

May 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](https://www.HirschWellnessNetwork.org) to view full descriptions and to register for classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Zentangle (online) 1 1-2:30pm Rhythms of Resilience (in person) 3-4:15pm	Beginning Piano 2 (in person) Music Academy of NC, 11am-12pm Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
Paint Exploration 4 (in person) 1-3pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	Game on! 6 (in person) 1-3pm 	Nature Drawing 7 (online) 1-2:30pm Awakened Heart, Awakened Mind (online) 6-7:30pm	Glass Painting 8 (in person) 1-3pm 	Beginning Piano 9 (in person) Music Academy of NC, 11am-12pm Herbal Tea Explorations (in person) 12-2pm Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
Happy Painting 11 (in person) 1-3pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	CreativiTEA: May Flowers 12 (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	For the Love of Lists 13 (in person) 3:30-5:30pm 	Book Club (online) 14 1:30-3:30pm A Still Forest Pool (online) 6-7pm	Expressive Arts 15 (in person) 1-3pm 	Beginning Piano 16 (in person) Music Academy of NC, 11am-12pm Karuna Reiki Level II (in person) 9:30am-12:30pm Reiki Practice (in person) 12:45-1:45pm Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
Let's Read a Play! 18 (in person) 2-3:30pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Creative 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	Cre8Art: Embroidery Weaving 20 (in person) 1-3pm	Chrismons: Daisy 21 (in person) 1-3pm Awakened Heart, Awakened Mind (online) 6-7:30pm	Miniature Prayer Flags (in person) 1-3pm 22	Therapeutic Aquatics 23 (in person) Club Fitness: Oak Branch Location, 3-4pm
Taiji-Qigong (in person & online) 6-7pm 25 Monday Meditation (online) 7:15-8pm	Fiber Friendship Circle 26 (in person) 12-2pm Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	Scrapbook Crop 27 (in person) 1-3pm	Paint Open Studio 28 (in person) 1-3pm Thursday Drop-in Meditation (online) 6-7pm	29	Therapeutic Aquatics 30 (in person) Club Fitness: Oak Branch Location, 3-4pm

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

<p>Zentangle (online) with Deveta Glenn Learn the meditative drawing technique using repeating patterns to create art!</p>	<p>Reiki Meditation (online) with Bev Vaughn We'll practice this healing energy technique, then meditate to encourage good sleep!</p>
<p>Rhythms of Resilience (in person) with Mary Schneider Explore self expression, reduce anxiety, and connect with others through music!</p>	<p>For the Love of Lists (in person) with Molly Haile Explore how the straightforward list can catalog important moments in your life!</p>
<p>Beginning Piano for Adults (in person) at Music Academy of NC A 7-week series to learn piano in a supportive, low-pressure environment.</p>	<p>Book Club: The Eighty-Dollar Champion (online) with Bev Vaughn Read the amazing true story of a champion show-jumper horse by Elizabeth Letts.</p>
<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch Guided aquatic sessions promote movement, muscle strengthening, and FUN!</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>Paint Exploration (in person) with Bob Nordbruch Explore the process of creation and painting with acrylics! All levels are welcome.</p>	<p>Expressive Arts (in person) with Betsy Bevan In this playful mixed-media class, we'll create art inspired by the natural world!</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>Karuna Level II Certification (in person) with Bev Vaughn This advanced Reiki training is for those who have already completed Karuna Level 1.</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>Reiki Practice (in person) with Bev Vaughn We will practice giving and receiving Reiki. All levels are welcome.</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>Let's Read a Play! (in person) with Kim Cuny We combine the joy of reading aloud, building community, and having fun!</p>
<p>Chair Qigong (online) with Bill Savage Experience the health benefits Taiji-Qigong in a supportive, seated position.</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>Game On! (in person) with Kim Shue Enjoy a mix of classic and easy-to-learn games for a relaxed afternoon of play!</p>	<p>Cre8Art: Embroidery Weaving (in person) with Deveta Glenn Learn this fun fiber arts technique that is a "hybrid" of embroidery and weaving!</p>
<p>Nature Drawing for Beginners (online) with Alex Gaal Learn to observe and draw beautiful illustrations of nature. Beginners welcome!</p>	<p>Chrismons: Daisy (in person) with Bev Vaughn We'll create a beaded daisy ornament to celebrate the arrival of Spring flowers!</p>
<p>Awakened Heart, Awakened Mind (online) with Ash Poirier An exploration of mindfulness meditation. <i>There will occasionally be a practice leader.</i></p>	<p>Miniature Prayer Flags (in person) with Mary Beth Boone Carve a simple relief stamp to print your own set of Tibetan prayer flags.</p>
<p>Glass Painting (in person) with Kelly Joel Join us for a fun-filled class where you can paint a glass item of your choice.</p>	<p>Fiber Friendship Circle (in person) with Xin Roberson Bring a textile project you started in a Hirsch Wellness class or at home to work on.</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>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>Paint Open Studio (in person) with Bob Nordbruch Work on paint projects you started in classes at Hirsch Wellness or at home.</p>
<p>CreativiTEA: May Flowers (in person) with Xin Roberson We'll revisit, revise, and renew donated materials to create spring blooms!</p>	<p>Thursday Meditation Drop-in (online) with Ash Poirier A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>