



**Dignity Health®**

Mercy & Memorial Hospitals

**ART AND SPIRITUALITY CENTER**

## Fall Schedule

**September 1, 2022 – December 31, 2022**

The Art and Spirituality Center is located at Mercy Hospital Downtown in the Marian Building (near the corner of A Street and Truxtun Avenue). Look for the “Welcome to Art for Healing” sign outside of our front door on Truxtun Avenue.

Art for Healing provides opportunities for art-making, writing, music and other creative experiences free of charge. We hope that each participant may become practiced in the skills of letting go, living in the moment, artful reflection and relaxation. All programs are led by experienced facilitators and are for persons 18 and older (unless otherwise noted) who are seeking a respite from stress or health concerns. You may register online at [www.dignityhealth.org/central-california/services/art-and-spirituality-center/register-for-workshops](http://www.dignityhealth.org/central-california/services/art-and-spirituality-center/register-for-workshops), via email at [MHB-ArtforHealing@DignityHealth.org](mailto:MHB-ArtforHealing@DignityHealth.org), or by phone by calling our Art Registration line at 661-632-5747.

We currently offer both virtual and in-person workshops. Due to limited capacity, registration is required for **all** workshops to secure your seat unless otherwise stated. We ask that you register for our workshops **no more than one month in advance** and only register for workshops you are sure to attend. Many of our workshops reach maximum capacity and a waitlist is created for those who express interest once the workshop is full. If you cannot attend a scheduled workshop, please contact us as soon as possible so we may open your spot to those on the waitlist.

The schedule lists our programs by type and by date of the first program as follows:

- |                                |           |
|--------------------------------|-----------|
| • Contemplative and Reflective | Page 2    |
| • Drawing and Painting         | Pages 3-5 |
| • Music and Movement           | Pages 6-8 |
| • Writing and Poetry           | Page 9    |

Following our program schedule you will find:

- |                             |             |
|-----------------------------|-------------|
| • Facilitator Biographies   | Pages 10-11 |
| • Additional Information    | Page 12     |
| • Monthly Program Calendars | Pages 13-16 |

Legend:  Virtual Workshop/Series  In-Person Workshop/Series

## Contemplative and Reflective Programs

### **V Meditation & Healing Breath:** Registration required

**Wednesdays: October 12<sup>th</sup> & 26<sup>th</sup>, November 9<sup>th</sup> & 23<sup>rd</sup>, December 7<sup>th</sup> & 21<sup>st</sup>**

**10:00 AM – 11:00 AM via Zoom**



During this workshop you will learn and practice mindful breathing techniques which will increase oxygenation in the body for greater overall health. These techniques are designed to calm and quiet your nervous system. Additional benefits include entering into a state of deep relaxation, release of stress, increased self-awareness, and peace of mind. These positive benefits are too good to pass up! Join us on this intentional meditation and breathing journey that will leave you feeling light, calm, and grounded.

*Facilitated by Gwen Mitchell*

## Drawing and Painting Programs

**📌 Family Fridays: Art that Inspires Family Bonding:** Registration required

**(Note: Due to limited capacity groups will be limited to two people per group)**

**Fridays: September 2<sup>nd</sup> & 16<sup>th</sup>, October 7<sup>th</sup> & 21<sup>st</sup>, November 4<sup>th</sup> & 18<sup>th</sup> & December 2<sup>nd</sup> & 16<sup>th</sup>**

**6:00 PM – 8:30 PM @ the Art and Spirituality Center**



Research shows that experiencing art with loved ones can be very beneficial for child development and family bonding.

