

# **Gwanwyn Festival - Celebrating Creativity and Well being in older people**

**Get Inspired and Involved! A free Arts and Well Being Day at Aberystwyth**

**Arts Centre open to anyone aged 50 and over - feel free to come for all or part of the day**

**Tuesday 21st May 2013, 10am – 3.30pm**

**Free – All Welcome**

A day of free arts and well being activities - open to anyone aged 50 and over; the emphasis will be on having fun and trying something new, (tho' we positively welcome people with experience too!)

**Note: There will be limited places on some activities, so advance booking is essential**

**Contact Cath:**

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## **Morning**

	<b>Time</b>	<b>Tutor</b>	<b>Venue</b>
<b>Life Drawing</b>	10 – 12.30	Roy Marsden	2D room
<b>Photography</b>	10 – 12.30	Steve Bailey	Digilab
A fun and lively practical session learning how to take better photographs			
<b>Textiles, Tea and chat</b> (drop-in)	10 – 12.30	Becky Knight	Theatre Foyer
<b>Simple Digital Storytelling</b> (drop-in)	10.30 - 12.30 `	Huw Davies	Theatre Foyer
<b>Teas, coffees and light Lunch</b>	<b>12.30 – 1.30</b>		<b>Theatre Foyer</b>

## **Afternoon**

<b>Access to the Arts Centre Digilab</b> (drop-in)	1 – 3.30pm	Paul Davies	Digilab
<b>Photographic Portraits</b> (drop-in)	1.30 – 3.30pm	Steve Bailey	2D room
<b>Textiles, Tea and chat</b> (drop-in)	1.30 – 3.30pm	Becky Knight	Theatre Foyer
<b>Simple Digital Storytelling</b> (drop-in)	10.30 - 12.30 `	Huw Davies	Theatre Foyer
<b>Yoga</b>	2 – 3pm	Sue Jones Davies	Dance Studio

(**Note:** for the photographic portraits and storytelling, we would like you to bring something important to you, which you would like to be photographed with / talk about. We will also have a selection of clothes and objects from the 30's, 40's, 50's, 60's and 70's for anyone who hasn't brought anything.



CANOLFAN Y CELFYDDYDAU  
ABERYSTWYTH ARTS CENTRE