

DESCRIPTIONS OF ACTIVITIES AND WORKSHOPS at RENDEZVOUS, WHITE LODGE

Costs: Art Workshops - £40 for 4 weeks including materials
All other activities are costed at £12 or £18 per session.

Leisure and Lifeskills

ACTIVE GAMES – a variety of games including Wii Sports, giant Connect 4, bowling and curling.

ANCIENT CULTURES AND CIVILISATIONS – explore how our ancestors lived around the world using a variety of media.

BADMINTON – come and have a go at Badminton, good for those who want some exercise and for improving hand/eye coordination

BOOK CLUB – read together and discuss different books, short stories, poems etc.

CAFÉ CLUB – in café Bradbury, chat with friends, listen to the radio or just enjoy a cup of coffee. There will also be jigsaw puzzles available and cards and games.

CHESS AND DRAUGHTS - suitable for all levels from beginner to expert.

CHILL OUT ZONE – a chance to relax and unwind in our sensory room. Use the water bed, bean bag, mats or relax in your wheelchair in dimmed lighting with some light sequences, bubble tubes and relaxing CDs.

COMMUNICATION GROUP – a group for people with communication difficulties, you will be encouraged to share views and practice communicating in a small group setting. **This group is not suitable for members who communicate well.**

COOKING GROUPS

NEW BAKING – exactly what it says!

There will be a charge for items taken home

COOK AND GO – a session where you bring in your own ingredients and we will support you to make a dish of your choice to take home.

COOKIES AND CAKES – learn how to bake a variety of delicious cakes and biscuits. **There will be a charge for items taken home**

NEW EASY ITALIAN COOKERY – learn how to make delicious Italian food such as Spag Bol, Pizza, Tiramisu. **There will be a charge for items taken home**

CRAFT GROUP – an opportunity to try a variety of craft activities either to give as gifts or for yourself. **There will be a small charge for materials used.**

CROSSWORD CLUB – exactly what it says! Crosswords for all abilities.

DISCUSSION GROUP – a general discussion group, participants choose topics.

FAMOUS PEOPLE, PLACES ETC – a conversation group looking at the past and what and who shaped our world.

GAMES CLUB – Rummikub, Triominos and all the other favourite board games.

GARDENING GROUP – learn about plants, flowers and vegetables and gardening techniques. An opportunity to get your hands dirty!

HOW WE USED TO LIVE – a look at everyday domestic life over the past century using a variety of media.

NEW HOW, WHY, WHEN, WHERE? – an informative/discussion group about natural or manmade disasters eg tornados, tsunamis

LOCAL HISTORY GROUP – explore the past in your local area using a variety of media.

NEW MEN'S GROUP – a chance for men to discuss what interests them, could range from sport to music, men's health. Topics will be chosen by participants.

MESSY ART – Unconventional art going beyond paint brushes. Making mess a new art form and having fun crating, using sponges, shapes, food, in fact anything to create art with.

MONOPOLY CLUB – challenge others in this classic board game. Game may last over many weeks!

MUSIC APPRECIATION – listen to, and talk about, a variety of music brought in by group members and listen to music on the internet.

MUSIC GROUP – a real, fun session listening and singing along to a variety of music and styles. There will also be an opportunity to try some simple percussion instruments.

NEW NEWSLETTER GROUP – produce a newsletter with a variety of topics to be chosen by participants – could be places to visit, birthdays, recipes, jokes etc will include using IT to format newsletter. Name to be chosen by group.

QUIZ GROUP – a variety of quizzes either traditional question and answer or multiple choice.

SCRABBLE CLUB – challenge other members in this traditional board game.

SEWING GROUP – a chance to learn about clothes alterations including turning up hems and sewing on buttons.

NEW SHOP, COOK, EAT – a group for those who want to improve their budgeting for food as well as shopping and cooking. Sessions will include tips on keeping to a budget, shopping for ingredients and cooking something to take home. **PARTICIPANTS MUST ATTEND MORNING AND AFTERNOON SESSIONS AS MORNING SESSIONS WILL INCLUDE BUDGETING AND SHOPPING AND AFTERNOON SESSIONS WILL BE FOR COOKING.**

Wii SPORTS - sports games to develop coordination and balance and have fun!

WILDLIFE CLUB - From gardens to the countryside, from farms to zoos and from land to sea we will discover animals and their lifestyles. Using seasonal programmes and real life animals. Includes excursions - to be arranged.

WOMEN'S GROUP – a group to discuss women's health and beauty and indulge in some retail therapy.

Creative Arts

Clay drop-in

This is for people who want to use clay creatively. No prior experience is needed! Participants will be encouraged to use various methods of hand-building to make pots, sculptures or decorative objects. These may be fired and glazed after drying out. Support and guidance will be offered, but self-directed work is the goal of this drop-in.

Clay workshop

This workshop is for people who would like to use clay creatively. No experience is needed - only enthusiasm! The workshop will cover basic skills for those who are new to clay, as well as more advanced modelling skills. Working in a supportive environment, participants will make several pots, sculptures or decorative objects. These can be fired and glazed after drying out.