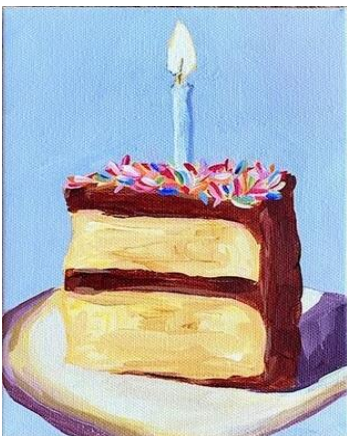
Experiencing art together allows for some undivided attention between children and their parents, grandparents, or other family members in a one-on-one holistic setting. In this workshop, be prepared to strengthen relationships by spending dedicated time with

each other, listening, respecting each other's opinion and having a wonderful art piece to show for it. Join us for this artistic intergenerational togetherness experience. **A**

**materials donation of \$5.00 per session is appreciated, but not required. For your privacy, please place all donations into our donation box.**

*Facilitated by Brittney Rivera*

### September



### October



### November



### December



**V Zentangle®, Meditative Art through Patterned Drawing:** Registration required  
**Thursday: September 22<sup>nd</sup>, October 20<sup>th</sup>, November 17<sup>th</sup>, December 15<sup>th</sup>**  
**4:00 PM – 6:00 PM via Zoom**

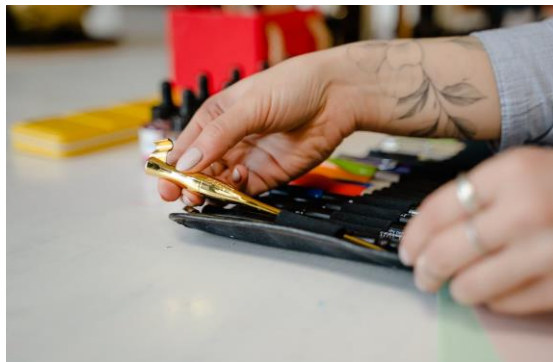


Zentangle® is a meditative drawing process intended to quiet the mind while creating art. One of the many benefits of Zentangle® is that people of all ages, regardless of drawing experience, can engage in this mindful activity and achieve a satisfying sense of creative accomplishment. During each workshop we will take the Zentangle® art form, apply its eight steps and combine it with fun and simple designs to create an inspired work of art. Let's tangle together!

*Facilitated by Terry Hall*

**V Inktober Sketchbook Challenge (four-part series):** Registration required  
**(Note: Afternoon and evening sessions available)**

**Tuesday: September 20<sup>th</sup>, October 4<sup>th</sup> & 18<sup>th</sup>, November 1<sup>st</sup>**  
**2:00 PM – 3:00 PM via Zoom or**  
**6:00 PM – 7:00 PM via Zoom**



Do you love to doodle and draw, or just wish you were better at drawing? The Inktober challenge is for all of this. Every year in October, this engaging activity is practiced by artists of all levels all around the world. Artists respond to a prompt word in whatever way they wish to interpret it. All interpretations are unique, and all are correct! Our Inktober challenge will start on September 20<sup>th</sup> and will

end with a final sharing on November 1<sup>st</sup>. Materials include a mid-sized sketchbook with paper weight of 50 lbs. or higher, pencils, pens, and/or markers. A variety of sketchbook examples, YouTube videos and stories about the Inktober challenge will be shared with participants during each workshop. All ages and skill levels are welcome.

*Facilitated by Norma Neil*



## **V Praying in Color:** Registration required

**Tuesday: December 6th, 13th & 20th**

**3:00 PM – 4:30 PM via Zoom**



Prayer is defined as spiritual communion with the divine. Using simple art materials, participants will learn a new way to express their hopes and their heart's deep longings, gratitude, blessings, and concerns for others and the world through visual imagery. Each week we will explore a different aspect of that communion. The workshop can be enriching for any person who wants to develop a deeper connection with a spiritual

life, regardless of one's particular faith journey. Each session will be self-contained or can be attended as a series.

*Facilitated by Rose Lester*

## Music and Movement Programs

**Up Threshold Choir:** Reservations required for new/inquiring members via phone @ 661-632-5874

**Friday: September 2<sup>nd</sup> & 16<sup>th</sup>, October 7<sup>th</sup> & 21<sup>st</sup>, November 4<sup>th</sup> & 18<sup>th</sup> & December 2<sup>nd</sup> & 16<sup>th</sup>  
9:30 AM – 11:30 AM @ the Art and Spirituality Center**



