

M
MILLER
CLUB · CATERHAM

DAYTIME ACTIVITIES

AT THE MILLER



MILLER ART CLUB	Miller Studio	Tuesday 1.00 – 3.30
MILLER BRIDGE CLUB	Green Room	Thursday 1.20 – 4.00
MILLER MAHJONG CLUB	Green Room	Tuesday 2.00 – 4.00
MILLER MOVIEMAKERS CLUB	Miller Studio	Wednesday 2.00 – 4.00
MILLER PILATES CLUB	Miller Studio	Monday 11.30 – 12.30 Wednesday 11.30 – 12.30
MILLER POETRY CLUB	Green Room	4th Monday 2.00 – 4.00
MILLER READERS & MILLER BOOK CLUB	Green Room Green Room	Readers, 2nd Monday 2.00 Book Club, 3rd Monday 2.00
MILLER SCRABBLE CLUB	Green Room	Wednesday 1.30 – 4.00
MILLER TABLE TENNIS CLUB	Miller Studio	Monday 2.00 – 4.00 Thursday 10.30 – 12.30 Friday 10.00 – 12.00
MILLER TAI CHI CLUB	Miller Studio	Tuesday 10.00 – 11.00 Friday 12.15 – 1.15
MILLER UKULELE CLUB	Green Room	2nd and 4th Saturday 10.00 – 12.00
MILLER YOGA CLUB	Miller Studio	Wednesday 10.00 – 11.00

The Miller Theatre, 30 Godstone Road, Caterham CR3 6RA
Box Office - Tel: 01883 349850, open Mon-Sat 10am to 1pm

WELCOME TO DAYTIME ACTIVITIES AT THE MILLER

The Miller Club offers a wide range of daytime leisure activities. It is a place where you can keep fit in body and mind, develop new skills - and where you can meet like-minded people. Most activities run weekly, although some have fortnightly or monthly sessions.

To take part in any of the activities you need to become a member of The Miller Club. The annual membership subscription is kept at an affordable level and in return you receive regular newsletters, the ability to prebook theatre tickets before they go on general sale, and discounted bar drinks. If you wish to join, please visit or phone the Box Office for an application form.

You are welcome to join in one activity taster session free of charge, to see if it is right for you. In the first instance please contact us by email at activities@millercentre.club stating your name and which activity you are interested in. Alternatively, you can contact the Box Office on 01883 349850, please leave your name and phone number and someone will call you back.

In addition to the annual membership subscription, participants pay a small charge per activity. These fees can be paid annually or termly and include complimentary tea or coffee when participating in an activity session. Please note that some activities are run by professional tutors and therefore attract an additional per session charge.

There are plenty of opportunities for members to assist with running a range of theatre-related activities. Volunteering is an important part of the Miller Club's purpose in Caterham and surrounding areas, and we always look forward to welcoming new members to our many active and friendly groups. Volunteers also enjoy some additional membership benefits, including free access to leisure activities.

We hope that you find an activity within this booklet which appeals to you - and maybe gives you the opportunity to try something different. We look forward to welcoming you to The Miller.

It is each member's personal responsibility to decide on their level of capability and whether they should participate in any activity.



**MILLER ART CLUB
MILLER STUDIO
WEEKLY
TUESDAY 1.00 TO 3.30**

Miller Art Club is a friendly group - we have a tea, coffee and cake break when we usually have a chat with each other and offer any advice if needed. There is a variety of medium used: - pencil, watercolour, oils, ink, pastels etc. The choice is left to each individual as to which medium they use and work they wish to produce. Occasionally we have an art exhibition at The Miller.



**MILLER BRIDGE CLUB
GREEN ROOM
WEEKLY
THURSDAY 1.20 TO 4.00**

Playing bridge helps keep your mind active and joining a club helps you to improve your play and make new friends. Miller Bridge Club meets weekly on a Thursday at 1.20 for a 1.30 start in the green room. We play for two and a half hours with a short break for tea/coffee, biscuits and a chat. It is a friendly relaxed bridge club; we play duplicate bridge using bidding boxes. Knowledge of the ACOL system is required. You are very welcome to attend a free trial session to see if you would like to become a member.



MILLER MAHJONG CLUB
GREEN ROOM
WEEKLY
TUESDAY 2.00 TO 4.00

We are a friendly group of people who enjoy playing the Hong Kong version of mahjong on Tuesday afternoons from 2.00 to 4.00 in the Green Room. Whether or not you have played before you would be very welcome to join us. The basic game involves collecting sets of 3 tiles and we have a printed set of the rules we use to help make it easier to learn how to play. Please do feel free to drop in for a trial session.



MILLER MOVIEMAKERS CLUB
MILLER STUDIO
WEEKLY
WEDNESDAY 2.00 TO 4.00

Call it what you will – Movies, Films, Videos – we deal with those moving images recorded on a video camera or a mobile phone and weave the images into a story. Sometimes we write a story (a script) and use actors to tell the story. We record this in the studio or in a home or wherever the story is situated. Sometimes, when filming, the light is not good enough, but we have our own lighting equipment. We also have sound equipment. Usually, the shots taken on cameras need to be joined together (edited). Sometimes music or a commentary are added. This is done afterwards by any member of the club on a computer. So, there are many ways in which you can be involved – script writing, acting, using a camera, operating the lights, editing. You can simply join in the discussions and contribute ideas – and, of course, join in our social activities.



