

# HEYDAYS SPRING 2023

WEDNESDAY 10.30AM – 3.00PM  
11 JANUARY – 22 MARCH

LEEDS  
PLAY  
HOUSE



Photography by Jacob Gotobed

## JOIN US

**Heydays** is Leeds Playhouse's Flagship creative programme for people over 55 and is part of the Playhouse's **Creative Ageing** programme.

It has been running since the Playhouse opened on Quarry Hill in 1990 and is an integral part of the Playhouse community. Heydays is where older people meet friends, find inspiration, develop new creative skills and share them with others.

## NEW MEMBERS

We are welcoming new members at Heydays. Please come to Level 2 and meet us at the welcome desk located in front of the bar. Arrive at 10AM for a free welcome tour and look around. We do welcome tours every Wednesday during term time! No need to commit, just see if it's for you.

## PLEASE CONTACT

**Melanie Parrott**

For more information about joining:  
[melanie.parrott@leedsplayhouse.org.uk](mailto:melanie.parrott@leedsplayhouse.org.uk)



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



## MORNING

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10.30AM – 12PM

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### PLAY READING

Listen in or take part in reading from selected play scripts. A great variety of light-hearted and more serious plays.

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10.30AM – 12PM

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### CREATIVE WRITING – LEON FLEMING

Work with local playwright Leon Fleming to explore narration plays. Build your writing skills individually and in groups as you move towards the creation of your very own piece.

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10.30AM – 12PM

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### CREATIVE COLLAGE – ERIKA ANKERS (LIMITED PLACES)

Collage is the art of using paper and magazines to create pictures. It is a fun and tactile process that invites you to experiment and is designed to spark your creativity. No skills required.

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10.30AM – 12PM

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### THE NATURE IS BEAUTY – MARIA DOODY

Still life in watercolours. Everyday objects will form the composition for our still-life painting along with flowers representing springtime.

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10.30AM – 12PM

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### INTERPRETIVE PATTERN – MADDISON NORTON

Work with Maddison to explore a variety of patterns using different materials and medium to build your own pattern identity.

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10.30AM – 12PM

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### TALK TALK

Learn something new and be entertained about the arts, travel, nature, current affairs, and personal stories of history – there are all kinds of tales for all kinds of people.

## LUNCH

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12.15PM – 1.10PM

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### DANCE – ZOOBIN SURTY (LIMITED PLACES)

‘You venture into mental health, trauma and dance where your story is expressed through movement, music and mind. I am calling it ‘mind the dance’. The workshops will consist of storytelling, movement and with a multicultural Indian essence to calm and resonate with our minds.’

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12.15PM – 1.10PM

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### MUSIC – LEEDS CONSERVATOIRE

We welcome the students from the conservatoire again this term. Come and join them with music and song...

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12.15PM – 1.15PM

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### LUNCHTIME SOCIAL

Join a member of our Advisory Group at our social table to have lunch and have a chat. Perfect for new members who don't know anyone yet.

## AFTERNOON

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1.30PM – 3PM

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### SINGING – SUZI SAPEIRA

Join Suzi to embark on an eclectic mix of songs. Everything from the classical world of opera to songs from the shows, Elvis Presley and more.

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1.30PM – 3PM

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### DRAMA – HETTY BATER

Hetty from Riptide Theatre Company returns. Experiment with new and exciting ways to tell the stories we know and love.

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1.30PM – 3PM

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### DISCUSSION GROUP

Discuss and debate recent headlines, topics and conversations. Anyone is welcome to attend. Please go to the ‘Quarry Gap’ which is located around the corner from the bar area on Level 2.

## MASTERCLASSES

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1.30PM – 3PM

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A larger class, but more opportunities to try different things in the same term. Every five weeks you will start a new course with a tutor.

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11, 18, 25 JANUARY  
& 1, 8 FEBRUARY

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### CHARLOTTE FAIRCLOUGH

We will be celebrating the coming of spring, we shall be setting sail on a creative journey to design & make our very own little boat(s). We shall be using a variety of recycled cardboard, paper and fabric along with a little imagination thrown in for good measure.

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22 FEBRUARY  
& 1, 8, 15, 22 MARCH

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### SAFRANA MUSA

Safrana returns to us again from the previous term and will be helping you to make your own print repeat design using tessellation and put your own design onto the paper, creating wrapping paper.

## HEYDAYS ADVISORY GROUP

We have a team of dedicated Heydays members who volunteer with the running of Heydays. If you have any views on Heydays, please approach them and they will give suggestions to Melanie on your behalf.

## PLAYHOUSE OLDER PEOPLE

As part of Playhouse Older People, we offer creative projects and opportunities that are challenging, fun and energetic for people over the age of 55 and people living with dementia and their supporters. If you would like to find out more or want to get involved, please contact Melanie.

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We want everyone to have a fantastic experience at Heydays, so we ask that all members adhere to the following standards of behaviour.

1. Show respect, manners and courtesy to fellow members, tutors, volunteers and all Playhouse staff.
2. Respect the facilities and materials on offer to us.
3. Respect signing in, membership checks and membership renewal procedures.
4. Accept that the programme of activities is subject to change in order to maintain a challenging and interesting project.
5. Please leave the rooms on offer to us tidy and throw any rubbish in the bin.

## COVID-19 REGULATIONS

- Face masks are not a necessity at the front of house; however, we are constantly reviewing the Covid situation, and we will keep you updated if anything changes.
- The public does not need to wear a mask whilst at Heydays. However, we do want to reiterate that COVID is still spreading, and you might feel safer wearing a mask.
- Please respect that this is a Playhouse-wide policy and respect Heydays staff and tutors who adhere to this policy.

## HOW TO FIND US

Leeds Playhouse  
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