**Friday 26 April**

**‘The Colville Set’ - Writers in Residence**

12:00 - 17:00 | Central & Cecil Housing Trust & Nichola Charalambou

**Third Age Project**

12:00 - 13:00 |Country Dancing with Mary Panton - performance then workshop (MWC)

13:00 - 14:00 | Tai Chi – Nikolaos Trigkatzis performance and workshop (WKC)

14:00 - 16:00 |Drama Workshop with Gary Keilty (WEA)

**Ben Uri Gallery and Museum - led by Emma Hollamby**

12:30 - 13:30 | Art discussions

[**Comedy Bootcamp with Lynn Ruth Miller (click to pre-book)**](https://www.eventbrite.co.uk/e/comedy-bootcamp-at-tate-modern-with-lynn-ruth-miller-tickets-57981803134)

13:00 - 15:00 | Bootcamp

15:30 - 15:45 | Stand-up performance

**‘Forever Young’ - Parkour for Seniors (West Coast Parkour)** - **Turbine Hall**

13:00 | 14:00 | 15:00 | 16:00

[**Multi-sensory Intervention in Tate - NGO “Social Arts Projects”** **(Click to pre-book)**](mailto:ieva@menasgerovei.lt)

13:00 - 14:15 | Gallery tour (start from **Tate Exchange Meeting Point)**

**‘All Together Singing’ - Choir Performance**

Central & Cecil Housing Trust with Nicola Wydenbach & Laurie O’Brien

13:00 - 13:20

15:00 - 15:20

**Ben Uri Gallery and Museum - led by Emma Hollamby**

14:30 - 15:30 | Collage poster making

**London Symphony Orchestra**

15:30 - 16:30 | Creative music-making workshop

**Saturday 27 April**

**Jacksons Lane - Circus Skills workshop**

12:00 - 14:00

**Open Age - Creative writing workshop**

12:00 - 16:00

**Third Age Project**

12:00 - 14:00 | Susan Lucas – Pop Up Health exercises: Use It Or Lose it! (TAP)

14:00 - 16:00 | Jewellery-Making with Uni Kim (WEA)

16:00 - 17:00 | Zumba Gold with Jacqueline Musgrave (TAP)

**Comedy Bootcamp with Lynn Ruth Miller**

12:15 - 14:15 | Bootcamp

14:40 - 14:55 | Stand-up performance

**Ben Uri Gallery and Museum - led by Emma Hollamby**

12:30 - 13:30 | Art discussions

[**Multi-sensory Intervention in Tate - NGO “Social Arts Projects”** **(Click to pre-book)**](mailto:ieva@menasgerovei.lt)

13:00 - 14:15 | Gallery tour (Start from **Tate Exchange Meeting Point)**

15:30 - 16:45 | Gallery tour (Start from **Tate Exchange Meeting Point)**

**Chris Huntley & the Claremont Project Gospel Choir**

14:30 - 16:00 | Gospel choir workshop

14:15 - 14:30 | Gospel choir performance

16:00 - 16:15 | Gospel choir performance

**Ben Uri Gallery and Museum - led by Emma Hollamby**

14:30 - 15:30 | Collage poster making

**Sage Dance Company – mixed programme**

15:30 - 15:50

16:30 - 16:50

**Sunday 28 April**

**The Liminal Space**

12:00 - 14:00 | Discussions and drop-in workshop

**Open Age - Creative writing workshop**

12:00 - 16:00 | Workshop

**Third Age Project**

12:00 - 14:00 | Emma Weir - Dance Freestyle with workshop (MWC)

14:00 - 16:00 | Creative Arts with Zoe Hutton-Wilson (MWC)

16:00 - 17:00 | Music Circle with Laurie White (TAP/Capital Age Arts)

**Jacksons Lane - ‘Women Rise’ theatre workshop**

12:30 - 12:45

14:00 - 14:15

**Ben Uri Gallery and Museum - led by Emma Hollamby**

12:30 - 13:30 | Art Discussions

**‘Forever Young’ - Parkour for Seniors (West Coast Parkour)**

13:00 | 14:00 | 15:00 | 16:00 – 30 min Parkour workshops – Turbine Hall

[**Comedy Bootcamp with Lynn Ruth Miller (click to pre-book)**](https://www.eventbrite.co.uk/e/comedy-bootcamp-at-tate-modern-with-lynn-ruth-miller-tickets-57981803134)

14:00 - 16:00 | Bootcamp

16:00 - 16:25 | Stand-up performance

**Sage Dance Company**

13:15 - 13:35

15:00 - 15:20