




























**WOKING MIND DROP-IN CENTRE, CORNERHOUSE, WOKING**

**PROGRAMME FOR FEBRUARY 2018**

<p>Mon 5</p>	<p> <b>10.00am – 12.00 noon. Art with Duncan.</b> Join us for this informal social group and try your hand at painting or drawing with expert tuition from Duncan. Followed by sandwich lunch.  <b>11.00 am INTRODUCTION TO NEW CRAFTS: Hand Sewing Project.</b> We will continue with our hand sewing project making a small envelope purse. It's not too late to join us to learn some basic sewing stitches and then practice them making the purse. Next Monday we will make felt hearts for Valentine's Day.</p>
<p>Tues 6</p>	<p> <b>Walk: Chobham (meeting point: High Street Car Park GU24 8LZ) – Bustler bus will leave Cornerhouse at earlier time of <u>10.00am</u>.</b> Please arrive 10 mins beforehand and bring along some money to pay for refreshments at the end of the walk.</p>
<p>Wed 7</p>	<p> <b>10.00am – 2.00pm Woking Mind Lift-Up Group incl.</b>  <b>Art with Duncan.</b> Join us for this informal social group and try your hand at painting or drawing with expert tuition from Duncan (10.00am – 12.00 noon).  <b>11.30 am – February 2018 feedback session with Jackie.</b> Join Jackie to review our current activity schedule and give us your feedback – both positive and negative. Any ideas for new groups are most welcome. If you prefer to submit your ideas anonymously, simply pop a suggestion into our new suggestion box using the forms provided!  <b>12.30 pm</b> Two course hot lunch will be served (£2 main + £1 dessert). Followed by Bingo.  <b>10.15 – 11.30am: Discussion &amp; Creative Writing Group with Shirlyn</b> </p>
<p>Thurs 8</p>	
<p>Fri 9</p>	
<p>Sat 10/Sun 11</p>	
<p>Mon 12</p>	<p> <b>10.00am – 12.00 noon. Arts &amp; Crafts –</b> Duncan will not be here today but please join us for this informal social group and work on your project such as drawing or adult colouring or bring your own project to work on. Followed by sandwich lunch (£1).  <b>11.00 am INTRODUCTION TO NEW CRAFTS: Felt Hearts for Valentine's Day.</b> A quick and easy project for Valentine's day working with felt and learning blanket stitch. Members can continue with their hand sewing project if they prefer.   <b>11.15am – 12.00 noon Pets for Therapy –</b> Margaret and Ellen will bring their lovely dogs in to see us.</p>
<p>Tues 13 Shrove Tuesday</p>	<p> <b>Walk: Silent Pool (meeting point: Drop off GU84 8SE/Pick-up Silent Pool GU5 9BW &amp; back to Newlands Corner) – Bustler bus will leave Cornerhouse promptly at earlier time of <u>10.00am</u>.</b> Please arrive 10 mins beforehand and bring along some money to pay for refreshments at the end of the walk.</p>
<p>Wed 14</p> <p><b>Valentine's Day</b></p>  	 <p><b>10.00am - 11.45. Visit to The Lightbox, Chobham Road GU21 4AA to see exhibition: Marcel Ronay - Tranquillity &amp; Stability after two World Wars.</b> <i>With pastoral and bucolic images, themes of tranquillity and peace are reflected in Marcel Ronay's art, created in England in the 1940s and 1950s. The exhibition will reflect the artist's contentment with colourful seascapes, riverscapes, urban scenes and forest landscapes displayed.</i>  The Lightbox is now opening its doors at the earlier time of 10.00 am so please join us for a coffee at the Lightbox between 10.00 – 10.30am. We will then visit the exhibition in the Art</p>

Also Ash Wednesday	<p>Fund Prize Gallery between 10.30 – 11.30 am before returning to Woking Mind HQ for Pizza lunch and a few heart shaped surprises....</p> <p><b>12.30 pm</b> Pizza lunch will be served and, as its Ash Wednesday, pancakes for dessert! (£2 main + £1 dessert). Followed by Bingo.</p> <p><b>10.15 – 11.30am: Discussion &amp; Creative Writing Group with Shirlyn</b> </p>
Thurs 15	
Fri 16	
Sat 17/Sun 18	
Mon 19 	<p> <b>10.00am – 12.00 noon. Art with Duncan.</b> Join us for this informal social group and try your hand at painting or drawing with expert tuition from Duncan. Followed by sandwich lunch.</p> <p><b>1.30 – 2.30 pm NEW DISCUSSION GROUP (DIFFERENT TOPICS) - FIRST SESSION: DREAMS</b> We start this first session on the subject of Dreams and what they mean. There will be a short introduction on classical dream theories: Freud, Sleeping Patterns and dreams in popular culture. There will be the opportunity to share your memorable and recurring dreams and even keep a “Dream Journal” to share at future sessions.</p>
Tues 20	<p> <b>Walk: Goldsworth Park (meeting point: GU21 3LG)</b> – Bustler bus will leave Cornerhouse at <b>10.15am</b>. Please arrive 10 mins beforehand and bring along some money to pay for refreshments at the end of the walk.</p>
Wed 21	<p> <b>10.00am – 2.00pm Woking Mind Lift-Up Group incl.</b>  <b>Art with Duncan.</b> Join us for this informal social group and try your hand at painting or drawing with expert tuition from Duncan (10.00am – 12.00 noon).</p> <p><b>11.00 am MUSIC APPRECIATION</b>  <b>Love Legends</b> . As we have just celebrated Valentine’s Day we will listen to a selection of Love songs by artists such as Celine Dion, Bonnie Tyler and Harold Melvin and The Blue Notes. Test your knowledge with a themed quiz or just enjoy the music!</p> <p><b>12.30 pm</b> Two course hot lunch will be served (£2 main + £1 dessert). Followed by Bingo.</p> <p><b>10.15 – 11.30am: Discussion &amp; Creative Writing Group with Shirlyn</b> </p>
Thurs 22	
Fri 23	
Sat 24/Sun 25	
Mon 26 	<p> <b>10.00am – 12.00 noon. Art with Duncan.</b> Join us for this informal social group and try your hand at painting or drawing with expert tuition from Duncan. Followed by sandwich lunch.</p> <p> <b>11.15am – 12.00 noon Pets for Therapy</b> – Margaret and Ellen will bring their lovely dogs in to see us.</p> <p><b>1.30 – 2.30 pm – NEW GROUP: The Power of Positive Living</b> – Sylvia will be hosting this new group on the power of positive living. Thinking positively can change your life but it is often easier said than done. In this new group, Sylvia will share some techniques to help you think more positively and improve the quality of your life.</p>
Tues 27	<p> <b>Walk: Chilworth (meeting point: Percy Arms GU4 8NP)</b> – Bustler bus will leave Cornerhouse at earlier time of <b>10.00am</b>. Please arrive 10 mins beforehand and bring along some money to pay for refreshments at the end of the walk.</p>
Wed 28	<p> <b>10.00am – 2.00pm, Woking Mind Lift-Up Group incl.</b>  <b>Art with Duncan.</b> Join us for this informal social group and try your hand at painting or drawing with expert tuition from Duncan (10.00am – 12.00 noon).</p> <p><b>11.30am – 12.30pm. Monthly Group: Current Affairs with Nick Simon.</b> Come along to this lively discussion group and discuss the headlines in the newspapers.</p> <p><b>12.30 pm</b> Two course hot lunch will be served (£2 main + £1 dessert). Followed by Bingo.</p> <p><b>10.15 – 11.30am: Discussion &amp; Creative Writing Group with Shirlyn</b> </p>