

JULY 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.	
Friday July 3 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! Register by June 23rd for Art Supplies to be provided.	
Mon. July 6 Fri. July 24 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.	
Wed. July 8 Wed. July 22 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.	
Thursdays July 9, 16, 23, 30 1-3pm	Creating with Watercolor Pencils with <i>Mavis Liggett</i> Watercolor pencils give artists the best of both worlds, that of painting and drawing. Learn new techniques for shading and blending color to make beautiful illustrations. Register by July 1st for Art Supplies to be provided.	
Fri. July 10 Fri. July 24 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 July 10 2-3:30pm	Paper Lanterns with <i>Alex Gaal</i> Creating paper lanterns is a festive way to bring decorative light and color to any indoor or outdoor space. Join Alex and learn the art of paper folding and cutting. Register by July 1st for Art Supplies to be provided.	
Tues. July 14 Wed. July 22 1-2:30pm	Open Studio <i>Two Online Creative Opportunities, each with a different artist and activity!</i> <i>July 14-</i> Horticultural Therapist Catherine Crowder joins Nona Pryor for a Question & Answer session on Gardening. <i>July 22 -</i> Bob Nordbruch joins us from his home art studio to share inspiration, technique and thoughts on painting.	
Wednesday July 15 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.	
Friday July 17 1-2:30pm	Paper Marbling (The Japanese art of Sumanigashi) with <i>Suzanne Baker</i> Suzanne is a fine art book and print maker, specializing in paper marbling. Join her as she demonstrates how the magic of color Sumi inks float on water and become one-of-a-kind unique works of paper art.	
Monday July 20 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.	
Thursday July 23 6-7pm	Yoga ~ The Revolving & Evolving Practice of Twists with <i>Terry Brown of Triad Yoga Institute</i> Twisting postures are beneficial to release tension in the spine muscles, and to massage abdominal organs. You will enjoy releasing resistance that exists along the spine, to create a feeling of freedom and lightness. Appropriate for all participants.	
Wednesday July 29 1-2:30pm	Paint Your Pot with <i>Alex Gaal</i> This class will teach you how to spice up a simple white mug with colorful designs made with Sharpie markers. You can use them to add a fun touch to your house or give them as a gift. Register by July 20th for Art Supplies to be provided.	

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