We are part of an international network of a cappella choirs whose mission is to sing gentle songs for those at the threshold of life and for those in need of comfort. We offer the gift of singing to bring ease and calm. As singers, the songs we learn also nourish our own bodies and souls. We look forward to welcoming you to our practices. If you would like to communicate kindness with your voice, can carry a tune and are able to hold your part (or sincerely want to learn), please contact us at 661-632-5874. **Donations are appreciated, but not**

**required. For your privacy, please place all donations into our donation box.**

*Hosted by Threshold Choir members*

## **Tai Chi 4 Health:** Registration required

(Note: this program contains three separate series and one single workshop, each with a different focus)

### 1. Tai Chi for Arthritis (three-part series):

Evening series on Tuesday: September 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>

5:30 PM – 6:45 PM @ the Art and Spirituality Center

Morning series on Thursday: October 6<sup>th</sup>, 13<sup>th</sup> & 27<sup>th</sup>

9:00 AM – 10:15 AM @ the Art and Spirituality Center

### 2. Tai Chi Veterans Edition -- Heroes & Sheroes for Rehabilitation and Strength:

Thursday: November 3<sup>rd</sup>

9:00 AM – 10:30 AM @ the Art and Spirituality Center

### 3. Tai Chi for Memory (two-part series):

Evening series on Tuesday: November 8<sup>th</sup> & 15<sup>th</sup>

5:30 PM – 6:45 PM @ the Art and Spirituality Center

Morning series on Thursday: November 10<sup>th</sup> & 17<sup>th</sup>

9:00 AM – 10:15 AM @ the Art and Spirituality Center

### 4. Tai Chi for Diabetes (three-part series):

Evening series on Tuesday: November 29<sup>th</sup>, December 6<sup>th</sup> & 13<sup>th</sup>

5:30 PM – 6:45 PM @ the Art and Spirituality Center

Morning series on Thursday: December 1<sup>st</sup>, 8<sup>th</sup>, & 15<sup>th</sup>

9:00 AM – 10:15 AM @ the Art and Spirituality Center



Tai Chi is the Chinese internal martial art that invites each participant to gently express meditative movement while experiencing a calm and soothing state of relaxation. Whether seated or standing, concentration on circular and sequential movement invites all participants to engage mental focus and obtain an overall sense of well-being. Many participants will experience the benefits of improved circulation,

balance, and increased mental and physical agility with continued practice. We invite you to wear loose-fitting clothing that will allow all joints to move comfortably without restriction. Closed-toe shoes without heels for comfort and ease of movement are recommended. Join us as we enjoy gentle movement and receive a healthy dose of “Happy Qi!” All skill levels are welcome. **A materials donation of \$5.00 per session is appreciated, but not required. For your privacy, please place all donations into our donation box.**

*Facilitated by Debra Dunn-Yonke*

**V Tai Chi Peace in A Virtual Place:** Registration required one week in advance  
(Note: Afternoon and evening sessions available)

**Afternoon sessions on Monday: September 12<sup>th</sup>, November 21<sup>st</sup>**

**1:00 PM – 2:15 PM via Zoom**

**Evening sessions on Thursday: October 6<sup>th</sup>, December 8<sup>th</sup>**

**5:30 PM – 6:45 PM via Zoom**



Join us as we mindfully celebrate the freedom of movement. Using the gentle yet powerful Chinese internal martial art of Tai Chi Chu'an, be prepared to relax, relate and release while gaining a heightened awareness of strength and a poised posture. Together, we will learn different aspects of creating a physical and mental foundation for an atmosphere of quiet balance and agility for the body and mind. Come prepared to enjoy the

movements of Tai Chi from the comfort of your chosen space. You are invited to wear loose-fitting clothing allowing all joints to move comfortably without restriction. Closed-toe shoes without heels for comfort and ease of movement are recommended.

