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**Taster Sessions**

All sessions are *FREE* to attend. Refreshments and social time are included, come along on the day or book a place if required by contacting **Linda Ford, Community Projects Officer.** **lindaford@hope-foundation.org.uk**

Tel: 01642 232220 Mobile: 07981203997 [www.ageingbettermiddlesbrough.org.uk](http://www.ageingbettermiddlesbrough.org.uk)

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| **Activity** | **Day/Date** | **Time** | **Venue** |
| **Tap & Talk**Bring your tablet or phone along, learn how to access more apps, whilst chatting to others  | Thursday 6th October | 1:30pm – 3:30pm | Hemligton Library Crosscliffe, Hemlington, Middlesbrough. TS8 9JJ |
| **Craft session**Learn how to upcycle some everyday items into useful candle holders | Friday 7th October | 2:00pm -4:00pm | Acklam Library & Community Hub, Acklam Road, Middlesbrough TS5 7AB |
| **Egyptology** discover more about the ancient egyptians, their culture, gods and the pyramids  | Saturday 8th October | 10:30am -12:30pm | The Hope Foundation1 Grange rd, TS1 5BA |
| **Cannon St Re-visited** Come along and share your photos and memories of this area with other s who lived there. Photo collection on dislpay | Wednesday 12th October | 10:00am -12:00pm | Sutton Estate Community Organisation24 Colin AvenueSaltersgillTS4 3HF |
| **Poetry**Grab a pen and paper and learn how to express your thoughts and feelings in words | Thursday 13th October | 11:00am – 1:00pm | St Barnabas Church HallSt Barnabas Rd, Linthorpe TS5 6JR |
| **Meal-in-a-Mug** Discover how to make quick and healthy meals in a mug using your microwave | Saturday 15th October | 10:00am -12:00pm | The Hope Foundation1, Grange Road, Middlesbrough TS1 5BA |
| **Basic Computers** Come along and learn the basics of using a laptop and how to do internet searches.  | Tuesday 18th October | 1:30pm -3:30pm | Maltby Village Hall High LaneMaltbyMiddlesbrough TS8 0BG |
| **Tablet/I-pads session** Find out how to make better use of your tablet or I-pad.  | Wednesday 19th October | 10:00am -12:00pm | Sutton Estate Community Organisation24 Colin AvenueSaltersgillTS4 3HF |
| **History Walk** -Join us for a walk around the town centre and Historic Quarter, before going on to the Transporter Bridge which includes a ride on the new glass lift and refreshments in the Visitors Centre - Places are limited so book early. | Friday 21st October | 1:00pm – 3.30pm |  Meeting place To Be Confirmed |
| **Pamper Afternoon** (nail polish) come along and have your nails painted, and enjoy social time with others Book your place | Monday 24th October | 1:00pm -3:00pm | St Margaret’s Church The OvalBrookfield TS5 8EU |
| **Tai – Chi**Come along and join us to find out more about exercise and wellbeing through breathing, relaxation and gentle movement…Book your place | Wednesday 26th October | 1:00pm – 2:30pm | Hindu Cultural Centre, 54 Westbourne Grove North Ormesby TS3 6EF |
| **Art** Learn tips and techniques to help you draw and shade your pictures  | Oct/Nov | 10:00am -12:00pm | To Be Confirmed |
| **Tales of the Town Hall** Join us to discover more about this fascinating building, share your memories/photographs and see others on display | Thursday 27th October | 10:00am-2:00pm | Central Library (ground Floor Room)Centre Square Middlesbrough |
| **Tap & Talk**Bring your tablet or smart phone along and pick up tips on how to make better use of it  | Thursday 27th October | 6:00pm – 8:00pm | St Marys Cathedral Dalby Way, Coulby Newham TS8 0TW |
| **Interior Design** Learn how to create a mood board, choose colours, fabric and furnishings for your home. | To Be Confirmed |  |  |
| **Table Games**Draughts, Dominoes, Battleships, Ludo, Trivial Pursuit, scrabble  | Friday 28th October | 1:00pm-3:00pm | St Margaret’s Church The OvalBrookfield TS5 8EU |
| **Chair-aerobics**Gentle chair based exercise | Tuesday 1st November | 2:00pm – 3:00pm | Glastonbury House, Ormesby Road, Middlesbrough TS3 0LF |
| **Memory Box**  Join us for a trip back in time, watch short film clips and remember the holidays through the 30’s 40’s 50’s 60’s 70’s  | Tuesday 1st November | 4:00pm -5:30pm | The Hope Foundation - 1 Grange Road, Middlesbrough TS1 5BA |
| **Yoga -**Breathing techniques, gentle exercise and meditation Book your place  | Wednesday 2nd November | 1:00pm – 2.30pm | Hindu Cultural Centre, 54 Westbourne Grove North Ormesby TS3 6EF  |
| **Art/Painting # Love Your Neighbour** Come along and paint a canvas that illustrates your friendship with your neighbour. This will then form part of a bigger artwork at Teesside University that celebrates national inter-faith week  | Thursday 3rd November | 5:00pm -7:00pm | The Hope Foundation 1 Grange Rd, Middlesbrough TS1 5BA |
| **Chair-Aerobics** Gentle chair based exercise**Book your place** | Friday 4th November | 1:00pm -2:30pm | Hindu Cultural Centre, 54 Westbourne Grove North Ormesby TS3 6EF  |
| **Baking Buddies** – Have you been inspired by the Great British Bake Off? Come along and learn how to bake and decorate cakes. Get tips from others and share yours.  | Sunday 6th November | 10:30am -12:30pm | The Hope Foundation1, Grange Road, Middlesbrough TS1 5BA |
| **Sports Session** Try your hand at – Badminton, Short Tennis and Table Tennis Book your place | Thursday 10th November | 11:00am -1:30pm | Southlands CentreOrmesby Road, Middlesbrough TS3 OHB |
| **Egyptology** Discover more about the ancient egyptians, their culture, gods and the pyramids  | Saturday 12th November | 10:30am -12:30pm | To Be Confirmed |
| **Tai – Chi -**Come along and join us to find out more about exercise and wellbeing through breathing, relaxation and gentle movement…Book your place | Thursday 17th November | 1:30pm – 3:00pm | St Marys Cathedral Dalby Way, Coulby Newham TS8 0TW |
| **Tai-Chi** Come along and join us to find out more about exercise and wellbeing through breathing, relaxation and gentle movement…Book your place | Thursday 24th November | 1:30pm – 3:00pm | Middlesbrough Bowling ClubCornfield Road Middlesbrough TS5 5QL |
| **Pilates –** come along and improve your general fitness and wellbeingBook your place | Wednesday 30th November | 1:00pm -2:00pm  | Hindu Cultural Centre, 54 Westbourne Grove North Ormesby TS3 6EF |

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| **Egyptology** Discover more about the ancient egyptians, their culture, gods and the pyramids  | Saturday 3rd December | 10:30am -12:30pm | To Be Confirmed |
| **Tea & Technology**Join us for a brew and discover how to make better use of your mobile phone… taking photos, sending text messages using apps. Bring your own device or try one of ours, Book your place | Wednesday 7th December | 1:00pm -3:00pm | Central Library (ground Floor Room)Centre Square Middlesbrough |
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