Dignity Health
Mercy & Memorial Hospitals

ART AND SPIRITUALITY CENTER

2010 15 2025 YEARS

# Summer Schedule

## May 1, 2025 – August 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, 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 5-7
- Handmade Creations — Pages 8-9
- Music, Movement & Performance — Pages 10-12


Following our program schedule you will find:


- Facilitator Biographies — Pages 13-16
- Additional Information — Page 17
- Monthly Program Calendars — Pages 18-21


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

# Contemplative & Reflective Programs

## Contemplative Christian Meditation: Registration required

**Mondays: May 5th & 19th, June 2nd, 16th & 30th, July 14th, August 4th & 18th**
**10:00 AM – 11:00 AM @ the Art and Spirituality Center**

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. ***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*

## Meditation & Healing Breath: Registration required

**Wednesdays: May 7th & 21st, June 4th & 18th, July 2nd & 16th, August 6th & 20th**
**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*

## SoulCollage® Circle & Meet-Up: Registration required

**Saturdays: May 10th, June 14th, July 12th & August 9th**
**10:00 AM – 12:00 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*

## Music & Meditation: No registration required

**Mondays: May 12th, June 9th, July 14th & August 11th**
**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.

*Presented by Kyle Whitaker*

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

**Saturdays: May 24th, June 28th, July 26th & August 23rd**

**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

## Zentangle® Botanicals: Registration required

**Thursdays: May 1st, June 5th, July 3rd, August 7th**
**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*

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

**(Note: Each participant must be registered individually.)**
**Fridays: May 2nd & 16th, June 6th & 20th, July 18th, August 1st & 15th**
**Thursday: July 3rd (This date is offered in lieu of July 4th due to the holiday.)**
**6:00 PM – 8:30 PM @ the Art and Spirituality Center**



**MAY**




**JUNE**



**JULY**



**AUGUST**

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. **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 Brittney Rivera*

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

**Thursdays: May 8th, June 12th, July 10th & August 14th**

**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

**Thursdays: May 15th, June 19th, July 17th & August 21st**

**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, 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

**Thursdays: May 22nd, June 26th, July 24th & August 28th**
**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, 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*

# Handmade Creations Programs

## Open Studio: No registration required

**Fridays: May 2nd & 16th, June 6th & 20th, July 18th, August 1st & 15th**
**Wednesdays: May 7th & 21st, June 11th & 25th, July 9th & 23rd, August 6th & 20th**
**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*

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

**Fridays: May 9th & 23rd, June 13th & 27th, July 11th & 25th, August 8th & 22nd**
**6:00 PM – 8:00 PM @ the Art and Spirituality Center**



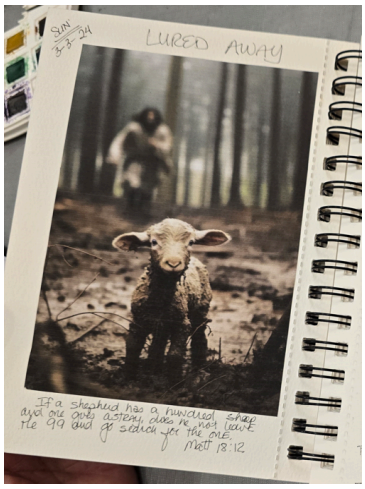
Art journaling is a creative expression of thoughts and ideas through a combination of diary or journal entries and art. During each workshop, participants will practice processing and expressing their thoughts, feelings, memories, and emotions through various art techniques such as writing, drawing, 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. **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 Bee Rivera*

## Eastertide Art Challenge (five-part series): Registration required

**Tuesdays: May 13th, 20th & 27th, June 3rd & 10th**

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




Eastertide is a 50-day liturgical season that celebrates the resurrection of Jesus Christ, starting on Easter Sunday and ending on Pentecost Sunday. This is a period of joyful celebration and reflection on the new life given to us, as a gift from God. Throughout this five-part series, we will journey through an art challenge to create an intentional piece each day throughout the Eastertide season. Our facilitator will provide participants with a list of common words to use as a prompt; one assigned each day. Using the daily prompt, participants will reflect on the word by connecting it to a biblical verse, then sketch or paint a visual of how the word and verse resonate with them. Each day is an opportunity to add a creative spiritual reflection into your routine. 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 enhance the celebration of Christ's victory and new life. **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*

# Music, Movement & Performance Programs

## Tai Chi 4 Health: Registration required

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

1. **Warm Your Heart, Engage Your Mind (two-part series)**
   **Thursdays: May 8th & 15th**
   **9:00 AM – 10:15 AM @ the Art and Spirituality Center**

2. **Tasty Tai Chi-Expand Your Calm Qi (three-part series)**
   **Thursdays: July 17th, 24th & 31st**
   **9:00 AM – 10:15 AM @ the Art and Spirituality Center**

3. **Breathe & Build Strength and Stamina (three-part series)**
   **Thursdays: August 14th, 21st & 28th**
   **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: May 2nd & 16th, June 6th & 20th, July 18th, August 1st & 15th**
**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 661-900-7854. ***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*

