



## 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 15<sup>th</sup> 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](mailto: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 17<sup>th</sup> FEBRUARY

Friday 24th February	Music as Inspiration 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 <sup>th</sup> March	Jump Around! Capturing Movement in Art with Myra
Friday 31 <sup>st</sup> 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<sup>th</sup> January

Wednesday 22<sup>nd</sup> February

Wednesday 18<sup>th</sup> January

Wednesday 1<sup>st</sup> March

Wednesday 25<sup>th</sup> January

Wednesday 8<sup>th</sup> March

Wednesday 1<sup>st</sup> February

Wednesday 15<sup>th</sup> March

Wednesday 8<sup>th</sup> February

Wednesday 22<sup>nd</sup> March

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

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

Thursday 12<sup>th</sup> January

Marbling with Margaret

Thursday 26<sup>th</sup> January

Silver Clay Jewellery with Helen

Thursday 9<sup>th</sup> February

Jump Around! Capturing Movement in Art with Myra

Thursday 23<sup>rd</sup> February

Colour and Paint with Claudia

Thursday 9<sup>th</sup> 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<sup>th</sup> January

Printing Textures with Justine

Thursday 2<sup>nd</sup> February

Macrame with Anna

Thursday 2<sup>nd</sup> March

Watercolour Universe with Jitka

Thursday 16<sup>th</sup> March

Felt Making with Margaret

Thursday 30<sup>th</sup> March

Painting for Fun with Johnny

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

If you would be interested in volunteering for Inside Out Community either as a workshop assistant or in a more formal capacity as a Trustee then please email us at [hello@insideoutcommunity.com](mailto:hello@insideoutcommunity.com)



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