

**ART GROUP (*Imagine*)** Run by its members, who take turns choosing/introducing different art mediums, or invite volunteer artists to teach a class.

**BEGINNER UKULELE.** A 6 week course commencing on 31st January at 9.45am. Bring your ukulele and learn how to enjoy it.

**BELL CHIMERS** Limit 12 members at a time due to the number of chimes available, we are often invited to play for Seniors' Groups, Homes, etc., especially at Christmas time.

**BOOK CLUB** Monthly meetings. The 'twist' is choosing a different genre or topic from a given list each month. Choose your own book to read; we then share around the table before a cuppa and cake at evening meetings  
**NO VACANCIES**

**CHAIR DANCING** An aerobic form of exercise all done sitting down. Your imagination as well as your body get a good workout, as we 'dance' along to well-known tunes. Also promotes coordination. All welcome.

**CRAFT CIRCLE** Bring your own craft (knitting, crochet, hand-quilting, cross stitch, etc) or work together on items which will eventually go to a worthy cause.

**CREATIVE WRITING** Write short stories or poems on a wide range of topics; prompts allow completely different works to evolve. We then share and discuss.

**DAYTIME BOOK CLUB.** A new group in 2023. The format and frequency of meetings will be discussed at the first meeting on 7th February. Come along and enjoy.

**DISCUSSION GROUP** Many and varied topics bring out lively, sometimes spirited, relevant and meaningful discussions and a range of different thoughts and opinions. Newcomers welcome.

**FRIDAY CRAFT & LEISURE GROUP** Members gather around different tables doing a variety of crafts or activities: teddy bear making, card making, pastel painting, jigsaws, colouring in, knit and crochet, etc. New activities possible based on availability of teacher and/or interested members.

**FRIDAY FORAYS** A range of 2-3 activities are spread throughout the term: guest speakers, films, outings, lunches and tours. Choose those that interest you.

**FUN BOARD & CARD GAMES** We play old and new games: Chase the Ace; Dog; Rummy-O; Skip-Bo; Uno. Bring your own and share it with us! All welcome.

**HARMONICA** New members welcome. No previous experience required.

**ITALIAN CONVERSATION FOR INTEREST & TRAVEL** Developing an interest in Italy, the people, the country & customs. Stretch your mind and become more confident to speak in a language which is not your first one.

**"JAM ALONG"** All musical instruments and singers welcome. We play all genres of music and are happy to learn how to play your favourites.

**LINE DANCING** Choreographed with a repeated sequence of steps in one or more lines or rows. Good exercise, memory enhancing and SO much fun! Previous experience necessary. **Call Berlinda before enrolling.**

**MAH JONG** "Western Game" rules, with endless variations. Experienced and novices both welcome.

**MEN'S GROUP** We meet fortnightly at Café Nova for a coffee, cake and chat or occasionally lunch & coffee. No formalities, just an opportunity to have a friendly chat and pass the time of day. A good excuse to put aside those chores, so come and join us.

**PUZZLE POWER** Welcome to our new and improved Puzzle Power fun group. Come and join us for fun and learning. Bring your own favourite puzzles or try some of ours. If you get stuck we will unstick you! Exercise your brain and tickle your funnybone :)

**RAMBLERS** Fortnightly walks of between 3-5 km, either locally or further afield, reached by foot, carpooling or public transport. All welcome.

**SCRABBLE** An enjoyable way to keep one's mind alert and thinking. New members always welcome.

**SJOELEN (DUTCH SHUFFLEBOARD)** Very popular Dutch game played either sitting or standing. Good for hand-eye coordination, upper body movement and a bit of competitive spirit. Fun and very addictive!

**TAI CHI (Beginner)** Come and learn in Term 1 and continue in Term 2 when we change our focus to continuing through the later levels.

**TAI CHI (Intermediate)** For those who have already learnt some Tai Chi and wish to continue. But anyone is welcome to come along and see what Tai Chi is all about and join in with the Exercises and Lotus Meditation.

**TAI CHI & SHIBASHI** As well as the same Tai Chi exercises taught on Tuesdays we include Shibashi (formal exercises performed in follow-the-leader style).

**UKULELE** Next step up from Beginner Ukes. Players of other instruments are welcome to join us as 'support players'.