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

**Tuesdays: May 6th & 20th, June 3rd & 17th, July 1st & 15th, August 5th & 19th**
**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*

**Open Mic Night:** Registration recommended for performers only

**Tuesdays: June 24th & August 26th**

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



Join us for an open mic night experience where performers gather in a sacred space to share their talents. Whether playing an instrument, singing, sharing poetry, storytelling, or movement arts, we invite you to bring your instruments and your voices to share powerful and healing messages with a live audience, promoting unity through your performance. This is a family-friendly event, and we ask that performers not use profanity or divisive material. Each performer will be assigned a 10-minute time slot and may sign up during the event or register in advance. To register, please contact us by phone at 661-632-5747 or via email at MHB-ArtForHealing@CommonSpirit.org. This event is open to people of all ages to attend, and seating will be available on a first-come, first-served basis. ***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 Sara Moore*

# 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.



**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.



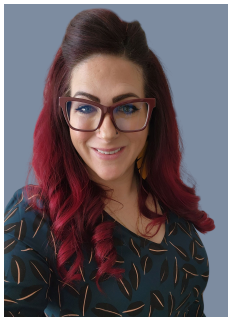
**Tracy MacLaren** was introduced to SoulCollage® in 2018, and it was "love at first collage." She immediately became a Certified SoulCollage® Facilitator and continues to love the practice. Tracy is also a businesswoman/entrepreneur, an ordained Minister, and an ordained Buddhist lay teacher. Since 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.



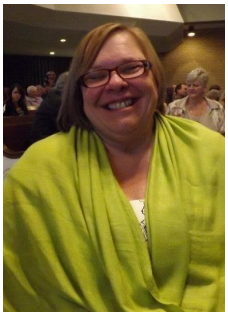
**Barbara Mattick** joined the Art and Spirituality Center in 2015 as a member and co-leader of the Bakersfield Threshold Singers, and has also facilitated several Nature Journaling workshops. Music, art, and the natural world have been lifelong passions for her. She has made music all her life, and 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.



**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. 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.



**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.

**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 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 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 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

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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. 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.

**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 or by phone at 661-632-5357 if you would like to request additional hard copies of this schedule.

Thank you!

Dignity Health®
Mercy & Memorial Hospitals

# May 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | 1<br>Zentangle® Botanicals<br>4:00-6:00 PM | 2<br>Threshold Singers<br>9:30-11:30 AM<br>Open Studio<br>1:00-3:00 PM<br>Family Fridays<br>6:00-8:30 PM | 3 |
| 4 | 5<br>Contemplative Christian Meditation<br>10:00-11:00 AM | 6<br>Chair Yoga & EFT<br>10:00-11:00 AM | 7<br>Meditation & HB<br>10:00-11:00 AM<br>Open Studio<br>1:00-3:00 PM | 8<br>Tai Chi 4 Health Warm Your Heart Series<br>9:00-10:15 AM<br>Virtual Zentangle®<br>4:00-6:00 PM | 9<br>Art Journaling<br>6:00-8:00 PM | 10<br>Soul Collage® Circle & Meet-Up<br>10:00 AM-12:00 PM |
| 11 | 12<br>Music & Meditation YouTube Video | 13<br>Eastertide Art Challenge Series<br>1:00-3:00 PM | 14 | 15<br>Tai Chi 4 Health Warm Your Heart Series<br>9:00-10:15 AM<br>Zentangle® Color<br>4:00-6:00 PM | 16<br>Threshold Singers<br>9:30-11:30 AM<br>Open Studio<br>1:00-3:00 PM<br>Family Fridays<br>6:00-8:30 PM | 17 |
| 18 | 19<br>Contemplative Christian Meditation<br>10:00-11:00 AM | 20<br>Chair Yoga & EFT<br>10:00-11:00 AM<br>Eastertide Art Challenge Series<br>1:00-3:00 PM | 21<br>Meditation & HB<br>10:00-11:00 AM<br>Open Studio<br>1:00-3:00 PM | 22<br>Creative Zentangle® Journal<br>1:00-3:00 PM | 23<br>Art Journaling<br>6:00-8:00 PM | 24<br>Creative Meditation & Sound Bath<br>11:00 AM-12:30 PM |
| 25 | 26<br>CENTER CLOSED | 27<br>Eastertide Art Challenge Series<br>1:00-3:00 PM | 28 | 29 | 30 | 31 |

