



## Fall Schedule

### September 1, 2025 – December 31, 2025

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.

Our Art for Healing programs provide 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 respite from stress or health concerns.

**PLEASE NOTE: Our online registration portal is currently unavailable.** You may register via email at [MHB-ArtForHealing@CommonSpirit.org](mailto:MHB-ArtForHealing@CommonSpirit.org), or by phone by calling our Art Registration line at 661-632-5747.

We currently offer both virtual and in-person workshops. Registration is required for **all** workshops and for all participants 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 are unable to attend a scheduled workshop, we request that you 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 as follows:

- |                              |             |
|------------------------------|-------------|
| • Contemplative & Reflective | Pages 2-4   |
| • Drawing & Painting         | Pages 5-8   |
| • Handmade Creations         | Pages 9-12  |
| • Music & Movement           | Pages 13-15 |
| • Writing & Poetry           | Page 16     |
| • Celebration Week           | Pages 17-19 |

Following our program schedule you will find:

- |                             |             |
|-----------------------------|-------------|
| • Facilitator Biographies   | Pages 20-24 |
| • Additional Information    | Page 25     |
| • Monthly Program Calendars | Pages 26-29 |

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

## Contemplative & Reflective Programs

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

**Wednesdays: September 3rd & 24th, October 8th & 22nd, November 5th & 19th, December 3rd & 17th**  
**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*

### **V Music & Meditation:** No registration required

**Mondays: September 8th, October 13th, November 10th & December 8th**  
**via YouTube video link**



Did you know that meditation is a simple, fast way to reduce stress and bring inner peace? Join us and take a stress-reduction break by redirecting your thoughts and calming your mind. This video series features live, ambient music and relaxing sounds. Participants are encouraged to watch, listen and relax. These soothing sounds and visual aids will become available on the second Monday

of each month. A YouTube video link will be posted to our [Facebook](#) and [Instagram](#) pages and will be emailed to those on our email list. You may access all Music & Meditation videos via YouTube @ <https://www.youtube.com/@kylewhitaker7404>.

*Presented by Kyle Whitaker*



**IP SoulCollage® Circle & Meet-Up:** Registration required

**Saturdays: September 13th, October 11th, November 8th & December 13th**

**10:00 AM – 1:00 PM @ the Art and Spirituality Center**



This monthly gathering is for anyone who has previously completed an Introduction to SoulCollage® at the Art and Spirituality Center or elsewhere, and wants to go deeper into this wonderful self-awareness process in a safe and nurturing environment of unlimited creativity and support. This is a wonderful community of experienced SoulCollagers, exploring new techniques and new questions, to deepen our understanding of our own life's journey and story.

Join us as we explore new questions and techniques to assist us in our life's journey and unfoldment. **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 Tracy MacLaren*

**IP V Contemplative Christian Meditation:** Registration required

**(Note: This workshop is offered once in-person and once virtually each month.)**

**In-Person: Mondays: September 22nd, October 6th, November 3rd & December 1st**

**10:00 AM – 11:00 AM @ the Art and Spirituality Center**

**Virtual: Mondays: September 29th, October 20th, November 17th & December 15th**

**10:00 AM – 11:00 AM via @ Zoom**



We are thrilled to announce the addition of this grant-funded program that will be offered throughout 2025. The goal of this program is to encourage meditation, mindfulness, and contemplative prayer. Contemplative prayer allows us to center and spend time with God, who

loves us. Many studies have shown that Christian Meditation can have a positive impact on relieving anxiety and stress. Through this workshop, you gain a deeper understanding of God's will for your life and receive guidance to find peace. Spending time in God's presence and taking time to reflect inward has a glorious effect on our lives. Christian meditation can help build healthy habits of spiritual, emotional, and physical wellness. This program is made possible by a grant from the Trust for the Meditation Process®, a charitable foundation encouraging meditation, mindfulness, and contemplative prayer. To learn more about this foundation, please visit

[www.TrustForMeditation.org](http://www.TrustForMeditation.org). **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 Gwen Mitchell*

**Creative Meditation & Sound Bath:** Registration required

**Saturdays: September 27th, October 18th, November 22nd & December 20th**

**11:00 AM – 12:30 PM @ the Art and Spirituality Center**



During this workshop, participants will be introduced to different meditations consisting of five components: physical, mental, emotional, relational, and spiritual mindfulness. Together, we will practice being present to feel happiness and inner peace. We will use techniques that help overcome feelings of anxiety and depression while increasing our happiness with gratitude. Participants are invited to bring a few items to the workshop to enhance their meditation

experience, including a yoga mat, pillow, and blanket. Join us as we quiet our minds, become more connected, and experience a sense of belonging. **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 Gwen Mitchell*

## Drawing & Painting Programs

### **V Zentangle® Botanicals:** Registration required

**Thursdays: September 4th, October 2nd, November 6th & December 4th**

**4:00 PM – 6:00 PM via Zoom**



Zentangle® is a meditative drawing process intended to quiet the mind while creating art. It can be enjoyed by people of all ages and no drawing experience is necessary. Throughout these virtual workshops, participants will learn to draw botanical and organic tangles along with other tangle patterns to create an inspired piece of art. Join us as we engage in this mindful activity and achieve a satisfying sense of creative accomplishment. Let's tangle together!

*Facilitated by Terry Hall*

### **lp Family Fridays: Art that Inspires Family Bonding:** Registration required

**(Note: Each participant must be registered individually.)**

**Fridays: September 5th & 19th, October 17th & 31st, November 7th & 21st, December 5th & 19th**

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



**SEPTEMBER**



**OCTOBER**



**NOVEMBER**



**DECEMBER**

Research shows that experiencing art with loved ones can benefit child development and family bonding. Experiencing art together allows for focused attention between 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 opinions, and having a wonderful art piece to show for it. Join us for this artistic intergenerational togetherness experience. So we may provide this workshop to as many families as possible, we ask that a maximum of four members from each family register per session. **Children six years of age and older are welcome and must participate alongside an adult family member or guardian while contributing to the tranquil atmosphere in the Center. 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*

**Virtual Zentangle®, Meditative Art through Patterned Drawing:** Registration required

**Thursdays: September 11th, October 9th, November 13th & December 11th**

**4:00 PM – 6:00 PM via Zoom**



If you are looking for a way to unwind from stress, focus your thoughts, and explore your creative side, Zentangle® is for you. The Zentangle® method combines the use of meditation and drawing simple shapes to create beautiful images. During each workshop, participants will be guided by our facilitator to create an inspired work using this relaxing and easy-to-learn method. Join us as we tangle together from the comforts of home!

