



SPRING TERM PROGRAMME 2023

CREATIVE LIVES - WEDNESDAYS - Over 60s Group

Eastern Angles Centre, Gatacre Road, Ipswich IP1 2LQ between 2pm - 4pm

Wednesday 4th January	'Jump around' Capturing movement in Art with Myra
Wednesday 11th January	Marbling with Margaret
Wednesday 18th January	Silver Clay Jewellery with Helen
Wednesday 25th January	Charcoal Drawing with Romeo
Wednesday 1st February	Still Life Drawing and Collage with Allan
Wednesday 8th February	Czech Spring with Marie

HALF TERM HOLIDAY - NO WORKSHOP ON WEDNESDAY 15th FEBRUARY

Wednesday 22nd February	Purple Foliate Faces with Lois
Wednesday 1st March	Dough Moulding with Jitka
Wednesday 8th March	Wet in Wet Painting with Marie
Wednesday 15th March	Wonderful Words with Helen
Wednesday 22nd March	Totally Tropical (painting/collage) with Allan
Wednesday 29th March	Celebrating Spring with Karen

OUR FRIDAY ARTWORKS GROUP IS CURRENTLY FULL

If you would like to be added to this group's waiting list or for more information about any of our workshops, please email hello@insideoutcommunity.com

YOUNG CREATIVES - FRIDAYS - Group for 18 to 25s

Wolsey Room, Ipswich County Library, Northgate Street, Ipswich IP1 3DE between 4pm - 6pm

Friday 6th January	Felt Making with Margaret
Friday 13th January	Czech Scenery with Marie
Friday 20th January	Still Life and Collage with Allan
Friday 27th January - DANCE EAST**	It's Your Move with Stefan
Friday 3rd February	Watercolour Universe with Jitka
Friday 10th February	Love not Hate with Karen

HALF TERM HOLIDAY - NO WORKSHOP ON FRIDAY 17th FEBRUARY

Friday 24th February - DANCE EAST**	Dancing through the Decades with Sam
Friday 3rd March	Weaving with Margaret
Friday 10th March	Wet on Wet painting with Marie
Friday 17th March	Easter Cards with Romeo
Friday 24 th March - DANCE EAST**	Sing/ Shout/ Dance About with Myra
Friday 31 st March	Positive Memes with Karen

MOVING MINDS - IPSWICH - WEDNESDAYS - Open to All Adults 18+

**Dance East, Foundry Lane, Ipswich, IP4 1DW between 10:30am - 11:30am

Come along from 10am for tea and chat. There's also time after the session for questions.

Wednesday 11 th January	Wednesday 22 nd February
Wednesday 18 th January	Wednesday 1 st March
Wednesday 25 th January	Wednesday 8 th March
Wednesday 1 st February	Wednesday 15 th March
Wednesday 8 th February	Wednesday 22 nd March

GET CREATIVE FOR LIFE - STOWMARKET - THURSDAYS - Over 60s Group

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD between 2pm - 4pm

Thursday 12 th January	Marbling with Margaret
Thursday 26 th January	Silver Clay Jewellery with Helen
Thursday 9 th February	Jump Around! Capturing Movement in Art with Myra
Thursday 23 rd February	Colour and Paint with Claudia
Thursday 9 th March	Celebrating Spring with Karen

GET CREATIVE FOR LIFE - FELIXSTOWE - THURSDAYS - Over 60s Group

Senior Citizens Centre, Broadway House, Orwell Road, Felixstowe, IP11 7DD between 2pm - 4pm

Thursday 19 th January	Printing Textures with Justine
Thursday 2 nd February	Macrame with Anna
Thursday 2 nd March	Watercolour Universe with Jitka
Thursday 16 th March	Felt Making with Margaret
Thursday 30 th March	Painting for Fun with Johnny

Bangladeshi Women's Group workshops starting Tuesday 17th January at Ipswich Library
Suffolk Liberal Jewish Community workshops starting Thursday 23rd February at Eastern Angles Centre - both workshops will take place between 10am - 12pm

SAVE THE DATE: Saturday 21st January 2023 at 8pm - St Peter's by the Waterfront, Ipswich, IP4 1BF - 'Behind the Nut' & 'Karmic Soup' will be performing. Tickets £3.
 All proceeds from the event going to Inside Out Community.



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We are grateful to all of our funders and supporters. Thank you!