



Please click on the following links to view more information.

## Visual Arts

- **1/29:** Bullet Journaling 101
- **2/19:** Polymer Clay Workshop
- **3/5:** Neurographic Art
- **4/16:** Watercolor Loose & Expressive
- **5/6:** Return to Inner Peace: Creative Arts Workshop for Mothers who Nurture
- **TBD:** Zentangle
- **TBD:** Meditative Spirals

## Gallery

- **TBD:** Cultural Explorations Guided by Gallery Artist
- **TBD:** Guided Meditation

## Dance

- **4/16:** Swing Dance!
- **4/22:** Family Tap Workshop
- **TBD:** Line Dancing

## Theatre & Music

- **2/15 & 2/22:** Drumming for Focus & Relaxation
- **2/17:** Family Theatre Games & Improvisation
- **2/26:** Improvisation Exploration for Adults
- **TBD:** Gentle Yoga
- **TBD:** Alexander Technique