

# May 2023 Hirsch Arts & Wellness Programs



Mandala by Wendy

*Bringing hope and healing through creativity.*

Welcome to Hirsch Wellness! Our caring community empowers cancer patients in treatment, survivors, and caregivers with self-expressive Arts & Wellness opportunities! Programs are **free of charge**, allowing all who participate to enjoy group activities that support their emotional and physical well-being. FOR MORE INFORMATION AND TO REGISTER ONLINE, go to [HirschWellnessNetwork.org](https://www.HirschWellnessNetwork.org). We look forward to seeing you!

Every Monday 6:15-7pm	<b>Taiji-Qigong (online) with Bill Savage</b> Gentle, slow movements allow anyone to participate and progress at their own pace. Bill Savage is certified by The Center for Taiji Studies and welcomes all. Registration is required.	
Every Monday 7:15-8pm	<b>Monday Night Meditation Drop-In (online) with Ash Poirier</b> Join a 35-minute meditation for experienced and inexperienced practitioners. Meditations will be guided and unguided, and there will be time for questions and sharing after the meditation period. Registration is required.	
Every Tuesday 4:30-5:30pm	<b>Tuesdays at Triad Yoga (in person and online) with Terry Brown</b> Terry Brown is now offering his Hirsch yoga and movement class in-person AND online! You can attend class at the Triad Yoga studio, or from home using Zoom. Registration is required.	
Every Tuesday 6:15-6:45pm	<b>Chair Qigong (online) with Bill Savage</b> This class is for those unable to stand at all, or for long periods of time. Benefits include improved respiratory, digestive, circulatory, and nervous systems. Registration is required.	
Saturdays 3-4pm	<b>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</b> Water is a natural healer, offering physical and emotional release. Classes include use of locker rooms, fitness floor, steam and sauna on same day as class. Registration is required.	
May 2 7-8pm	<b>EFT Tapping for Anxiety &amp; Pain (online) with Bev Vaughn</b> EFT (Emotional Freedom Technique) tapping is a form of acupressure that works with energy meridians to treat physical and emotional ailments. Registration is required.	
May 3 1-3pm	<b>Creative Hands (in person) with Dalene Johnson-Lowery</b> Work on art projects you have started in a Hirsch class, or join Dalene in a Make 'N' Take project. "Come join me with an open mind and heart!" Registration is required.	
May 4, 18 6-7:30pm	<b>Awakened Heart, Awakened Mind (online) with Ash Poirier</b> Join Ash for this session designed to introduce calm, reduce stress, improve sleep, instill happiness, and offer tools for emotional well-being and self care. Registration is required.	
May 5 1-2:30pm	<b>Zentangle (online) with Michele Rieder</b> Enjoy the art of making simple marks on paper that emerge into beautiful patterns, while bringing a heightened state of calm. <b>Register by April 21, 5pm</b> for Art Supplies to be mailed.	
May 8 10am-12pm	<b>Painting en Plein Air (in person) with Mavis Liggett</b> Learn the tips and techniques of painting outdoors at Bicentennial Gardens! All materials will be provided. Class size is limited. Registration is required.	
May 10 1-2:30pm	<b>Nature Drawing (online) with Alex Gaal</b> Capture the sounds, smells, and textures of the natural world using traditional drawing techniques. Create illustrations of nature using just a pen or pencil. Registration is required.	

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NEW programs are added throughout the month. Visit us online at [HirschWellnessNetwork.org](https://www.HirschWellnessNetwork.org)

