

# February 2024 Hirsch Arts & Wellness Programs

*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! Visit us at [HirschWellnessNetwork.org](https://www.HirschWellnessNetwork.org) to view full descriptions and register for classes.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Awakened Heart, Awakened Mind (online) 6-7pm <b>1</b>	Zentangle (online) 1-2:30pm <b>2</b>	Therapeutic Aquatics <b>3</b> (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong <b>5</b> (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm <b>6</b> Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	Creative Hands (in person) 1-3pm <b>7</b>	A Still Forest Pool (online) 6-7pm <b>8</b> 	Intro to Improv (in person) 1:30-3pm <b>9</b>	Therapeutic Aquatics <b>10</b> (in person) Club Fitness Oak Branch, 3-4pm
Guided Song Writing (online) 11am-12:30pm <b>12</b> Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Nature Drawing (online) 1-2:30pm <b>13</b> Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm EFT Tapping (online) 7-8pm	Creative Exploration with Paint (in person) 1-3pm <b>14</b> 	Awakened Heart, Awakened Mind (online) 6-7pm <b>15</b> 	<b>16</b> No Classes	Therapeutic Aquatics <b>17</b> (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong <b>19</b> (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	What is Spoken, What is Said? (in person) 1-3pm <b>20</b> Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Breathworks (online) 7-8pm	Winter Sowing (in person) 11am-12:30pm <b>21</b> Open Studio with Bob Nordbruch (online) 1-2pm	Mixed Media Hearts (in person) 1-3pm <b>22</b> A Still Forest Pool (online) 6-7pm	Drawing, Music, & Movement (in person) 1-3pm <b>23</b> 	Therapeutic Aquatics <b>24</b> (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong <b>26</b> (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Open Studio: Keep Going (in person) 1-3pm <b>27</b> Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Silva method (online) 7-8pm	Ukulele "Taster" (in person) 1-2:30pm <b>28</b> 	Needle Book (in person) 10am-12pm <b>29</b> A Still Forest Pool (online) 6-7pm		

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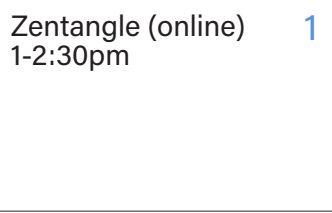




REGISTRATION REQUIRED - GO ONLINE: [HirschWellnessNetwork.org](https://HirschWellnessNetwork.org)

