

BRUM'S LOCKDOWN ART MENU

This is the perfect time to get creative at home. Keep supporting the arts in Birmingham!

1 GET CRAFTY



Postal Art Club! - A monthly pack of materials will be sent out to participants who sign up. Participants will produce a piece of artwork on a postcard sized piece of paper, which will be bound into a set of very special zines.

Contact: stirchleyartroom@gmail.com

4 SUPPORT BRUM



Decorate your home - with long lasting, beautiful prints of places in Birmingham - "Silver gelatin prints" have certain qualities that digital printing cannot replicate.

Support photographer - Ashley Carr by purchasing his high quality, non-digital prints here: www.ashley-carr.co.uk/darkroom-prints

2 GET DANCING



Yoga, tailored for you! - Pay-what-you-can adult classes available every week from Eleanor Walker. Contact her via her website www.eleanor-walker.co.uk

Bedroom Ballet - 11am this Saturday, make some space and set your phone up so you can join in with Nina Azadeh's ballet exercise to familiar tunes. Live streaming from Instagram - @LittleBallernina



Birmingham Old and New: Prints by Ashley Carr



3 GET MUSICAL



Choir-based workout! - Wake up early in the morning and sing, Thursdays and Fridays, 9-9:45am. Just search "The Active Wellbeing Society" on Facebook.

Get the kids making music! Turn your kids into composers with things like sounds in the garden, or super heroes or using quirky graphical scores. Check out more on the BCMG [Birmingham Contemporary Music Group] website: www.resources.bcmg.org.uk/creating-music-at-home/



Making music in Edgbaston:
Artsmile festival, 2019

VIRTUAL ACTIVITIES TIMETABLE

MONDAY 27TH OF APRIL- SUNDAY 3RD OF MAY



Virtual Activities

Mon 27th April - Sun 3rd May

#stayinworkout

#BrumTogether

MON	TUE	WED	THUR	FRI	SAT
10am-10:40am Understanding and Managing Anxiety	9am-9:45am Chair Based Exercise	10am-10:45am Zumba	9am-9:45am Chair Based Exercise	9am-9:45am Chair Based Exercise	9am-10am Zumba
1pm-1:45pm Family Bollywood Age 7+	1pm-1:30pm Poetry with Punch	3pm-3:45pm Teen Explorers	10:30am-11:30am Tai-Chi	1pm - 1:45pm Singing and Drama Ages 4 - 8	6pm-7pm Drum and Bass Workout
6pm-7pm Couch to 5k Age 12+	1:45pm-2:30pm Children's Street Dance Age 7+	6pm-7pm SwingFit	1pm-1:45pm More 4 Men Workout	5pm-6pm Zumba	9am-9:55am Pilates
	5pm-5:45pm Learn to Sketch for Beginners	7:15pm-8:15pm Couch to 5k Age 12+	6pm-6:30pm & 6:30pm-7pm Pilates		10am-10:45am Teen Explorers



Live on Facebook - Search 'The Active Wellbeing Society'

Available after at:



@TAWsociety



www.theaws.co.uk



active communities

