



GDA Online workshops

September – December 2024

Our schedule of free online workshops is below. A great way to meet other GDA members and try something new without leaving the comfort of your home!

Sessions take place on Zoom either weekly, fortnightly, or monthly between September and December. Below you'll find a short description and timings. We will keep everyone informed of dates in advance so you won't miss a session.

- **Mindful Meditation** - Every 2 weeks, Mondays, 11am-1pm
A relaxed session on guided meditative practice and mindfulness.
- **Book Talk** - Every 2 weeks, Tuesdays, 10.45am – 12.30pm
GDA's book group, reading chapters of novels, short stories and poetry, as well as sharing our book suggestions.
- **Tea & Chat** - Every 2 weeks, Tuesdays, 2.30pm – 4pm
A relaxed social meet up with GDA members – make new friends and discuss all matters of the day!
- **Seated Yoga** - Every 2 weeks, Wednesdays, 11am – 1pm
A relaxed but energising yoga session.
- **Tai Chi & Gentle Movements** - Every 2 weeks: Wed, 10.45am – 12pm
Gentle movements that focus the mind and strengthen the body.
- **Dance** - Every 2 weeks, Wednesdays, 2.30pm – 4pm
A fun way to build fitness and reduce stress!
- **Photography** - Every 2 weeks, Thursdays, 10am-11.30am
Discover the work and styles of celebrated photographers, learning new techniques for your own photography.



- **The GDA Playlist** - Monthly, Thursdays, 11am – 12.30pm
Explore important artists and music through history, share favourite songs, and enjoy live guest musicians!
- **Craft & Chat** - Weekly, Fridays, 11am – 1pm
Bring along whatever craft project you are working on – knitting, crochet, sewing or anything else – to swap tips and advice and enjoy some general chat.
- **Creative Writing** - Every 2 weeks, Fridays, 11.45am – 1pm
Try your hand at poetry and creative prose, looking at some famous writers and influential styles for inspiration.
- **Song writing** - Every 2 weeks, Fridays, 11am – 12.30pm
Come together as a group to explore song writing as a means of self-expression!

Special one-off online sessions!

- **Vegetarian cookery** - Monday 16th September, 2.30pm-4pm
Follow a live cookery demonstration from chef Claire, as she takes you through a main course and dessert, all cooked from scratch using healthy vegetarian ingredients that are widely available and easy to prepare.
- **Everyday Philosophy** - Tuesday 22nd October, 11am-1pm
Looking at the work of philosophers, discuss everyday life, explore the human condition, and reflect on the wisdom taught by our own individual experience.
- **Online social with puzzles and games** - Friday 29th November, 3pm-4.30pm
Join Kenny and Sai from the GDA Learning Team for an afternoon of fun and social activities, trying out group games and online puzzles to get everyone talking and getting to know one another.

All the dance & exercise classes can be done either sitting or standing.



Glasgow Disability Alliance
Confident Connected Contributing

If you would like to sign up for sessions, or have any further questions, please email learning@gdaonline.co.uk or call the **GDA Office** on **0141 556 7103**.

If you need some assistance getting online, learning how to use Zoom or building confidence using your smartphone, tablet or computer, our Connects team can help! Get in touch via connect@gdaonline.co.uk or call the **GDA Office** on **0141 556 7103**.