February 2026 Arts & Wellness Classes

Welcome to Hirsch Wellness! Our caring community empowers cancer patients in treatment, survivors, and caregivers with **FREE** Arts & Wellness classes! Visit us at **HirschWellnessNetwork.org to** view full descriptions and to register for classes.

	TUESDAY		THURSDAY		SATURDAY
Paint Exploration (in person) 1-3pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm **2**	Painting with Frosting (in person) 1-3pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm **3**	**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) 3-4:15pm **6**	Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm **7**
Happy Painting (in person) 1-3pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm **9**	CreativiTEA: Wine Cork Earrings (in person) 12-2pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Reiki Meditation (online) 7-7:45pm **10**	Creative Hands (in person) 1-3pm Writing As Mosaic (online) 3:30-5:30pm  **11**	Pop-Up Cards (in person) 2-4pm A Still Forest Pool (online) 6-7pm  **12**	Books of Hope & Love (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 **14**
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm **16**	Writing Open Studio (in person & online) 12-1:45pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm **17**	Mixed Media Art (in person) 1-3pm  **18**	Winter Sowing (in person) 1-3pm Book Club (online) 1:30-3:30pm Awakened Heart, Awakened Mind (online) 6-7:30pm **19**	Expressive Art (in person) 1-3pm Mesh Wreath (in person) 3:30-5:30pm  **20**	Karuna Reiki Level 1 (in person) 9:30am–12pm Reiki Practice (in person) 12–1pm Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm **21**
Paint Open Studio (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**	Scrapbook Crop (in person) 1-3pm  **25**	Let's Make a Scene (in person) 2-3:30pm A Still Forest Pool (online) 6-7pm **26**	**27**	Reiki Level 1 (in person) 9:30am–12pm Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm **28**

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

February 2026 Arts & Wellness Classes

1250 Revolution Mill Drive, Suite 130, Greensboro NC 27405

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

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

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)
A shorter meditation for all levels. *There will occasionally be a practice leader.*

Painting with Frosting (in person) with Kelly Joel
We'll "paint" with frosting using a palette knife on vanilla cake squares as your canvas.

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.

Nature Drawing for Beginners (online) with Alex Gaal
Learn to observe and draw beautiful illustrations of nature. Beginners welcome!

Awakened Heart, Awakened Mind (online)
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!

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.

CreativiTEA: Wine Cork Earrings (in person) with Xin Roberson
In this eco-art workshop, we will turn wine corks into stylish earrings!

Reiki Meditation (online) with Bev Vaughn
We'll practice this healing energy technique, then meditate to encourage good sleep!

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

Writing As Mosaic (online) with Molly Haile
Tell a story not in a straight line but more like a string of beads or a mosaic!

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Pop Up Cards (in person) with Susanne Baker
Learn the skills to make truly unique birthday, holiday, and other greeting cards!

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

Books of Hope & Love (in person) with Mary Beth Boone
We will explore the heart symbol and fold and cut a suite of book models.

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

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.

Mixed Media (in person) with Deveta Glenn
We'll create art in the style of Romero Britto, using vibrant colors and bold patterns.

Winter Sowing (in person) with Catherine Crowder
Use simple, miniature outdoor greenhouses to start seeds naturally.

Book Club (online) with Bev Vaughn
We'll read and discuss *Mastering the Art of French Murder* by Colleen Cambridge.

Expressive Art (in person) with Betsy Bevan
Participants will map their life with mark-making and collage.

Mesh Wreaths (in person) with Bev Vaughn
Usher in the change of the seasons by creating decorative mesh door wreaths.

Karuna Reiki Level 1 (in person) with Bev Vaughn
This advanced class is only open to those with Reiki Level 2 and A.R.T. Levels.

Reiki Practice (in person) with Bev Vaughn
Practice giving and receiving Reiki healing energy. All levels are welcome.

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

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

Scrapbook Crop Open Studio (in person) with Dalene J-Lowery
Come work on your scrapbook projects from class or any time!

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

Reiki Level 1 (in person) with Bev Vaughn
Earn Certification for Level 1 of the Japaneses energy technique, Reiki.