

Dulcimers & Ukuleles at Squirrels Nest Open Day 20th May 2016



Thanks to Gwanwyn the Squirrels have been making apalachian mountain dulcimers in their men's shed. They have also been learning to play it alongside their regular ukulele lessons.

On the **20th of May** and as part of the Gwanwyn festivities we will be holding an informal musical and open day. We'll kick off at about **11.30** playing our instruments, there will be plenty of teas and coffees and we'll be putting on sandwiches, cakes and snacks too. On show will be things that we make in the shed, so we hope you can **come along and find out what we do**.

If you have your own ukulele or even a mountain dulcimer please feel free to bring it along and join in. This is a very informal event so come on and don't worry about joining in. Most of the activities will take place outdoors, directly outside the shed. We'll have a pop up marquis and there will be opportunities to come take a look inside!

We hope to have in attendance members from other men's sheds in South and West Wales, along with representatives of the Men's Shed Association Cymru.



Please let us know if you'd like to come along?

Tel **01656 729 625** or email Robert vitafit1@hotmail.com

Gwanwyn is a month-long national festival held across Wales in May each year celebrating creativity in older age. The festival began in 2006 and is supported by Arts Council of Wales and Welsh Government. Gwanwyn, which means spring in Welsh, celebrates older age as a time of opportunity for renewal, growth and creativity. It aims to offer opportunities for greater participation by older people in the arts, whether visual arts, drama, storytelling, music, literature, photography, dance or film.