*Facilitated by Terry Hall*

**Zentangle® with a Splash of Color:** Registration required

**(Note: Due to the holidays, our November & December workshops will be held on the 4th Monday.)**

**Thursdays: September 18th & October 16th**

**Mondays: November 24th & December 22nd**

**4:00 PM – 6:00 PM via Zoom**



Learn to unwind and calm a busy mind by bringing tangles to life with a little color. Color brings your work to life and adds a bit of personality. Discover this meditative art that will bring you to a state of mindfulness through simple, structured, deconstructed patterns with repetitive steps using a few basic strokes that allow you to create beautiful works of art. This method of drawing can support relaxation, focus, and

inspiration, expand your imagination, increase your awareness, and much more. Discover your creativity, knowing there is absolutely no previous knowledge or experience necessary to begin creating! Find your inner artist and express your creativity through the art of Zentangle with a splash of color.

*Facilitated by Terry Hall*



## **Creative Zentangle® Journal:** Registration required

(Note: Our November & December workshops will be held on the 3rd Thursday.)

Thursdays: September 25th, October 23rd, November 20th & December 18th

1:00 PM – 3:00 PM @ the Art and Spirituality Center



Continue to unwind and calm a busy mind by creating patterns and pages in a small keepsake journal. Each tile will have a tangle or two along with a quote of some kind. Discover this meditative art that will bring you to a state of mindfulness through simple, structured, deconstructed patterns with repetitive steps using a few basic strokes that allow you to create beautiful works of art. This method of drawing has

the ability to support relaxation, focus, inspiration, self-confidence, and creativity, expand your imagination, increase your awareness and sense of well-being and much more. No experience or previous knowledge is necessary. Find your inner artist and express your creativity through the art of Zentangle®. Join us as we tangle together to create something beautiful! **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 Terry Hall

## **The Way of Etigami:** Registration required

Wednesday: November 5th

1:00 PM – 3:00 PM @ the Art and Spirituality Center



Join us as we explore the Japanese folk art of embracing the beauty of imperfection. Etigami is a very loose type of painting that encourages honest expression rather than control or perfection. We will ponder the role of perfectionism and how it limits self-expression in our lives as well as ways to honor and embrace awkwardness and not knowing.. Using India Ink and watercolor paints, participants will create

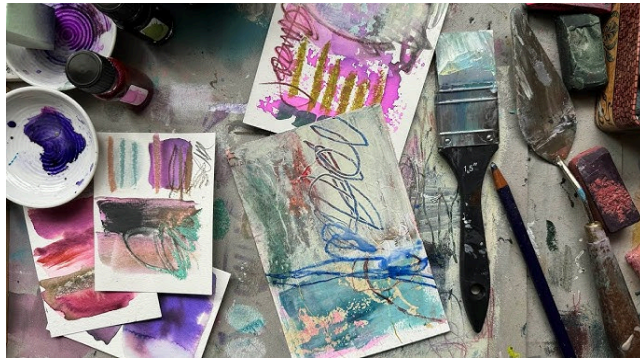
simple images combined with meaningful quotes applied to postcards to be sent to friends. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Rose Lester

## **Playing with Paint Plus:** Registration required

**Wednesday: December 3rd**

**1:00 PM – 3:00 PM @ the Art and Spirituality Center**



What would make painting more fun? Do you feel limited by your drawing skills? Do you want to feel more joy when you are painting? Sometimes we are so focused on the product that we forget to enjoy the process. Abstract art can be a way to step into a freer form of expression. Through a variety of mediums and methods, you will learn to

adopt a spirit of play when you paint using nontraditional mark making tools to create interesting effects. Come and discover more new ways to free your creative spirit and express emotion with a variety of paint mediums, mark-making tools, collage, stamping, and more. **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 Rose Lester*

## Handmade Creations Programs

**Open Studio:** No registration required

**Fridays: September 5th & 19th, October 3rd & 17th, November 7th & 21st, December 5th & 19th**

**Wednesdays: September 10th & 24th, October 8th & 22nd, November 12th & 26th, December 10th**

**1:00 PM – 3:00 PM @ the Art and Spirituality Center**

**(Note: Participants must arrive at the start of the session, but may leave at any time.)**



Your options are open during Open Studio! We will provide the space and materials, or you may choose to bring in your own project and immerse yourself in our calming environment. During Open Studio we will have a variety of activities for you to choose from which may include painting, drawing, beading, collage, polymer clay, and more. You may also choose to read, write, pray, listen to music, or engage in personal reflection. Come on in and stay as long as you'd like. **A materials donation of \$5.00 per session is appreciated but not**

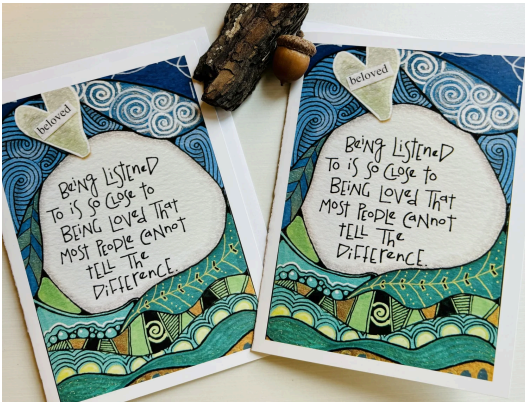
**required. For your privacy, please place all donations into our donation box.**

*Hosted by Michael Cisneros and Sara Moore*

**Collaborative Art Journaling with Zentangle® Design:** Registration required

**Saturdays: September 6th & November 1st**

**10:00 AM – 12:30 PM @ the Art and Spirituality Center**



This collaborative program joins the creative practice of Art Journaling, which combines the elements of art and journaling into a visual diary, with the meditative practice of Zentangle®, a patterned drawing technique used to create beautiful, structured designs. In each workshop, the facilitators will combine a journal entry in the participants' journals with a Zentangle® piece as an example of how to use their own artwork within the context of Art