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<p>May 10 6-8pm</p>	<p><b><i>Story of an Object: A Thinking and Writing Class (online) with Molly Haile</i></b> You will select an object from home that holds memories and meaning and tell the "story" of that object. No writing experience needed. Registration is required.</p>	
<p>May 11 11am-12:30pm</p>	<p><b><i>Spring Plant Swap! (in person) with Jacqui Mehring</i></b> Spring is the perfect time to swap extra plants with new plants! Bring 3-6 plants in a pot and plastic bag, and label them. Bulbs and tubers are welcome. Registration is required.</p>	
<p>May 11, 25 6-7pm</p>	<p><b><i>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</i></b> This twice monthly gathering begins with a short reading, gentle guidance, or words of inspiration, followed by guided meditation. All levels are welcome. Registration is required.</p>	
<p>May 11 6:45-8pm</p>	<p><b><i>Yoga for Back of the Legs Pain Relief (in person &amp; online) with Terry Brown</i></b> The back of the legs can become tight from prolonged sitting or standing. We will explore practices to provide relief. All Levels are welcome. Registration is required.</p>	
<p>May 12 1-3pm</p>	<p><b><i>Autobiographic Fabric Collage (in person) with Mary Beth Boone</i></b> Use fabrics, stitching, and printing to explore your personal history, hopes, and dreams. The finished piece will be a beautiful fabric collage! Registration is required.</p>	
<p>May 15 11am-1pm</p>	<p><b><i>Origami Bowls (in person) with Earline Wallace</i></b> Traditional origami consists of folding a sheet of square paper into a sculpture without cutting, gluing, or taping it. Join us to make a unique origami bowl. Registration is required.</p>	
<p>May 17 1-2:30pm</p>	<p><b><i>Kinetic Awareness (KA) In Person with Jill Green</i></b> Often referred to as "The Ball Work," KA enhances the understanding of the language of the body. Emphasis is on awareness of and release of frozen tension. Registration is required.</p>	
<p>May 18 1-3pm</p>	<p><b><i>Pinched Pots (in person) with Susan Ridenour</i></b> Learn to create a clay bowl using basic pinching techniques. Participants will make an Offering Bowl inspired by alms bowls in the Buddhist tradition. Registration is required.</p>	
<p>May 23 7-8pm</p>	<p><b><i>Reiki Share and Meditation (online) with Beverly Vaughn</i></b> Explore the Japanese technique of Reiki energy. We start with a Reiki share, sending Reiki as a group, and then experience a guided Reiki Meditation. Registration is required.</p>	
<p>May 24 1-2pm</p>	<p><b><i>Open Studio (online) with Bob Nordbruch</i></b> Stay connected, share creative projects, and learn new techniques from our featured artists. Gain inspiration and creative lessons from fine artist Bob Nordbruch. Registration is required.</p>	
<p>May 24 3:30-5pm</p>	<p><b><i>Stitch Club (online) with Jacqui Mehring &amp; Vanessa McCormick-Penn</i></b> Join fiber artists Jacqui and Vanessa and bring your textile projects while enjoying inspiring conversation and receiving technical advice if needed. Registration is required.</p>	
<p>May 26 1-3pm</p>	<p><b><i>Expressive Arts (in person) with Betsy Bevan</i></b> Using the multi-sensory expressive forms of visual art, music, poetry, journaling, and movement, we will connect to the soul's vast creative potential. Registration is required.</p>	
<p>May 25 7-8pm</p>	<p><b><i>Breathworks for Anxiety &amp; Pain (online) with Beverly Vaughn</i></b> Controlled breathing can reduce stress, increase alertness, and boost your immune system. We will explore techniques to reduce pain and anxiety. Registration is required.</p>	

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# June 2023 Hirsch Arts & Wellness Programs



Drawing by Annie

*Bringing hope and healing through creativity.*

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Saturdays 3-4pm	<b>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</b> Water is a natural healer, offering physical and emotional release. Classes include use of locker rooms, fitness floor, steam and sauna on same day as class. Registration is required.	
June 1 6-7:30pm	<b>Awakened Heart, Awakened Mind (online) with Ash Poirier</b> Join Ash for this session designed to introduce calm, reduce stress, improve sleep, instill happiness, and offer tools for emotional well-being and self care. Registration is required.	
June 2 1-2:30pm	<b>Zentangle (online) with Michele Rieder</b> Enjoy the art of making simple marks on paper that emerge into beautiful patterns, while bringing a heightened state of calm. <b>Register by May 19, 5pm</b> for Art Supplies to be mailed.	
June 6 7-8pm	<b>Huna Basics for Anxiety (online) with Bev Vaughn</b> Huna is the ancient Hawaiian energy therapy practice of releasing densities and blockages of energy and replacing them with positive energy. Registration is required.	
June 7 1-3pm	<b>Creative Hands (in person) with Dalene Johnson-Lowery</b> Work on art projects you have started in a Hirsch class, or join Dalene in a Make 'N' Take project. "Come join me with an open mind and heart!" Registration is required.	
June 8 11-12:30pm	<b>Japanese Embroidery (in person) with Jacqui Mehring</b> Sashiko, a form of Japanese folk embroidery, uses running stitch to create a patterned background. We will sew Sashiko in geometrical patterns on cards. Registration is required.	
June 8, 22 6-7pm	<b>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</b> This twice monthly gathering begins with a short reading, gentle guidance, or words of inspiration, followed by guided meditation. All levels are welcome. Registration is required.	
June 10 2-3:30pm	<b>Watercolor Marbling (in person) with Susanne Baker</b> Learn traditional techniques of watercolor marbling. Participants will use a guided pattern and their own creativity to make one-of-a-kind decorated papers. Registration is required.	
June 12 11am-1pm	<b>Beaded Bracelets (in person) with Earline Wallace</b> Join Earline for a bead stringing class and make a beaded bracelet from start to finish. By the end you will have created your own beaded bracelet! Registration is required.	

