OLDER ADULT AUTUMN/WINTER PROGRAM



Cinema (Dementia Friendly)

Sunday 5th November 2023 at 2.30pm (New) Dads Army Sunday 10th December 2023 at 2.30pm White Christmas Tuesday 19 December 2023 at 1pm It's a wonderful Life

Tai Chi

Tuesdays 5-6pm (Funded by Staying Well Fund R&C)

Seated Chair Fitness

Wednesdays 11.15am-12pm Every Wednesday up to & inc 20th December Funded by private donations

Friday Inclusive Socials

20th October 2023 – MFC tea dance, free buffet and a game of bingo then dancing 27th October 2023 – Singer Wendy Cooke Fish & Chips £4 (optional)

3rd November 2023 – Aging well session see below (Bring your own lunch)

10th November 2023 – Brain fit week, puzzles, quiz, games and hilarity (menu choice £3.50 2 courses optional) 17th November 2023 – Aging well session in reception. MFC tea dance week free buffet.

 24^{th} November 2023 – Niall Southall returns as Elvis. Donations welcome at this session. Fish & Chips £4

1st December 2023 – Aging well session & brain fit 8th December 2023 – Aging well session & carol concert 15th December 2023 – MFC tea dance & singer Jan Vickers 22nd December 2023 – Christmas Party with entertainment! (Contact us re food choices for December)

$Wellness\ session\ ({\tt Funded}\ {\tt by}\ {\tt Staying}\ {\tt Well}\ {\tt Fund}\ {\tt R\&C})$

Friday 3rd November and 1st December 3.15pm Chair Yoga with mindfulness and relaxation with Alex Cornwall

Aging Well Sessions (within our Friday Socials)

Fully funded by Redcar and Cleveland Council, Middlesbrough Council and Public Health South Tees

Week One - Drawing and poetry session – Friday 3^{rd} November 10-11.30am AND 1-2.30pm Using maps as a prompt, we will write about lives real and invented.

Week Two - Epigram writing – Friday 17th November 1-2.30pm

What advice would we give to someone else when they first learn to drive? or first go on a date? or when buying a house? or planting flowers? - Writing short poems of advice and humour based on the traditional Japanese haibun.

Week Three - Charcoals and watercolour mark making - life as a landscape - Friday 1st Dec 1-2.30pm

Week Four - Animation – Friday 8^{th} December 1-2.30pm Using frames from archival footage and painting them, Emma will create digital animations to share

Week Five - Book binding - Friday 12th January 2024 1-2.30pm

Having collected together materials from all four workshops, we will bind these into a book together as a group, including individual hand-stitched pamphlets to take home.

To book: https://bookwhen.com/senseswellbeingcentrecic Find us at Unit 2, Birdswell Court, Watness Avenue, Skelton Industrial Estate. TS12 2LL Call Karen Winspear on 07794571933 to book Friday entertainment afternoons. Email: Karen@senseswellbeingcentre.co.uk