*Facilitated by Debra Dunn-Yonke*

**V Chair Yoga & Emotional Freedom Technique (EFT):** Registration required

**Tuesdays: October 11<sup>th</sup> & 25<sup>th</sup>, November 8<sup>th</sup> & 22<sup>nd</sup>, December 6<sup>th</sup> & 20<sup>th</sup>**

**10:00 AM – 11:00 AM via Zoom**



Improve your physical and mental wellness with gentle movements and methodic tapping. Chair Yoga is a gentle practice that helps to strengthen muscles, increase balance and gain flexibility without causing strain. It also helps with body awareness, mindfulness, and relaxation while incorporating gratitude in daily life. Focusing on your movement, breathing, and how your body reacts to exercise creates a moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Chair yoga may help improve mood and confidence while relieving anxiety and depression.

EFT (also known as tapping or psychological acupuncture) is an alternative treatment for physical pain and emotional distress. This methodic tapping technique creates a balance

in your energy system, treats pain, and improves symptoms of PTSD, anxiety, and insomnia. Join us as we move and tap our way to physical and emotional healing.

*Facilitated by Gwen Mitchell*



## Writing and Poetry Programs

**V A Time to Write:** Registration required

**Saturday: September 24<sup>th</sup>, October 22<sup>nd</sup>**

**10:00 AM – 11:30 AM via Zoom**



Spark your creativity as you honor your life and spirit by taking the time to write. A surprising freedom and gentle healing may be found when working within a framework of suggested writing “starters” or prompts. This workshop will offer a unique approach to writing which may include prose, poetry, journaling, and more. Materials for this workshop include a notebook or journal, pens and/or pencils, or you may choose to use your computer.

*Facilitated by Annis Cassells*

## Meet Our Facilitators



**Annis Cassells** is a writer, life coach and teacher who divides her time between California and Oregon. She facilitates memoir-writing classes for senior adults and has conducted writing workshops through Art for Healing since its inception in 2010. She claimed her voice as a poet in 2015 and has had poems published in print and online journals. In 2019, she published her first poetry collection, *You Can't Have It All*. She is a contributor in the social justice anthology, *ENOUGH "Say Their Names..." Messages from Ground Zero to the World*, which was released October 2020. She is a contributor in *Chicken Soup for the Soul: Inspiration for the Young at Heart* and is a member of Writers of Kern, a branch of the California Writers Club.



**Debra Dunn-Yonke** is a Senior Trainer for Dr. Paul Lam Tai Chi for Health Institute and is an active facilitator at Dr. Lam's annual Tai Chi for Health week-long conference. She is passionate about ensuring Tai Chi is safe, fun to learn, accessible and available to anyone, anywhere. She is certified in Tai Chi for Arthritis, Tai Chi for Beginners, Tai Chi for Diabetes, Tai Chi for Energy and Rehabilitation and Tai Chi for Heart Conditions. She has continuously studied various Tai Chi styles since 2000. Since 2013, she has been sharing her passion for Tai Chi with our community at various locations in Bakersfield. She joined the Art and Spirituality Center in 2016 where she currently facilitates multiple Tai Chi workshops and is an active member of the Creative Council.



**Terry Hall** was introduced to Zentangle® in 2011 and immediately fell in love with it. In 2017 she became a certified Zentangle® instructor and joined the Art and Spirituality Center in 2019. She states that Zentangle® has helped her through many different and sometimes difficult phases in her life. She is passionate about sharing the positive and healing benefits of this art form with others. Zentangle® is intended to teach you to focus, relax, relieve stress, become more confident in your creative skills, find gratitude and provide a bit of quiet time. She encourages anyone interested in this meditative art form to allow yourself the time to begin this journey. It will benefit not only your creative journey, but also your life journey. Destination: meditation.



**Rose Lester** is a Licensed Marriage and Family Therapist in private practice and has been part of the Art and Spirituality Center team since its inception in 2010. Throughout the past 10 years, she has facilitated numerous creative workshops in-person and virtually and is an active member of the Creative Council. She is fluent in a number of creative modalities, including visual arts and writing. She is a certified SoulCollage® facilitator and is certified in the Creative Journal Expressive Arts method. She has also taught a variety of workshops in the community at large for over 20 years. She believes in the power of creative expression to support healing processes physically, emotionally, and spiritually.