Journaling. Join us as we unite these two relaxing art forms, creating an inspired and unique multi-media journal. **Children 12 years of age and older are welcome and must participate alongside an adult family member or guardian while contributing to the tranquil atmosphere in the Center. 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 Bee Rivera & Terry Hall*



## **Watercolor Bible Journaling:** Registration required

**Every Tuesday: September 9th through December 16th**

**1:00 PM – 3:00 PM @ the Art and Spirituality Center**



Throughout this program, we will journey through an art challenge to create daily watercolor journal entries throughout the fall season. Our facilitator will provide a list of common words and bible verses to choose from. Participants will reflect upon their chosen word or verse and then sketch or paint a visual connection to it, providing an opportunity to add a creative spiritual

reflection into our daily routines. Participants will meet each week to share and reflect on their journals and visualize what's to come in the week ahead. Join us as we "draw" closer to God and add a creative spiritual connection into our day-to-day lives. **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 Jan Lemucchi*

## **Art Journaling: A Bonding Experience for Family & Friends:** Registration required

**Fridays: September 12th & 26th, October 10th & 24th, November 14th & December 12th**

**5:30 PM – 8:00 PM @ the Art and Spirituality Center**



Art Journaling is a creative expression of thoughts and ideas through a combination of diary or journal entries and art. During each workshop, participants will practice processing and expressing their thoughts, feelings, memories, and emotions through various art techniques such as writing, drawing, collage, photographs, ripping, tearing, stamping, sewing (and more) in a collected workbook. Gather your family or friends and join us as we

strengthen bonds and journal our way toward inner healing. **Children eight years of age and older are welcome and must participate alongside an adult family member or guardian while contributing to the tranquil atmosphere in the Center. A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

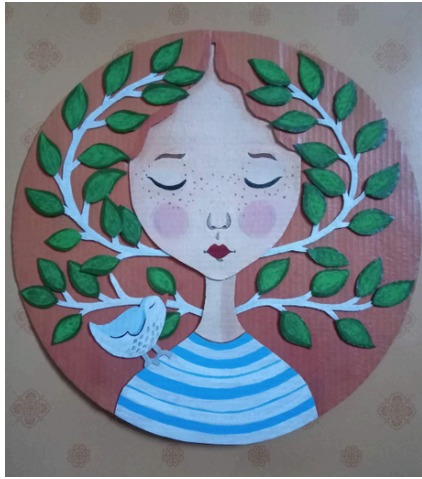
*Facilitated by Bee Rivera*



## **A Place Called Home:** Registration required

**Saturday: October 25th**

**1:00 PM – 3:00 PM @ the Art and Spirituality Center**



We all need an internal space where we can retreat to feel safe, welcome, and peaceful. In this expressive arts workshop, we will visualize and create a physical representation of this space, referred to as our “all fine place,” using a variety of art and natural materials, and explore and imagine with others the kind of community we would find life-giving. Join us as we bring the safe places in our minds to life, helping us to find our inner calm amid stress and crisis while encouraging us to nurture these environments within our own lives. **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 Rose Lester*

## **Holiday Card Making: Meditate & Create:** Registration required

**Saturday: November 15th**

**10:00 AM – 12:30 PM @ the Art and Spirituality Center**



During this workshop, our facilitator will guide participants to get their imaginations working to craft one-of-a-kind, personal greeting cards for the upcoming holiday season. These cards can be shared with friends and family, or kept as keepsakes. Participants are encouraged to express their creativity and meditate, reflecting on the meaning of the season, why they're creating the cards, and the value to those who receive them. No special skill is needed to make beautiful designs. **Children seven years of age and older are welcome and must participate alongside an adult family member or guardian while contributing to the tranquil atmosphere in the Center. 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*

## **Painted Christmas Ornaments:** Registration required

**Saturdays: November 15th & December 6th**

**2:00 PM – 4:30 PM @ the Art and Spirituality Center**



Personalized Christmas ornaments hold personal significance, allowing one to recall the joy and excitement of holiday traditions and celebrations, serving as a tangible reminder of cherished moments. Creating handmade ornaments allows one to engage their inner artist, promoting self-awareness, self-expression, and the joy of the creative process. During this workshop, participants will enjoy the company of each other while producing art related to the spirit of Christmas. Join us as we reminisce on the holiday season while creating paint-filled Christmas ornaments, each with a unique and colorful design customized with your family name. **Children eight years**

**of age and older are welcome and must participate alongside an adult family member or guardian while contributing to the tranquil atmosphere in the Center. 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 Bee Rivera*

## **Holiday Clay Creations:** Registration required

**Saturday: December 6th**

**10:00 AM – 12:30 PM @ the Art and Spirituality Center**



There is a great spirituality to working with clay. We form clay with our hands and breathe life into each shape. We put something of ourselves into every creation. Polymer and Sculpey clays can be used to make trinkets, jewelry, beads, pendants, holiday ornaments, and miniature creations of all kinds. Join us as we explore the joy of clay and experience the fun of using our creative imaginations to bring

each shape to life. During the first workshop in this series, participants will create their holiday themed pieces. During the second workshop in the series, participants will bake their creations to cure each piece. No prior experience in clay sculpting is necessary. **Children 10 years of age and older are welcome and must participate alongside an adult family member or guardian while contributing to the tranquil atmosphere in the Center. 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*

## Music & Movement Programs

**V Chair Yoga & Emotional Freedom Technique (EFT):** Registration required  
**Tuesdays: September 2nd & 23rd, October 7th & 21st, November 4th & 18th, December 2nd & 16th**  
**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 acupressure) 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*

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

(Note: this program includes four separate series, each with a unique focus.)

