

## R5 - Read, Retreat, Rest, Relax, Recuperate

27<sup>th</sup> April – 2<sup>nd</sup> May 2025

*Please read in conjunction with all other info in your welcome pack*

### Sunday

From 3pm	Arrivals
6.30pm	Fat Pigeon bar open
7pm	Supper

5pm

Community prayers

6.30pm

Fat Pigeon bar open

7pm

Supper

### Friday

### Monday to Thursday

8am	Community prayers
8.30	Breakfast
12.30pm	Lunch
4pm	Tea

8am

Community prayers

8.30am

Breakfast

10am

Last departures

**Covid protections: please read the separate info sheet**

... and yes we still have the no clergy shop talk House Rules too 😊

### Where things happen

**All meals plus afternoon tea** (with cake) in the Pound House Dining Room  
Please help yourselves to refreshments in the Long Barn guest kitchen or Pound House dining rooms drinks area at any other time

The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box

**Community Prayers** in the upstairs Chapel of Mary, Martha and Lazarus  
Please wear a face mask if you join us for Community prayers

**Artist in residence** – Charmaine Host will be in the Art Shed 9.30am – 12noon each day  
with ideas and encouragement – see overleaf

## An invitation to the Art Shed.

Sheldon has a wonderful, fully equipped Art Studio – would you like join me to experiment with a little art making? Or do you think you don't or can't 'do art'? I will be in the Art Shed between 9.30 and 12noon to help you discover you can! Daily demonstrations at 9.30am. Or simply come and do your own thing!



**Monday** – an introduction to abstract mark making with acrylics. This is the most fun – you'll be surprised at what you can produce.



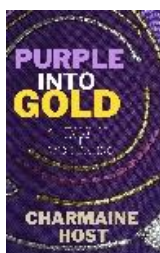
**Tuesday** – an introduction to watercolours – with Paul Klee, and Alma Thomas.



**Wednesday** – mixed media art journalling.



**Thursday** – How to make a Zine!



**And finally** : if you would like to learn more about my own 'late in life' art journey – my book is available at reception or from Amazon. I look forward to meeting you – Charmaine Host – Artist in Residence