

# April 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](http://HirschWellnessNetwork.org) to view full descriptions and register for classes.



| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|---|
| <p><b>NO CLASSES</b></p>  | <p><b>1</b> Ukulele, Part 1 (in person) <b>2</b><br/>1-2:30pm</p> <p>Triad Yoga (in person &amp; online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>                            | <p><b>3</b> Creative Hands (in person) 1-3pm</p>   | <p><b>4</b> Mini Barn Quilts (in person) 11am-12:30pm</p> <p>Awakened Heart, Awakened Mind (online) 6-7:30pm</p>         | <p><b>5</b> Zentangle (online) 1-2:30pm</p>                             | <p><b>6</b> Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm</p>       |
| <p><b>8</b> Creative Exploration with Paint (in person) 1-3pm</p> <p>Taiji-Qigong (in person &amp; online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p> | <p><b>9</b> Ukulele, Part 2 (in person) 1-2:30pm</p> <p>Triad Yoga (in person &amp; online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Reiki (online) 7-8pm</p>             | <p><b>10</b> Nature Drawing (online) 1-2:30pm</p>  | <p><b>11</b> Reiki II Certification, Part 1 (in person) 9:30am-1pm</p> <p>A Still Forest Pool (online) 6-7pm</p>         | <p><b>12</b> Reiki II Certification, Part 2 (in person) 9:30am-1pm</p>  | <p><b>13</b> Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm</p>      |
| <p><b>15</b> Taiji-Qigong (in person &amp; online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>   | <p><b>16</b> Ukulele, Part 3 (in person) 1-2:30pm</p> <p>Triad Yoga (in person &amp; online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Huna (online) 7-8pm</p>             | <p><b>17</b> Celebration of Spring (in person) 11am-12:30pm</p> <p>Open Studio with Bob Nordbruch (in person) 1-2pm</p>              | <p><b>18</b> Folded Orbs (in person &amp; online) 10-11:30am</p> <p>Awakened Heart, Awakened Mind (online) 6-7:30 pm</p> | <p><b>19</b> Gadgets + Color + Pattern = Prints! (in person) 1-3pm</p>   | <p><b>20</b> Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm</p>      |
| <p><b>22</b> Taiji-Qigong (in person &amp; online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>   | <p><b>23</b> Open Studio: Keep Going (in person) 1-3pm</p> <p>Triad Yoga (in person &amp; online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>EFT Tapping (online) 7-8pm</p> | <p><b>24</b> NO CLASSES</p>  | <p><b>25</b> Gelli Printing (in person) 1-3pm</p> <p>A Still Forest Pool (online) 6-7pm</p>                              | <p><b>26</b> Poetry of the Heart (in person) 1-3pm</p>                | <p><b>27</b> Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm</p>      |
| <p><b>29</b> Taiji-Qigong (in person &amp; online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>   | <p><b>30</b> Ukulele, Part 4 (in person) 1-2:30pm</p> <p>Triad Yoga (in person &amp; online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Breathworks (online) 7-8pm</p>      |    |                                     |   |  |

Classes are Free of Charge for cancer patients in treatment, survivors, and caregivers. Email: [Admin@HirschCenter.org](mailto:Admin@HirschCenter.org) Call: 336-209-0259

