Māpura Studios

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| **Term One Programmes** |
| **Tuesday 30 January - Friday 12 April 2024** |

Monday

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| **Morningside Studio** | **9.30 – 12.00 (2.5 hours)** | **OPEN STUDIO ONE** | *Visual Art - Individual Focus - artist driven work* |

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| **Avondale** | **10.00-12.00 (2 hours)** | **CREATIVE LIVING** | Visual Art - inclusive programme in a supportive environment |

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| **Otahuhu** | **10.00-11.30 (1.5 hours)** | **SINGING** | Group singing in an inclusive fun environment |

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| **Morningside Studio** | **1.00-2.30 (1.5 hours)** | **MOVEMENT & ART** | Movement, dance and visual art making |

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| **Morningside - Irish Club** | **1.00-3.00 (2 hours)** | **VISUAL ART** | Contracted group - not open |

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| **Morningside Studio** | **4.00-5.30 (1.5 hours)** | **KIDS ART CLUB** | After school art making for children |

Tuesday

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| **Morningside Studio** | **9.30 – 12.00 (2.5 hours)** | **BECOMING AN ARTIST** | Learn techniques of visual art forms |

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| **Morningside - Irish Club** | **10.00-12.30 (2.5 hours)** | **ART THERAPY** | re-stART |

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| **Penrose** | **10.30 - 12.30 (two I hour classes)** | **DANCE AND ART** | Expression through dance and visual art |

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| **Morningside - Irish Club** | **10.00 - 12.30 (2.5 hours)** | **re-stART** | Art therapy for people who have experienced stroke |

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| **Morningside Studio** | **1.00-3.00 (2 hours)** | **OPEN STUDIO TWO** | *Visual Art - Individual Focus - artist driven work* |

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| **Papakura** | **1.00-2.00 (1 hour)** | **SINGING** | Group singing in an inclusive fun environment |

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| **Onehunga** | **1.00-2.30 (1.5 hours)** | **DANCE THERAPY** | Contracted group - not open |

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| **Morningside Studio** | **4.00-5.15 (1.25 hours)** | **KIDS CREATIVE THERAPY** | Group creative therapy for children, particularly autism |

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| **Takapuna** | **4.00-5.30 (1.5 hours)** | **NORTH SHORE ART** | Visual arts programme for people with diverse needs |

Wednesday

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| **Morningside Studio** | **9.30 – 12.00 (2.5 hours)** | **STUDIO PRACTICE** | Experienced artists - self directed, individual projects |

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| **Mangere** | **9.30 – 12.00 (2.5 hours)** | **MAPURA MANGERE STUDIOS** | Visual arts for all |

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| **Orewa** | **10.00 – 12.00 (2 hours)** | **CREATIVE LIVING FOR WELLBEING** | Supportive creative environment to improve health and wellbeing |

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| **Papakura** | **9.30 – 2.00 3 sessions** | **MOVEMENT AND ART** | Movement, dance and visual art making |

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| **Penrose** | **10.00 -11.45 2 sessions** | **YOGA AND ART** | A combination of yoga and art |

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| **Morningside Studio** | **1.00 - 2.00 (1 hour)** | **CREATIVE MUSIC 1** | Experimental music group |

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| **Morningside Studio** | **2.15 - 3.15 (1 hour)** | **CREATIVE MUSIC 2** | Experimental music group |

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| **Morningside Studio** | **4.00-5.30 (1.5 hours)** | **CARTOONING** | Comics and ilustration |

Thursday

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| **Morningside Studio** | **9.30 – 12.00 (2.5 hours)** | **LEADING A CREATIVE LIFE** | Enabling people with stroke affect or similar to express themselves |
|  |  |  | creatively |
| **Papakura** | **9.30 - 11.15 (1.75 hours)** | **VISUAL ART** | A visual art programme for diverse people |

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| **Penrose** | **12.30 - 2.00 (1.5 hours)** | **SINGING** | Group singing in an inclusive fun environment |

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| **Morningside Studio** | **1.00-3.00 (2 hours)** | **OPEN STUDIO THREE** | *Visual Art - Individual Focus - artist driven work* |

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| **Morningside Studio** | **4.00-5.30 (1.5 hours** | **TEENS CREATIVE THERAPY** | Group creative therapy for Teens, particularly autism |

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| **Morningside Studio** | **6.00-7.30 (1.5 hours)** | **YOUNG ADULTS CREATIVE THERAPY** | Group creative therapy for Young Adults particularly autism |

Friday

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| **Mt Albert** | **10.00-11.30 (1.5 hours)** | **SINGING** | Group singing in an inclusive fun environment |

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| **Morningside Studio** | **10.00-12.00 (2 hours)** | **TRANSITION** | People who have been through stroke art therapy |

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| **Manurewa** | **10.00-12.00 (2 hours)** | **FEEL GOOD FRIDAY** | Visual art for the community |

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| **Papakura** | **10.00-12.00 (2 hours)** | **CARTOONING/VISUAL ART** | Combination of comic making, visual art |