

open arts showcase



Programme for 5 March 2009

Drop in: 10am-1pm, 2pm-5pm

- Animation – Morph a Quick Change in 10 easy frames

11am-11.50am, 12.10pm - 1pm

- Drumming workshop – Share, learn, explore and discover the power of rhythm

1pm

- Official Opening & Poetry Reading

Drop in: 2-4pm

- Silk painting – Try your hand at creating beautiful, soft painted silks

2-4pm

- Thai Chi – Learn to unwind and concentrate on what matters

Refreshments will be provided

**Please sign up for drumming and Thai Chi in advance
when you RSVP**

Open Arts is funded by SEPT, NHS South West and EEDA Working in partnership with Southend Borough Council, Rochford District Council, Essex County Council, Castlepoint District Council, Thurrock Council and NHS South East.