- **Flow into Fall–Autumn Leaf Movement For Life (three-part series)**  
Thursdays: September 4th, 11th & 18th  
9:00 AM – 10:15 AM @ the Art and Spirituality Center
- **Bone Building Tai Chi (three-part series)**  
Thursdays: October 9th, 23rd & 30th  
9:00 AM – 10:15 AM @ the Art and Spirituality Center
- **Say “Qi-eeeeez” Please–Receive Qi to Give Qi (three-part series)**  
Thursdays: November 6th, 13th & 20th  
9:00 AM – 10:15 AM @ the Art and Spirituality Center
- **Why Wait? Meditate!–Moving Meditation Tai Chi (two-part series)**  
Thursdays: December 4th & 11th  
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. Each program is designed to address a specific aspect of health and consistent attendance and practice is intended to maximize the health benefits experienced by each participant. 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*



**Threshold Singers:** No registration required

**(Note: We welcome new singers. To learn more, please call 661-900-7854.)**

**Fridays: September 5th & 19th, October 3rd & 17th, November 7th & 21st, December 5th & 19th  
9:30 AM – 11:30 AM @ the Art and Spirituality Center**



We look forward to welcoming you to our practices where we learn to offer the gift of singing to bring ease and comfort to those in need. The songs we learn also nourish our own bodies and souls. We are part of an international network of volunteer a cappella singers, whose mission is to sing gentle songs to those at the threshold of life and for those in need of comfort. 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

661-900-7854 for more information. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

*Hosted by Pat Cowles, Rose Lester, Barbara Mattick, and Anna Murillo*

## Writing and Poetry Programs

**IP Poetic Sanctuary:** Registration required

**Every Monday: September 8th through December 22nd**

**1:00 PM – 3:00 PM @ the Art and Spirituality Center**



Step into a space where words spark self-discovery. Each workshop explores diverse themes inspired by a poem designed to stir thought and connection. We'll collectively discuss what resonates and challenges us, then use guided writing exercises and prompts to illuminate your own experiences. This program offers space for authentic expression; write freely, letting your

voice emerge organically. Empowering affirmations and inspiring quotes will support your writing journey. We'll conclude with an open invitation to share your writing, celebrating vulnerability and the power of your unique story. Come ready to listen, reflect, and uncover the narratives within you. **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 Diana Ramirez*

## Celebration Week Programs

### **📍 Musical Monday featuring Rhythm & Roots:** Registration required

**Monday: September 29th**

**6:00 PM – 7:00 PM @ the Art and Spirituality Center**



Rhythm & Roots is intended for all ages and is an engaging and interactive educational exploration of the roots of Afro-Cuban rhythm and how these rhythms have evolved into today's musical style. What starts as a solo percussion presentation transforms into an interactive, fun, and informative exploration of the origins of Afro-Cuban and Mexican rhythms, and how they made their way into today's music, including Nanigo from Africa, Timba and Guaguanco from

Cuba, Cumbia from Colombia, Mambo, Cha Cha, and Brazilian Samba. Louie uses humor, a wide variety of authentic and unusual instruments, and a deep understanding of percussion instruments and styles to impart an uplifting message of music education, empowerment, and healing through the arts. Join us as we explore percussion and rhythm together, creating a one-of-a-kind ensemble in our sacred space. **We recommend that children are at least six years of age. They must participate alongside an adult family member or guardian with minimal supervision while contributing to the tranquil atmosphere in the Center. 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 Louie Cruz Beltran*

### **📍 Tangle Tuesday-An Introduction to Zentangle :** Registration required

**Tuesday: September 30th**

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

Zentangle® is a meditative drawing process intended to quiet the mind while creating



art. One of the many benefits of Zentangle® is that all people, regardless of drawing experience, can engage in this mindful activity and achieve a satisfying sense of creative accomplishment. This workshop will take the Zentangle® art form, using its eight steps and combine it with a fun and simple design to create an inspired work of art. No prior experience is needed to attend this workshop. **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 Terry Hall*

## **Watercolor Wednesday-Watercolor Basics:** Registration required

**Wednesday: October 1st**

**5:30 PM – 7:30 PM @ the Art and Spirituality Center**



Have fun and enjoy the expression of your inner artist with the medium of watercolor. Join us in a stress-free environment as we learn the basics of watercolor and express themes that inspire us, such as spirituality, nature, family, and more. We will explore different techniques, color mixing, and composition to create a unique and inspired

piece of art. 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 Gwen Mitchell*

## **Tai Chi Thursday-Ease into Evening Tai Chi:** Registration required

**Thursday: October 2nd**

**6:00 PM - 7:15 PM @ the Art and Spirituality Center**



Tai Chi is the Chinese Internal Art that invites each participant to gently express meditative movement while experiencing a calm and soothing state of relaxation. With continued practice and guidance by the facilitator, circular and sequential moves invite all participants seated or standing to engage their mental focus and obtain an overall soothing state of well-being. Many participants improve circulation, balance, and increased mental and physical strength of the

nervous system which encourages and provides a foundation of inner strength and flexibility of mind and body. Feel free to wear loose clothing that allows your joints to bend comfortably and flat shoes – such as sneakers. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

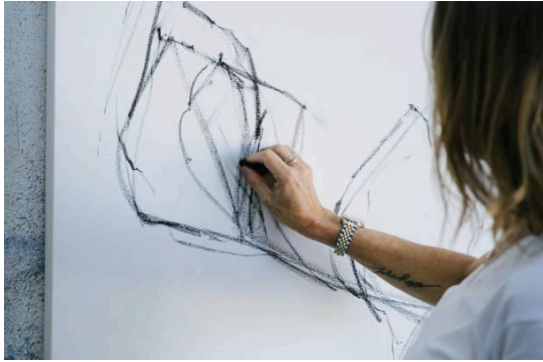
*Facilitated by Debra Dunn-Yonke*



**📍 Fine Art Friday-Expressions in Charcoal:** Registration required

**Friday: October 3rd**

**5:30 PM – 8:00 PM @ the Art and Spirituality Center**



Charcoal is a forgiving and versatile drawing medium that offers a broad spectrum of possibilities for creating rich tones, expressive lines, and nuanced shading. This workshop will guide participants through the fundamentals of charcoal drawing, building a strong foundation for each person's artistic journey, using various source materials to create an inspired piece. Join us as we explore the

depth and drama of charcoal. 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 Bee Rivera*

**📍 Celebration Saturday–15th Anniversary Event:** No registration required

**Saturday: October 4th**

**2:00 PM – 4:00 PM @ the Art and Spirituality Center**



Our founder, Sr. Sherry Dolan, envisioned offering our community creative experiences in a sacred space that promotes healing and wholeness, at no cost to them. Early in 2010, this vision was brought to life as the Art and Spirituality Center opened its doors, welcoming the first of countless community members into our sacred space to experience the freedom of letting go and being in the moment while reaping the benefits of the creative process through its Art for Healing programs. Over the years, the Center has offered many types of

creative workshops, from soundbaths to drawing to poetry and everything in between. In addition to our community workshops, the Center offers a variety of creative experiences to patients and their loved ones in our hospitals via the Art Cart, Acoustic Remedies, and the Threshold Choir programs, taking the healing power of the arts directly to the bedside of our patients. Join us as we celebrate a powerful and impactful 15 years. This will be an open house-style event, so come by any time. Whether you have participated in our programs or want to learn more, we invite you to attend to experience a taste of Art for Healing, reflecting on all we've accomplished over the past 15 years, and celebrating all that's to come.

