



Many thanks to Novartis Oncology and the NYC Department of Cultural Affairs for their generous support of The Creative Center at University Settlement's Arts Workshop Program for people with cancer and other chronic illnesses.

**All workshops will be presented through the Zoom platform. Please sign into the Zoom 15 minutes prior to each session and enter your name and email in the "chat" section to Sophia Heinecke (privately) to complete registration. You must give your email or some form of contact to The Creative Center staff for reporting purposes.**

**We recommend that participants gather all supplies/materials in advance.**

A suggested donation of \$25 per workshop is greatly appreciated. [You can click here to be taken to Paypal directly.](#)

## JULY

### ***Creative Writing: The Moving Pen (Jan-April)***

**Mondays July 6, 13, 20, 27, August 3, 10, 17, 24, 31**

Sign up for this prompt-based writing class via email!

NOTE: Participants must commit to writing each Monday to retain group membership.

**Instructor: Frank Haberle.**

**NY Writer's Coalition: <https://nywriterscoalition.org/>**

**Contact: [info@thecreativecenter.org](mailto:info@thecreativecenter.org)**

### ***Found Object Art: The Art of Combination***

**Wednesdays**

**July 1, 8, 15, 22**

**12:00pm- 1:00pm EST**

Zoom Link: <https://us02web.zoom.us/j/84116992578>

841 1699 2578

Find your local number: <https://us02web.zoom.us/j/84116992578>

Participants will look for metaphor and meaning by working with combinations of found objects and materials they have collected. A theme topic will be introduced each week: Chance, Identity, Ephemeral and Memory.

Prompts will be given at the beginning of each class by looking at a few examples of work by other artists. Techniques in gluing, attaching or combining objects will be covered.

**Materials needed:**

Small or medium size found objects - from the banal to the curious to the sentimental.

\*All optional: Wire, zip ties, tacks, string, rubber bands, glues, tapes, pieces of scrap wood, pieces of small scrap metal, small boxes or containers, vases or clear jars, crafts supplies, painting supplies, fabrics, papers.

**MATTHEW DALE FISCHER** (BFA, University of Wisconsin-River Falls, MFA Columbia University), is a current fellow in Shandaken Projects' Paint School. He lives and works in New York City where he has shown at Jack Tilton Gallery, Jack Hanley Gallery, 247365, Louis B James and Eddy's Room. He has been a Fellow-In-Residence at The Lighthouse Works on Fishers Island, NY and The Edward F. Albee Foundation in Montauk, NY and has been a visiting critic at Cooper Union, SUNY-New Paltz, Parsons and Pratt Institute. He currently teaches painting at the 92Y and art history at the Central Queens Y.

<https://matthewdalefisher.com/>

***Love Letters from The Lost n' Found***

**Tuesdays**

**July 7, 14, 21, 28**

**12:00pm-1:00pm EST**

Zoom link: <https://us02web.zoom.us/j/81755449241>

Meeting ID: 817 5544 9241

Find your local number: <https://us02web.zoom.us/j/81755449241>

Writers! Join Betsy Aaron to experience the rebirth of the long lost art of letters!

Session #1: Show up at this session with a letter written by a narrator who wants to re-connect with a lost love; be prepared to read it to the group if you'd like. (250-500 words)

Session #2: Come to the session with a letter from someone, NOT the intended recipient of the love letter, who has found the letter (how, where, when???)

--Writer's choice: Is the letter written to the original writer --or to the intended recipient?? Or, perhaps there are two letters?? (250-500 words total)

Session #3: Writers Choice. Come to the session with either: a letter from the long lost love in response to the finder of the letter, or from the narrator of the 1st letter in response to the finder of the letter (that was intended for someone else). Or, perhaps two letters, one from the original writer, one from the intended recipient. The letters could be thankful--or regretful, i.e. "Please tear up the letter!!" (Or whatever you decide.)

Session #4: Tie it up. Writer's choice: Either long lost love responds to the writer of the love letter, or the writer of the love letter writes back to either the finder of the letter, or to the long lost love. (Your letters will have to include some plot details to explain some things...)

Betsy will be there clear up any confusion and answer your questions, at every step!

**Before class:** If you're looking for suggestions for your summer reading list: Some of you may enjoy reading Marilynne Robinson's Pulitzer Prize winner, *Gilead*. It's the first in a trilogy and the entire novel is a letter.

**BETSY AARON** received an MFA in Writing at Bard College and is the recipient of The New York Foundation for the Arts Award in Writing. For samples of her creative writing, please visit <http://betsyaaronthewriter.com/>

## ***Meditation and Drawing***

**Thursday**

**July 16**

**12:00pm-1:00pm**

Zoom link: <https://us02web.zoom.us/j/81039030811>

Meeting ID: 810 3903 0811

Find your local number: <https://us02web.zoom.us/u/kc0i8PuhXH>

In this 45-minute virtual workshop, we will use both guided meditation and the breath to begin our process, moving into simple drawing activities to de-stress, relax, and breathe!

