








April 2025 Arts & Wellness Programs

Welcome to Hirsch Wellness! Our caring community empowers cancer patients in treatment, survivors, and caregivers with **FREE** self-expressive Arts & Wellness classes! Visit us at [HirschWellnessNetwork.org](https://www.HirschWellnessNetwork.org) to view full descriptions and to register for classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Happy Painting (in person) 1-3pm 7</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>April Fools' Fun (in person) 1-3pm 1</p> <p>Triad Yoga (online & at Market Street location) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>EFT Tapping (online) 7-8pm</p>	<p>Creative Exploration with Paint (in person) 1-3pm 2</p> 	<p>Nature Drawing (online) 1-2:30pm 3</p> <p>Awakened Heart, Awakened Mind (online) 6-7:30pm</p>	<p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm 4</p>	<p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm 5</p>
<p>Happy Painting (in person) 1-3pm 7</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Flower Pounding (in person) 1-3pm 8</p> <p>Triad Yoga (online & at Market Street location) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>Cre8Art: Sculpture (in person) 1-3pm 9</p> 	<p>Aboriginal Inspiration (in person) 1-3pm 10</p> <p>This I believe (online) 1-3pm</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>Book Club: <i>The Nightingale</i> (online) 1:30-3:30pm 11</p>	<p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm 12</p>
<p>Storytelling Improv (in person) 1-3pm 14</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Triad Yoga (online & at Market Street location) 4:30-5:30pm 15</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Reiki Share (online) 7-8pm</p>	<p>Paint Open Studio (in person) 1-3pm 16</p> 	<p>Spill the TEA: On Canvas (in person) 1-3pm 17</p> <p>Awakened Heart, Awakened Mind (online), 6-7:30pm</p>	<p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm 18</p> <p>Path to Peace Retreat (online & in person) 9am-4pm</p>	<p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm 19</p>
<p>Let's Make a Scene (in person) 1-3pm 21</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Pouf Pillow (in person) 1-3pm 22</p> <p>Triad Yoga (online & at Market Street location) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>All About YOU (in person) 1-3pm 23</p> 	<p>Fiber Friendship Circle (in person) 1-3pm 24</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>Power Brooches (in person) 1-3pm 25</p>	<p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm 26</p>
<p>Vision Boards (in person) 1-3pm 28</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Triad Yoga (online & at Market Street location) 4:30-5:30pm 29</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>30</p>			

Classes are FREE for cancer patients in treatment, survivors, and caregivers. REGISTER ONLINE: [HirschWellnessNetwork.org](https://www.HirschWellnessNetwork.org)

<p>April Fools' Fun (in person) with Kelly Joel Join us as we create handmade marzipan goodies for the season.</p>	<p>This I Believe (online) with Molly Haile Taking inspiration from Edward R. Murrow, we'll write short "This I Believe" essays.</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>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier A reading and guided meditation. <i>There will occasionally be a practice leader.</i></p>
<p>Chair Qigong (online) with Bill Savage Experience the health benefits Taiji-Qigong in a supportive, seated position.</p>	<p>Book Club: The Nightingale (online) with Bev Vaughn We'll discuss <i>The Nightingale</i> by Kristin Hannah. Books will be available for pickup.</p>
<p>EFT Tapping Fundamentals (online) with Bev Vaughn We gently tap on the body's acupuncture points to relieve anxiety and pain.</p>	<p>Storytelling Improv (in person) with Bruce Kirchoff Unleash your creative mind and learn how to tell great group stories!</p>
<p>Creative Exploration with Paint (in person) with Bob Nordbruch Enjoy exploration with acrylic paints! <i>(Wear clothes you don't mind getting dirty!)</i></p>	<p>Reiki Share & Meditation (online) with Bev Vaughn Join us for an ongoing exploration of the Japanese energy healing technique.</p>
<p>Nature Drawing for Beginners (online) with Alex Gaal We'll capture the sights and textures of nature using traditional drawing techniques.</p>	<p>Paint Open Studio (in person) with Bob Nordbruch Bring your painting project(s) and enjoy a relaxed time of conversation and art!</p>
<p>Awakened Heart, Awakened Mind (online) with Ash Poirier Discover tools for emotional well-being. <i>There will occasionally be a practice leader.</i></p>	<p>Spill the TEA: On Canvas (in person) with Xin Roberson We'll learn to use natural pigments to create sustainable watercolor paintings.</p>
<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p>Path to Peace Retreat (in person & online) with Ash Poirier Join in community for a day of meditation practice! Limited in-person spots.</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>Let's Make a Scene (in person) with Kim Cuny We combine the joy of reading aloud with props, characters, and costume pieces!</p>
<p>Taiji-Qigong (in person & online) with Bill Savage Gentle, meditative movements done at your own pace in person or on Zoom.</p>	<p>Pouf Pillow (in person) with Kim Shue We will finger knit a soft, comfort pillow with chunky yarn!</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>All About YOU (in person) with Dalene Johnson-Lowery Tell your story through scrapbooking! Each month, we'll have a different theme!</p>
<p>Flower Pounding (in person) with Catherine Crowder We'll use a hammer to transfer pigments of flowers and leaves onto fabric or paper.</p>	<p>Fiber Friendship Circle (in person) with Xin Roberson Bring a textile project you started in a Hirsch Wellness class and join us!</p>
<p>Cre8Art (in person) with Deveta Glenn We'll make a high contrast sculpture inspired by Detroit artist Charles McGee.</p>	<p>Power Brooches (in person) with Mary Beth Boone We'll combine cloth, buttons, and simple stitches to create a beautiful brooch.</p>
<p>Aboriginal Inspiration (in person) with Jacqui Mehring Inspired by Australian Songlines, we'll create Aboriginal patterns of circles and dots.</p>	<p>Vision Boards (in person) with Bev Vaughn Start off this Spring by creating your vision of YOUR future!</p>

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