

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

Wellness session (Funded by Staying Well Fund 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 3rd 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 8th 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/senseswellbeingcentre/cic>
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