*Hosted by Art and Spirituality Center staff and volunteers*

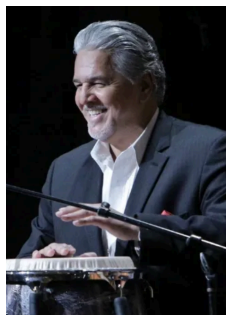
## Meet Our Facilitators



**Michael Cisneros** joined the Art and Spirituality Center in 2016, volunteering as an Open Studio Host and regularly supporting Family Fridays as a Program Aide. He is a self-taught artist who believes in the empowerment that art brings, as well as the opportunity it provides to express oneself without judgment. He has worked with various peers and clients, allowing him to gain insight and grow his creativity. Open Studio has allowed him to encourage participants in their self-expression through various art mediums including pastels, oils, and watercolors, to name a few. He has witnessed the use of art as a coping skill and intervention, helping to reduce the mental health struggles faced by so many. He finds volunteering alongside such a diverse population in the local community to be very fulfilling. He loves empowering others through art and helping them find their own artistic abilities yet to be discovered.



**Pat Cowles** has been with the Art and Spirituality Center since its beginning in 2010. She has served on the Creative Council for the last 13 years because she believes in the power of all forms of art, movement, music, and meditation to help calm and heal the heart and soul. Near the beginning of the Art for Healing program, she served as the volunteer coordinator and in that capacity helped with volunteer training and orientation. She also served as an Open Studio Host for a time. Currently, she serves as a Threshold Singers song leader and loves this role. Additionally, she serves on the Threshold Singers leadership team with three other kind souls. She has always believed in the power of music to influence and move us in many ways. Singing softly at the bedside to bring comfort and ease to those who are ill or dying has been one of the great and rewarding honors of her life.



**Louie Cruz Beltran**, a special guest facilitator offering his Rhythm & Roots program for the Center's 15-year celebration week, is an artist for the ages. Louie blends Afro-Cuban rhythms with jazz, Latin jazz, pop, and R&B influences. Louie is an entertainer at heart – a bandleader who is also a superbly skilled conguero, timbalero, and vocalist. In his early career, Beltran performed with great artists such as Ray Baretto, Mongo Santamaria, Tito Puente, Francisco Aquabella, and Jorge Claudio. Recently, he has shared the stage with legends Natalie Cole, Gladys Knight, Stevie Wonder, and Smokey Robinson. In venues large and small, Louie always connects with the audience with humor, solid musicianship, and dazzling percussion work.



**Debra Dunn-Yonke** joined the Art and Spirituality Center in 2016 where she currently serves as a Tai Chi facilitator and member of the Creative Council. Her desire to share Tai Chi is inspired by the generous gifts of continuous training offered by Master Trainers, both foreign and domestic, over the years. She is passionate about ensuring Tai Chi is safe, fun to learn, accessible, and available to anyone anywhere. She is certified in multiple orthodox Tai Chi and Tai Chi for Health programs, authorized by the Tai Chi for Health Institutes' founder and Master Trainer, Dr. Paul Lam. She focuses on offering a variety of customized experiences for optimal health and wellness needs, both physical and mental, while exploring opportunities to help others move and feel well. In addition to facilitating, she continues seeking ways to serve while contributing to a collective community experience through this meditative art in motion.



**Terry Hall** was introduced to Zentangle® in 2011. She immediately fell in love with the art and became a certified Zentangle® instructor in 2017. She joined the Art and Spirituality Center in 2019, where she offers a variety of Zentangle® workshops for all ages and skill levels. She is an active member of the Bakersfield Art Association and also teaches Zentangle® through the Levan Institute. Zentangle® has helped her through many different and sometimes difficult seasons 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 time to begin this journey. It will benefit not only your creative journey but also your life journey. Destination: meditation.



**Jan Lemucchi** joined the Art and Spirituality Center in 2023. Since she was a child, she has loved painting in watercolor. She is a self-taught lover of the watercolor technique used in illustrations, drawings, and mixed media artworks. Watercolor is a beautiful medium that allows various possibilities of expression and dates back as far as the Stone Age. A couple of years ago, Jan challenged herself to create a journal during the 40 days of Lent, matching a common word to a bible verse, and then painting or drawing what the word and verse mean to her. This served as a daily spiritual reflection that inspired her Lent Journaling workshop. She is a certified catechist for the Diocese of Fresno, CA, and invites her faith to guide her in everyday experiences. In addition to her passion for art and spiritual reflection, Jan is a California Senior Legislature Senate member which allows her to advocate to improve the quality of life for older adults on a state level.



**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.





**Tracy MacLaren** was introduced to SoulCollage® in 2018, and it was “love at first collage.” She immediately became a Certified SoulCollage® Facilitator and continues to love the practice. Tracy is also a businesswoman/entrepreneur, an ordained Minister, and an ordained Buddhist lay teacher. Since 2015, she has facilitated many popular workshops at the Center, including Mindfulness Meditation FLOW, Dreamwork, Self-Esteem & SoulCollage®, A Personal Coat of Arms, Journal Keeping, *The Artist’s Way*, and led monthly Healing Drum Circles. Tracy is a co-founder of the annual Peace Day observance in Kern County, and leads monthly walks for peace at Hart Park.