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<p>June 13 7-8pm</p>	<p><b><i>EFT Tapping &amp; Meditation to Reduce Stress (online) with Bev Vaughn</i></b> EFT tapping works with the same energy meridians used in acupuncture. We will learn techniques to reduce stress, followed by a meditation. Registration is required.</p>	
<p>June 14 1-2:30pm</p>	<p><b><i>Nature Drawing (online) with Alex Gaal</i></b> Capture the sounds, smells, and textures of the natural world using traditional drawing techniques. Create illustrations of nature using just a pen or pencil. Registration is required.</p>	
<p>June 15 11am-12:30pm</p>	<p><b><i>Pollinator Puddlers (in person) with Catherine Crowder</i></b> Celebrate Pollinator Week! Learn ways to attract and protect pollinators. Make a pollinator puddler to start your own pollinator-friendly environment. Registration is required.</p>	
<p>June 16 1-3pm</p>	<p><b><i>Expressive Arts (in person) with Betsy Bevan</i></b> Using the multi-sensory expressive forms of visual art, music, poetry, journaling, and movement, we will connect to the soul's vast creative potential. Registration is required.</p>	
<p>June 19 1-3pm</p>	<p><b><i>Paper Quilled Greeting Cards (in person) with Mavis Liggett</i></b> Paper Quilling or Filigree is a meditative art form involving twisting small strips of paper into beautiful 3-D shapes. Create a quilled card for sending or framing. Registration is required.</p>	
<p>June 20 7-8pm</p>	<p><b><i>Reiki Share and Meditation (online) with Beverly Vaughn</i></b> Explore the Japanese technique of Reiki energy. We start with a Reiki share, sending Reiki as a group, and then experience a guided Reiki Meditation. Registration is required.</p>	
<p>June 21 1-2pm</p>	<p><b><i>Open Studio (online) with Bob Nordbruch</i></b> Stay connected, share creative projects, and learn new techniques from our featured artists. Gain inspiration and creative lessons from fine artist Bob Nordbruch. Registration is required.</p>	
<p>June 22 6:45-8pm</p>	<p><b><i>Shavasana Challenge (in person &amp; online) with Terry Brown</i></b> Shavasana (Corpse Pose) is the practice of relaxing with attention. Learn to relax one muscle at a time and release one thought at a time. All levels welcome. Registration is required.</p>	
<p>June 23 12-2pm</p>	<p><b><i>Hello, Future! Hello, Past! A Letter-Writing Class (in person) with Molly Haile</i></b> Reading old letters can create meaningful connections across time. We'll compose "time capsule" letters to future generations. No writing experience needed. Registration is required.</p>	
<p>June 26 1-3pm</p>	<p><b><i>Beautiful Fabric Bound Books (in person) with Mary Beth Boone</i></b> Participants will embellish fabrics with printing, stitching, and patchwork techniques. The final piece will be a beautifully bound pamphlet journal. Registration is required.</p>	
<p>June 27 7-8pm</p>	<p><b><i>Breathworks for Anxiety &amp; Pain (online) with Beverly Vaughn</i></b> Controlled breathing can reduce stress, increase alertness, and boost your immune system. We will explore techniques to reduce pain and anxiety. Registration is required.</p>	
<p>June 28 3:30-5pm</p>	<p><b><i>Stitch Club (online) with Jacqui Mehring &amp; Vanessa McCormick-Penn</i></b> Join fiber artists Jacqui and Vanessa and bring your textile projects while enjoying inspiring conversation and receiving technical advice if needed. Registration is required.</p>	
<p>June 29 6-7pm</p>	<p><b><i>Thursday Meditation Drop In (online) Participant-Led</i></b> This drop in session is open to experienced and beginning practitioners. Please come and support your meditation practice through community. Registration is required.</p>	

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