



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. Most workshops will require pre-registration via the class link and you will receive a confirmation. If you register for a class and don't receive confirmation, please email info@thecreativecenter.org.

PLEASE NOTE: If you do not pre-register, there is no guarantee there will be space for you in class.

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.](#)

On-going Classes

Creative Writing: The Moving Pen (September-December)

Mondays

September 7, 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7, 14, 21

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

This prompt-based creative writing workshop is designed to help you discover your voice, develop new material and be part of a community of other writers in a supportive environment led by writers from the NY WRITERS COALITION, a community-based organization that provides free creative writing workshops to New Yorkers, including the formerly voiceless and disenfranchised. <http://nywriterscoalition.org/>

Sign up for this writing class via email! Zoom instructions will be sent to you directly. **Contact:** info@thecreativecenter.org

FRANK HABERLE'S stories have won the 2011 Pen Parentis Award and the 2013 Sustainable Arts Foundation Award. They have appeared in journals including the Stockholm Review of Literature, Necessary Fiction, Adirondack Review, Smokelong Quarterly, Melic Review, Wilderness House Literary Review, Cantaraville, and Hot Metal Press. Frank works as a nonprofit development professional and is a volunteer with the NY Writers Coalition. He lives with his wife and three children in Brooklyn, New York.

Watercolor with Marika Hahn

Tuesdays

2pm-3pm EST

For this special semester of on-going watercolor classes, we recommend that you purchase the recommended supplies. *PLEASE NOTE: participants may enroll in only one session per month.*

September: Decorative Flowers, Leaves and Berries

This is the perfect class for experienced painters to take as a refresher or as a beginner tutorial as we will explore a wide variety of watercolor techniques and tricks..

Tuesday, Sept 8, 2pm-3pm EST:

<https://us02web.zoom.us/j/9191270872>

Tuesday, Sept 22, 2-3pm EST:

<https://us02web.zoom.us/j/9191270872>

October: Vegetables

Most veggies and fruits are simple shapes useful for practicing wet on wet and other fundamentals of watercolor. We will definitely include eggplants and tomatoes in demos.

Tuesday, Oct 6, 2-3pm EST:

<https://us02web.zoom.us/j/9191270872>

Tuesday, Oct 13, 2-3pm EST:

<https://us02web.zoom.us/j/9191270872>

October: Fruits

Most veggies and fruits are simple shapes useful for practicing wet on wet and other fundamentals of watercolor. Watch demos to learn to paint peaches, pears, and more!

Tuesday, Oct 20, 2-3pm EST:

<https://us02web.zoom.us/j/9191270872>

Tuesday, Oct 27, 2-3pm EST:

<https://us02web.zoom.us/j/9191270872>

November: Flowers

Painting both realistic and decorative flowers, leaves, seed pods and more will be demonstrated. Preserving white areas and adding veins to leaves and petals will be explored. Tulips, poppies, lilies and cherry blossoms are all possibilities for these classes.

Tuesday, Nov 3, 2-3pm EST:

<https://us02web.zoom.us/join/tZ0qc-usrTovEtInkG21vL7--688dw7zpKVx>

Tuesday, Nov 10, 2-3pm EST:

<https://us02web.zoom.us/join/tZwsc0mhqDwtHNAYLv002WUf1N2wsZ1piATG>

December: Abstract Landscapes

Blending colorful washes and adding splatter will create beautiful backgrounds. Layering colors and/or using bold brush strokes yield wonderful results. Learn to paint abstract landscapes that burst with color, light and shadow.

Tuesday, Dec 1, 2-3pm EST:

<https://us02web.zoom.us/join/tZMrfuqqqz4jHNOahURxTZdPID9Y30KA676X>

Tuesday, Dec 15, 2-3pm EST:

https://us02web.zoom.us/join/tZlod-2rrj8pGtAw_4s0XVPFrkYa5d4tAhXh

Materials needed (click each material to view on DickBlick.com):

- [Size 4 Watercolor Brush](#)
- [Size 10 short-handle Watercolor Brush](#)
- [2 palettes for mixing colors](#) and small plastic yogurt cups
- [Dick Blick Liquid Watercolor](#) (minimum size, 4 oz) in Red, Blue, Yellow, Violet, and Black (One bottle of liquid watercolor lasts Marika 5-6 months, painting EVERY SINGLE DAY!)
- Substitute: Paints can also be made with food coloring, or pan watercolors, though this is not ideal.
- [Paper: 140# cold press watercolor paper ...Strathmore series 3](#)