**Gwen Mitchell** is a certified yoga and breath work instructor with more than 20 years of experience. She joined the Art and Spirituality Center in 2018 and has facilitated a variety of Art for Healing programs including yoga, Emotional Freedom Technique (EFT), healing breath, meditation, painting, and sketching. When she retired from an international engineering company she began teaching yoga at City of Hope, Adventist Health Glendale, and Pasadena Integrated Healing Center. In addition, she is a Certified Massage Therapist, Reiki practitioner, and continues her study of EFT and Qi Gong. She is an active member of the Creative Council, Mercy Auxiliary, CSUB Alumni and Bakersfield Art Association. She loves people and enjoys connecting with others through art, movement and healing breath.



**Norma Neil** joined the Art and Spirituality Center in 2015 and has facilitated a variety of workshops including Explorations in Water Media, Personal Coaching in Painting Skills, Sending Your Love and Refreshing Water. She is a retired art and elementary school teacher. She works in watercolors and pastels and shows her work at the Bakersfield Art Association's Art Center Gallery. Aside from painting and teaching art classes, she is a world traveler. She seeks the essence of nature in her paintings and always tries to combine art with her travels. She continues to explore her craft by teaching workshops and attending those led by others.



**Brittney Rivera** began her journey with the Art and Spirituality Center in 2014 as an Open Studio Host volunteer. She currently serves as the Art Cart Specialist and Family Fridays workshop facilitator. She has always enjoyed art, which led her to minor in Studio Art at California State University Bakersfield while earning her Bachelor's degree in Psychology. In addition to the Art Cart and facilitating workshops, you can often find her participating in Art for Healing workshops, attending Creative Council meetings, or helping out with other events at the Center. She loves all artistic mediums and encourages everyone to find a creative outlet that they are passionate about.

**Have our programs been helpful to you?**

As we firmly believe that creative expression can help one heal, we invite you to share your stories of how our programs have helped you. These stories may inspire and encourage others, as well as demonstrate to our donors the value of our Art for Healing programs. Please email your story of healing and wholeness to the Art and Spirituality Center Supervisor, Sara Moore via email to [Sara.Moore2@DignityHealth.org](mailto:Sara.Moore2@DignityHealth.org).

**We want your feedback!**

We welcome your suggestions for future workshops and activities as well as feedback on how we may improve upon what we do. Please contact the Art and Spirituality Center Supervisor, Sara Moore via email at [Sara.Moore2@DignityHealth.org](mailto:Sara.Moore2@DignityHealth.org) or by phone at 661-632-5357 to share your suggestions and feedback.

**Join our volunteer team!**

If you would like to volunteer to support our Art for Healing programs or offer art-making activities to our hospital patients, please contact the Art and Spirituality Center Supervisor, Sara Moore via email at [Sara.Moore2@DignityHealth.org](mailto:Sara.Moore2@DignityHealth.org) or by phone at 661-632-5357 to inquire.

**Every gift makes a difference.**

Please consider making a donation to support our Art for Healing programs. Your gift will help us enhance our programs and continue to provide a variety of workshops at no cost to our participants. You may donate one of three ways. Donate online by visiting the Friends of Mercy Foundation website at: <https://supportfriendsofmercy.org/ways-to-give/donate-online>. Select "Community Outreach" as your designation and specify "Art and Spirituality Center" in the comments section. Donate in person by utilizing the donation box located inside the Center. Donate by mail by sending your check payable to "Mercy Hospital" with "Art and Spirituality Center" in the memo to:

Dignity Health Mercy and Memorial Hospitals  
Art and Spirituality Center/Marian Building  
2215 Truxtun Avenue  
Bakersfield, CA 93301

**#LikeAndFollow**

The Art and Spirituality Center is now on [Facebook](#) and [Instagram](#). Here we post program updates, share information about our upcoming workshops, introduce you to our facilitators and more. We invite you to like and follow our pages. You may also visit our website at [www.DignityHealth.org/Bakersfield/ArtForHealing](http://www.DignityHealth.org/Bakersfield/ArtForHealing). We love to see our participants' creations! Please share them on our social media pages or email them to us at [MHB-ArtforHealing@DignityHealth.org](mailto:MHB-ArtforHealing@DignityHealth.org).

