

# Newsletter

## Dunbeath & District Centre



### Musical Entertainment

Ady Harper is back on Wednesday October 15<sup>th</sup> at 2pm to play a tune or two for us and pass by an afternoon.

We cannot wait to welcome him along, so pop by and listen while all cosy sheltering from the weather.



### The Dummy Drome

Rob More will be stopping by on Wednesday the 22<sup>nd</sup> of October at 2pm to tell us all about the dummy drome, the decoy aerodrome from World War 2 located here in Caithness.

The area near Sarclet and Thrumster was home to this mass scale illusion from RAF Wick.

This is your opportunity to hear all about it and the people who lived around it all.



### October

As the nights draw in, make sure you have something to do so your days get a little bit lighter.



We have our usual monthly events:

- Bingo 1st of October at 7pm
- Whist 16th of August at 7pm

Both at £2 entry, anyone welcome.

Tea/Coffee, Bakes and a Raffle

We have strollers group every Thursday meeting in the centre car park at 10:30am.

Singing group in the centre every Thursday at 2pm.

## Tai-Chi

In mid September we got to introduce Tai-Chi classes to our weekly schedule, every Monday at 11am until 12 noon, we got an incredible response and were fully booked up in a matter of days! This is helping with a variety of things such as balance, stress, pain and anxiety.

We're incredibly lucky to have Sandra coming out to do these sessions with us!

**DUNBEATH & DISTRICT CENTRE**  
COMMUNITY HEALTH & WELLBEING

**• M.I.M Tai-Chi •**

Monday mornings 11-12, starting Monday 22<sup>nd</sup> of September. Dates to be confirmed

Tai-Chi is a low impact exercise that combines movement, breathing and meditation. The benefits from Tai-Chi are as follows: Strength to muscles, improves balance, reduces stress, anxiety, and helps with pain.

So if you are seeking balance and harmony in your life practicing Tai Chi will certainly help you achieve this.

**@DunbeathDC**  
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Maximum of 10 people, let us know if you're interested in coming

Registered Scottish Charity SC019367



## Christmas Lino-printing

**DUNBEATH & DISTRICT CENTRE**  
COMMUNITY HEALTH & WELLBEING

Tuesdays 3pm-4:30pm, October 21st-November 4th

Lino-printing workshop  
Making Christmas cards and repeatable  
wrapping paper designs to prepare you for  
December

Limited Spaces Available  
£5 Suggested Donation

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It still feels far too early to even think about Christmas but we have a treat to prepare you and get you in the spirit as early as October 21st!

A Christmas card and wrapping paper, a lino-printing workshop over 3 sessions, we are so excited for this and spaces were so limited for this workshop especially with how interested all of our users were for it.

We cannot wait to share the creations that get made



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Vol .10 Newsletter

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