

At Home with St John's

Online activities to enjoy at home



What's on?

	M	T	W	T	F
10am	Let's talk Stitch	Seated Exercise	Chair Yoga	Tai Chi	Gentle Dance & Movement
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2pm		Watercolours	Cook -a-long	Ukulele	

To book visit:

www.stjohnsbath.org.uk/what-we-do/activities/



LET'S TALK STITCH

WITH JILL PERRY

Monday 10am

Get creative over a cuppa with tutor, Jill Perry, and connect with your fellow stitchers.

Equipment required: Bring along an ongoing stitch project or what you need to start a new one.

Cost: £3.50 per class.

SEATED EXERCISE

WITH LIZ COLEMAN

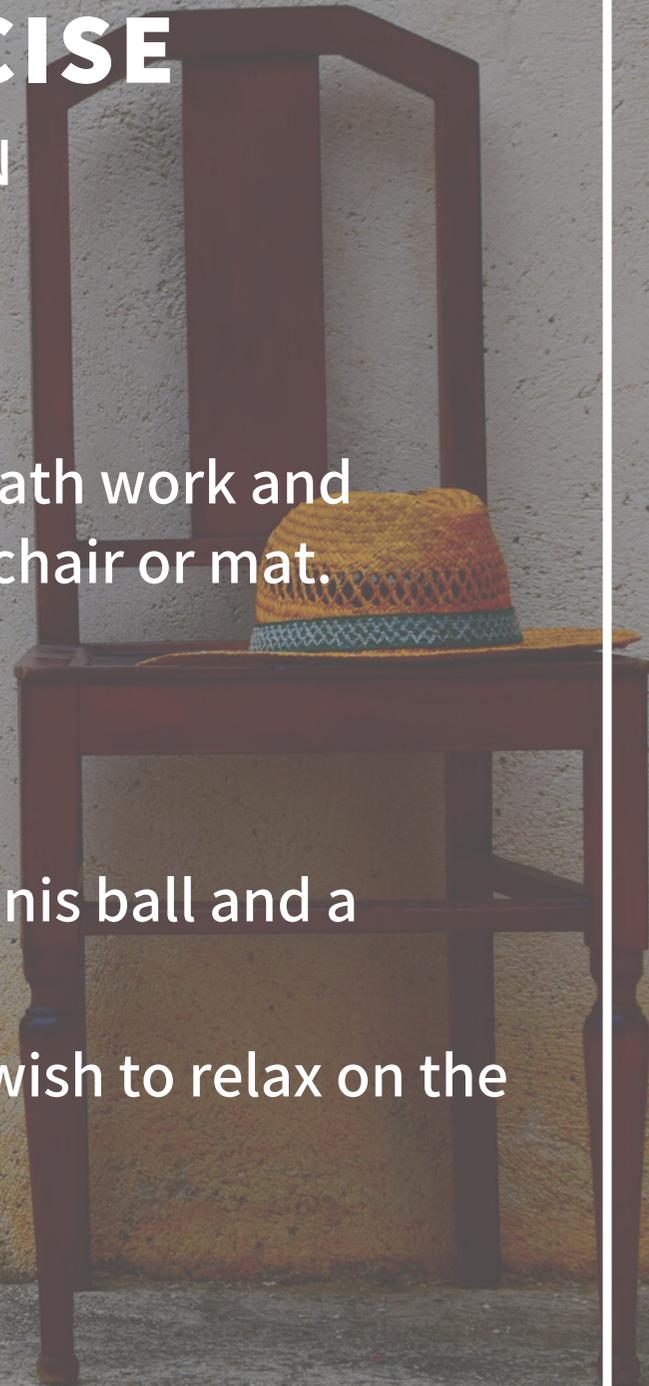
Tuesday 10am

Chair-based yogic exercise, including breath work and a lovely long relaxation either from your chair or mat.

Equipment required:

- Quiet clutter free space
- Firm stable chair, a block/book, a tennis ball and a strap/scarf
- A yoga mat or a carpeted area if you wish to relax on the floor

Cost: £3.50 per class



WATERCOLOURS

WITH SARAH PRENTICE

Tuesday 2pm

Enjoy learning and developing different watercolour techniques in Sarah's step by step sessions. With your fellow painters, you will create a watercolour sketch and come away with ideas to develop further. Suitable for beginners through to the more creatively experienced.

Equipment required

Soft brushes – round and chisel, bristle brush, water pots x 2, watercolours, white gouache, palette, pencil, rubber, masking tape, scissors, watercolour paper or mixed media paper 250–300gsm, (A4 or A3 size), white wax crayon or candle, kitchen paper, sea salt (or table salt), cling film, A4 cardboard or larger to tape paper on.

Cost: £3.50 per class.

CHAIR YOGA

WITH LIZ LEE

Wednesday 10am

This class is for anyone who would like to improve their mobility, balance and co-ordination. The exercises are a mix of gentle yoga-based stretching, strengthening and breathing - all done either sitting or standing (no lying down on mats).

Equipment required:

All you need is a firm, supportive chair, a clear space and, occasionally, a few household props.

Cost: £3.50 per class.

COOK-A-LONG

WITH LOUISE GRIFFIN

Wednesday 2pm

Join cookery teacher, Louise Griffin, in this fun and sociable cook-a-long class. Recipes will be shared in advance so you can get the ingredients ready, and enjoy cooking with your classmates. Suitable for all.

Equipment required: Basic cooking utensils.

£3.50 per class.



TAI CHI

WITH BETSAN CORKHILL

Thursday 10am

During this gentle and relaxing class, you will learn 'Tai Chi Movements for Wellbeing' (TMW) - an easy-to-learn sequence of twelve movements designed to promote physical and emotional wellbeing.

Equipment required:

The beauty of TMW is that it can be practised standing or sitting and through visualisation, making its benefits accessible to all.

Cost: £3.50 per class

UKULELE

WITH DAVID RUMBLE

Thursday 2pm

Start your ukulele journey in this small and supportive class. We'll go at a slow pace, give you time to practice and even give 1-2-1 help if you need it. This is a beginners-only class.

Equipment required:

You will need your own ukulele, a ukulele tuner (apps are available on smartphones and tablets), enthusiasm and a sense of humour!

Cost: £3.50 per class.



GENTLE DANCE & MOVEMENT

WITH JULES ALLAN

Friday 10am

In this fun and informal class, learn simple dance routines and different styles of dance, including gentle chair and standing dance exercises (to suit your needs). This class is suitable for all - whether you are a complete beginner or returning to exercise from injury / illness or if you are living with a disability or long term chronic pain.

Equipment required: A clutter free space and comfortable shoes.

Cost: £3.50 per class.