

# ADULT ACTIVITY TIMETABLE

From Monday 25th November - Wednesday 1st January

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
AM	PM	AM	PM	AM	PM	AM	PM
10:00 - 12:00 <b>Art Club</b> With Billie	19:05 - 20:05 <b>Jazz Dance</b> With Kelly	10:30 - 12:00 <b>Mixed Media Art</b> With Billie	13:30 - 15:30 <b>Watercolour Painting</b> With Michele	10:00 - 12:00 <b>Leisure Cycle Ride</b> With Simon <i>(Meet outside XIX)</i>	13:00 - 14:00 <b>Beginner Spanish Club</b>	10:30 - 12:30 <b>Diverse Art Techniques</b> With Michele	19:00 - 19:45 <b>Adult Swim Fit</b> With Francis
	19:00 - 22:00 <b>Bridge Club</b>			10:30 - 12:30 <b>Open Studio</b>	19:00 - 20:30 <b>Realistic Artistry</b> With Michele		19:00 - 21:00 <b>Book Club</b> <i>(First Thursday of every month)</i>
					19:00 - 20:30 <b>Business Networking Event</b> <i>(First Wednesday of every month)</i>		
					19:30 - 21:00 <b>Table Tennis Club</b>		
FRIDAY		SATURDAY		SUNDAY			
AM	PM	AM	PM	AM	PM		
10:30 - 12:00 <b>Find Your Flow: Mindful Making</b> With Annabel		9:00 - 10:00 <b>Running Club</b> With Kat <i>(Meet at Pavilion Reception)</i>	14:00 - 16:00 <b>Watercolour Painting</b> With Michele	8:30 - 10:30 <b>Cycling Club</b> <i>(Meet outside XIX)</i>			
		10:00 - 12:00 <b>Open Studio</b>					

ALL SESSIONS CAN BE BOOKED ONLINE  
48 HOURS IN ADVANCE

**Art Club** - A beginners' art club learning step-by-step how to use simple shapes to produce a beautiful picture each session.

**Realistic Artistry** - Learn the basics of realism by exploring the techniques and media of a range of artists. Gain confidence and learn to capture the likeness of people, animals and more.

**Running Club** - A group run around our woodlands, led by Captain Kat. All abilities are welcome, please ensure you book online in advance for updates as this session is weather dependent. Contact [fitness@foxhills.co.uk](mailto:fitness@foxhills.co.uk) to find out more.

**Mixed Media Art** - Classes are all about letting go of fear, quietening the mind and trying something new. We create projects that develop in different mediums and surprising ways, from painting to printmaking, pottery to wire sculpture. All abilities are welcome.

**Diverse Art Techniques** - Get creative with these hands-on sessions where Michele will guide you through energetic, large-scale projects with a focus on having fun in these hands on, workshop style sessions

**Book Club** - A relaxed and sociable club for bookworms. Meet on the first Thursday of the month to discuss the latest book over a glass of wine. Contact [pavilion@foxhills.co.uk](mailto:pavilion@foxhills.co.uk) to register your interest and find out more.

**Leisure Cycle Ride** - Meet on a Wednesday morning at 10am, outside XIX, and ride for approximately two hours around the local area. A mechanically sound road bicycle, a helmet and appropriate clothing are essential. Contact [fitness@foxhills.co.uk](mailto:fitness@foxhills.co.uk) to find out more.

**Jazz Dance** - Suitable for beginners to intermediate level dancers, learning steps to build to a routine. A social dance class full of fun.

**Beginner Spanish Club** - Come and join Fernando for a fun and dynamic conversational introduction to the Spanish language for beginners. You will learn how to introduce yourself, talk about your daily activities and have basic conversations in a variety of environments. The course will run for 9 weeks and sessions will build on the learnings from the previous week, so for consistency these dates will be exclusive to those who attend the first session.

November: 6th, 13th, 20th, 27th. December: 4th, 11th, 18th. January: 8th, 15th

**Watercolour Painting** - Explore watercolour painting in a friendly and encouraging environment. Suitable for beginners and seasoned artists, develop your watercolour skills through different techniques each week, while drawing inspiration from your surroundings at Foxhills

**Table Tennis** - Our member-led table tennis club meet on Wednesday evenings in The Pavilion's studios. Meet like-minded members and enjoy sociable table tennis tournaments.

**Open Studio** - Come and enjoy a sociable and creative morning in our Art Studio. The Studio will be open for you to meet friends, or have some time to yourself to work on your own projects and make the most of our beautiful surroundings.

**Adult Swim Fit** - Water based training for all levels. Come and get fitter and faster in the outdoor Pavilion pool with our expert swim instructor to help you achieve your goals. Book online or email [pavilion@foxhills.co.uk](mailto:pavilion@foxhills.co.uk)

**Business Networking Event** - A member led event, as members come together from a wide range of sectors and industries, to meet and connect with each other, over a complimentary drink. The event will take place on the first Wednesday of each month from 7pm (excluding January 2025).

**Cycling Club** - Our member-led Cycling Club meet on a Sunday morning at 8:30am and ride for approximately 2 hours, taking in the sights of Windsor and Eton, as well as views of London from the Surrey Hills. A mechanically sound bicycle, a helmet and a reasonable level of fitness are essential. Contact [fitness@foxhills.co.uk](mailto:fitness@foxhills.co.uk) to find out more.

**Croquet Club** - Our member-led Croquet Club meet on the Manor Lawn, Wednesday & Sundays from May – September for 1.5hrs. Social format of 'Golf Croquet' played at a leisurely pace all levels and abilities welcome. Contact [pavilion@foxhills.co.uk](mailto:pavilion@foxhills.co.uk) to find out more.

**Find Your Flow: Mindful Making** - This is an art class designed to help you tap into your creative potential through mindfulness and mixed media. In this class you'll explore a variety of artistic techniques including, painting, printmaking and more, while focussing on being fully present in the moment. You'll learn how to let go of perfectionism, embrace experimentation, and find your flow state, where creativity flows effortlessly.