**Barbara Mattick** joined the Art and Spirituality Center in 2015 as a member and co-leader of the Bakersfield Threshold Singers, and has also facilitated several Nature Journaling workshops. Music, art, and the natural world have been lifelong passions for her. She has made music all her life, and as far back as she can remember, she sang together with her father. At the age of six, she began playing the piano and she began singing in school and church choirs at the age of 12. She earned an associate degree in music from Bakersfield College. Later, while raising her family, she sang at Cerro Coso Community College in Ridgecrest for approximately 10 years and also taught piano while there. Since returning to Bakersfield, she has sung with the Bakersfield Master Chorale for the past 26 years and currently serves on their board. She has also been studying, drawing, and painting the local flowers, trees, and birds for more than 60 years and finds great joy in sharing these skills with others.



**Gwen Mitchell** is a certified yoga and breathwork 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. In 2002, she began teaching yoga at City of Hope, Adventist Health Glendale, and Pasadena Integrated Healing Center and continues teaching today. In addition, she is a Certified Massage Therapist, a Reiki practitioner, and continues her study of EFT and Qi Gong. She is an active member of the Creative Council, Bakersfield Art Association, Studios by the Park Gallery, Paso Robles Art Association, Bakersfield Museum of Art, Arts Council of Kern, Central Coast Artists Collective, CSUB Alumni and Beta Sigma Phi. She loves people and enjoys connecting with others through art, movement, and healing breath.



**Sara Moore** joined Dignity Health in January 2020 and currently serves as the Manager of the Art and Spirituality Center and Mercy Volunteer Services. She has a diverse background in safety, risk, staff development, marketing, and people and project management. She earned her Bachelor of Arts in Business Leadership degree from the University of Arizona to enhance her career and strengthen her impact both internally and in the community. She volunteers as an educational mentor locally for Kern County Student Leadership, and as an alumni mentor for the University of Arizona's CHAMPS peer mentoring program. She leads the Creative Council, whose primary goal is to ensure that programs offered through the Art and Spirituality Center are meeting the unique needs of the community while honoring the vision of Art for Healing. Sara believes in the healing power of the arts and is passionate about sharing experiences to connect, create and heal with patients and community members alike.





**Anna Murillo** has had a lifelong love affair with art, finding joy and beauty in nature, visiting museums, galleries and exhibits, studying art history, and creating. She holds a BA in Art from CSUB with an emphasis on studio. She has been involved with Art for Healing programs for more than 10 years, first as a participant, then Art Cart volunteer and co-host of Open Studio. She became a certified Laughter Yoga leader and teacher and led laughter yoga sessions at the ASC for several years. While not currently practicing Laughter Yoga, she still believes strongly in the healing power of laughter. She has facilitated and co-facilitated workshops including wire sculpture, painting and writing. She is a member of the Creative Council, and a member and co-leader of the Bakersfield Threshold Singers.



**Diana Ramirez** joined the Art and Spirituality Center in 2025. She is a poetry and writing workshop facilitator and mindfulness teacher with eleven years of experience in the nonprofit sector, where her passion for connection and impact took root. Creating genuine connections fuels her spirit, and she aspires to plant seeds of inspiration in others. Her poetic journey began in adolescence, but along life's journey and detours, her writing path was inconsistent – a time when she didn't fully realize the importance of dedicated time for self-expression as an act of self-love. This journey was recently recognized in 2024 with the California Arts Council Emerging Artist Fellowship. Ultimately, her work seeks to reconnect us with our shared humanity. Diana currently facilitates workshops for a diverse range of individuals, including incarcerated youth, youth formerly in foster care, individuals in substance abuse and recovery programs, and breast cancer survivors. She has been a CASA volunteer since 2011 and has also mentored through the RAMP initiative at CSUB. Evolving alongside her two sons, who provide daily inspiration for growth, Diana is now fully embracing the identity of "creative." Eight years into her volunteer journey, she was deeply inspired by Father Greg Boyle's quote: "It is kinship and connection that ultimately heals people."



**Bee Rivera** joined the Art and Spirituality Center in 2023. She is a professional artist specializing in acrylic and oil portrait and mural work. She has commissioned artwork throughout the United States, and even in the United Kingdom. Not only is she passionate about art, but equally so about giving back, as some of her volunteer artwork can be found at the Manna House and Junk-Atique Outlet in Bakersfield. Bee was initially a Media Arts major at The Art Institutes, but after taking a hiatus and beginning a family, she decided to pursue a business degree with Colorado Christian University. In her free time, Bee can be found drawing, painting, scrapbooking, crafting, visiting art museums, enjoying the performing arts, strolling down Disney's Main Street, following a Bob Ross tutorial, or fostering kittens. And if there was only one thing she could share with you, she would like you to know that "talent is a pursued interest. Anything you're willing to practice, you can do." (Bob Ross)



**Brittney Rivera** began her journey with the Art and Spirituality Center in 2014 as an Open Studio Host volunteer. Soon after, she became the Art Cart Specialist for Mercy and Memorial Hospitals, bringing a variety of creative experiences to patients directly at their bedside. She currently serves as the Family Fridays workshop facilitator and Mercy Volunteer Services Program Assistant, supporting both Art for Healing volunteers and Auxiliary volunteers at Mercy Hospitals. 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 they are passionate about.



**Kyle Whitaker** joined the Art and Spirituality Center in 2019. He has facilitated a variety of musical and creative workshops including Guitar Basics, Ukulele Basics, Music & Meditation and Creative Improvisation. Additionally, he served as a Music Specialist in Mercy Hospital's Acoustic Remedies program for three years. He has substantial experience as a musician including performing, managing, promoting and composing. He also facilitates private guitar and ukulele lessons. He recently added musical theatre to his repertoire with lead roles in Stars Theatre productions of "Mama Mia" and "Annie Get Your Gun" and was a student in the Jazz Studies and Commercial Music programs at Bakersfield College. He is passionate about sharing the healing power of music and guiding others as they progress in their musical journey.

### **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 send your story of healing and wholeness to the Art and Spirituality Center Manager, Sara Moore, via email to [Sara.Moore2@CommonSpirit.org](mailto:Sara.Moore2@CommonSpirit.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 Manager, Sara Moore, via email at [Sara.Moore2@CommonSpirit.org](mailto:Sara.Moore2@CommonSpirit.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 Manager, Sara Moore, via email at [Sara.Moore2@CommonSpirit.org](mailto:Sara.Moore2@CommonSpirit.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 in three ways: donate online by visiting the Friends of Mercy Foundation website at [www.SupportFriendsOfMercy.org/Ways-To-Give/Donate-Online](http://www.SupportFriendsOfMercy.org/Ways-To-Give/Donate-Online) or by scanning the QR code, in person by utilizing the donation box located inside the Center, or by mail by sending a check payable to "Mercy Hospital" with "Art for Healing" 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 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.CommonSpirit.org/Bakersfield/ArtForHealing](http://www.CommonSpirit.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@CommonSpirit.org](mailto:MHB-ArtForHealing@CommonSpirit.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@CommonSpirit.org](mailto:MHB-ArtForHealing@CommonSpirit.org) or by phone at 661-632-5357 if you would like to request additional hard copies of this schedule.

