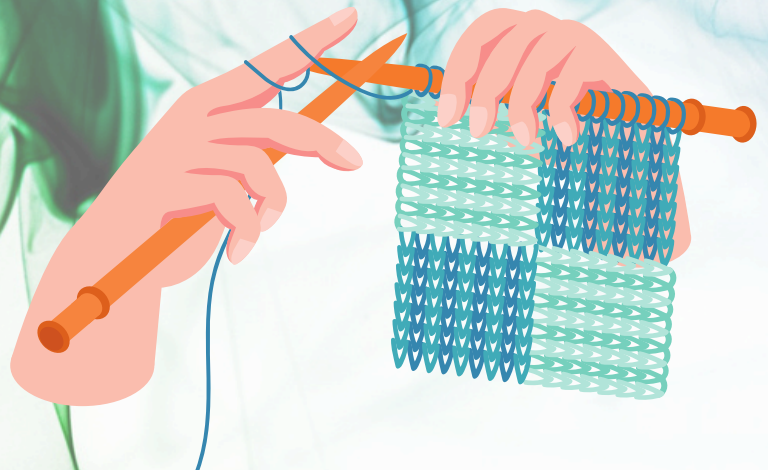


# SUMMER ACTIVITIES 2024

**FACT**  
FORRES AREA COMMUNITY TRUST



**TO BOOK:**  **01309 674388**

 **Activities@forresarea.org**

 **visit Forres Town Hall**

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





# Forres Connected Culture and Heritage

## SUMMER ACTIVITIES 2024

### NEW COURSES

**Booking is essential for ALL our Classes**

**Beginner Crochet  
'Shepherd's Knitting'**

**FREE 4 week course**

**Starts 2nd July**

**Tuesdays:  
10am - 12noon**

**Tutor:  
Kiara Mackenzie**

**Minimum age:  
18 years**

**Beginner Hand Stitching  
'Forres Community Quilt'**

**FREE 4 week course**

**Starts 4th July**

**Thursdays:  
2pm - 4pm**

**Tutor:  
Kiara Mackenzie**

**Minimum age:  
18 years**

**Forres Town Hall illustration is from Fantastic Forres Book  
by Ewen Watson and Sathya Schlosser [fantasticforres.com](http://fantasticforres.com)**

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**Singing  
'Traditional Songs'**

**FREE course**  
**27th June & 4th July**

**Thursdays:**  
**5.30pm - 7.30pm**

**Tutor:**  
**Andrea Turner**

**Minimum age:**  
**18 years**

**Beginner Lino Printing  
'Celtic Knot Stamps'**

**FREE 4 week course**  
**Starts 1st August**

**Thursdays:**  
**2pm - 4pm**

**Tutor:**  
**Kiara Mackenzie**

**Minimum age:**  
**18 years**

**FREE Family Activities**  
**Storytelling with Margot Henderson**

**17th July 1pm - 2.30pm:**  
**'Once Upon A Time' by the Mosset Burn**

**24th July 1pm - 2.30pm:**  
**'Dragon Scales & Trickster Tales' by Nelson's Tower**



**Funded by  
UK Government**



**Forres Connected Culture and Heritage is funded by the UK Government  
through the UK Shared Prosperity Fund**

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# WEEKLY ACTIVITIES

## YOGA FOR HEALTHY JOINTS

6 week Course

Starts 5th June

Tutor: Valentyna Chychkun

Wednesdays: 9.30am - 10.30am

£30 per person

Minimum age: 18 years



## SLOW YOGA

6 week Course

Starts 5th June

Tutor: Valentyna Chychkun

Wednesdays: 10.45am - 11.45am

£30 per person

Minimum age: 18 years

## Gentle Seated Exercise & Drumming + a cuppa

Every Tuesday:  
10.30am - 12 noon

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

forres  
online



Every Tuesday and Thursday  
2.00pm - 4.00pm

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



Activities are free  
but donations to  
Forres Town Hall  
are most welcome



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

Saturdays: 1st, 15th, 29th June, 13th, 27th July & 17th August

**North Room from 2.30 - 6.30pm**

Laptops, dice, paper & 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:**



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