Join friends old and new as we explore a variety of exercises designed to soothe our minds and open our creative spirits!

**You will need: pens or markers of any kind, and/or color pencils and paper of any kind**

**SUZAN COLÓN** is a certified yoga and meditation instructor, writer, and artist. Her passion is helping people find creative ways to meditate. She is the author of *Yoga Mind: Journey Beyond the Physical*, a 30-day program of Yoga's spiritual path, and other books. Suzan was the host for the Sktchy app's Mindful March art and meditation program, and she co-led the Artists Network retreat Meditations on Drawing in 2018. Visit Suzan at [suzancolon.com](http://suzancolon.com).

## ***Staying In, Looking Out***

**Wednesday, Thursday**

**July 15, 16**

**2:00pm-3:00pm EST**

Zoom link: <https://us02web.zoom.us/j/89056444303>

Meeting ID: 890 5644 4303

Find your local number: <https://us02web.zoom.us/u/kck3VVPI8>

Focusing on the idea of “Staying In, Looking Out,” we will use basic materials such as pencil and paper (or other materials) to explore the use of line, shape, shading and color to create images conveying your experience of looking out while being inside—a specific place or yourself. As part of this hands on workshop, we will look at and talk about work by Pierre Bonnard, Nick Banks, Jane Freilicher, Ben Shahn, and Eleanor Ray, to glean compositional ideas and jump start creative juices.

**Materials needed:** Pencils, paper, eraser and other materials you have on hand.

**JOAN MELLON** is an artist working abstractly in two and three dimensions. Her work is in public and private collections. During this time when much of our life has shifted to an electronic reality, Joan's work has been seen in online exhibitions at Equity Gallery and Carter Burden Gallery. She has taught many workshops at The Creative Center and is looking forward to seeing you all on Zoom. [www.joanmellon.com](http://www.joanmellon.com)

## ***Qigong and Pranayama: Breathe and Stretch***

**Thursday, July 23**

**11am EST - 12:00pm**

Zoom: <https://us02web.zoom.us/j/85006036080>

Meeting ID: 850 0603 6080

Find your local number: <https://us02web.zoom.us/u/kn57WANuz>

Breath and Stretching is an introduction to techniques based on traditional Chinese Qigong and Indian Pranayama methods. The BREATH is the foundation of all movement, and the simple exercises we will practice in class teach us about the creative use of inhalation (or inspiration), exhalation, and pausing between them. By becoming more aware of your breath, you can use it effectively to reduce stress, stimulate your imagination, and expand lung capacity. The goal is to match the strength and ability of your internal and external body.

**JUDITH SACHS** is a certified Dance for Parkinsons® teacher who runs a program called ANYONE CAN DANCE® in Philadelphia. She has an extensive background in martial arts and started this class to get people aware of the potential of the breath - very important at a time when we are all concerned about staying well. You can read more about her at [www.anyonecandance.org](http://www.anyonecandance.org).

## **Embellish and Repair: Beginner Embroidery**

**Friday**

**July 24**

**11am EST - 1pm**

Zoom: <https://us02web.zoom.us/j/84865088276>

Meeting ID: 848 6508 8276

Find your local number: <https://us02web.zoom.us/u/kb0qVCeSz>

**Materials needed:** Embroidery thread, needles, recycled or scrap paper including mail, any clothing with thin fabric (cotton, linen silk) in need of repair or embellishment

In using basic embroidery techniques to create personally expressive embellishments and fix up little tears missing buttons or visible stains, artist Iviva Olenick will demonstrate a range of stitches from basic to more complex

**IVIVA OLENICK** is a Brooklyn-based artist and arts educator. She teaches for the Studio Museum in Harlem, and is a faculty member of the School of Visual Arts MFA Art Practice program. Her own artwork, shown locally and nationally and in numerous collections in the US and Europe, uses textile processes, including reviving textile farming and ancient dye- and fiber-making, in conversation with historic and contemporary narratives and social ideals.

## **One Page Artist Books**

**Friday**

**July 31**

**11am EST - 1pm**

Zoom: <https://us02web.zoom.us/j/84906968459>

Meeting ID: 849 0696 8459

Find your local number: <https://us02web.zoom.us/u/k8h3p9UvT>

Using just one sheet of paper, learn how to make books using simple and accessible materials with artist Iviva Olenick.

**Materials needed:** Paper, scissors, pens, pencils, ruler Optional: markers, paints, stamps

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