MARIKA HAHN is a Creative Center Hospital Artist-In-Residence at Bellevue Hospital's Cancer Center. When a patient tells Marika they are not creative, she asks them to give her a few minutes of their time. Once the brush is in their hand, color gets dropped onto a wet paper and flows and blends into others colors. Says Marika, "Patients are amazed. Everyone smiles!" Her own artwork is inspired by nature and wildlife even though NYC is her home. Exploring color, shapes and brush strokes with people who have never before held a paint brush inspires Marika to further her work. marikahahn.com

September

Moveable Books

Tuesday, September 1, 11am-12:30pm EST

Zoom: <https://us02web.zoom.us/meeting/register/tZYuc0qurj8iGt3ORZvTZNfp27o-keSvEbLj>
Meeting ID: 823 7360 4809

Make a magical moveable book based on the Jacob's Ladder Book Structure. Learn the basic techniques of book making and interesting embellishments to make every project unique.

Materials needed:

You will need a glue stick or glue and glue brush.

- Four 3-inch squares cover-weight paper or light cardboard
- Two 1/2" x 8 1/2" strips of regular copy paper or recycled paper
- One 1 1/2" x 8 1/2" strip of copy paper or recycled paper in another color

Play with different palettes and designs in your papers!

REBECCA KELLY LOVES artists' books! She is a Creative Center Hospital Artist-In-Residence at Bellevue Hospital and NYU Langone Cancer Center. Rebecca has curated book arts exhibitions, written about book artists and made artists' books. Rebecca is currently working with artist Sarah Stengle to make a mile long book. This book "Between the Letters" is now 2/3 mile long and has been exhibited in galleries and museums around the country! Rebecca is also a teaching artist for Young Audiences of NJ and PA where she has made thousands of books with children!

Photography: Documenting the Domestic, Observing the Personal

Monday and Wednesday for 8 sessions

September 7 session moved to Friday Sept 11th at 2pm

September 9, 14, 16, 21, 23, 28, 30

2pm-3:30pm EST

Zoom: <https://us02web.zoom.us/meeting/register/tZ0ude6qrD8iHdcEVXtmgbsSpiYYG06MhozS>
Meeting ID: 893 2782 4873

Seeing the same walls every day might deepen boredom or inspire creativity. This workshop looks for the unexpected beauty waiting to be revealed in the corners of our lives and presented from our home environments. Artmaking during this time of quarantine and separation might take shape through looking at our most familiar interiors, including the neighborhood and occasional outings. At home, the deliberate arrangement of objects for display like the corner table or the window ledge become exhibition spaces. The kitchen might offer personal still-lives, accidental or intentional. Learning to become better observers of light and shadow, participants will approach their intimate spaces during this time and share insights with one another via photography.

Materials needed:

Participants may use their phones or cameras for this class and have internet access.

JANIS LEWIN is a photographer and educator living in NYC. Through traveling and documentary work, she has developed travel workshops as well as independent classes. Through her teaching at The Creative Center and senior centers through the Su Casa Initiative, Janis has been able to reach out to a variety of communities in New York. She brings aspects of her art history background (BA, University of California, and Berkeley) to photography students at every level. Her photography workshops in Cuba have been particularly exciting due to her many years of travel to the island. <https://janislewin.com/>

Origami: Lotus Effect

Tuesday, September 15, 11am-12:30pm EST

Zoom: <https://us02web.zoom.us/meeting/register/tZ0rd-muqDoqGtUmZSFJEwEhszPcVCHSjOsj>
Meeting ID: 896 0066 1001

Be a part of The Rubin Museum's "The Lotus Effect", a collaborative installation which will serve as a community-built symbol of gratitude for the people and things that help us get through difficult moments. Fold an origami lotus with Rebecca Kelly and enter your lotus virtually or by mailing or dropping off your lotus origami flowers at The Rubin Museum when it reopens. Lotuses grow in muddy, murky waters, rise to the surface, and unfold. They bloom untainted by the muck and serve as a reminder, albeit a temporary one, that moments of beauty can emerge from the toughest conditions. In Tibetan Buddhism this sacred symbol is associated with purity, awakening, transformation, and compassion, and it appears in works of art at the Rubin Museum. <https://rubinmuseum.org/page/the-lotus-effect-make-your-own-lotus>

