

## Creative Wellbeing Art Studio - Wednesday 2pm – 4pm

Wednesday 11 <sup>th</sup> September	Surrealist Portraits - Karen
Wednesday 18 <sup>th</sup> September	Tattoo Stories - Karen
Wednesday 25 <sup>th</sup> September	Harvest Moon - Karen
Wednesday 2 <sup>nd</sup> October	Guest Artist - Elena
Wednesday 9 <sup>th</sup> October	Fungi Fun - Karen
Wednesday 16 <sup>th</sup> October	Autumn Blooms - Karen
NO WORKSHOP Mon 21 <sup>st</sup> October – Friday 1 <sup>st</sup> November - HALF TERM HOLIDAY	
Wednesday 6 <sup>th</sup> November	Fabulous Fireworks - Karen
Wednesday 13 <sup>th</sup> November	Guest Artist - TBC
Wednesday 20 <sup>th</sup> November	Animals in Art - Karen
Wednesday 27 <sup>th</sup> November	Celebration of Light - Karen
Wednesday 4 <sup>th</sup> December	Guest Artist - Kitty
Wednesday 11 <sup>th</sup> December	Fluttering Snowflakes - Karen

## Creative Wellbeing Art Studio – Friday 11am – 1pm

Friday 13 <sup>th</sup> September	Choose your Style - Allan
Friday 20 <sup>th</sup> September	Cultural Arts - Allan
Friday 27 <sup>th</sup> September	Fruits of Nature - Allan
Friday 4 <sup>th</sup> October	Guest Artist – Music in Our Bones
Friday 11 <sup>th</sup> October	Still Life Abstraction - Allan
Friday 18 <sup>th</sup> October	Guest Artist - Stefan
NO WORKSHOP Mon 21 <sup>st</sup> October – Friday 1 <sup>st</sup> November - HALF TERM HOLIDAY	
Friday 8 <sup>th</sup> November	Across the Universe - Allan
Friday 15 <sup>th</sup> November	Hiding in Plain Sight - Allan
Friday 22 <sup>nd</sup> November	Golden Leaves - Allan
Friday 29 <sup>th</sup> November	Guest Artist - Elelia
Friday 6 <sup>th</sup> December	Art of Chance - Allan
Friday 13 <sup>th</sup> December	Winter Wonderland - Allan

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

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

Wednesday 18 <sup>th</sup> September	Wednesday 6 <sup>th</sup> November
Wednesday 25 <sup>th</sup> September	Wednesday 13 <sup>th</sup> November
Wednesday 2 <sup>nd</sup> October	Wednesday 20 <sup>th</sup> November
Wednesday 9 <sup>th</sup> October	Wednesday 27 <sup>th</sup> November
Wednesday 16 <sup>th</sup> October	Wednesday 4 <sup>th</sup> December
Wednesday 23 <sup>rd</sup> October	Wednesday 11 <sup>th</sup> December
NO SESSION 30 <sup>th</sup> October - HALF TERM	