

**Arthur's Shed July** - Open to everyone, free of charge, suggested donation of £5 – Contact 01223 675777/ Arthurs.shed@arhc.org.uk

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
30 <sup>th</sup> June	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	2-3pm Meditation with Daksha	10:30-11:30 Chair Fit with Suzanne 1:30-3pm Knitting with Suzanne	10:30-12 Clay with Rosemarie	10-11:15 Astronomy with Peter
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	2-3pm Meditation with Daksha	1:30-3pm Still Life Drawing with Helena	10:30-12 Clay with Rosemarie 2-3 Laughter with Muriel & Sue	10-11:15 Astronomy with Peter
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	2-3pm Meditation with Daksha	10:30-11:30 Chair Fit with Suzanne 1:30-3pm Knitting with Suzanne	10:30-12 Clay with Rosemarie	10-11:15 Astronomy with Peter
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	2-3pm Meditation with Daksha	1:30-3pm Still Life Drawing with Helena	10:30-12 Clay with Rosemarie 2-3 Laughter with Muriel & Sue	10-11:15 Astronomy with Peter
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	1 <sup>st</sup> August
	2-3pm Meditation with Daksha	10:30-11:30 Chair Fit with Sarah 1:30-3pm Knitting with Suzanne	10:30-12 Clay with Rosemarie	

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; you do not need to have a connection with the charity to attend. Sessions are free of charge although a suggested donation of £5 is welcomed. Sessions can be booked onto by calling 01223 675777 or emailing [Arthurs.shed@arhc.org.uk](mailto:Arthurs.shed@arhc.org.uk). Sessions must be booked onto in advance.



**Chair Fit with Sarah:** A gentle, supported fitness class to improve mobility, muscle strength and tone and build confidence with balance.



**Clay with Rosemarie:** Design and decorate small, air-dried clay sculptures



**Astronomy with Peter:** Learn all about the sun, moon and stars and build your very own sun dial!



**Still Life Drawing with Helena:** Come along and enjoy Still Life Drawing and find your hidden talent!



**Laughing Workshop with Muriel and Sue:** Combine laughter exercises and deep breathing to lift your mood and energy (no acrobatics required)



**Meditation with Daksha:** Relax and unwind with guided meditation



**Knitting with Suzanne:** Would you like to learn to knit or crochet or improve your existing skills? All levels are welcome so come along and give it a go! Materials provided or bring your own projects

Why not find us online at: <https://www.arhc.org.uk/open-to-all/arthurs-shed/>

Contact us at [Arthurs.shed@arhc.org.uk](mailto:Arthurs.shed@arhc.org.uk) to join our mailing list or on 01223 675777 to make a booking or ask a question!

