

December 2024 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 FREE self-expressive Arts & Wellness opportunities! Visit us at HirschWellnessNetwork.org to view full descriptions and register for classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Furoshiki Fabric Art (in person) 1-3pm 2</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Creative Exploration with Paint (in person) 1-3pm 3</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>Creative Hands (in person) 1-3pm 4</p> 	<p>Printing with Hand-Carved Stamps (in person) 1-3pm 5</p> <p>Awakened Heart, Awakened Mind (online) 6-7:30pm</p>	<p>Zentangle (online) 1-2:30pm 6</p> 	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 7</p>
<p>Happy Painting (in person) 1-3pm 9</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Poetry: Easy as ABC... (online) 1-3pm 10</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>EFT Tapping (online) 7-8pm</p>	<p>Decorating Sweet Holiday Treats (in person) 1-3pm 11</p> 	<p>Nature Drawing for Beginners (online) 1-2:30pm 12</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>Hyperbolic Crochet (in person) 1-3pm 13</p> 	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 14</p> 
<p>Taiji-Qigong (in person & online) 6-7pm 16</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Triad Yoga (in person & online) 4:30-5:30pm 17</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Reiki Share (online) 7-8pm</p>	<p>Open Studio with Bob Nordbruch (in person) 1-3pm 18</p>	<p>Tiny Festive Slippers (in person) 11am-12:30pm 19</p> <p>Awakened Heart, Awakened Mind (online) 6-7:30pm</p>	<p>Capturing Memories in Visual Art (in person) 1-3pm 20</p>	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 21</p>
<p>Taiji-Qigong (in person & online) 6-7pm 23</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>24</p> <p>CHRISTMAS EVE NO CLASSES</p>	<p>25</p> <p>CHRISTMAS DAY NO CLASSES</p> 	<p>A Still Forest Pool (online) 6-7pm 26</p>	<p>27</p> <p>NO CLASSES</p>	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 28</p>
<p>Taiji-Qigong (in person & online) 6-7pm 30</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>31</p> <p>NEW YEAR'S EVE NO CLASSES</p> 				

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Classes are FREE for cancer patients in treatment, survivors, and caregivers. REGISTER ONLINE: HirschWellnessNetwork.org

<p>Taiji-Qigong (in person & online) with Bill Savage Gentle, meditative movements allow you to participate at your own pace. You may take class in person at Hirsch Wellness or on Zoom!</p>	<p>Furoshiki Fabric Art (in person) with Xin Roberson Furoshiki is a traditional Japanese wrapping cloth used to bundle and transport items. It allows for creative wrapping of gifts and promotes sustainability!</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>Creative Exploration with Paint (in person) with Bob Nordbruch Join us for some fun, exploration, and learning with acrylic paints! All levels. <i>(Be sure to wear clothes that you don't mind getting dirty/paint on!)</i></p>
<p>Tuesdays at 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>Creative Hands (in person) with Dalene Johnson-Lowery Join Dalene for a special make 'n' take project!</p>
<p>Chair Qigong (online) with Bill Savage Experience the health benefits Taiji-Qigong in a supportive, seated position. This class is for those unable to stand at all, or for long periods of time.</p>	<p>Printing with Hand-Carved Stamps (in person) with Mary Beth Boone Carve your own stamps to create printed papers for cards, gift tags, and more!</p>
<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>Zentangle (online) with Michele Rieder "Tangling" is the art of making simple marks on paper that emerge into beautiful designs! Let us know by November 25 if you need art supplies to be mailed to you.</p>
<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p>Happy Painting (in person) with Warren Moses, Jr. Learn to paint in a quick acrylic painting method similar to that of Bob Ross!</p>
<p>EFT Tapping Fundamentals (online) with Bev Vaughn EFT (Emotional Freedom Technique) Tapping involves using the fingers to gently tap on the body's acupuncture points to relieve anxiety and pain.</p>	<p>Poetry: It's As Easy As ABC... (online) with Molly Haile "Abecedarian" poetry is an ancient form of poetry that uses every letter in the alphabet. We'll read some examples and then write our own! No experience needed.</p>
<p>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier We'll have a reading, gentle guidance, or words of inspiration followed by 35-45 minutes of guided meditation. <i>There will occasionally be a practice leader.</i></p>	<p>Decorating Sweet Holiday Treats (in person) with Kelly Joel Join us for a festive holiday class where you will decorate sweet treats to enjoy and take home!</p>
<p>Reiki Share & Meditation (online) with Bev Vaughn Experience the Japanese energy technique to relieve stress and promote healing.</p>	<p>Nature Drawing for Beginners (online) with Alex Gaal Learn to create beautiful illustrations of nature using just a pencil and paper!</p>
<p>Tiny Festive Slippers with Sparkle (in person) with Jacqui Mehring Embroider tiny felted decorated slippers for the festive season! No experience is needed.</p>	<p>Hyperbolic Crochet (in person) with Deveta Glenn We'll learn a new form of crochet by applying a mathematical principle to a pattern!</p>
<p>Capturing Memories in Visual Art (in person) with Deveta Glenn We'll express life memories through collage, paint, and drawing!</p>	<p>Open Studio (in person) with Bob Nordbruch Bring your painting project(s) and gain inspiration from Bob and fellow Hirsch Wellness participants and enjoy a relaxed time of conversation and art!</p>

Registration is required. For questions, email: Admin@HirschCenter.org or call: 336-209-0259