**Appendix 1 to Annual Review 2022-23**



**Interest Group Review 2022/23 (Part 2)**

**Mindfulness**



In the sessions, members conduct several exercises in Mindfulness, a process similar to meditation, which can relieve stress and promote a calmer and more disciplined mind. In between exercises, the group discusses our reactions and any other subject that might arise.

**Poetry Reading and Appreciation.**



We also explore how poetry can affect mood and life and sometimes help to release emotions.

This Group's aim is to read, discuss and enjoy poems chosen by members;

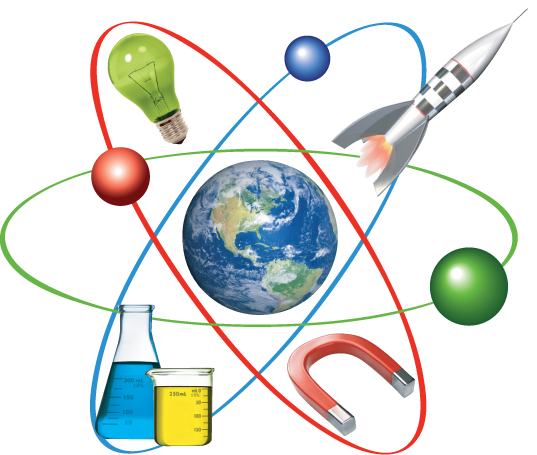
**Reading Group.**

A row of colorful books

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The Reading Group meets every four weeks to discuss books previously read by the members. Books for discussion are decided by group members, in rotation, at each Book Group meeting.

**Science Matters.**



The aim of the group is to investigate key topical science issues, to better understand them and how they relate to our lives.

There are currently three members who meet on Zoom on the last Thursday of the month to share their interests across a range of subjects encountered in the news with discussion centred around articles, photographs or short Powerpoint presentations.

**Scrabble.**

If you are looking to improve your vocabulary and/or simply want a fun friendly afternoon then Scrabble may be your answer.

The group meets fortnightly on a Wednesday afternoon in a member’s home.



**Theatre Group 1**

Theatre Group 1 meets on the 3rd Tuesday of each month throughout the year - usually at  2pm at Torwood Garden Centre.

This is an informal, well-attended meeting when we share and discuss what we have seen in the previous month - what we have/have not enjoyed - and plan our next visit(s).   We have currently 9/10 members, but as we have differing likes and dislikes and other commitments, not everyone attends all theatre outings.

Travelling to the various performances is by car (individual or sharing) or by Public Transport.

During our existence we have sampled Musicals, Drama, Pantomime, Shakespeare, Amateur Theatre, Screenings etc. - in fact - “anything considered”.