Thank you!











































# September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>CENTER CLOSED</b>	2 📺 Chair Yoga & EFT 10:00-11:00 AM	3 📺 Meditation & HB 10:00-11:00 AM	4 📺 Tai Chi 4 Health Flow into Fall Series 9:00-10:15 AM 📺 Zentangle® Botanicals 4:00-6:00 PM	5 📺 Threshold Singers 9:30-11:30 AM 📺 Open Studio 1:00-3:00 PM 📺 Family Fridays 6:00-8:30 PM	6 📺 Collaborative Art Journaling with Zentangle® Design 10:00 AM-12:30 PM
7	8 📺 Music & Meditation YouTube Video 📺 Poetic Sanctuary 1:00-3:00 PM	9 📺 Watercolor Bible Journaling 1:00-3:00 PM	10 📺 Open Studio 1:00-3:00 PM	11 📺 Tai Chi 4 Health Flow into Fall Series 9:00-10:15 AM 📺 Virtual Zentangle® 4:00-6:00 PM	12 📺 Art Journaling 5:30-8:00 PM	13 📺 Soul Collage® Circle & Meet-Up 10:00 AM-1:00 PM
14	15 📺 Poetic Sanctuary 1:00-3:00 PM	16 📺 Watercolor Bible Journaling 1:00-3:00 PM	17	18 📺 Tai Chi 4 Health Flow into Fall Series 9:00-10:15 AM 📺 Zentangle® Color 4:00-6:00 PM	19 📺 Threshold Singers 9:30-11:30 AM 📺 Open Studio 1:00-3:00 PM 📺 Family Fridays 6:00-8:30 PM	20
21	22 📺 Contemplative Christian Meditation 10:00-11:00 AM 📺 Poetic Sanctuary 1:00-3:00 PM	23 📺 Chair Yoga & EFT 10:00-11:00 AM 📺 Watercolor Bible Journaling 1:00-3:00 PM	24 📺 Meditation & HB 10:00-11:00 AM 📺 Open Studio 1:00-3:00 PM	25 📺 Creative Zentangle® Journal 1:00-3:00 PM	26 📺 Art Journaling 5:30-8:00 PM	27 📺 Creative Meditation & Sound Bath 11:00 AM-12:30 PM
28 	29 📺 Contemplative Christian Meditation 10:00-11:00 AM 📺 Poetic Sanctuary 1:00-3:00 PM 📺 Musical Monday Rhythm & Roots 6:00-7:00 PM	30 📺 Watercolor Bible Journaling 1:00-3:00 PM 📺 Tangle Tuesday An Intro to Zentangle® 6:00-8:00 PM				





# October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>  <b>Watercolor</b> <b>Wednesday</b> Watercolor Explorations 5:30-7:30 PM	<b>2</b>  <b>Zentangle®</b> <b>Botanicals</b> 4:00-6:00 PM  <b>Tai Chi Thursday</b> Enjoy an Evening Cup of Tai Chi 6:00-7:15 PM	<b>3</b>  <b>Threshold Singers</b> 9:30-11:30 AM  <b>Open Studio</b> 1:00-3:00 PM  <b>Fine Art Friday</b> Expressions in Charcoal 5:30-8:00 PM	<b>4</b>  <b>Celebration</b> <b>Saturday</b> 15 Year Celebratory Event 2:00-4:00 PM
<b>5</b>	<b>6</b>  <b>Contemplative Christian Meditation</b> 10:00-11:00 AM  <b>Poetic Sanctuary</b> 1:00-3:00 PM	<b>7</b>  <b>Chair Yoga &amp; EFT</b> 10:00-11:00 AM  <b>Watercolor Bible Journaling</b> 1:00-3:00 PM	<b>8</b>  <b>Meditation &amp; HB</b> 10:00-11:00 AM  <b>Open Studio</b> 1:00-3:00 PM	<b>9</b>  <b>Tai Chi 4 Health Bone Building Series</b> 9:00-10:15 AM  <b>Virtual Zentangle®</b> 4:00-6:00 PM	<b>10</b>  <b>Art Journaling</b> 5:30-8:00 PM	<b>11</b>  <b>Soul Collage®</b> <b>Circle &amp; Meet-Up</b> 10:00 AM-1:00 PM
<b>12</b>	<b>13</b>  <b>Music &amp; Meditation YouTube Video</b>  <b>Poetic Sanctuary</b> 1:00-3:00 PM	<b>14</b>  <b>Watercolor Bible Journaling</b> 1:00-3:00 PM	<b>15</b>	<b>16</b>  <b>Zentangle® Color</b> 4:00-6:00 PM	<b>17</b>  <b>Threshold Singers</b> 9:30-11:30 AM  <b>Open Studio</b> 1:00-3:00 PM  <b>Family Fridays</b> 6:00-8:30 PM	<b>18</b>  <b>Creative Meditation &amp; Sound Bath</b> 11:00 AM-12:30 PM
<b>19</b>	<b>20</b>  <b>Contemplative Christian Meditation</b> 10:00-11:00 AM  <b>Poetic Sanctuary</b> 1:00-3:00 PM	<b>21</b>  <b>Chair Yoga &amp; EFT</b> 10:00-11:00 AM  <b>Watercolor Bible Journaling</b> 1:00-3:00 PM	<b>22</b>  <b>Meditation &amp; HB</b> 10:00-11:00 AM  <b>Open Studio</b> 1:00-3:00 PM	<b>23</b>  <b>Tai Chi 4 Health Bone Building Series</b> 9:00-10:15 AM  <b>Creative Zentangle® Journal</b> 1:00-3:00 PM	<b>24</b>  <b>Art Journaling</b> 5:30-8:00 PM	<b>25</b>  <b>A Place Called Home</b> 1:00-3:00 PM
<b>26</b>	<b>27</b>  <b>Poetic Sanctuary</b> 1:00-3:00 PM	<b>28</b>  <b>Watercolor Bible Journaling</b> 1:00-3:00 PM	<b>29</b>	<b>30</b>  <b>Tai Chi 4 Health Bone Building Series</b> 9:00-10:15 AM	<b>31</b>  <b>Family Fridays</b> 6:00-8:30 PM	



