hirsch Wellness Network

December 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** to view full descriptions and to register for classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	2 Paint Exploration (in person) 1-3pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	3 Creative Writing Open Studio (in person & online) 12-1:30pm Creative Hands (in person) 2-4pm	4 Nature Drawing (online) 1-2:30pm Awakened Heart, Awakened Mind (online) 6-7:30pm	5 Zentangle (in person & online) 1-2:30pm Rhythms of Resilience (in person) 3-4:30pm	6 Botanical Bliss (in person) 11am-1pm Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
8 Happy Painting (in person) 1-3pm The Body Knows the Score: Creative Writing (in person) 3-5pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	9 Let's Make a Scene (in person) 2-3:30pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	10 Basket Weaving (in person) 1-3pm 	11 Yarn Ornaments (in person) 1-3pm A Still Forest Pool (online) 6-7pm	12 Paper Weaving Cards (in person) 12:30-2:30pm 	13 Herbal Tea Explorations (in person) 12-2pm Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
15 Paint Open Studio (in person) 1-3pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	16 Nostalgic Noel Notes (in person) 12-2pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Reiki Meditation (online) 7-8pm	17 Winter Solstice Reflections (in person) 1-3pm 	18 Decorating Fun (in person) 1-3pm Awakened Heart, Awakened Mind (online) 6-7:30pm	19	20 Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
22 All About YOU (in person) 1-3pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	23 Fiber Friendship Circle (in person) 12-2pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	24 NO CLASSES	25 CHRISTMAS DAY NO CLASSES	26 NO CLASSES	27 Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
29 Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	30 Storytelling Improv (in person) 1-3pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	31 NEW YEAR'S EVE NO CLASSES			

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1250 Revolution Mill Drive,
Suite 130,
Greensboro NC 27405

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

Taiji-Qigong (in person & online) with Bill Savage
Gentle, meditative movements done at your own pace in person or on Zoom.

Monday Meditation Drop-In (online) with Ash Poirier
A shorter meditation for all levels. *There will occasionally be a practice leader.*

Paint Exploration (in person) with Bob Nordbruch
Explore the process of creation and painting with acrylics! All levels welcome.

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!

Chair Qigong (online) with Bill Savage
Experience the health benefits Taiji-Qigong in a supportive, seated position.

Creative Writing Open Studio (in person & online) with Molly & Xin
A time for quiet, focused writing, either on your own projects or with a prompt.

Creative Hands (in person) with Dalene J-Lowery
Join Dalene and create a surprise make 'n' take project!

Nature Drawing for Beginners (online) with Alex Gaal
Capture the textures of the natural world around you using only pen or pencil!

Awakened Heart, Awakened Mind (online) with Ash Poirier
An exploration of mindfulness meditation. *There will occasionally be a practice leader.*

Zentangle (in person & online) with Deveta Glenn
Learn the art of meditative drawing involving repeating patterns and lines.

Rhythms of Resilience (in person) with Mary Schneider
Explore self expression, reduce anxiety, and connect with others through music!

Botanical Bliss (in person) with Brianna Jones
We'll make botanical "mocktails" that calm the mind, support the nervous system, and promote gentle digestion using herbal tinctures.

Therapeutic Aquatics (in person) at Club Fitness – Oak Branch
Guided aquatic sessions promote movement, muscle strengthening, and FUN!

Happy Painting (in person) with Warren Moses, Jr.
Have fun painting in a style similar to that of Bob Ross! All levels welcome.

The Body Knows the Score: Creative Writing (in person) with Molly Haile
Where in your body do you feel strong? Where do you feel anxiety? We'll write poetry and/or memoir exploring and celebrating the stories our bodies hold!

Let's Make a Scene (in person) with Kim Cuny
We combine the joy of reading aloud with props, characters, and costume pieces!

Coiled Baskets (in person) with Deveta Glenn
We'll wrap yarn around a sturdy cord to create a functional and beautiful piece!

Yarn Ornaments (in person) with Kim Shue
Transform simple materials into charming little angels and colorful gnomes!

A Still Forest Pool - A Meditation Practice (online) with Ash Poirier
A reading and guided meditation. *There will occasionally be a practice leader.*

Paper Weaving Cards (in person) with Mary Beth Boone
Let's paint, draw, cut, and weave to create beautiful, colorful greeting cards!

Herbal Tea Explorations (in person) with Xin Roberson
Learn about herbal traditions, research-backed uses, and preparation methods.

Paint Open Studio (in person) with Bob Nordbruch
Continue working on paint projects you started in classes with Hirsch Wellness.

Nostalgic Noel Notes (in person) with Xin Roberson
Turn pieces of the past into future joy by crafting one-of-a-kind greeting cards!

Reiki Meditation (online) with Bev Vaughn
Join us for an ongoing exploration of the Japanese energy healing technique.

Winter Solstice Reflections (in person) with Catherine Crowder
Create a greenery arrangement to welcome light and hope into the season.

Decorating Fun (in person) with Kelly Joel
Create fun holiday decorative treats you will enjoy eating and sharing!

All About YOU (in person) with Dalene Johnson-Lowery
Tell your story through scrapbooking! Each month, we'll have a different theme and create a two-page layout featuring YOU!

Fiber Friendship Circle (in person) with Xin Roberson
Bring a textile project you started in a Hirsch Wellness class in this open studio!

Storytelling Improv (in person) with Bruce Kirchoff
Unleash your creative mind and learn how to tell great group stories!

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