Mosaic drop-in

People who join this drop-in will be able to learn the basic techniques of designing and making mosaics, with guidance and support from staff or volunteers. Those who already have some experience of mosaic work can create their own personal projects, such as adding a decorative border to a mirror or covering a three-dimensional object.

Mosaic workshop

This will cover the basic techniques of designing and making mosaics. Participants will create their own mosaic with small pieces of coloured glass. After being glued into place, the mosaic will be grouted and polished. The aim is to complete at least one mosaic by the end of the course.

Open Art drop-in

This drop-in is for anyone who wants to have a go at visual art! A wide range of activities is available, including painting and drawing in various media, mosaic and textiles. Participants can also explore the work of well-known artists through books and the internet.

Painting drop-in

Anyone who wants to practice painting, from beginners to experienced artists, can join this drop-in. Working independently is encouraged, but support and guidance is available when it is needed. Participants will be encouraged to choose their own subject and style of painting. Several painting media are available, including acrylic, oil and water-colour on paper, canvas and board.

Painting and Drawing drop-in

This drop-in is for anyone who would like to have a go at drawing and painting. Various media are available, including water-colour pencils and paints, acrylics and oils. Enthusiasm rather than experience is required!

Textiles drop-in

Anyone who would like to make textile-based art or craft is welcome to join this drop-in. Appliqué, embroidery and fabric-painting materials are available, with guidance and support where needed. If anyone would like to sew or knit, we have plenty of materials, but you would have to bring the expertise!

IT

We are running IT Skills and Troubleshooting drop in sessions on Mondays, Tuesdays and Thursdays. These are by arrangement so please call in advance to ensure that a member of staff will be available and to let us know how we can help you.

Fitness

Seated Exercise Group - A 30 minute seated group exercise session of moderate intensity for people who have use of their upper body. The aim is to increase fitness and strength and have some fun!

If you are uncertain whether this is suitable for you please call and speak to Lisa.

In addition we also offer:

COMPLEMENTARY THERAPIES

A range of treatments are available which include Indian Head Massage, Swedish Massage, reflexology and Holistic Massage.

Alternate Tuesdays: 11.30am – 2.00pm Fridays: 10.30am – 2pm

Mondays, Wednesdays and Fridays by arrangement.

Treatments costs are: £15 for 20 minutes; £20 for 30 minutes;
£35 for 60 minutes.

All activities take place at

RENDEZVOUS

WHITE LODGE

Holloway Hill

Chertsey

Surrey KT16 0AE

Please call 01932 577996 to visit or make a booking.

RENDEZVOUS at WHITE LODGE
Holloway Hill
Chertsey
Surrey KT16 0AE
01932 577996



Creative Arts Activities

	Day	Dates	Times
Clay Drop In	Mon	5-26 Mar	10.30-12.30pm
Clay Workshop	Tue	7-28 Feb	10.30-12.30pm
Drawing and Painting Drop In	Wed	4-25 Jan	10.30-12.30pm
	Wed	1-29 Feb	10.30-12.30pm
	Wed	7-28 Mar	10.30-12.30pm
Mosaic Drop In	Fri	3-24 Feb	10.30-12.30pm
Mosaic Workshop	Mon	9-30 Jan	10.30-12.30pm
Open Art Drop In	Mon	6-27 Feb	10.30-12.30pm
	Tue	6-27 Mar	10.30-12.30pm
	Thu	2-23 Feb	10.30-12.30pm
	Fri	6-27 Jan	10.30-12.30pm
	Fri	2,9,16,30 Mar	10.30-12.30pm
Painting Drop In	Tue	3-31 Jan	10.30-12.30pm
	Thu	1-29 Mar	10.30-12.30pm
Textiles Drop In	Thu	5-26 Jan	10.30-12.30pm

Fitness Activities

	Day	Dates	Times
Seated Exercise Group	Fri	6-27 Jan	2.30-3pm
	Fri	3-24 Feb	2.30-3pm
	Fri	2,9,16,30 Mar	2.30-3pm

Computing Activities

	Day	Dates	Times
IT Skills & Troubleshooting	Mondays, Tuesdays or Thursdays by arrangement		

Choose any dates convenient to you to create a Personalised Programme.

Please call 01932 577996 to discuss and check availability.

WORKSHOPS - you should be available to attend ALL sessions.

Costs: Workshops £40 for 4 weeks (including materials)
 All other activities are costed at £12 or £18 **per session**.