**MILLER PILATES CLUB
GREEN ROOM
WEEKLY
MONDAY 11.30 – 12.30
WEDNESDAY 11.30 – 12.30**

Pilates is basically a method of body conditioning that was developed nearly a hundred years ago in Germany by Joseph. H. Pilates. It's unique because, unlike other forms of exercise, the technique works on strengthening, lengthening and toning muscles, as well as improving posture and increasing flexibility and balance.

The classes are very friendly and suitable for all ages. A good way for the young and not so young to keep supple with gentle exercise.

This activity incurs an additional fee per session as it is led by a professional tutor.



**MILLER POETRY CLUB
GREEN ROOM
MONTHLY
MONDAY 2.00 – 4.00**

We presently have eleven members in our group but could make room for another one or two. We meet monthly, usually on the fourth Monday in the month, in the afternoon. This only changes if it happens to clash with a bank holiday when we are given an alternative date.

As a group, we have been established for more than thirty years. We are a friendly bunch and welcome everyone who is interested in poetry. You don't need to be a poet, although we do have one member who writes his own very good poetry. We aim to choose either a different poet each month or alternatively a subject. Apart from those months in which we have a subject, the member choosing the poet gives a little background on the poet's life before we take turns in reading the poems of our choice. We always stop at some stage to have a cup of tea or coffee and a good chat.



**MILLER READERS CLUB
MILLER BOOK CLUB
GREEN ROOM
MONTHLY
MONDAY 2.00 – 4.00**

The Miller currently has two book groups, Miller Readers and Miller Book Club. Both meet monthly in the afternoon, Readers on the second Monday of the month, Book Club on the third Monday. Groups are limited to 12 as it was felt that discussion could become fragmented in a larger group. Each group asks members to suggest future reading and tries to cover a wide range of literature. The leader of each group sources the books from Surrey libraries so a small charge is made from time to time to cover library reservation fees. The two groups are run separately. Both groups are friendly and would be pleased to welcome new members.



**MILLER SCRABBLE CLUB
GREEN ROOM
WEEKLY
WEDNESDAY 1.30 TO 4.00**

If you enjoy playing Scrabble come along and join our weekly group on Wednesdays in the Green Room between 1:30 and 4:00, and socialise in a relaxed and friendly environment.

Whatever your skill level, be prepared to have fun, meet like-minded people, learn lots of words, and give your brain a good workout.

Some of our members have been playing for years, others for much less. We are all still learning so, to help you along, we can provide 2 and 3-letter word lists to refer to until you become settled.



MILLER TABLE TENNIS CLUB
MILLER STUDIO
WEEKLY
MONDAY 2.00 – 4.00
THURSDAY 10.30 – 12.30
FRIDAY 10.00 – 12.00

We are a group of players, of different ages, male and female, of mixed ability, who enjoy our regular workout at the table. We have two tables, playing (mostly doubles) for two hours a session, with a break halfway through, for tea and coffee. This is also a time to get to know each other better. We also have regular social events, such as a Christmas meal together.

As the session on Friday morning (10 to 12) is currently over subscribed, we only have space for new members on Monday afternoon (2 to 4), and Thursday morning (10.30 to 12.30).

We would love to have some new players! If you would like to 'give us a go' we usually suggest you come for a trial session to see how you get on.



MILLER TAI CHI CLUB
MILLER STUDIO
WEEKLY
MONDAY 10.00 – 11.00
FRIDAY 12.15 – 1.15

Tai chi is an ancient internal martial art that involves moving the body slowly and fluidly, to exercise the muscles and joints. Benefits have been found to be in improved balance, posture and flexibility.

Additionally, learning the defined movements trains the brain to concentrate, focusing the mind and reducing stress. Our group practices authentic Yang style long form.

The Monday session is a friendly group that can accommodate newcomers, the Friday session is for individual practice and more personal instruction.



MILLER UKULELE CLUB
GREEN ROOM
FORTNIGHTLY
SATURDAY 10.00 – 12.00

Having fun with a ukulele is what we are about. If you have ever thought about playing an instrument but never got around to it, here's your chance to have a go. Come and join us on a Saturday morning for a bit of "plinky plonk" with a ukulele. Now here's the important bit...you do not need to be able to play the ukulele or even own one. We have a couple of ukulele spare that you can use to start with. However, if you are an accomplished player, you will also be very welcome. It is not a teaching group as such because there is not a "teacher" However, someone does lead the group. The idea is to practice at home and come together to have some fun strumming chords and have a singalong. We learn from each other and have some fun with no pressure to progress and learn stuff....but you will!