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|  |   |
|--|---|
| <p><b>Triad Yoga (in person &amp; online) with Terry Brown</b><br/>Enjoy Terry's Hirsch yoga and movement class at the Triad Yoga studio or on Zoom!</p>   | <p><b>Intro to Ukulele, 4 classes (in person) with Cathie "C.H." Holcombe</b><br/>In this four-class introductory series, you will learn real songs on one of the easiest instruments to play -- the ukulele! No experience necessary. Ukuleles provided.</p> |
| <p><b>Chair Qigong (online) with Bill Savage</b><br/>This class is for those unable to stand at all, or for long periods of time.</p>  | <p><b>Creative Hands (in person) with Dalene Johnson-Lowery</b><br/>Join Dalene for a surprise Make 'N' Take art project!</p>   |
| <p><b>Awakened Heart, Awakened Mind (online) with Ash Poirier</b><br/>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>Miniature Barn Quilts (in person) with Jacqui Mehring</b><br/>Create your own miniature barn quilt to display in your house, patio, or porch! We will draw a simple star pattern and paint our designs on wood.</p>                                     |
| <p><b>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</b><br/>Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>   | <p><b>Zentangle (online) with Michele Rieder</b><br/>"Tangling" is the art of making simple marks on paper that emerge into beautiful designs! <b>Register by March 25 if you need art supplies to be mailed to you.</b></p>                                  |
| <p><b>Taiji-Qigong (in person &amp; online) with Bill Savage</b><br/>Gentle, meditative movements allow you to participate at your own pace.</p>   | <p><b>Creative Exploration with Paint (in person) with Bob Nordbruch</b><br/>Explore the process of creation through all the steps of inspiration, conceptualization, planning, and painting with acrylics.</p>   |
| <p><b>Monday Meditation Drop-In (online) with Ash Poirier</b><br/>A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>  | <p><b>Nature Drawing (online) with Alex Gaal</b><br/>Create illustrations of nature using traditional drawing techniques and a pen or pencil.</p>   |
| <p><b>Reiki Share and Meditation (online) with Beverly Vaughn</b><br/>Experience the Japanese energy technique to relieve stress and promote healing.</p>  | <p><b>Celebration of Spring (in person) with Catherine Crowder</b><br/>We'll talk about the hope of Spring and make a moss dish to represent new growth!</p>  |
| <p><b>Reiki II Certification, 2 days (in person) with Beverly Vaughn</b><br/>This two-day workshop is for participants who have already completed Reiki Level One, either at Hirsch Wellness or with a different organization/lineage.</p> | <p><b>Open Studio (in person) with Bob Nordbruch</b><br/>Chat, share painting projects, and gain inspiration from fine artist Bob Nordbruch.</p>  |
| <p><b>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</b><br/>A longer, focused meditation session. <i>There will occasionally be a practice leader.</i></p>   | <p><b>Folded Orbs (in person &amp; online) with Sarah Peickert</b><br/>As we craft beautiful folded orbs, we'll reflect and write down our insights!</p>  |
| <p><b>Huna Basics for Anxiety (online) with Beverly Vaughn</b><br/>Huna is the ancient Hawaiian energy therapy practice of replacing and releasing the densities and blockages of energy connected to anxiety and pain.</p>                | <p><b>Gadgets+Color+Pattern=Prints! (in person) with Mary Beth Boone</b><br/>We will use paints, found objects, and papers to create a small portfolio of lovely patterned and colorful prints!</p>   |
| <p><b>EFT Tapping Fundamentals (online) with Beverly Vaughn</b><br/>We gently tap on the body's acupuncture points to relieve anxiety and pain.</p>  | <p><b>Open Studio: Keep Going (in person) with Dalene J-Lowery</b><br/>Bring a creative project you started in a Hirsch Wellness class to work on!</p>  |
| <p><b>Breathworks (online) with Beverly Vaughn</b><br/>Learn controlled breathing techniques to help reduce pain and anxiety.</p>  | <p><b>Gelli Printing (in person) with Deveta Glenn</b><br/>Learn to make monoprints using gelli plates. With acrylic paints, stencils, and imagination you will create beautiful papers perfect for collage or book making.</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>  | <p><b>Poetry of the Heart (in person) with Betsy Bevan</b><br/>We will write stories from our life experiences and with help from writing prompts. From there, we will create poems and visual art inspired by our poetry!</p>                                |








# May 2024 Hirsch Arts & Wellness Programs

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| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|--|--|--|---|
|                                    |   |  |  |       |   |
| Taiji-Qigong (in person & online) 6-7pm<br>Monday Meditation (online) 7:15-8pm                                     | Creative Exploration with Paint (in person) 1-3pm<br>Triad Yoga (in person & online) 4:30-5:30pm<br>Chair Qigong (online) 6-6:30pm                       | Creative Hands (in person) 1-3pm<br>Nature Drawing (online) 1-2:30pm               | Awakened Heart, Awakened Mind (online) 6-7:30pm<br>Creative Writing: Wonder of Childhood (in person) 1-3pm<br>A Still Forest Pool (online) 6-7pm | Zentangle (online) 1-2:30pm<br>Perspective Drawing (online) 1-2:30pm                     | Paper Weaving (in person) 1-3pm<br>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm<br>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm |
| Happy Painting (in person) 1-3pm<br>Taiji-Qigong (in person & online) 6-7pm<br>Monday Meditation (online) 7:15-8pm | Spill the Tea (in person) 1-3pm<br>Triad Yoga (in person & online) 4:30-5:30pm<br>Chair Qigong (online) 6-6:30pm   | Open Studio with Bob Nordbruch (in person) 1-2pm                                   | Awakened Heart, Awakened Mind (online) 6-7:30 pm   | Cupcake Decorating (in person) 1-3pm   | Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm   |
| Taiji-Qigong (in person & online) 6-7pm<br>Monday Meditation (online) 7:15-8pm                                     | Triad Yoga (in person & online) 4:30-5:30pm<br>Chair Qigong (online) 6-6:30pm  | Relaxation Sound Bath (in person) 3-4:30pm   | A Still Forest Pool (online) 6-7pm   | Painting en Plein Air (in person) 9:30-11:30am<br>Beginner's Zentangle (online) 1-2:30pm | Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm<br><i>(Rain date for Painting en Plein Air)</i>   |
| MEMORIAL DAY<br>NO CLASSES   | Open Studio: Keep Going (in person) 1-3pm<br>Triad Yoga (in person & online) 4:30-5:30pm<br>Chair Qigong (online) 6-6:30pm<br>Reiki Share (online) 7-8pm | NO CLASSES   | A Still Forest Pool (online) 6-7pm   | NO CLASSES   |    |