Leisure & Lifeskills Activities

Active Games

Day	Dates	Times
Tue	3-31 Jan	2-3.30pm
Thu	5-26 Jan	2-3.30pm
Tue	7-28 Feb	2-3.30pm
Mon	5-26 Mar	11-12.30pm
Thu	2-23 Feb	10.45-12.15pm
Fri	6-27 Jan	11-12.30pm
Mon	6-27 Feb	10.45-12.15pm
Thu	2-23 Feb	11-12.30pm
Mon	6-27 Feb	10.30-12.30pm
Tue	7-28 Feb	10.30-12.30pm
Tue	6-27 Mar	10.30-12.30pm
Wed	4-25 Jan	1.45-3.15pm
Wed	1,8,15,29 Feb	10.30-12.30pm
Wed	7-28 Mar	1.45-3.15pm
Thu	1-29 Mar	10.30-12.30pm
Fri	6-27 Jan	10.30-12.30pm
Fri	6-27 Jan	2-3.30pm
Fri	3,17,24 Feb	10.30-12.30pm
Fri	2,9,16,30 Mar	10.30-12.30pm
Mon	9-30 Jan	2-3.30pm
Mon	6-27 Feb	2-3.30pm
Mon	5-26 Mar	2-3.30pm
Tue	6-27 Mar	11-12.30pm
Tue	3-31 Jan	2-3pm
Tue	7-28 Feb	2-3pm
Tue	6-27 Mar	2-3pm
Thu	5,19,26 Jan	2-3pm
Thu	2-23 Feb	2-3pm
Fri	6-27 Jan	2-3pm
Fri	3-24 Feb	2-3pm
Fri	2,9,16,30 Mar	2-3pm
Fri	2,9,16,30 Mar	10.45-12.15pm
Mon	5-26 Mar	2-3.30pm
Tue	3-31 Jan	2-3.30pm
Tue	7-28 Feb	2-3.30pm
Fri	3-24 Feb	2-3.30pm
Mon	9-30 Jan	2-3.30pm
Mon	6-27 Feb	2-3.30pm
Wed	1-29 Feb	1.45-3.15pm
Thu	5-26 Jan	2-3.30pm
Mon	5-19 Mar	2-3.30pm
Tue	6-27 Mar	2-3.30pm
Wed	7-28 Mar	1.45-3.15pm
Fri	3-24 Feb	1.45-3.15pm
Wed	4-25 Jan	1.45-3.15pm
Mon	5-26 Mar	2-3.30pm
Tue	6-27 Mar	2-3.30pm
Wed	7-28 Mar	1.45-3.15pm
Fri	3-24 Feb	1.45-3.15pm
Wed	4-25 Jan	1.45-3.15pm
Mon	5-26 Mar	2-3.30pm
Tue	3-31 Jan	11-12.30pm
Tue	7-28 Feb	11-12.30pm

Chess and Draughts

Chill Out Zone

Communication Group

NEW Baking

Cook and Go

Cookies and Cakes

NEW Easy Italian Cookery

Craft Group

Crossword Club

Discussion Group

Discussion Group

Famous People, Places etc

Games Club

Gardening Group

How We Used to Live

NEW How, Why, When,

Local History Group

NEW Men's Group

Messy Art

Monopoly Club

Music Appreciation

Music Group

NEW Newsletter Group

Quiz Group

Scrabble Club

Sewing Group

NEW Shop, Cook, Eat

Wii Sports

Wildlife Club

Women's Group

Day	Dates	Times
Wed	7-28 Mar	10.45-12.15pm
Thu	2-23 Feb	2-3.30pm
Thu	1-29 Mar	2-3.30pm
Fri	2,9,16,30 Mar	2-3.30pm
Mon	9-30 Jan	11-12.30pm
Mon	5-26 Mar	2-3.30pm
Tue	6-27 Mar	1.45-3.15pm
Wed	1-29 Feb	1.45-3.15pm
Thu	5-26 Jan	10.45-12.15pm
Thu	1-29 Mar	2-3.30pm
Fri	3-24 Feb	1.45-3.15pm
Mon	5-19 Mar	10.30-12.30pm
Tue	6-27 Mar	2-3.30pm
Thu	1-29 Mar	10.45-12.15pm
Fri	2,9,16,30 Mar	1.45-3.15pm
Tue	6-27 Mar	11-12.30pm
Wed	4-25 Jan	1.45-3.15pm
Wed	1,8,15,29 Feb	2-3.30pm
Fri	6-27 Jan	2-3.30pm
Fri	3-24 Feb	11-12.30pm
Thu	2-23 Feb	10.45-12.15pm
Thu	2-23 Feb	2-3.30pm
Thu	2-23 Feb	2-3.30pm
Mon	6-27 Feb	10.45-12.15pm
Mon	5-26 Mar	10.45-12.15pm
Wed	7-28 Mar	1.45-3.15pm
Thu	5-26 Jan	11-12.30pm
Tue	3-31 Jan	11-12.30pm
Fri	6-27 Jan	1.45-3.15pm
Fri	6-27 Jan	11-12.30pm
Mon	9-30 Jan	1.45-3.15pm
Tue	3-31 Jan	2-3.30pm
Wed	4-25 Jan	11-12.30pm
Wed	1-29 Feb	10.45-12.15pm
Thu	5-26 Jan	1.45-3.15pm
Thu	1-29 Mar	11-12.30pm
Wed	7-28 Mar	10.45-12.15pm
Thu	2-23 Feb	2-3.30pm
Thu	1-29 Mar	2-3.30pm
Thu	1-29 Mar	10.45-12.15pm
Thu	1-29 Mar	2-3.30pm
Mon	9-30 Jan	11-12.30pm
Wed	4-25 Jan	11-12.30pm
Fri	3-24 Feb	11-12.30pm
Tue	7-28 Feb	2-3.30pm
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