



# YOU TIME

MAKE TIME FOR YOU

Venue & Date	Time	Activity Description
<b>Black Isle Leisure Centre</b> Every Thursday	10.30 to 11.30am	<b>Multi activities:</b> Start your Thursday morning You Time activities at The Black Isle Leisure Centre. Freya has set up Indoor Bowls and table tennis for you, and you never know she might just join in too.
<b>Fortrose Library</b> Thursday 21 <sup>st</sup> February	11.00 to 1.00pm	<b>An introduction to Head Massage with Ann McGhee:</b> Find out more about this relaxing therapy through discussion and a demonstration.
<b>Fortrose Library</b> Thursday 28 <sup>th</sup> February	11.00 to 1.00pm	<b>Make a tool roll, make up roll or spectacle case. Craft session with Noreen MacKay</b> Come along and learn new skills using leatherette or fabric to make these useful items. Suitable for all ability levels.
<b>Fortrose Library</b> Thursday 7 <sup>th</sup> March	11.00 to 1.00pm	<b>Two 45 minute sessions. 1. Gardening: outside or on the window ledge? with Sheila Maher, Corntown</b> <b>2. Establishing a Wildflower Area with Scott Lindsay, Rosemarkie,</b> Sheila and Scott are committee members of the Black Isle Horticultural Society
<b>Fortrose Library</b> Thursday 14 <sup>th</sup> March	11.00 to 1.00pm	<b>Living History by the Firth - Maps, place names, curiosities and folklore. Session leader Janet Baker.</b> Come along and spend a couple of hours exploring the hidden history of Fortrose.
<b>Fortrose Library</b> Thursday 21 <sup>st</sup> March	11.00 to 1.00pm	<b>Crochet: An opportunity to learn basic skills of crochet with Sharon Lawrence.</b> Interested in crochet? Come along and give it a try.
<b>Fortrose Library</b> Thursday 28 <sup>th</sup> March	11.00 to 1.00pm	<b>Easter crafts with Noreen Mackay.</b> Make a pincushion hat, finger puppets or other Easter craftwork. Suitable for all ability levels.

**Refreshments will be provided at each activity which will give you the chance to have a chat**

**Free to** All inclusive High Life Members, Adult charge £6.10 Concession over 60's £3.10 Budget 50p

PLEASE BOOK ALL ACTIVITIES AT THE BLACK ISLE LEISURE CENTRE OR CALL US ON 01381 621252

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