



**October – December, 2021**

# The Studio Activities

Monday	Tuesday	Wednesday	Thursday	Saturday
<b>Songtime</b> 11-12 On Zoom or at The Studio	<b>Day care</b> 10-1	<b>Couples' Support Group</b> 11-12.30	<b>Structured exercise with Vicky Hood</b> 11-12	<b>Music and Movement</b> 11-12
<b>Day care</b> 1-4	<b>Carers' Corner</b> 1.30-3	<b>Couples' Support Group</b> 1.30-3	in November <b>Ways with Words</b> 3.15-4.15 For people with a recent dementia diagnosis	<b>Available for hire by community groups</b>

**Sunday Cinema every two weeks at 2.00pm see website for details**

**Contact us to book in to any of these activities: 07543 534336 or by email: [thestudio@imagineartsdem.co.uk](mailto:thestudio@imagineartsdem.co.uk)**



**A place to create and connect**

Unit 2A, 6 Padge Road, Beeston NG9 2JR  
[thestudio@imagineartsdem.co.uk](mailto:thestudio@imagineartsdem.co.uk)  
 07543 534336   

**[thebeestonstudio.uk](http://thebeestonstudio.uk)**