

March 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Paint Exploration (in person) 1-3pm 2</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Storytelling Improv (in person) 1-3pm 3</p> <p>Triad Yoga (online & at Market Street location) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>Edible Treats (in person) 1-3pm 4</p> 	<p>Nature Drawing (online) 1-2:30pm 5</p> <p>Awakened Heart, Awakened Mind (online) 6-7pm</p>	<p>Zentangle (in person & online) 1-2:30pm 6</p> <p>Rhythms of Resilience (in person) 3-4:15pm</p>	<p>Herbal Tea Explorations (in person) 12-2pm 7</p> <p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm</p> <p>March Mindfulness (in person) at Friends Homes, 3:30-4:30pm</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>CreativiTEA: Upcycled fashion (in person) 12-2pm 10</p> <p>Triad Yoga (online & at Market Street location) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Reiki Meditation (online) 7-7:45pm</p>	<p>Creative Hands (in person) 1-3pm 11</p> <p>Writing: Tell Me More! (in person) 3:30-5:30pm</p>	<p>Flower Glass Lantern (in person) 1-3pm 12</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>13</p>	<p>Heart Health (in person) 11am-1pm 14</p> <p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm</p> <p>March Mindfulness (in person) at Friends Homes, 3:30-4:30pm</p>
<p>Taiji-Qigong (in person & online) 6-7pm 16</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Writing Open Studio (in person & online) 12-1:45pm 17</p> <p>Triad Yoga (online & at Market Street location) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>Northern Lights (in person) 1-3pm 18</p> 	<p>Paint Open Studio (in person) 1-3pm 19</p> <p>Awakened Heart, Awakened Mind (online) 6-7pm</p>	<p>Portable Altar (in person) 1-3pm 20</p> 	<p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm 21</p>
<p>Taiji-Qigong (in person & online) 6-7pm 23</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Fiber Friendship Circle (in person) 12-2pm 24</p> <p>Triad Yoga (online & at Market Street location) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>Scrapbook Crop (in person) 1-3pm 25</p>	<p>Let's Make a Scene (in person) 2-3:30pm 26</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>Chrismons for Earth Day (in person) 1-3pm 27</p> <p>Reiki Practice (in person) 3:30-4:30pm</p>	<p>Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm 28</p> <p>March Mindfulness (in person) at Friends Homes, 3:30-4:30pm</p>
<p>Taiji-Qigong (in person & online) 6-7pm 30</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Triad Yoga (online & at Market Street location) 4:30-5:30pm 31</p> <p>Chair Qigong (online) 6-6:30pm</p>				

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

<p>Paint Exploration (in person) with Bob Nordbruch Explore the process of creation and painting with acrylics! All levels are welcome.</p>	<p>Reiki Meditation (online) with Bev Vaughn We'll practice this healing energy technique, then meditate to encourage good sleep!</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>Creative Hands (in person) with Dalene J-Lowery Join Dalene and create a surprise make 'n' take project!</p>
<p>Monday Meditation Drop-In (online) A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>	<p>Creative Writing: Tell Me More! (in person) with Molly Haile We'll explore how to keep readers turning page after page in great stories!</p>
<p>Storytelling Improv (in person) with Bruce Kirchoff Unleash your creative mind and learn how to tell great group stories!</p>	<p>Flower Glass Lantern (in person) with Kim Shue Using delicate pressed blooms, design a glass jar lantern that glows beautifully!</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) 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>Heart Health (in person) with Brianna Jones A therapeutic paint-and-sip experience blending heart education, art, and mocktails!</p>
<p>Edible Treats (in person) with Kelly Joel We'll decorate with chocolate-dipped pretzels and sprinkles for St. Patrick's Day!</p>	<p>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.</p>
<p>Nature Drawing for Beginners (online) with Alex Gaal Learn to observe and draw beautiful illustrations of nature. Beginners welcome!</p>	<p>Northern Lights (in person) with Deveta Glenn Let's create a drawing of Aurora Borealis, or "Northern Lights" using oil pastels.</p>
<p>Awakened Heart, Awakened Mind (online) An exploration of mindfulness meditation. <i>There will occasionally be a practice leader.</i></p>	<p>Paint Open Studio (in person) with Bob Nordbruch Continue working on paint projects you started in classes with Hirsch Wellness.</p>
<p>Zentangle (in person & online) with Deveta Glenn Learn the art of meditative drawing involving repeating patterns and lines.</p>	<p>Portable Altar (in person) with Mary Beth Boone Let's explore the Spanish tradition of oratorios and create your own special altars!</p>
<p>Rhythms of Resilience (in person) with Mary Schneider Explore self expression, reduce anxiety, and connect with others through music!</p>	<p>Fiber Friendship Circle (in person) with Xin Roberson Bring a textile project you started in a Hirsch Wellness class in this open studio!</p>
<p>Herbal Tea Explorations (in person) with Xin Roberson Learn about herbal traditions, research-backed uses, and preparation methods.</p>	<p>Scrapbook Crop Open Studio (in person) with Dalene J-Lowery Come work on your scrapbook projects from class or any time!</p>
<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch Guided aquatic sessions promote movement, muscle strengthening, and FUN!</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>March Mindfulness (in person) at Friends Home West Cultivate wellbeing through meditation with our partners at Friends Homes West.</p>	<p>Chrismons for Earth Day (in person) with Bev Vaughn We will focus on the upcoming Earth day celebrations by making beaded designs.</p>
<p>Happy Painting (in person) with Warren Moses, Jr. Have fun painting in a style similar to that of Bob Ross! All levels welcome.</p>	<p>Reiki Practice (in person) with Bev Vaughn Practice giving and receiving Reiki healing energy. All levels are welcome.</p>
<p>CreativTEA: Upcycled Fashion (in person) with Xin Roberson Transform forgotten neckties into one-of-a-kind fashion accessories!</p>	<p>Registration is required. For questions, email: Admin@HirschCenter.org or call: 336-209-0259</p>