



HAYDAYS – BLOCK 3 – SESSION 2019/2020

14 January – 18 February (6 weeks)

Please circle your choices on the enclosed document. You will only be contacted if a place in your choice of class is not available

The payment due is £25 for one class, £39 for 2, £45 for 3 and £48 for 4.

Cheques to be made payable to Haydays. Please post payment and form to **Nina Swan, 5 Tulloch Place, St Andrews, KY16 8XJ** to arrive by **Thursday 9th January**. Any queries please phone Nina on 01334 472531 or email bobninas@aol.com

Members, for security reasons, are asked to pay by cheque. In the event that this is not possible a numbered receipt will be issued. Please do not staple your cheque onto the form.

There is **NO Charge** for the **Book Club** which meets on the first Tuesday of each Block.

Remember to post your form as soon as possible to get your choice of class and to ensure that your chosen class will go ahead as there has to be at least 5 members signed up for a class by the deadline for it to go ahead. Also there is a limit on numbers for some classes

CLASS NOTES

Salsa Jive: Start the day with different styles of dance. Exercise to energise and have fun. Wear comfortable shoes suitable for dancing.

Stained Glass: You will be taught the skills which will enable you to create a piece of glass art. These classes are suitable for all abilities.

There are 3 time slots being offered for this Block if you would like to do 2 of the slots the second should be at the afternoon one. For the afternoon class places will go first to members who are not signed up for either of the morning classes. Members will only be contacted if they have not been allocated a place. Members in the early slot are asked to arrive in plenty of time to help set up equipment.

Members in the 11.00 to 12.15 slot are asked not to put their personal work on the stained glass work tables or chairs until after the members in the first class have packed up and left their work place.

Members in the afternoon slot are asked to help tidy up equipment please at the end of their class.

Beginners' Art: Suitable for complete beginners or for those who are a little rusty. Philippa will demonstrate and guide, to help you develop your work in drawing, painting and other 2D artwork. This block's theme will be water – reflections, rivers, waves, waterfalls etc.

Intermediate Art: For those wishing to experiment further. Expect to try different techniques, materials and styles. All classes will use similar reference material, provided by Philippa and she will give positive feedback in a supportive group.

Bridge: LEVEL 1 is for learners new to bridge, and also for those who have played social bridge or those who are not yet confident to join a bridge club. We still have space for new starts this block and this would be a good time to join this class. This block, Level 1 will be tackling Bidding 1 level Openers and Responses to 1level Openers. We work at a gentle pace to ensure everyone can enjoy and learn.

Bridge: LEVEL 2 Learners here are expected to have an understanding of the basic ACOL bridge bidding system and partnership play. This block, Level 2 will be tackling THE COMPETITIVE AUCTION. That includes the proper use of Suit Overcalls, Doubles and INT Overcalls. Again emphasis is on enjoyment as well as learning. **Please note finishing time will be 12.30pm.**

Singing with Amy: In this class you can enjoy the fun atmosphere of singing in a group and exploring a range of different genres. No experience required, you don't even need to be able to read music! Just bring your best voice and prepare for a fun filled class of singing.

Mahjong: Linda McLachlan will lead this group. This session players will be improving their skills and learning new hands and scoring, although beginners are always welcome. This is a fun game which involves a bit of skill and memory but an element of luck. **Please note the start time will be 13.00 .**

Calligraphy and Cards: Calligraphy can be learned and enjoyed by anyone who can write with a pen. Whether an absolute beginner or someone with a little experience, add grace and elegance to your handwriting or impress your family and friends with handmade personalised greetings cards for all occasions.

Decoupage: Using rice paper and/or napkins to upcycle glass, wood metal, slate or textiles we would very simply be able to produce a professional finished article. This is suitable for all levels of ability. If you have a plain glass plate, jar or other object of your own which you would like to decorate please free to bring it along.

Reading Group: New members will be very welcome to join this lively reading and discussion group. We usually tackle one or two novels per Block as well as some poetry. Anyone wishing details of the reading for this block or any other questions is welcome to contact the Tutor (lindaholt999@gmail.com).

New Age Kurling: A chance to have fun while you exercise. Kurling is fully accessible, requires minimum effort and is a great way to energise.

Gentle Yoga: The aim of this class will be to help ease tension and discomfort while improving mobility, strength and flexibility. Learning to move and RELAX to bring about a sense of calmness and positivity will be key. The class will be a mix of chair and standing work but tailored to meet the individual needs of the participants with modifications offered to those who feel standing work is not for them.

Tai chi: This class is for beginners with no experience and those who have a little experience of Tai chi. The class will start with warming-up and finish with cooling down and may have a short break during the class, if required. A simplified style of Tai chi, or Beijing 24 will be taught.

History of Art: for the curious. Join us as we explore the art in the latest exhibitions in the National Galleries in Edinburgh .We will look at the watercolours of Turner, the work of pioneering photographers Adamson and Hill (from St Andrews) the paintings of the Glasgow boys, the BP portrait exhibition and the works of Paul Rego. All this in preparation for a guided visit to the galleries in Edinburgh.

Haydays

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