



Arts, crafts and sewing (continued)
A chance to try a variety of art and craft techniques

Silk and fabric painted lavender bag	Wednesday	19 May	7.00-9.00 pm	£2
Bag for life using fabric paints	Wednesday	16 June	1.00-3.00 pm	£2
Glass painted standing suncatcher	Tuesday	22 June	7.00-9.00 pm	£2
Mosaic mirror	Tuesday	29 June	1.00-3.00 pm	£2

Tutor: Barbara Saunders

Fabric landscape card	Tuesday	4 May	7.00-9.00 pm	£2
Crazy patchwork bag	Tuesday	11 May	7.00-9.00 pm	£2
Fabric origami flower greetings card	Tuesday	18 May	7.00-9.00 pm	£2
Appliquéd pot holder	Tuesday	25 May	7.00-9.00 pm	£2
Coil pot using cord and fabric	Tuesday	8 June	1.00-3.00 pm	£2
Sashiko (Japanese quilted) coaster	Tuesday	15 June	1.00-3.00 pm	£2
Origami fabric coaster	Monday	21 June	1.00-3.00 pm	£2
Embroidered fabric book cover	Thursday	24 June	1.00-3.00 pm	£2

Tutor: Simone McGee

Ribbon embroidery	Tuesday	11 May	7.00-9.00 pm	£2
Ribbon weaving	Tuesday	18 May	7.00-9.00 pm	£2
Decorate a bag for life	Tuesday	25 May	7.00-9.00 pm	£2
Scrapbooking for beginners	Tuesday	8 June	7.00-9.00 pm	£2

Tutor: Nicola Crossley

How to insert an invisible zip	Wednesday	12 May	1.00-3.00 pm	£2
Machine sew a patchwork panel	Wednesday	23 June	10.00 am-2.30 pm	£5

Tutor: Brenda Clough

Baby massage

Bond with your baby through gentle massage

Baby massage	Monday	17 May	1.00-2.30 pm	£1.50
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Tutor: Anne Parry



Languages

'Learning languages enhances the brain'

France for a day	Friday	18 June	10.00 am-2.30 pm	£5
Spain for a day	Friday	25 June	10.00 am-2.30 pm	£5

Tutor: Penny Williams

Italy for a day	Friday	11 June	10.00 am-2.30 pm	£5
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Tutor: Alessandra Rutili

All taster sessions take place at Bracknell Open Learning Centre,
 Rectory Lane, Easthampstead, Bracknell RG12 7GR

**For more details and to book, contact Natalie at the Open Learning Centre,
 01344 457427, e-mail: olc@bracknell-forest.gov.uk**

General interest

Taster Sessions - try something new!



Cooking

Hints, tips and techniques to enhance your cooking skills

Strawberry shortcake	Friday	7 May	10.00 am-12 noon	£2
Vegetarian cooking	Wednesday	9 June	10.00 am-2.30 pm	£5
<i>Tutor: Brenda Clough</i>				
Making chapattis	Tuesday	4 May	1.00-3.00 pm	£2
Making Indian chutneys	Thursday	13 May	10.00 am-12 noon	£2
Making vegetable samosas	Thursday	20 May	10.00 am-12 noon	£2
Make an Indian three course meal	Wednesday	26 May	10.00 am-2.30 pm	£5
Making vegetable pakoras	Thursday	27 May	10.00 am-12 noon	£2
Making chicken tikka masala curry/rice	Thursday	10 June	10.00 am-12 noon	£2
Making Indian Gulab Jamun dessert	Wednesday	16 June	10.00 am-12 noon	£2
Making two vegetable curries	Thursday	17 June	10.00 am-12 noon	£2

Tutor: Raminder Birchall

Gnocchi, sauces and ricotta/chocolate tart	Thursday	6 May	10.00 am-12 noon	£2
Two pasta sauces and biscotti	Friday	14 May	10.00 am-12 noon	£2
Gnocchi, sauces and ricotta/chocolate tart	Friday	21 May	10.00 am-12 noon	£2
Two pasta sauce and /biscotti	Thursday	24 June	10.00 am-12 noon	£2

Flower arranging

Workshops for special occasions—all materials supplied

Flowers for weddings	Saturday	8 May	10.00-2.30 pm	£20
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Tutor: Liz Aston



Look good, feel good

Improve your well-being through beauty, fitness and complementary therapies

A natural first aid kit for the holidays	Wednesday	12 May	10.00 am-12 noon	£2
Face massage	Wednesday	19 May	10.00 am-12 noon	£2
Elderflower tincture—the British Echinacea	Monday	24 May	10.00 am-12 noon	£2
Circle dance	Monday	24 May	1.00-3.00 pm	£2

Tutor: Anne Parry

Make-up for every day	Tuesday	8 June	1.00-3.00 pm	£2
Bindi and henna painting	Tuesday	22 June	1.00-3.00 pm	£2
Make-up for a night out	Tuesday	29 June	1.00-3.00 pm	£2

Tutor: Raminder Birchall

Alexander Technique	Thursday	27 May	1.00-3.00 pm	£2
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Tutor: Martyn Jones

Introduction to Tai chi	Monday	7 June	1.30-3.30 pm	£2
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Tutor: Steve Large

Emotional Freedom Technique	Friday	14 May	10.00 am-12 noon	£2
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Tutor: Sharon Juden

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