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| **Māpura Studios Timetable** |
| **Off site Venues** |

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

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Proposed Classes** |
| **Class Time** | **10.00am - 12.00pm (2 hours)** | **10.15am - 11.45pm (1.50 hours)** | **10.00am - 12.00pm (2 hours)** |  | **10.00am - 12.30pm (2.5 hours)** |  |
|  | **CREATIVE LIVING** | **SINGING** | **CREATIVE LIVING FOR HEALTH AND WELLBEING** |  |  |  |
| *An inclusive visual art programme in a supportive environment* | *Group singing with a music therapist in a fun environment* | *A supportive creative environment for those living with grief, depression or similar, to develop skills to improve health and wellbeing* |
| **Venue- All Goods** | **Otahuhu** |  |
| ***99 Rosebank Rd, Avondale*** | **Town Hall-Community Centre** | **Venue- Estuary Arts** |
| **free** | **Cost $60 for 10 sessions** | **Cost $100 for 10 sessions** |  |  |  |
|  |  |  |  |  |  |
| **Class Time** | **1.00 to 3.00pm** | **4.00 - 5.30pm (1.5 hours)** |  |  |  |  |
|  | **Visual Art** | **NORTH SHORE ART** |  |  |  |  |
| *contracted group for Geneva Healthcare* | *Art Classes with visual art and cartooning- Particular provision for diverse or complex needs* |
| **Venue - Irish Club** | **Venue -PHAB Takapuna** |
|  | *Carer Support accepted* |
|  | **Cost $235 for 9 sessions** |  |  |  |  |
|  |  |  |  |  |  |
|  | **1.00 - 2.30pm (1.5 hours)** |  |  |  |  |
|  | **DANCE THERAPY**  *Contracted Dance Therapy*  **Venue -Onehunga** |  |  |  |  |
|  |  |  |  |  |  |