

# ADDITIONAL INFORMATION

## HOW DO I JOIN HEYDAYS FOR THIS TERM?

You can sign up and renew your membership with our Box Office team, either in person or by calling 0113 213 7700.

## HOW DO I BOOK ONTO ACTIVITIES?

You can now book the sessions of your choice at Box Office. Have a look through this brochure to make your selections, then let the Box Office team know your first and second choices for the morning and afternoon. If the session is full, you will be placed on a waiting list.

## HOW MUCH DOES HEYDAYS COST?

The full spring term of activities costs £80. This includes your weekly sessions and additional member-only events.

The cost can be paid in full or in 4 monthly installments of £20.

We are committed to ensuring everyone can attend Heydays so a limited number of bursaries are available. Please ask for further details.

## NEW TO HEYDAYS?

If you are over 55 and interested in joining our creative programme, you are welcome to come along for a free taster day. Please arrive at Level 2 from 10am and speak to a member of our friendly team.



Photography by Beata Pejka

## HOW TO FIND US

Leeds Playhouse  
Playhouse Square,  
Quarry Hill  
Leeds, LS2 7UP

**BOX OFFICE**  
Tuesday – Friday  
12PM – 4PM  
0113 213 7700  
[leedsplayhouse.org.uk](http://leedsplayhouse.org.uk)

**EMAIL**  
[connect@leedsplayhouse.org.uk](mailto:connect@leedsplayhouse.org.uk)

**SUPPORTED BY:**



# HEYDAYS SUMMER 2025

LEEDS  
PLAY  
HOUSE

**WEDNESDAY 23 APRIL – WEDNESDAY 2 JULY 2025**  
**10.30AM – 2.30PM (NO SESSION 28 MAY 2025)**



**A PROGRAMME  
OF CREATIVE CLASSES  
AND ACTIVITIES FOR OVER 55s**

Photography by Mike Pinches

# MORNING

10.30AM – 12PM

## PLAY READING

Run by members

### LEVEL 3 | WESTON ROOM

We will read a selection of scripts ranging from **Jane Austen** to **Emily Brontë** to modern TV sit-coms. Join us to read a part in, or listen to, a one-off sound production of each play that is chosen.

## DANCE

with **Tara Balfour**

### LEVEL 3 | CITY ROOM

Sessions will explore the basic steps and body movements of salsa and other Latin American dance styles. We will also learn about musicality and how to interpret Latin American music and rhythms through the body.

## ART

with **Paul Atkinson**

### LEVEL 2 | PLAYHOUSE BAR AREA

Join Heydays member and accomplished artist, Paul, to explore a range of styles, techniques and media in this beginner-friendly class which will explore the notion of 'Alternative Art'.



## HOW DOES YOUR GARDEN GROW?

with **Catherine White**

### LEVEL 2 | BALCONY

A mixed border of practical activities and creative responses focusing on plants and flowers. From growing windowsill microgreens to discovering the Victorian language of flowers, this class explores the beauty and bounty of nature.

## WRITING FOR STAGE AND SCREEN

with **Chris O' Connor**

### LEVEL 2 | BROOKE ROOM

Ever wanted to write a play but not sure where to start? In this series of workshops, you'll explore the essential elements of playwriting-creating compelling characters, crafting dynamic dialogue, and shaping a story that works on stage.

## POP-IN PROGRAMME

### LEVEL 2 | PLAYHOUSE KITCHEN

Join us for a rolling programme of activity from talks to taster sessions. Sessions will vary weekly so make sure you look out for details in your weekly Heydays email and on the noticeboard.

This is a great chance to meet and chat with other members while dropping in for informal activities.

# LUNCH

12PM – 1PM

Visit the Playhouse Kitchen, our Front Room Café or bring your own packed lunch.

Look out for a carousel of member-led activities that run over lunchtime to suit all interests ranging from playing the ukulele, discussing the latest must-read books, or knitting and crocheting.

# AFTERNOON

1PM – 2.30PM

## HEYDAYS CHOIR

with **Suzi Saperia**

### LEVEL 3 | WESTON ROOM

Come and join our choir community and enjoy the benefits of singing together! Proven to have many health benefits, singing can improve posture, breathing and muscle tension along with reducing stress, anxiety and depression. No previous singing experience or musical knowledge is necessary, just come along and give it a go!

## DRAMA

with **Dr Bridie Moore**

### LEVEL 3 | CITY ROOM

Enjoy developing your drama skills, push boundaries and have fun in these friendly and supportive workshops. Exploring the idea of memory and ageing, we will share stories, devise pieces and hone our performance skills. No prior acting experience necessary.

## STRINGING TOGETHER A GOOD TIME!

with **Maddison Norton**

### LEVEL 2 | PLAYHOUSE BAR AREA

Come and have a go at some string art. We'll be exploring colour, technique and skill, all using string. Knot to brag, but we'll have a blast!

