

# AUTUMN & WINTER 2022 ACTIVITIES

## GET CREATIVE ACTIVITIES.

Tuesday  
**13**  
September

**Wool Spinning for Beginners**  
10.00am - 12 noon  
4 weeks

Thursday  
**22**  
September

**Drawing for Beginners**  
10.00am - 12 noon  
3 weeks

Tuesday  
**11**  
October

**Felting Fun**  
10.00am - 12 noon  
4 weeks

Wednesday  
**19**  
October

**Poetry Writing for Beginners**  
10.00am - 12 noon  
5 weeks

Thursday  
**20**  
October

**Painting for All Ability Levels**  
2.00pm - 4.00pm  
5 weeks

Thursday  
**20**  
October

**Singing for Confidence**  
6.00pm - 8.00pm  
5 weeks

Tuesday  
**8**  
November

**Boro Darning**  
10.00am - 12 noon  
4 weeks

Thursday  
**24**  
November

**Drawing and Painting with Watercolours**  
2.00pm - 4.00pm  
5 weeks

Thursday  
**24**  
November

**Singing for Confidence**  
6.00pm - 8.00pm  
5 weeks

## WELCOME TO OUR NEW PROGRAMME

We can't believe it is already time for another programme. It only seems 5 minutes since we were getting ready for the Summer. We welcomed 100's of people over the last season, so we've continued our nature, creative, digital and staying active themes. We have developed some new activities and some of the old favourites are back. Now the nights are drawing in, it is time to stay connected and get involved. Thank you to the **Auchernack Trust** and these amazing funders for their support to fund and host these activities:



## WONDERFUL WORKSHOPS

Friday  
**14**  
October

**Block Printing on Fabric & Paper**  
10.00am - 4.00pm  
One day creative workshop **£15**

Friday  
**11**  
November

**Wall Hanging Weaving**  
10.00am - 4.00pm  
One day creative workshop **£15**

Friday  
**9**  
December

**Festive Wreath Making**  
10.00am - 12.30pm or  
1.30pm - 4.00pm  
Half day creative workshop **£25**

## GET YOUR DANCING PUMPS ON



**Wednesday**  
**5**  
October

**Circle and Sacred Dancing**  
6.00pm - 8.00pm  
10 weeks



**UNEMPLOYED?  
WANT TO FIND  
A JOB THAT  
MAKES YOU  
FEEL LIKE  
A SUPER  
HERO?**

**ALTHOUGH  
SUPER HERO ISN'T  
A JOB TITLE, WE CAN  
MAKE JOB SEARCHING  
EASY AND HELP YOU  
FIND WORK THAT  
MAKES YOU FEEL GREAT**

**DROP IN JOB CLUB**  
FORRES TOWN HALL - NORTH ROOM EVERY  
THURSDAY 2.00 PM TO 4.00PM  
**ONE TO ONE APPOINTMENTS.**  
CALL IN OR CALL US. ASK FOR MICHELLE

## FABULOUS FITNESS FUN

**Tuesday**  
**13**  
September

**Gentle Seated Exercise & Drumming + a cuppa & a chat**  
10.30am - 12 noon  
On every week

**Tuesday**  
**13**  
September

**Fitness MOTS**  
Get your free fitness check by booking a 30 minute appointment at 12.30pm, 1.00pm or 1.30pm. Available to book every week.

**Tuesday**  
**13**  
September

**Transformation Tuesday Intermediate Exercise**  
2.00pm - 3.00pm  
On every week

### 30 MINUTE FITNESS "MOT"

If you want to know your current level of health and fitness why not book in for our FREE Fitness MOT check. Esther will look at vital signs like blood pressure, as well as checks on strength, stamina and flexibility, giving you a starting point for our exercise programme. You can be reviewed at a later date to see your progress and decide the next steps for your wellbeing. You only need to attend this once. We have 3 spaces to book per week for the MOT, between 12.30 pm and 2.00 pm, so let us know the Tuesday that you would like to attend.