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|  |  |
|--|--|
| <p><b>Awakened Heart, Awakened Mind (online) with Ash Poirier</b><br/>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>Creative Hands (in person) with Dalene Johnson-Lowery</b><br/>Join Dalene for a surprise Make 'N' Take art project!</p>  |
| <p><b>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</b><br/>Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>   | <p><b>Zentangle (online) with Michele Rieder</b><br/>"Tangling" is the art of making simple marks on paper that emerge into beautiful designs! <b>Register by April 22 if you need art supplies to be mailed to you.</b></p>                       |
| <p><b>Taiji-Qigong (in person &amp; online) with Bill Savage</b><br/>Gentle, meditative movements allow you to participate at your own pace.</p>   | <p><b>Paper Weaving (in person) with Susanne Baker</b><br/>Learn several paper weaving techniques to create a variety of flat and 3D images.</p>   |
| <p><b>Monday Meditation Drop-In (online) with Ash Poirier</b><br/>A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>  | <p><b>Creative Exploration with Paint (in person) with Bob Nordbruch</b><br/>Explore the process of creation through all the steps of inspiration, conceptualization, planning, and painting with acrylics.</p>                                    |
| <p><b>Triad Yoga (in person &amp; online) with Terry Brown</b><br/>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><br/>Create illustrations of nature using traditional drawing techniques and a pen or pencil.</p>  |
| <p><b>Chair Qigong (online) with Bill Savage</b><br/>This class is for those unable to stand at all, or for long periods of time.</p>  | <p><b>Creative Writing: Wonder of Childhood (in person) with Molly Haile</b><br/>We'll use Nikki Giovanni and Seamus Heaney's reflections on childhood as inspiration for our poetry and/or stories. No creative writing experience necessary.</p> |
| <p><b>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</b><br/>A longer, focused meditation session. <i>There will occasionally be a practice leader.</i></p>   | <p><b>Perspective Drawing (online) with Alex Gaal</b><br/>We will use lines and vanishing points to create a realistic perspective in your artwork.</p>  |
| <p><b>Relaxation Sound Bath (in person) with Christian Patterson</b><br/>Experience guided meditation and relaxation featuring acoustic and electronic sounds at healing frequencies. Please bring a blanket, yoga mat, or both.</p>     | <p><b>Happy Painting (in person) with Warren Moses, Jr.</b><br/>We will paint sunrises in a quick acrylic painting method similar to that of Bob Ross!</p>   |
| <p><b>Reiki Share and Meditation (online) with Beverly Vaughn</b><br/>Experience the Japanese energy technique to relieve stress and promote healing.</p>  | <p><b>Spill the Tea (in person) with Xin Roberson</b><br/>Paint with natural pigments of tea, herbs, and spices to create rich, earthy tones.</p>  |
| <p><b>Beginner's Zentangle (online) with Michele Rieder</b><br/>This class is <b>exclusively for those who are new to Zentangle</b> class (never taken a class or have only attended one class).</p>                                     | <p><b>Open Studio (in person) with Bob Nordbruch</b><br/>Chat, share painting projects, and gain inspiration from fine artist Bob Nordbruch.</p>   |
| <p><b>Open Studio: Keep Going (in person) with Dalene J-Lowery</b><br/>Bring a creative project you started in a Hirsch Wellness class to work on!</p>   | <p><b>Cupcake Decorating (in person) with Kelly Joel</b><br/>Learn to use a piping bag and piping tips to decorate a yummy work of art!</p>  |
| <p><i>Classes are Free of Charge for cancer patients in treatment, survivors, and caregivers. <b>Email: Admin@HirschCenter.org</b><br/>Call: 336-209-0259</i></p>  | <p><b>Painting en Plein Air (in person) with Mavis Liggett</b><br/>Learn the tips and techniques of painting outdoors at Bicentennial Gardens! All materials will be provided. Class size is limited.</p>  |