

JUNE 2020



Hirsch ONLINE Arts & Wellness Programs

Registration is Required for all Hirsch Online Programs. View the Class Calendar and Register at www.HirschWellnessNetwork.org

Every Monday 6 - 6:45pm	Taiji-Qigong Class with <i>Bill Savage</i> Stay active and learn the fundamentals of Taiji /Qigong and meditation. The gentle, slow movements allow everyone to participate and progress at their own pace for improving overall health.	
Every Tuesday 4 - 5:15pm	Tuesday Afternoons with Triad Yoga with <i>Terry Brown</i> Terry Brown of Triad Yoga is continuing his weekly Hirsch yoga and movement class online! Join this thriving community designed for cancer survivors and caregivers.	
Mon. June 1 Fri. June 26 1-2pm	The Art of Crocheting with <i>Vanessa McCormick</i> Twice a Month! Bring your crochet hook and yarn, and come ready to share your current project with others, in a relaxing online group activity. If you are new to crochet, this is a great opportunity to watch and learn.	
Friday June 5 7-8:30pm	Sound Journey with <i>Alexander Tuttle</i> Alexander Tuttle creates a healing sound journey with crystal and brass singing bowls, wind instruments and drums to invite our senses to relax, finding respite from our thoughts or worries.	
Wednesday June 10 6-7:30pm	Resting in Awareness ~ A Mindfulness Meditation with <i>Ash Poirier</i> Join Ash Poirier for this evening session designed to introduce calm, reduce stress, improve sleep, instill happiness, and offer tools for emotional well-being and self care.	
Wed. June 10 Fri. June 19 Wed. June 24 1-2:30pm	Open Studio <i>Three Online Classes, each with a different artist and activity!</i> <i>June 10</i> - Nona Pryor offers lively conversation by sharing the books and films Hirsch Instructors are enjoying. <i>June 19</i> - Jacqui Mehring introduces us to making "Tiny Books". Register by June 10th for Art Supplies to be mailed. <i>June 24</i> - Bob Nordbruch joins us from his home art studio to share inspiration, technique and thoughts on painting.	
Fridays June 12 & 26 12noon-1pm	Artists at Home <i>Conversations with Hirsch Instructors on Art and Healing</i> Join local writer Molly Haile for conversations with our very own Hirsch Instructors. Get to know each artist's personal story, and individual desire for creativity and inspiration. Check our online calendar to see who will be featured!	
Friday June 12 1-2:30pm	Zentangle with <i>Michele Rieder</i> Zentangling is the art of making simple marks on paper, that emerge into beautiful patterns and designs, while bringing a heightened state of calm, and relaxation for mind body and spirit! Register by June 3rd for Art Supplies to be mailed.	
Monday June 15 1-2:30pm	Sketching with a Brush with <i>Bob Nordbruch</i> Join Bob in his home studio for this conversational class as he creates an original work of art and shares his inspiration for applying paint to canvas. You will enjoy Bob's spontaneous style and trademark brilliant color palette.	
Wednesday June 17 1-3pm	Writing to Heal with <i>Molly Haile</i> Join this online class and see how expressive writing has the power to heal and transform our physical, mental and spiritual health. Enjoy this supportive group for inspiring conversation and writing tips.	
Thursday June 18 6-7pm	Yoga to Reduce Tension in our Back Body with <i>Terry Brown</i> In this session we build stability and balance with hip openers and standing poses that help strengthen the muscles of the legs. As the legs get stronger, the whole body gets stronger.	
Monday June 22 1-2:30pm	Fairy Garden Escape with <i>Catherine Crowder</i> Discover, imagine and play outside in nature. Enter a world of wonder for creatures great and small by creating a unique work of Fairy Garden art. Register by June 15th for art supplies to be mailed.	
Thursday June 25 1-2:30pm	Fine Art Paper Quilling with <i>Mavis Liggett</i> Paper quilling or filigree is a relaxing, meditative art form of twisting small strips of paper into beautiful 3-dimensional shapes, combining color and pattern to create a larger mosaic. Register by June 15th for Art Supplies to be mailed.	
Thursday June 25 6-8pm	Hirsch Reads Book Club with <i>Nona Pryor and Catherine Sutton</i> Join us as we read, "Where the Crawdads Sing" by Delia Owens. Books are available for borrowing. Register by June 15th to receive the book by mail, along with a self-addressed/postage paid envelope for returning your book.	

REGISTER ONLINE: HirschWellnessNetwork.org • EMAIL: Admin@HirschCenter.org • CALL: 336-209-0259

Classes are Free of Charge for Cancer Patients in Treatment, Survivors and Caregivers
NEW programs are added throughout the month. Check our Online Class Schedule

