

Courses are funded by **tsiMORAY** who distribute the **Moray Communities Mental Health and Wellbeing Fund**.  
We are also grateful for support from these other amazing Funders as well:



CRERAR  
- TRUST -



The Scottish Government  
Riaghaltas na h-Alba



## NEW COURSES AND ACTIVITIES

### STORYTELLING

for Nursery Aged Children  
accompanied by an adult

**FREE 4 week Course**

**Tutors: Peter & Leah Findlay**

**Tuesdays: 10.30am - 11.30am**

**FREE**

Begins

Tuesday

**5**

September



**FREE**

Begins

Thursday

**7**

September

**DRAWING & PAINTING**  
for all levels of experience

**FREE 4 week Course**

**Tutor: Andrea Turner**

**Thursdays: 2.00pm - 4.00pm**

**DRAWING WITH  
CHARCOAL & CHALK**

**FREE 4 week Course**

**Tutor: Leonora De Lange**

**Thursdays: 2.00pm - 4.00pm**

**Minimum age: 18 years**

**FREE**

Begins

Thursday

**5**

October



**One Day Workshop: KNIT A COSY COWL**

**Tutor: Dawn Cawthra**

**Friday 6th October: 10.00am - 4.00pm**

**Minimum age: 18 years**

**FREE**

Suitable for  
those with basic  
knitting skills.

Bring your  
own materials.

# NEW COURSES AND ACTIVITIES

## WEAVE YOUR OWN SCARF

**FREE 3 week Course**

**Tutor: Jessica Becker**

**Tuesdays: 9.30am - 1.00pm**

**Minimum age: 18 years**

**FREE**

Begins

Tuesday

**31**

October



**FREE**

Begins

Wednesday

**1**

November

## SINGING FOR CONFIDENCE

**FREE 4 week Course**

**Tutor: Andrea Turner**

**Wednesdays: 6.00pm - 7.30pm**

**Minimum age: 18 years**

## WEAVE YOUR OWN COASTER

**FREE 2 week Course**

**Tutor: Jessica Becker**

**Tuesdays: 9.30am - 12.30pm**

**Minimum age: 18 years**

**FREE**

Begins

Tuesday

**28**

November



## FESTIVE WREATH MAKING

**Tutor: Dawn Cawthra**

**Friday 1st December - Two Workshops:  
10.00am - 12.30pm OR 1.30pm - 4.00pm**

**Minimum age: 18 years**

**£28**

**per person**

**Please pay at  
Forres Town Hall  
when Booking**

All of our activities are FREE, apart from the **One Day Courses** which includes a charge towards the costs of materials. We do also 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 have Waiting Lists for Courses, 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.

**Donations towards Forres Town Hall running costs  
would be most appreciated**

**TO BOOK:**  01309 674388

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

 visit Forres Town Hall

# CONTINUING ACTIVE COURSES

## QIGONG CLASS

**FREE 6 week Course**

**Tutor: Rupert Lander**

**Mondays: 10.00am - 11.00am**

**Minimum age: 18 years**

Begins  
**Monday**  
**11**  
September

**FREE**

## FREE STYLE DANCE

**FREE 6 week Course**

**Tutor: Valentyna Chychkun**

**Tuesdays: 5.00pm - 6.00pm**

**Minimum age: 18 years**

Begins  
**Tuesday**  
**24**  
October

**FREE**

## FREE STYLE DANCE

**FREE 6 week Course**

**Tutor: Valentyna Chychkun**

**Tuesdays: 5.00pm - 6.00pm**

**Minimum age: 18 years**

Begins  
**Tuesday**  
**12**  
September

**FREE**

## SLOW YOGA

**FREE 6 week Course**

**Tutor: Valentyna Chychkun**

**Wednesdays: 10.45am - 11.45am**

**Minimum age: 18 years**

Begins  
**Wednesday**  
**25**  
October

**FREE**

## SLOW YOGA

**FREE 6 week Course**

**Tutor: Valentyna Chychkun**

**Wednesdays: 10.45am - 11.45am**

**Minimum age: 18 years**

Begins  
**Wednesday**  
**13**  
September

**FREE**

## QIGONG CLASS

**FREE 6 week Course**

**Tutor: Rupert Lander**

**Mondays: 10.00am - 11.00am**

**Minimum age: 18 years**

Begins  
**Monday**  
**30**  
October

**FREE**

**BOOKING is ESSENTIAL for ALL our Courses**



**Valentyna**



**Rupert**

**TO BOOK:**



**01309 674388**



**info@forresarea.org**



**visit Forres Town Hall**

# WEEKLY ACTIVITIES

**Gentle Seated Exercise  
& Drumming  
+ a cuppa and a chat**

**Every Tuesday:  
10.30am - 12 noon**

**with our New Tutor - Jane**

**Call 01309 674388 for more details  
or email [info@forresarea.org](mailto:info@forresarea.org)**



**forres  
online**



**Every Tuesday and Thursday:  
2.00pm - 4.00pm**

**New Digital Drop In Times**

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



**Donations towards Forres Town Hall  
running costs would be most appreciated**

## OTHER ACTIVITIES IN THE TOWN HALL



**Dungeons & Dragons Table Top Games | Minimum Age: 18 years**

**Saturdays: 9th + 23rd September, 7th + 21st October and**

**4th + 18th November | North Room at 2.30pm**

**Laptops, dice, paper & refreshments provided.**

**Craft and Chatter is a Group run by a Crafter for other  
Crafters - every Tuesday from 1 - 3pm in Forres Town Hall.**

**£2.50 per week. Tea, coffee and biscuits included.**

**Bring your own Craft Project & a cup or a mug.**

**TO BOOK:**



**01309 674388**



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



**visit Forres Town Hall**