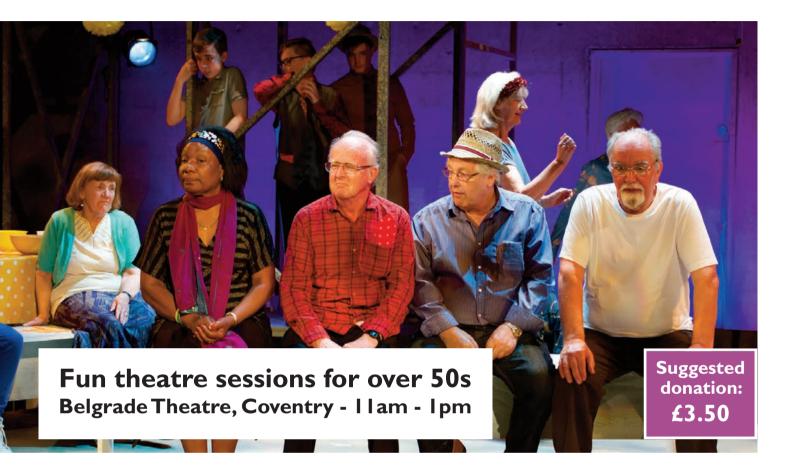


Arts Gymnasium





Join us at the Belgrade Theatre for our fun weekly theatre sessions, promoting positive well-being through imagination and movement.

Tuesdays - For anybody aged 50 and over, build your confidence and have fun!

Fridays - For people with memory impairments and/or living with early stage dementia

No previous experience needed. Refreshments will be provided.

For more information or to book a place contact:

Alice Williams
024 7684 6741 or email
awilliams@belgrade.co.uk















