

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

Monday	Tuesday	Wednesday	Thursday	Friday
3rd	4th	5th	6th	7th
	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
10th	11th	12th	13th	14th
	2-3pm Meditation with Daksha	1:30-3pm Mindful Drawing with Helena	2-3 Laughter with Muriel & Sue	10-11:15 Astronomy with Peter
17th	18th	19th	20th	21st
	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
24th	25th	26th	27th	28th
	2-3pm Meditation with Daksha	1:30-3pm Mindful Drawing with Helena	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.



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



Mindful Drawing with Helena: An informal session with a skilled Artist on hand for guidance. Learn to draw or simply do some mindful colouring, whatever brings you calm



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

