

August 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 to view full descriptions and register for classes.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Embroidered Talisman 1 (in person) 11am-12:30pm Awakened Heart, Awakened Mind (online) 6-7:30pm	Zentangle 2 (online) 1-2:30pm 	Therapeutic Aquatics 3 (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm 5 Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm 6 Chair Qigong (online) 6-6:30pm Crone Wisdom Circle (online) 7-8pm	Creative Hands 7 (in person) 1-3pm 	Cyanotypes 8 (in person) 1-3pm A Still Forest Pool (online) 6-7pm	NO CLASSES 9	Therapeutic Aquatics 10 (in person) Club Fitness Oak Branch, 3-4pm
Happy Painting (in person) 1-3pm 12 Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm 13 Chair Qigong (online) 6-6:30pm EFT Tapping (online) 7-8pm	Creative Writing: Furry, Feathered & Ferocious (online) 14 3-5pm	BeauTEAful Bouquets 15 (in person) 1-3pm Awakened Heart, Awakened Mind (online) 6-7:30pm	Fresh Fruit "Cake" 16 (in person) 1-3pm 	Therapeutic Aquatics 17 (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm 19 Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm 20 Chair Qigong (online) 6-6:30pm Enneagram (online) 7-8pm	Fairy Gardens 21 (in person) 1-3pm 	Perspective Drawing 22 (online) 1-2:30pm A Still Forest Pool (online) 6-7pm	Intuitive Abstract 23 Painting (in person) 1-3pm 	Therapeutic Aquatics 24 (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm 26 Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm 27 Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	NO CLASSES 28	A Still Forest Pool 29 (online) 6-7pm 	Flexagon Adventures 30 (in person) 1-3pm 	Therapeutic Aquatics 31 (in person) Club Fitness Oak Branch, 3-4pm

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REGISTRATION REQUIRED - GO ONLINE: HirschWellnessNetwork.org

<p>Awakened Heart, Awakened Mind (online) with Ash Poirier 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>Embroidered Talisman (in person) with Jacqui Mehring A talisman is an object believed to bring good luck! Embroider and embellish your own talisman using your favorite colors, beads, stitches, and any items from home.</p>
<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p>Zentangle (online) with Michele Rieder “Tangling” is the art of making simple marks on paper that emerge into beautiful designs! Register by July 22 if you need art supplies to be mailed to you.</p>
<p>Taiji-Qigong (in person & online) with Bill Savage Gentle, meditative movements allow you to participate at your own pace.</p>	<p>Creative Hands (in person) with Dalene Johnson-Lowery Join Dalene for a surprise Make ‘N’ Take art project!</p>
<p>Monday Meditation Drop-In (online) with Ash Poirier A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>	<p>Cyanotypes (in person) with Tricia Drummond Create a beautiful image using a photographic process first developed in 1842! We will use cut shapes, lace, ephemera, or plants to compose our “photograms.”</p>
<p>Triad Yoga (in person & online) with Terry Brown Enjoy Terry’s yoga and movement class at the Triad Yoga studio or on Zoom!</p>	<p>Happy Painting (in person) with Warren Moses, Jr. We will paint in a quick acrylic painting method similar to that of Bob Ross!</p>
<p>Chair Qigong (online) with Bill Savage 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>Furry, Feathered, and Ferocious (online) with Molly Haile We will take inspiration from <i>O. Henry</i> magazine’s 2024 Essay Contest and will write about our own animal encounters. Participants don’t have to submit to the contest.</p>
<p>Crone Wisdom Circle (online) with Bev Vaughn Where did the word “crone” come from? What information have women received that challenges strength and vitality? We’ll discuss and delve into key writings!</p>	<p>BeauTEAful Bouquets (in person) with Terri “Xin” Roberson Join us as we use dried foliage and flowers to make petite flower arrangements. Repurposing these items signifies a continuum of life!</p>
<p>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier A longer, focused meditation session. <i>There will occasionally be a practice leader.</i></p>	<p>Fresh Fruit “Cake” (in person) with Kelly Joel Is it cake or is it fruit? Come make a beautiful fresh fruit dessert!</p>
<p>EFT Tapping Fundamentals (online) with Beverly Vaughn We gently tap on the body’s acupuncture points to relieve anxiety and pain.</p>	<p>Magical Fairy Gardens (in person) with Catherine Crowder We’ll create a tiny fairy garden using natural items, string, and rocks. Bring your own items from home to add a personal touch!</p>
<p>Enneagram: Discover Your Type (online) with Beverly Vaughn The Enneagram is a tool that looks into your emotionally driven motivations. This helps you to not react to situations, but instead to respond in a healthier manner.</p>	<p>Perspective Drawing for Beginners (online) with Alex Gaal Learn the basics of drawing with point perspective -- learn to use lines and vanishing points to create the illusion of space on paper. No experience required.</p>
<p>Reiki Share and Meditation (online) with Beverly Vaughn Experience the Japanese energy technique to relieve stress and promote healing.</p>	<p>Intuitive Abstract Painting (in person) with Deveta Glenn Let’s go beyond the brush by using unconventional tools to create a mixed media intuitive abstract painting!</p>
<p><i>Classes are FREE for cancer patients in treatment, survivors, and caregivers.</i> <i>Email: Admin@HirschCenter.org Call: 336-209-0259</i></p>	<p>Flexagon Adventures (in peson) with Mary Beth Boone We’ll explore the world of paper flexagons -- objects that work as books, cards, games, or all three! We’ll weave, collage, and draw with papers!</p>