MILLER YOGA CLUB
MILLER STUDIO
WEEKLY
WEDNESDAY 10.00 – 11.00

Feel Good Yoga. Hi 😊 I'm Dimi. I am passionate about sharing my love and knowledge of yoga, hoping others experience the countless benefits of the practice. Yoga engages, develops and strengthens our physical and mental health, by combining movement and breath with a sense of peace and relaxation. It helps reduce stress, improves the functions of the vital organs and system within the body, calms the mind, and has a positive effect on our sleep. We are often just a class away from a better mood.

This activity incurs an additional fee per session as it is led by a professional tutor

GET INVOLVED!

Supporting the Theatre

The Miller is primarily a Community Theatre. It has a professionally equipped stage and auditorium, with state-of-the-art sound, lighting and projection equipment, and 186 comfortable seats. During each season (September to July), the Miller's resident Theatre Company performs nine full length plays. In addition, the Miller Youth Theatre also rehearses and performs a full-scale on-stage production in July every year.

Putting on a season like this requires a lot of effort by a veritable army of dedicated volunteers. These may be technical (sound, lighting and video design, rigging and operation), artistic (costuming, set design, construction, painting and set dressing), customer-facing (Box Office, ushering, bar stewards, retail sales) or backstage (stage management, properties, crew, prompting). These roles support the work done on stage by the directors, actors and (occasionally) musicians and dancers – all of whom are amateur, and therefore volunteers.

Don't let a lack of experience put you off. If you have a skill, however basic or sophisticated, and can spare a bit of time during the daytime or evenings, we can put it to good use! We welcome newcomers getting involved; you'll learn as you go – and maybe bring something new to The Miller! To find out more, please email our Volunteers Coordinator: volunteers@millercentre.club

Volunteer Benefits

Anyone who regularly volunteers a few hours of their time a month is entitled (after a qualifying period, and on production of a valid Volunteer card) to:

- Join in Leisure Activities free of charge
- Purchase 2 tickets from the Box Office for every Theatre Company production at a discounted price
- Receive 20% discount off all bar drinks, provided they are paid for by credit/debit card.



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MILLER COSTUME HIRE

In house productions are costumed from our extensive store, which also hires out throughout the South East on Saturday mornings. Maintenance is provided by the Wednesday Sewing Group.



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MILLER **COFFEE MORNING**

Coffee Mornings are held in the Green Room every Friday at 11:00



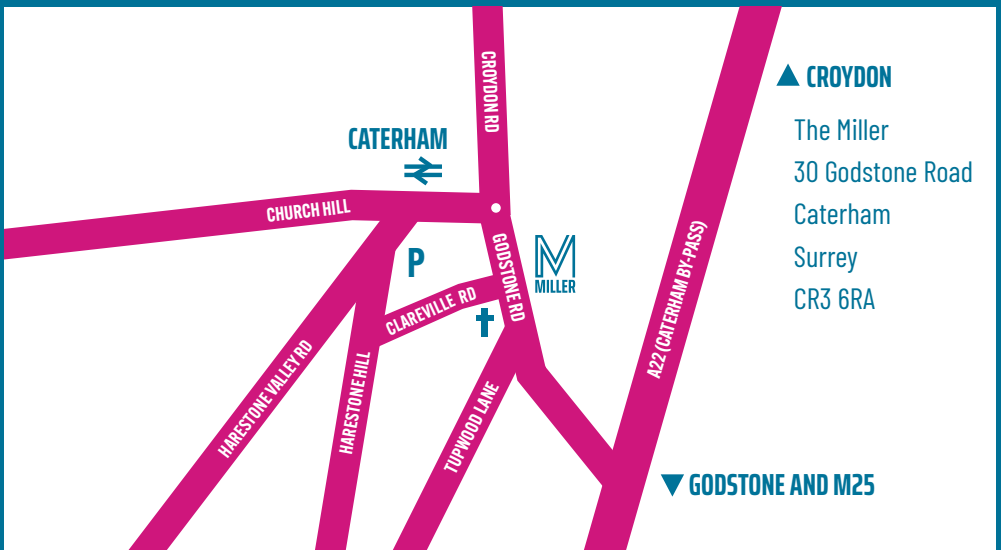
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MILLER OUTINGS

We run four coach outings a year between April and October. We have a seaside outing in the summer and three house and garden visits, at least two being National Trust properties. Pick ups from St. Mary's, Caterham on the Hill and St John's, Caterham Valley.



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MOVIES AT THE MILLER

The Miller Film Club screens new and classic films throughout the season, normally on the Monday after a play finishes.



By car: daytime parking is available in Morrisons Church Walk car park for up to 3 hours maximum. The entrance is in Harestone Valley Road. If you park at the far end of the roof level, there are steps down to Clareville Road and then a level walk to The Miller opposite St John's Church. There is on-street parking locally, but generally for a maximum 60 minutes.

By train: we are close to Caterham station on the Caterham branch from East Croydon and Purley. Change at East Croydon or Purley onto a train to Caterham Station.

By bus: routes 400, 407, 409, 411 and 434 all serve Caterham.

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