



## **HAYDAYS – BLOCK 4 18<sup>th</sup> February till 25<sup>th</sup> March, 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 (\*£10 from now till June). Please include the Gift Aid, if applicable as this helps Haydays funds.

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 FEBRUARY 11<sup>TH</sup> 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](mailto: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;**

**Watercolour and Ceramics: Tutor Judith Davies.**

#### **Watercolour 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 6-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 - class limited to 8**

Note the ceramics class starts at 11.25, finishing at 12.40 (allowing time for Judith to get prepared between her 2 classes)

#### **Crafting with Lucy (Morag covering)**

As our lovely Craft tutor Lucy is unwell, Morag will be taking her class (with an absence of 2 weeks, 25<sup>th</sup> Feb and 4<sup>th</sup> March) In order for the class to continue, Morag will leave projects to do while she's away.

#### **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**

There are 2 time slots available, please only choose one class. At this time, we are only taking 2/3 beginners a class.

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:**

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 singing class. **NB no class 18<sup>th</sup> Feb – Margaret away**

**Chair Yoga: Tutor: Ailsa Primmer**

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.

**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

**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 socialising 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.

**Tai Chi: Tutor Chuan Gao**

This class is suitable for beginners this block but places are limited. 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 are able to run a member's café from 9.30a.m. 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**

**take-away 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 £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](mailto:haydays@outlook.com) or

phone **07539296208. / 07713689275**

[www.haydaysfife.co.uk](http://www.haydaysfife.co.uk)

Haydays Charity No: SC045160



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

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