<p><b>Awakened Heart, Awakened Mind (online) with Lauren Rubin</b> This class is designed to reduce stress, improve sleep, and offer tools for emotional well-being. <i>There will occasionally be a practice leader rather than an instructor.</i></p>	<p><b>Zentangle (online) with Michele Rieder</b> "Tangling" is the art of making simple marks on paper that emerge into beautiful designs! <b>Register by January 19 if you need art supplies to be mailed to you.</b></p>
<p><b>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</b> Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p><b>Creative Hands (in person) with Dalene Johnson-Lowery</b> Join Dalene for a surprise Make 'N' Take art project!</p>
<p><b>Taiji-Qigong (in person &amp; online) with Bill Savage</b> Gentle, meditative movements allow you to participate at your own pace.</p>	<p><b>Intro to Improv (in person) with Dave Dobson</b> Enjoy fun, creative introductory exercises in this supportive workshop!</p>
<p><b>Monday Meditation Drop-In (online)</b> A shorter meditation for all levels. <i>There will be a practice leader during February.</i></p>	<p><b>Guided Song Writing (online) with Christian Patterson</b> Join a supportive, communal songwriting experience! Bring ideas and influences.</p>
<p><b>Triad Yoga (in person &amp; online) with Terry Brown</b> Enjoy Terry's Hirsch yoga and movement class at the Triad Yoga studio or on Zoom!</p>	<p><b>Nature Drawing (online) with Alex Gaal</b> Create illustrations of nature using traditional drawing techniques and a pen or pencil.</p>
<p><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.</p>	<p><b>Creative Exploration with Paint (in person) with Bob Nordbruch</b> Explore the process of creation through all the steps of inspiration, conceptualization planning, and painting with acrylics. Prepare for camaraderie, learning, and fun!</p>
<p><b>Reiki Share and Meditation (online) with Beverly Vaughn</b> Experience the Japanese technique of Reiki to relieve stress and promote healing.</p>	<p><b>What is Spoken, What is Said? (in person) with Molly Haile</b> Learn how writers reveal what's <b>really</b> going on in conversations between characters!</p>
<p><b>A Still Forest Pool - A Meditation Practice (online) with Liz Reese</b> We begin with words of inspiration, followed by guided meditation. <i>Liz Reese will instruct on Feb. 29. There will be a practice leader during the rest of February.</i></p>	<p><b>Winter Sowing (in person) with Catherine Crowder</b> We'll create a "greenhouse" and start plants from seeds. Nature does the rest!</p>
<p><b>EFT Tapping Fundamentals (online) with Beverly Vaughn</b> Gently tap on the body's acupuncture points to relieve anxiety and pain.</p>	<p><b>Open Studio with Bob Nordbruch (online)</b> Chat, share creative projects, and gain inspiration from fine artist Bob Nordbruch.</p>
<p><b>Breathworks (online) with Beverly Vaughn</b> Learn controlled breathing techniques to help reduce pain and anxiety.</p>	<p><b>Mixed Media Hearts (in person) with Deveta Glenn</b> We'll explore artist Jim Dine's Heart Paintings and create one of our own in his style.</p>
<p><b>The Silva Method (online) with Beverly Vaughn</b> This method involves deep breathing, relaxation, visualization, and techniques for calming the mind, bringing you one step closer to overcoming anxiety.</p>	<p><b>Drawing, Music, &amp; Movement (in person) with Betsy Bevan</b> We will draw lines and colors to express emotion and movement; then we will improvise music and create moves to express the drawing. Instruments provided.</p>
<p><b>Ukulele "Taster" (in person) with Cathie (C.H.) Holcombe</b> The Ukulele is the easiest of all instruments to play (with only 4 strings) and is a delightful way to build community! No experience necessary.</p>	<p><b>Open Studio: Keep Going (in person) with Dalene J-Lowery</b> Bring a creative project you started in a Hirsch Wellness class to work on!</p>
<p><b>Needle Book (in person) with Mary Beth Boone</b> Explore bookbinding with cloth, thread, fabric scraps, and buttons. Participants will create a small, embellished Needle Book to house needles, pins, and scissors.</p>	<p><i>Classes are Free of Charge for cancer patients in treatment, survivors, and caregivers. <b>Email: Admin@HirschCenter.org</b> Call: 336-209-0259</i></p>

## *Bringing hope and healing through creativity.*

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	Tuesday		Thursday		Saturday
					
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Happy Little Trees (in person) 10am-12pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	Creative Hands (in person) 1-3pm 	Beginners' Knitting - Session 1 (in person) 10-11:30am  Awakened Heart, Awakened Mind (online) 6-7:30pm	Zentangle (online) 1-2:30pm	Accordion Book Making (in person) 1-3pm  Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Creative Exploration with Paint (in person) 1-3pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm EFT Tapping (online) 7-8pm	Nature Drawing (online) 1-2:30pm 	Beginners' Knitting - Session 2 (in person) 10-11:30am  A Still Forest Pool (online) 6-7pm	No Classes	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 
Cut Paper Collage (in person) 1-3pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Breathworks (online) 7-8pm	Open Studio with Bob Nordbruch (in person) 1-2pm  Creative Writing: Back to the Future! (online) 6-8pm	Beginners' Knitting - Session 3 (in person) 1-3pm Draw 3D Bubbles (in person) 1-3pm Awakened Heart, Awakened Mind (online) 6-7:30 pm	No Classes	Yoga for Knees & Ankles (in person & online) 12:30- 2pm  Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Open Studio: Keep Going (in person) 1-3pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	No Classes	A Still Forest Pool (online) 6-7pm 	No Classes	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm

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<p><b><i>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</i></b> Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p><b><i>Zentangle (online) with Michele Rieder</i></b> “Tangling” is the art of making simple marks on paper that emerge into beautiful designs! <b>Register by February 19 if you need art supplies to be mailed to you.</b></p>
<p><b><i>Taiji-Qigong (in person &amp; online) with Bill Savage</i></b> Gentle, meditative movements allow you to participate at your own pace.</p>	<p><b><i>Accordion Book Making (in person) with Susanne Baker</i></b> Create an accordion book that can be opened to display your photos and drawings.</p>
<p><b><i>Monday Meditation Drop-In (online) with Ash Poirier</i></b> A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>	<p><b><i>Happy Little Trees (in person) with Warren Moses</i></b> Experiment with a quick acrylic painting method similar to that of Bob Ross.</p>
<p><b><i>Triad Yoga (in person &amp; online) with Terry Brown</i></b> Enjoy Terry’s Hirsch yoga and movement class at the Triad Yoga studio or on Zoom!</p>	<p><b><i>Creative Hands (in person) with Dalene Johnson-Lowery</i></b> Join Dalene for a surprise Make ‘N’ Take art project!</p>
<p><b><i>Chair Qigong (online) with Bill Savage</i></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.</p>	<p><b><i>Beginners’ Knitting (in person, 3 sessions) with Terri “Xin” Roberson</i></b> In this <b>three-week</b> series, we will knit a scarf and, along the way, explore pattern reading, casting on, four different stitch techniques, and casting off.</p>
<p><b><i>Reiki Share and Meditation (online) with Beverly Vaughn</i></b> Experience the Japanese energy healing technique of Reiki to relieve stress and promote healing.</p>	<p><b><i>Sonic Portraits (in person) with Christian Patterson</i></b> We will create a collage of sounds from TV, radio, and other audio recordings and explore storytelling through this medium. No music experience is required.</p>
<p><b><i>Awakened Heart, Awakened Mind (online) with Ash Poirier</i></b> An ongoing exploration of mindfulness meditation that offers tools for emotional wellbeing and self care. <i>There will occasionally be a practice leader.</i></p>	<p><b><i>Creative Exploration with Paint (in person) with Bob Nordbruch</i></b> Explore the process of creation through all the steps of inspiration, conceptualization planning, and painting with acrylics.</p>
<p><b><i>EFT Tapping Fundamentals (online) with Beverly Vaughn</i></b> Gently tap on the body’s acupuncture points to relieve anxiety and pain.</p>	<p><b><i>Nature Drawing (online) with Alex Gaal</i></b> Create illustrations of nature using traditional drawing techniques and a pen or pencil.</p>
<p><b><i>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</i></b> A longer, focused meditation session. <i>Liz Reese will be a guest instructor on March 7.</i></p>	<p><b><i>Flower of Life Art Meditation (in person) with Betsy Bevan</i></b> We will use watercolor pencils to color our own sacred geometric flower symbols!</p>
<p><b><i>Breathworks (online) with Beverly Vaughn</i></b> Learn controlled breathing techniques to help reduce pain and anxiety.</p>	<p><b><i>Cut Paper Collage (in person) with Mavis Liggett</i></b> Create fun, unique portraits of a cat or dog using collage materials and templates.</p>
<p><b><i>Yoga for Knees and Ankles (in person &amp; online) with Terry Brown</i></b> We will slowly move through postures and practices that will strengthen the knees and the correlating muscles, tendons, and joints in the ankles. All levels.</p>	<p><b><i>Open Studio (in person) with Bob Nordbruch</i></b> Chat, share creative projects, and gain inspiration from fine artist Bob Nordbruch.</p>
<p><b><i>Open Studio: Keep Going (in person) with Dalene J-Lowery</i></b> Bring a creative project you started in a Hirsch Wellness class to work on!</p>	<p><b><i>Creative Writing: Back to the Future! (online) with Molly Hailie</i></b> We’ll have fun writing fiction or nonfiction stories (your choice) set in your favorite era! Learn how research can add texture. No writing experience needed.</p>
<p><i>Classes are Free of Charge for cancer patients in treatment, survivors, and caregivers. <b>Email: <a href="mailto:Admin@HirschCenter.org">Admin@HirschCenter.org</a></b> Call: 336-209-0259</i></p>	<p><b><i>Draw 3D Bubbles &amp; Northern Lights (in person) with Deveta Glenn</i></b> We’ll draw sparkly 3D bubbles and the Northern Lights/Aurora Borealis!</p>