# November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 📅 Collaborative Art Journaling with Zentangle® Design 10:00 AM-12:30 PM
2/30	3 📅 Contemplative Christian Meditation 10:00-11:00 AM 📅 Poetic Sanctuary 1:00-3:00 PM	4 📅 Chair Yoga & EFT 10:00-11:00 AM 📅 Watercolor Bible Journaling 1:00-3:00 PM	5 📅 Meditation & HB 10:00-11:00 AM 📅 The Way of Etigami 1:00-3:00 PM	6 📅 Tai Chi 4 Health Say Qi-eez Please Series 9:00-10:15 AM 📅 Zentangle® Botanicals 4:00-6:00 PM	7 📅 Threshold Singers 9:30-11:30 AM 📅 Open Studio 1:00-3:00 PM 📅 Family Fridays 6:00-8:30 PM	8 📅 Soul Collage® Circle & Meet-Up 10:00 AM-1:00 PM
9	10 📅 Music & Meditation YouTube Video 📅 Poetic Sanctuary 1:00-3:00 PM	11 📅 Watercolor Bible Journaling 1:00-3:00 PM	12 📅 Open Studio 1:00-3:00 PM	13 📅 Tai Chi 4 Health Say Qi-eez Please Series 9:00-10:15 AM 📅 Virtual Zentangle® 4:00-6:00 PM	14 📅 Art Journaling 5:30-8:00 PM	15 📅 Holiday Cards 10:00 AM-12:30 PM 📅 Painted Christmas Ornaments 2:00-4:30 PM
16	17 📅 Contemplative Christian Meditation 10:00-11:00 AM 📅 Poetic Sanctuary 1:00-3:00 PM	18 📅 Chair Yoga & EFT 10:00-11:00 AM 📅 Watercolor Bible Journaling 1:00-3:00 PM	19 📅 Meditation & HB 10:00-11:00 AM	20 📅 Tai Chi 4 Health Say Qi-eez Please Series 9:00-10:15 AM 📅 Creative Zentangle® Journal 1:00-3:00 PM	21 📅 Threshold Singers 9:30-11:30 AM 📅 Open Studio 1:00-3:00 PM 📅 Family Fridays 6:00-8:30 PM	22 📅 Creative Meditation & Sound Bath 11:00 AM-12:30 PM
23	24 📅 Poetic Sanctuary 1:00-3:00 PM 📅 Zentangle® Color 4:00-6:00 PM	25 📅 Watercolor Bible Journaling 1:00-3:00 PM	26 📅 Open Studio 1:00-3:00 PM	27 CENTER CLOSED	28 CENTER CLOSED	29 CENTER CLOSED



# December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>Contemplative Christian Meditation</b> 10:00-11:00 AM <b>Poetic Sanctuary</b> 1:00-3:00 PM	<b>2</b> <b>Chair Yoga &amp; EFT</b> 10:00-11:00 AM <b>Watercolor Bible Journaling</b> 1:00-3:00 PM	<b>3</b> <b>Meditation &amp; HB</b> 10:00-11:00 AM <b>Playing with Paint</b> 1:00-3:00 PM	<b>4</b> <b>Tai Chi 4 Health Why Wait-Meditate Series</b> 9:00-10:15 AM <b>Zentangle® Botanicals</b> 4:00-6:00 PM	<b>5</b> <b>Threshold Singers</b> 9:30-11:30 AM <b>Open Studio</b> 1:00-3:00 PM <b>Family Fridays</b> 6:00-8:30 PM	<b>6</b> <b>Holiday Clay</b> 10:00 AM-12:30 PM <b>Painted Christmas Ornaments</b> 2:00-4:30 PM
7	<b>8</b> <b>Music &amp; Meditation YouTube Video</b> <b>Poetic Sanctuary</b> 1:00-3:00 PM	<b>9</b> <b>Watercolor Bible Journaling</b> 1:00-3:00 PM	<b>10</b> <b>Open Studio</b> 1:00-3:00 PM	<b>11</b> <b>Tai Chi 4 Health Why Wait-Meditate Series</b> 9:00-10:15 AM <b>Virtual Zentangle®</b> 4:00-6:00 PM	<b>12</b> <b>Art Journaling</b> 5:30-8:00 PM	<b>13</b> <b>Soul Collage® Circle &amp; Meet-Up</b> 10:00 AM-1:00 PM
14	<b>15</b> <b>Contemplative Christian Meditation</b> 10:00-11:00 AM <b>Poetic Sanctuary</b> 1:00-3:00 PM	<b>16</b> <b>Chair Yoga &amp; EFT</b> 10:00-11:00 AM <b>Watercolor Bible Journaling</b> 1:00-3:00 PM	<b>17</b> <b>Meditation &amp; HB</b> 10:00-11:00 AM	<b>18</b> <b>Creative Zentangle® Journal</b> 1:00-3:00 PM	<b>19</b> <b>Threshold Singers</b> 9:30-11:30 AM <b>Open Studio</b> 1:00-3:00 PM <b>Family Fridays</b> 6:00-8:30 PM	<b>20</b> <b>Creative Meditation &amp; Sound Bath</b> 11:00 AM-12:30 PM
21	<b>22</b> <b>Poetic Sanctuary</b> 1:00-3:00 PM <b>Zentangle® Color</b> 4:00-6:00 PM	<b>23</b> <b>CENTER CLOSED</b>	<b>24</b> <b>CENTER CLOSED</b>	<b>25</b> <b>CENTER CLOSED</b>	<b>26</b> <b>CENTER CLOSED</b>	<b>27</b> <b>CENTER CLOSED</b>
28	<b>29</b> <b>CENTER CLOSED</b>	<b>30</b> <b>CENTER CLOSED</b>	<b>31</b> <b>CENTER CLOSED</b>			