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## GET IN SHAPE ACTIVITIES

**Monday**  
**12**  
September

**Slow Yoga - 4.00pm - 5.00pm**  
**Dance Yoga - 5.15pm - 6.15pm**  
6 weeks

**Wednesday**  
**14**  
September

**Dance Yoga - 9.30am - 10.30am**  
**Slow Yoga - 10.45am - 11.45am**  
6 weeks

**Monday**  
**14**  
November

**Slow Yoga - 4.00pm - 5.00pm**  
**Dance Yoga - 5.15pm - 6.15pm**  
6 weeks

**Wednesday**  
**16**  
November

**Dance Yoga - 9.30am - 10.30am**  
**Slow Yoga - 10.45am - 11.45am**  
6 weeks



Find more details at [www.forresarea.org/whatson](http://www.forresarea.org/whatson)



## OUTREACH VISITS

We'll be doing a programme of outreach digital drop-ins at Findhorn, Kinloss & Dyke. Check out the dates on our website. It's free to come along.

forres  
online



European Union



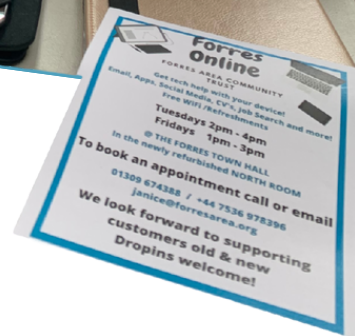
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COMMUNITY  
FUND



## GET DIGITAL ACTIVITIES

Monday  
**19**  
September

**Using Mobile Devices for  
Filming and Editing**  
6.00pm - 8.00pm  
5 weeks

Tuesday  
**20**  
September

**Introduction to GIMP**  
(GNU Image Manipulation Program)  
6.00pm - 8.00pm  
5 weeks

Tuesday  
**18**  
October

**Introduction to Coding with  
Python**  
4.15pm - 5.45pm  
4 weeks

Tuesday  
**18**  
October

**Introduction to Using Social  
Media**  
6.00pm - 8.00pm  
4 weeks

## WEEKLY DROP-INS

Every  
Tuesday

Start your digital journey with  
**Forres Online  
Digital Drop In**  
2.00pm - 4.00pm

Every  
Thursday

Get job hunting with  
**Forres Online  
Employability Drop In**  
2.00pm - 4.00pm

Every  
Friday

Start your digital journey with  
**Forres Online  
Digital Drop In**  
1.00pm - 3.00pm

Find more details at [www.forresarea.org/whatson](http://www.forresarea.org/whatson)

# Christmas is coming

Join us to start to prepare for Christmas with some sessions preparing sustainable crafts inspired by our environment's natural resources

Wednesday  
**23**  
November

**Christmas Nature Crafts**  
10.00am - 12 noon  
4 weeks

## CRAFT AND CHATTER

If you'd enjoy the company of others over a cuppa and whilst working on your own craft project, why not join us for Craft and Chatter.

Every  
Tuesday

**Craft and Chatter**  
1.00pm - 3.00pm  
£2.00 per week  
Bring your own Craft Project &  
bring a cup or mug.  
Tea, coffee & biscuits included

To book, please email [info@forresarea.org](mailto:info@forresarea.org)



## WE LOVE TO BEFRIEND OUR LOCALS

In everyone's life, at some time, our inner fire goes out. It is reignited by an encounter with another human being

You can help an isolated resident rise up, by befriending them



"You receive 10-fold what you put into befriending someone. Their joy is your joy"

**CALL FRANCES TO BE AN AMAZING BEFRIENDER**  
ON 01309 674388

## ENROL WITH US

All of our activities are free, except where stated. [We do welcome donations towards the cost of free activities.](#)

**All you need to do is call or email us to reserve a place.** Please bear in mind we often have waiting lists, so we courteously ask you to only reserve a place if you intend to participate. If you cannot attend, please try and give us plenty of notice to cancel your place so we can offer it to someone else. We reserve the right to refuse to reserve places for persistent non-attenders.

If you are attending a chargeable activity you will need to visit the Town Hall to pay for the activity with cash or a cheque before it starts to secure your place. If you cancel your place we will only refund fees if it is for a medical reason.

If we cancel the course, we will give you a full refund of fees paid.

The only class you don't need to enrol for is the Forres Online Drop Ins - you can just turn up to these sessions.

## TO BOOK:



01309 674388



[info@forresarea.org](mailto:info@forresarea.org)



visit Forres  
Town Hall



**Forres Area  
Community Trust  
Forres Town Hall  
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Forres Area Community Trust is a Company Limited by Guarantee, registered in Scotland as Company No: SC412275, and as a Charity registered in Scotland as Charity No: SC044953

### DISCLAIMER

Forres Area Community Trust takes all reasonable steps to provide the services, events and courses described in this guide. However, it does not guarantee the provision of such services. The provision is dependent on there being sufficient demand and funding to make their operation viable. The information provided in this guide is, to the best of our knowledge, accurate at the time of going to print. We accept no liability for any errors or omissions and we reserve the right to alter, amend or remove provision listed without notice.

Find more details at [www.forresarea.org/whatson](http://www.forresarea.org/whatson)