

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

Monday	Tuesday	Wednesday	Thursday	Friday
29 th Sept	30 th Sept	1 st Oct	2 nd	3 rd
				10-11:15 Astronomy with Peter
6 th	7 th	8 th	9 th	10 th
	2-3pm Meditation with Daksha	10:30-11:30 Chair Fit with Sarah 1:30-3pm Knitting with Suzanne		10-11:15 Astronomy with Peter
13 th	14 th	15 th	16 th	17 th
	2-3pm Meditation with Daksha		2-3 Laughter with Muriel & Sue	10-11:15 Astronomy with Peter
20 th	21 st	22 nd	23 rd	24 th
	2-3pm Meditation with Daksha	10:30-11:30 Chair Fit with Sarah 1:30-3pm Knitting with Suzanne		10-11:15 Astronomy with Peter
27 th	28 th	29 th	30 th	31 st
	2-3pm Meditation with Daksha		2-3 Laughter with Muriel & Sue	10-11:15 Astronomy with Peter

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. 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.



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



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



Meditation with Daksha: Relax and unwind with guided meditation



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



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 to join our mailing list or on 01223 675777 to make a booking or ask a question!

