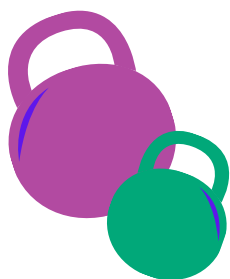


SPRING & SUMMER 2023 ACTIVITIES



New Courses are starting soon at Forres Town Hall. Many Courses are being funded by the **Moray Local Action Group** to help reduce Social Isolation as part of the **Cameron Project**.

Thanks to **tsiMORAY** for recognising the successful delivery of Activities that FACT achieved in 2022-23 and for awarding us funding on behalf of the **Scottish Government** to continue our Activities Programme in 2023-24. Thanks also to the **Auchernack Trust** for funding our **Cameron Project Exercise Classes** on Tuesdays.

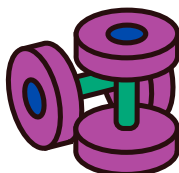


WEEKLY ACTIVITIES

Gentle Seated Exercise & Drumming
+ a cuppa & a chat: 10.30am - 12 noon

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.



**Every
Tuesday**

**Transformation Tuesday
Intermediate Exercise**
2.00pm - 3.00pm



**FORRES ONLINE -
Digital Drop In**

The digital advice is free. Pop in & see if we can help.

EVERY TUESDAY: 2.00pm - 4.00pm
EVERY FRIDAY: 1.00pm - 3.00pm

FORRES ONLINE - Employability Drop In: EVERY THURSDAY: 2.00pm - 4.00pm

TO BOOK:  **01309 674388**

 **info@forresarea.org**

 **visit Forres Town Hall**

All of our activities are FREE. We do welcome donations towards the running costs of Forres Town Hall. All you need to do is call or email us to reserve a place.

Please bear in mind that 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 that we can offer it to someone else.

We reserve the right to refuse to reserve places for persistent non-attenders.

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



BOOKING is ESSENTIAL for ALL our Courses

DRAWING & PAINTING for all levels of experience

4 week Course

Tutor - Andrea Turner

2.00pm - 4.00pm

Minimum age: 18 years

Begins

Thursday

6

April

Ends

Thursday

27

April

GENTLE DANCE

6 week Course

Tutor: Valentyna Chychkun

5.00pm - 6.00pm

Minimum Age: 18 years

Begins

Tuesday

11

April

Ends

Tuesday

16

May

SLOW YOGA

6 week Course

Tutor: Valentyna Chychkun

10.45am - 11.45am

Minimum Age: 18 years

Begins

Wednesday

12

April

Ends

Wednesday

17

May

INK & BLEACH ART CLASS

3 week Course

Tutor: Leonora De Lange

2.00pm - 4.00pm

Minimum age: 18 years

Begins

Thursday

4

May

Ends

Thursday

18

May

WEAVE YOUR OWN SCARF

3 week Course

Tutor: Jessica Becker

9.30am - 12.30pm

Minimum Age: 18 years

Begins

Tuesday

30

May

Ends

Tuesday

13

June

CREATIVE RELAXATION

4 week Course

Tutor: Tim Flood

10.00am - 12.00 noon

Minimum Age: 18 years

Begins

Tuesday

27

June

Ends

Tuesday

18

July

PAINTING WITH PASTELS for all levels of experience

4 week Course

Tutor: Leonora De Lange

2.00pm - 4.00pm

Minimum age: 18 years

Begins

Thursday

1

June

Ends

Thursday

TBC

June

One Day Workshop:

NEEDLE FELTING - Part 2

Tutor: Dawn Cawthra - Smith

Friday 9th June: 10.00am - 4.00pm

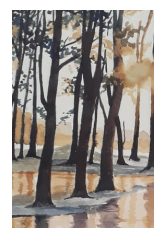
FREE CONTINUATION OF THE
PREVIOUS WORKSHOP

Friday

9

June

Donations towards Town Hall running costs would be most appreciated



DISCLAIMER: FACT takes all reasonable steps to provide the services 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.