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# June 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1 | 2<br>Contemplative Christian Meditation<br>10:00-11:00 AM | 3<br>Chair Yoga & EFT<br>10:00-11:00 AM<br>Eastertide Art Challenge Series<br>1:00-3:00 PM | 4<br>Meditation & HB<br>10:00-11:00 AM | 5<br>Zentangle® Botanicals<br>4:00-6:00 PM | 6<br>Threshold Singers<br>9:30-11:30 AM<br>Open Studio<br>1:00-3:00 PM<br>Family Fridays<br>6:00-8:30 PM | 7 |
| 8 | 9<br>Music & Meditation YouTube Video | 10<br>Eastertide Art Challenge Series<br>1:00-3:00 PM | 11<br>Open Studio<br>1:00-3:00 PM | 12<br>Virtual Zentangle®<br>4:00-6:00 PM | 13<br>Art Journaling<br>6:00-8:00 PM | 14<br>Soul Collage® Circle & Meet-Up<br>10:00 AM-12:00 PM |
| 15 | 16<br>Contemplative Christian Meditation<br>10:00-11:00 AM | 17<br>Chair Yoga & EFT<br>10:00-11:00 AM | 18<br>Meditation & HB<br>10:00-11:00 AM | 19<br>Zentangle® Color<br>4:00-6:00 PM | 20<br>Threshold Singers<br>9:30-11:30 AM<br>Open Studio<br>1:00-3:00 PM<br>Family Fridays<br>6:00-8:30 PM | 21 |
| 22 | 23 | 24<br>Open Mic Night<br>6:00-8:00 PM | 25<br>Open Studio<br>1:00-3:00 PM | 26<br>Creative Zentangle® Journal<br>1:00-3:00 PM | 27<br>Art Journaling<br>6:00-8:00 PM | 28<br>Creative Meditation & Sound Bath<br>11:00 AM-12:30 PM |
| 29 | 30<br>Contemplative Christian Meditation<br>10:00-11:00 AM | | | | | |

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# July 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | 1<br>Chair Yoga & EFT<br>10:00-11:00 AM | 2<br>Meditation & HB<br>10:00-11:00 AM | 3<br>Zentangle® Botanicals<br>4:00-6:00 PM<br>Family Fridays<br>6:00-8:30 PM | 4<br>CENTER CLOSED | 5 |
| 6 | 7 | 8 | 9<br>Open Studio<br>1:00-3:00 PM | 10<br>Virtual Zentangle®<br>4:00-6:00 PM | 11<br>Art Journaling<br>6:00-8:00 PM | 12<br>Soul Collage® Circle & Meet-Up<br>10:00 AM-12:00 PM |
| 13 | 14<br>Contemplative Christian Meditation<br>10:00-11:00 AM<br>Music & Meditation YouTube Video | 15<br>Chair Yoga & EFT<br>10:00-11:00 AM | 16<br>Meditation & HB<br>10:00-11:00 AM | 17<br>Tai Chi 4 Health Tasty Tai Chi Series<br>9:00-10:15 AM<br>Zentangle® Color<br>4:00-6:00 PM | 18<br>Threshold Singers<br>9:30-11:30 AM<br>Open Studio<br>1:00-3:00 PM<br>Family Fridays<br>6:00-8:30 PM | 19 |
| 20 | 21 | 22 | 23<br>Open Studio<br>1:00-3:00 PM | 24<br>Tai Chi 4 Health Tasty Tai Chi Series<br>9:00-10:15 AM<br>Creative Zentangle® Journal<br>1:00-3:00 PM | 25<br>Art Journaling<br>6:00-8:00 PM | 26<br>Creative Meditation & Sound Bath<br>11:00 AM-12:30 PM |
| 27 | 28 | 29 | 30 | 31<br>Tai Chi 4 Health Tasty Tai Chi Series<br>9:00-10:15 AM | | |

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# August 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | 1<br>Threshold Singers<br>9:30-11:30 AM<br>Open Studio<br>1:00-3:00 PM<br>Family Fridays<br>6:00-8:30 PM | 2 |
| 3 | 4<br>Contemplative Christian Meditation<br>10:00-11:00 AM | 5<br>Chair Yoga & EFT<br>10:00-11:00 AM | 6<br>Meditation & HB<br>10:00-11:00 AM<br>Open Studio<br>1:00-3:00 PM | 7<br>Zentangle® Botanicals<br>4:00-6:00 PM | 8<br>Art Journaling<br>6:00-8:00 PM | 9<br>Soul Collage® Circle & Meet-Up<br>10:00 AM-12:00 PM |
| 10 | 11<br>Music & Meditation YouTube Video | 12 | 13 | 14<br>Tai Chi 4 Health Breathe & Build Series<br>9:00-10:15 AM<br>Virtual Zentangle®<br>4:00-6:00 PM | 15<br>Threshold Singers<br>9:30-11:30 AM<br>Open Studio<br>1:00-3:00 PM<br>Family Fridays<br>6:00-8:30 PM | 16 |
| 17 | 18<br>Contemplative Christian Meditation<br>10:00-11:00 AM | 19<br>Chair Yoga & EFT<br>10:00-11:00 AM | 20<br>Meditation & HB<br>10:00-11:00 AM<br>Open Studio<br>1:00-3:00 PM | 21<br>Tai Chi 4 Health Breathe & Build Series<br>9:00-10:15 AM<br>Zentangle® Color<br>4:00-6:00 PM | 22<br>Art Journaling<br>6:00-8:00 PM | 23<br>Creative Meditation & Sound Bath<br>11:00 AM-12:30 PM |
| 24/31 | 25 | 26<br>Open Mic Night<br>6:00-8:00 PM | 27 | 28<br>Tai Chi 4 Health Breathe & Build Series<br>9:00-10:15 AM<br>Creative Zentangle® Journal<br>1:00-3:00 PM | 29 | 30 |