materials.

Men's Shed: A space for people to connect, converse and create!

Reiki & Crystals: Treat yourself to a relaxing hour of mediation, reiki and crystals. Aromatherapy oils will be used - please inform us in advance if you need any adjustments

Singing Shed: An informal drop in choir, no previous experience required!

Still Life Drawing: Learn new skills or simply relax and draw with the support of a skilled artist

Sugarcraft: Learn the skill of creating stunning pieces of sugarcraft with a highly experienced Tutor (This session will require regular attendance)

Tai Chi: An hour of gentle exercise to calm, relax and refresh

Dementia Friends: An initiative by the Alzheimers Society to provide the public with basic information on dementia

