

# Cuairt & Cultúr

## creative time

## Simpson's Hospital Schedule



Monday 21<sup>st</sup> October 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.



Wednesday 23<sup>rd</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, visitors and staff in a community space and then accompanies the fine dining evening.



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

### **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.



Saturday 9<sup>th</sup> November 11am-12pm

### **Puca Puppets**

Mary from Puca Puppets with her helper Niamh Lawlor invites old, young and 'in between' to join them in some creative and collaborative fun. Together you can learn how to make a simple puppet and maybe even bring them to life.



Wednesday 13<sup>th</sup> November 2-3pm

### **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.



Thursday 28<sup>th</sup> November 11am-12pm

### **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.