



Playing for Cake^{.uk}

Singing and music-making for better health and wellbeing



Singing for Health, Wellbeing & Fun!

20th Sept	Welcome Aboard! Led by Tina, David and Amanda.
27th Sept	Oliver (and friends)! Led by Ervin Munir and the PFC crew.
4th Oct	Songs by Simon & Garfunkel led by Ervin Munir.
11th Oct	Drumming, Percussion and Song! Led by Keith Welch and the crew.
18th Oct	More Drumming, Percussion and Song! Led by Keith Welch etc!
25th Oct	Well-known Songs to Sing with Kit Bottomley (Kit is just 13!).
1st Nov	Halloween & Guy Fawkes Night Fun with Tina, David and Amanda.
8th Nov	Songs of the Sea with Brian Farrow and local shanty singers.
15th Nov	Sing-a-long-a-SUBs! Sing with the Sheringham Ukulele Band!
22nd Nov	Fun with Brass! Led by Cromer & Sheringham Brass Band.
29th Nov	Harmony Songs from Around the World led by Natasha Hood.
6th Dec	Sing-a-long-a-SUBs! More singing with the Ukulele Band!
13th Dec	All Things Twinkly! A fun Christmas Special with the PFC crew.

FREE, Friendly and Informal. Just drop in!
All ages and abilities welcome. Dementia-accessible.

The Hub, Sheringham Little Theatre

Wednesdays 3:30-5pm

More info: www.playingforcake.uk /

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