



HAYDAYS – BLOCK 2 October 22nd till December 3rd. SESSION 2024/5.

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

Membership is free if you are 75 and over and £20 if you are under 75. Please include the Gift Aid, if applicable as this helps Haydays funds.

This is a 7-week block, but prices remain the same. Cheques to be made payable to **Haydays**.

1 class=£25, 2 classes=£40, 3 classes =£45 and 4 classes =£50

Please post payment, form and membership form to
ANNE HASTIE, 2 ALEX PATERSON LANE, KY168YP, ST ANDREWS
to arrive BY OCTOBER 8 please. This allows us time to compile classes and let tutors know numbers and indeed if their class is ongoing this block.

Any queries please phone ANNE on 07747045869 or Janie 07713689275
or email haydays@outlook.com

Remember to post or hand in 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 before the start of the Block for it to commence.

CLASS NOTES

New classes with Art Tutor Judith Davies. Watercolour Class limited to 10. If you know you shall be away for 2 or more of these classes, please think again about taking a place from these limited classes.

Watercolour: Judith Davies (class limited to 10)

Watercolour is a beautiful medium; we will explore how best to use it through some simple techniques such as painting wet into wet, so the colours interact.

Over the 7-week block we will be painting directly from nature starting off by working from autumn leaves, looking at how to capture the wonderful colours and textures and then going on to paint flowers and other natural objects like shells. The class is suitable for total beginners as well as folk with more experience.

Ceramics: Judith Davies (class limited to 8)

For this class we will use paper clay that's very easy to work with. It takes impressions really beautifully, so we will start off by making simple tiles that you can impress with seed heads and other plants. We will use brush on glazes to colour these and bring out the details.

We will go on to use other impressing tools, making simple tea light holders for Christmas in the form of little pots and ending with this block by making little cottages that will glow through the windows when illuminated.

Crafting with Lucy

Christmas decorations and gifts are the theme this block, using a variety of mediums. Some sewing, some felt making, personalised Christmas cards and gifts.

Salsa Jive: Tutor: Carlyn Kirkcaldy

Start the day with different styles of dance. Exercise to energise and have fun. Wear comfortable shoes suitable for dancing. The class starts at 9.40 and finishes at 10.40.

Canasta: tutor Margaret Carstairs

Enjoy this card game in relaxed surroundings with other members, please let us know if you are a beginner.

Stained Glass: Tutor: Liz Rowley.

Liz has requested if you are going to be unavailable for 2 weeks or more consider leaving it to the next block? This allows others wishing to try this popular class to have a chance and also for the continuation of projects, especially if you are a beginner.

There are 2 time slots available, please only choose one class. At this time, we are only taking 2/3 beginners a class. Make sure you bring pencil, paper and sharpie pen.

Please do not change classes without discussion with Anne.

Indoor Kurling: Tutor: Issi Taylor

A HAYDAYS favourite. A fully inclusive fun game, it can be played standing or seated and there are push sticks for those who may find bending difficult. Wheelchair accessible. No expertise required, just a sense of fun and a chance for a little gentle exercise with friends and a lot of laughs.

Singing for fun: Tutor: Margaret Broad.

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 voice and prepare for a fun filled class of singing. We are fortunate to have 2 amazing tutors, and they shall be taking a block each, so variety as usual guaranteed.

Chair Yoga: Tutor: Gill Morrison

Chair yoga is predominately a seated 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. If any class member wishes to use a mat, they are advised to bring their own as no mats will be provided.

GILL IS UNAVAILABLE FOR THE FIRST 2 OF THE 7 CLASSES, Alison Genet shall take the class.

Reading group: Tutor: Linda Holt

If you enjoy reading books and poetry, then why not join this reading and discussion group? The novels read in the group are very varied and there is bound to be something that suits you. Everybody is very welcome – we are very friendly and everybody's opinion counts!

BRIDGE: Tutor: Sylvia Peterson.

Sylvia is a well-known local Bridge player and a patient and well-respected tutor. This class is a great opportunity to refresh bridge skills and play with new and old friends while benefitting from Sylvia's help and advice. Beginners are welcome but please let us know when you return the form.

Mahjong with Linda McLachlan.

If you want to play with old and new friends in a relaxed atmosphere with an excellent teacher, then this is also the class for you. Stretch that mind and discover the joy of Mahjong. BEGINNERS are welcome but limited to 2 at the moment.

UKULELE with Tom Cleary.

Haydays Ukelele Group sessions ----HUGS!

Due to work ongoing in the town hall our normal room is not available. However, we have rented the St Andrews Episcopal church hall at the bottom of Queens gardens, a couple of mins walk away.

This means you can still enjoy the café and socializing pre and post Ukulele.

We have 3 UKULELE Classes on offer.

Ukuleles are so popular because they are easy to learn. With a few chords and strums you can be playing a song in no time at all. The course is graded, Step by step and as easy as could be.

Class 1 is for beginners.

Class 2 and 3 are for established ukulele players.

Class 3 will begin at 13.30 till 14.45 to allow time for those who wish lunch.

Tai Chi: Tutor Chuan Gao

CHUAN WILL BE IN China for the first 2 classes of this block but experienced members in her class have offered to carry on so this shall be a 7-week class.

This class is not suitable for beginners this block, but the next block shall offer places for beginners. 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. **Class numbers are limited so please get your form in asap.**

With the help of members, we're able to run a members' café from 9.30am till 1.15pm

We shall have soup and bread available during the lunch break, 12 till 1.15 pm, again a bargain at £1.

The café is self-service so please bring a takeaway mug with you.

Also please clear up after you have finished. We have no staff!

The profits from the café will be used to benefit Haydays members via a social fund. With this in mind the price of a cup and cake or biscuit will be a £1, however if you wish to pay more towards our funds that would be very welcome.

Please support the café and meet fellow members after or before class.

PLEASE WELCOME ANY NEW MEMBER YOU MAY SEE. We were all new to Haydays at some time.

We also require helpers to keep the café running so please add your name to the Rota list. Your help is needed.

We especially need help clearing most of the café to allow classes to be held in the supper room from 1.15pm.

HAYDAYS RUN BY MEMBERS FOR MEMBERS.

Any further questions, please feel free to contact: haydays@outlook.com or

phone **07539296208. / 07713689275**

www.haydaysfife.co.uk

Haydays Charity No: SC045160



Haydays fife. (HAYDAYS FACEBOOK PAGE, PLEASE LIKE AND SHARE!)

Best wishes from your committee. Anne, Andrew, Eleanor, Janie, Margo, Maura.