

Creative Wellbeing Art Studio - Wednesday 2pm – 4pm

Wednesday 30 th April	Kitty
Wednesday 7 th May	VE 80 - Allan
Wednesday 14 th May	Infinity and Beyond - Karen
Wednesday 21 st May	Hearts, Clubs, Diamonds & Spades - Karen
NO WORKSHOP ON FRIDAY 28 TH May - HALF TERM HOLIDAY	
Wednesday 4 th June	3D Bouquet - Karen
Wednesday 11 th June	Gone Fishing - Karen
Wednesday 18 th June	Watercolour Blooms - Justine
Wednesday 25 th June	At the Movies - Karen
Wednesday 2 nd July	Tutti Frutti Part I
Wednesday 9 th July	Tutti Frutti Part II
Wednesday 16 th July	Create with Egg Tempura - Hannah
Wednesday 23 rd July	Metamorphosis - Karen

Creative Wellbeing Art Studio – Friday 11am – 1pm

Friday 2 nd May	Bug Eyed - Allan
Friday 9 th May	In the Jungle - Allan
Friday 16 th May	Frottage - Myra
Friday 23 rd May	Perspectives - Allan
NO WORKSHOP ON FRIDAY 30 TH MAY – HALF TERM HOLIDAY	
Friday 6 th June	Singing for Wellbeing – Music in Our Bones
Friday 13 th June	Fantasy Fossils - Allan
Friday 20 th June	A Midsummers Night's Dream - Allan
Friday 27 th June	Kaleidoscope - Allan
Friday 4 th July	Charcoal Mosaic Art - Romeo
Friday 11 th July	Beside the Sea - Allan
Friday 18 th July	Totally Wired - Allan
Friday 25 th July	Holiday Vibes - Allan

Moving Minds - Wednesday 10:30am - 11:30am - come along 10am for tea & chat

DanceEast, Jerwood DanceHouse, Foundry Lane, Ipswich IP4 1DW

Wednesday 23 rd April	Wednesday 11 th June
Wednesday 30 th April	Wednesday 18 th June
Wednesday 7 th May	Wednesday 25 th June
Wednesday 14 th May	Wednesday 2 nd July
Wednesday 21 st May	Wednesday 9 th July
NO SESSION 28 TH MAY – HALF TERM	
Wednesday 4 th June	Wednesday 16 th July