**One last thing . . .**

Please share this program schedule with others. Spreading the word to others is a gift to them, especially if they are in need of emotional, spiritual or physical healing. Contact us via email at [MHB-ArtForHealing@DignityHealth.org](mailto:MHB-ArtForHealing@DignityHealth.org) or by phone at 661-632-5357 if you would like to request additional hard copies of this schedule.

Thank you!

# September 2022


















| SUNDAY | MONDAY                              | TUESDAY  | WEDNESDAY | THURSDAY                         | FRIDAY   | SATURDAY                                |
|--------|-------------------------------------|--|-----------|----------------------------------|--|---|
|        |                                     |  |           | 1                                | 2<br>Threshold Choir<br>9:30-11:30 AM<br>Family Fridays<br>6:00-8:30 PM  | 3                                       |
| 4      | 5<br>CLOSED:<br>Labor Day           | 6<br>Tai Chi 4 Health<br>Arthritis PM Series<br>5:30-6:45 PM   | 7         | 8                                | 9  | 10                                      |
| 11     | 12<br>Tai Chi Peace<br>1:00-2:15 PM | 13<br>Tai Chi 4 Health<br>Arthritis PM Series<br>5:30-6:45 PM  | 14        | 15                               | 16<br>Threshold Choir<br>9:30-11:30 AM<br>Family Fridays<br>6:00-8:30 PM | 17                                      |
| 18     | 19                                  | 20<br>Inktober<br>2:00-3:00 PM or<br>6:00-7:00 PM<br>Tai Chi 4 Health<br>Arthritis PM Series<br>5:30-6:45 PM | 21        | 22<br>Zentangle®<br>4:00-6:00 PM | 23   | 24<br>A Time to Write<br>10:00-11:30 AM |
| 25     | 26                                  | 27   | 28        | 29                               | 30   |   |



# October 2022

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY                                  |
|----------|----------|---|--|--|--|---|
|          |          |   |  |  |  | 1   |
| 2        | 3        | 4<br>📺 Inktober<br>2:00-3:00 PM or<br>6:00-7:00 PM  | 5  | 6<br>📺 Tai Chi 4 Health<br>Arthritis AM Series<br>9:00-10:15 AM<br><br>📺 Tai Chi Peace<br>5:30-6:45 PM | 7<br>📺 Threshold Choir<br>9:30-11:30 AM<br><br>📺 Family Fridays<br>6:00-8:30 PM  | 8   |
| 9        | 10       | 11<br>📺 Chair Yoga & EFT<br>10:00-11:00 AM          | 12<br>📺 Meditation &<br>Healing Breath<br>10:00-11:00 AM | 13<br>📺 Tai Chi 4 Health<br>Arthritis AM Series<br>9:00-10:15 AM<br><br>📺 Zentangle®<br>4:00-6:00 PM   | 14   | 15  |
| 16       | 17       | 18<br>📺 Inktober<br>2:00-3:00 PM or<br>6:00-7:00 PM | 19   | 20   | 21<br>📺 Threshold Choir<br>9:30-11:30 AM<br><br>📺 Family Fridays<br>6:00-8:30 PM | 22<br>📺 A Time to Write<br>10:00-11:30 AM |
| 23<br>30 | 24<br>31 | 25<br>📺 Chair Yoga & EFT<br>10:00-11:00 AM          | 26<br>📺 Meditation &<br>Healing Breath<br>10:00-11:00 AM | 27<br>📺 Tai Chi 4 Health<br>Arthritis AM Series<br>9:00-10:15 AM                                       | 28   | 29  |

