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Visual Arts

APRIL 16: Watercolor Loose
& Expressive

MAY 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

APRIL 16: Swing Dance!

APRIL 22: Family Tap Workshop

TBD: Line Dancing

Theatre & Music

FEBRUARY 27-APRIL 11:
Senior Theatre Exploration Series

TBD: Gentle Yoga

TBD: Alexander Technique