

# Cuairt & Cultúr

## creative time

### Dalkey CU Schedule



Tuesday 22<sup>nd</sup> October 11am-12pm

#### **Julie Merriman**

Drawing is hand-made, responsive and reflexive. The emphasis of this workshop will be on the experience and process of making marks. Instead of using the word 'draw' we will talk about 'moving the pencil, however feels comfortable. We will make a series of images focused on each participants hand, looking also at colour and the effect it has on the senses.



Tuesday 22<sup>nd</sup> October 3-4pm

#### **Harpist and Singer**

Teresa O'Donnell, one of Ireland's leading Harpists/Singers with a broad repertoire of Irish, Classical and contemporary music, plays for residents in a community space and gives an interesting commentary on the music she plays in her recital.



Monday 4<sup>th</sup> November 11am-12pm

#### **Sound Textures**

Embracing a variety of musical and visual experiences, exploring sound, colouring and texture, using images, different musical instruments and songs, the session encourages playful interaction between residents, their families and staff.



Monday 11<sup>th</sup> November 2-3pm

#### **Well-Dance for All**

Dance Theatre of Ireland, provides an uplifting, fun, creative dance class for all abilities. It will seamlessly transport you to a very joyful place, whilst improving breathing, balance, fluidity and strength - all to great music.



Monday 18<sup>th</sup> November 11am-12pm

#### **David Murphy**

A hands on workshop on growing your own plants. Learn about the role of plants in promoting good health, enhancing well-being and in sustaining the planet. This workshop will include a video on the benefits of indoor plants and how they impact on our daily lives.