# November 2022

| SUNDAY    | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|-----------|---|---|---|--|---|-----------|
|           |   | <b>1</b><br> <b>Inktober</b><br>2:00-3:00 PM or<br>6:00-7:00 PM  | <b>2</b>  | <b>3</b><br> <b>Tai Chi 4 Health Veterans Edition</b><br>9:00-10:30 AM  | <b>4</b><br> <b>Threshold Choir</b><br>9:30-11:30 AM<br><br> <b>Family Fridays</b><br>6:00-8:30 PM  | <b>5</b>  |
| <b>6</b>  | <b>7</b>  | <b>8</b><br> <b>Chair Yoga &amp; EFT</b><br>10:00-11:00 AM<br><br> <b>Tai Chi 4 Health Memory PM Series</b><br>5:30-6:45 PM | <b>9</b><br> <b>Meditation &amp; Healing Breath</b><br>10:00-11:00 AM    | <b>10</b><br> <b>Tai Chi 4 Health Memory AM Series</b><br>9:00-10:15 AM   | <b>11</b>   | <b>12</b> |
| <b>13</b> | <b>14</b>   | <b>15</b><br> <b>Tai Chi 4 Health Memory PM Series</b><br>5:30-6:45 PM   | <b>16</b>   | <b>17</b><br> <b>Tai Chi 4 Health Memory AM Series</b><br>9:00-10:15 AM<br><br> <b>Zentangle®</b><br>4:00-6:00 PM | <b>18</b><br> <b>Threshold Choir</b><br>9:30-11:30 AM<br><br> <b>Family Fridays</b><br>6:00-8:30 PM | <b>19</b> |
| <b>20</b> | <b>21</b><br> <b>Tai Chi Peace</b><br>1:00-2:15 PM | <b>22</b><br> <b>Chair Yoga &amp; EFT</b><br>10:00-11:00 AM  | <b>23</b><br> <b>Meditation &amp; Healing Breath</b><br>10:00-11:00 AM | <b>24</b><br><b>CLOSED:</b><br><b>Thanksgiving</b>   | <b>25</b><br><b>CLOSED:</b><br><b>Thanksgiving</b>  | <b>26</b> |
| <b>27</b> | <b>28</b>   | <b>29</b><br> <b>Tai Chi 4 Health Diabetes PM Series</b><br>5:30-6:45 PM   | <b>30</b>   |  |   |           |

# December 2022

| SUNDAY                            | MONDAY                            | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY                               |
|-----------------------------------|-----------------------------------|---|--|---|--|--|
|                                   |                                   |   |  | 1<br>Tai Chi 4 Health<br>Diabetes AM Series<br>9:00-10:15 AM                                      | 2<br>Threshold Choir<br>9:30-11:30 AM<br><br>Family Fridays<br>6:00-8:30 PM  | 3                                      |
| 4                                 | 5                                 | 6<br>Chair Yoga & EFT<br>10:00-11:00 AM<br>Praying in Color<br>3:00-4:30 PM<br>Tai Chi 4 Health<br>Diabetes PM Series<br>5:30-6:45 PM | 7<br>Meditation &<br>Healing Breath<br>10:00-11:00 AM  | 8<br>Tai Chi 4 Health<br>Diabetes AM Series<br>9:00-10:15 AM<br><br>Tai Chi Peace<br>5:30-6:45 PM | 9  | 10                                     |
| 11                                | 12                                | 13<br>Praying in Color<br>3:00-4:30 PM<br>Tai Chi 4 Health<br>Diabetes PM Series<br>5:30-6:45 PM                                      | 14   | 15<br>Tai Chi 4 Health<br>Diabetes AM Series<br>9:00-10:15 AM<br><br>Zentangle®<br>4:00-6:00 PM   | 16<br>Threshold Choir<br>9:30-11:30 AM<br><br>Family Fridays<br>6:00-8:30 PM | 17                                     |
| 18                                | 19                                | 20<br>Chair Yoga & EFT<br>10:00-11:00 AM<br>Praying in Color<br>3:00-4:30 PM  | 21<br>Meditation &<br>Healing Breath<br>10:00-11:00 AM | 22  | 23   | 24<br><b>CLOSED:</b><br>Christmas Eve  |
| 25<br><b>CLOSED:</b><br>Christmas | 26<br><b>CLOSED:</b><br>Christmas | 27<br><b>CLOSED:</b><br>Christmas   | 28<br><b>CLOSED:</b><br>Christmas                      | 29<br><b>CLOSED:</b><br>Christmas   | 30<br><b>CLOSED:</b><br>Christmas  | 31<br><b>CLOSED:</b><br>New Year's Eve |