Materials needed: Origami paper or squared-off copy paper

REBECCA KELLY is a Creative Center Hospital Artist-In-Residence working at NYU Langone Cancer Center and Bellevue Hospital Center. For over two decades, Rebecca has been on the roster of Young Audiences of New Jersey and Eastern Pennsylvania. She is a curator, storyteller, natural dyer, book and textile artist. She weaves her art forms together to make new forms like innovative

book arts, Japanese-inspired textile art and hand-dyed yarns. Her work has been exhibited at The Philadelphia Museum of Art Library, St. Ann's Warehouse in Brooklyn and The Hunterdon Art Museum. Rebecca curated the award winning Bucks County Community ArtMobile in 2009-2011, transFORMations: Art Made from Recycled and Reused Materials which was viewed by over 40,000 individuals!

Art and Appetizers

Thursday, September 17, 4:00-5:00 pm EST

Zoom: <https://us02web.zoom.us/meeting/register/tZctd0qqqzMsHdWcQH9vqlw7pliALdGzc40E>

Meeting ID: 830 3325 8671

Do we all see artworks in the same way? How do we find meaning in works of art? Can that meaning change? How does our own life experience affect the way we view the world? Viewing and discussing works of art together, this class will engage participants in discovering how to look at art. A variety of activities that help provide differing perspectives will encourage us to think about our responses, assumptions, and our thinking. Come with us for an adventure in looking- and seeing!

NANCY RICHNER, recently retired Director of the Hofstra University Museum of Art, spent her career in art museums and particularly in art museum education. She previously worked at the Museum of Modern Art and the Nassau County Museum of Art while serving on a variety of national and local organization boards. She has received several honors including being recognized as Museum Educator of the Year for the northeast region by the National Art Educators Association. Ms. Richner's work has focused on advancing the transformational role of the visual arts, particularly in their ability to develop visual literacy skills, engage people in civic dialogue, and create partnerships among individuals and groups.

Zentangle Drawing

Friday, September 18, 12pm -1pmEST

Zoom: <https://us02web.zoom.us/meeting/register/tZAkd-mvqj8pHtOMqY0h25agZFJeWgEG3vt9>

Meeting ID: 849 0074 4347

Zentangle is a drawing technique for people of all artistic abilities, using structured patterns that rely on simple shapes, beautiful artwork quickly emerges. During this class, participants will gain understanding of steps on how to create with just using your imagination and a few creative patterns. Learn step by step instructions for how to get started with Zentangle. and use this time to relax and regain focus, increase your creativity, and feel gratitude and appreciation for yourself and our community!

Materials needed: black/blue ink pen and paper

CARMEN PAULINO is a Creative Center Hospital Artist-In-Residence at BronxCare Hospital and a visual artist who lives and works at El Barrio's Artspace PS 109. She provides on-going community

art programming in hospitals, community centers, and senior centers in New York City. Carmen was raised in the El Barrio neighborhood of New York City where she developed her love for the arts seeing inspirational murals from around her neighborhood. Carmen's artwork stems from her real life experiences of living in a diverse melting pot of cultures. As a young child, Carmen watched her mother and grandmother knit, crochet, and sew unique traditional quilts and patterns. Carmen was also inspired by her father, a musician who performed in several traditional salsa bands. These experiences later inspired her to start her own techniques and to produce her own works with mixed mediums. Carmen has since crafted and created many crochet pieces, artwork, yarn installations and murals which are all inspired by her upbringing in Spanish Harlem.

Sound and Health Through Music

Tuesday, September 29, 12- 1pm EST

Zoom: https://us02web.zoom.us/meeting/register/tZYkd-GsqD4oE9MBTshcmHkys3DC_6PhxEQ_
Meeting ID: 829 0846 5297

We will examine music and silence with the goal of attaining greater relaxation. We will be using the classical music of India, which naturally produces a meditative state, as well as Western music such as Bach and Celtic airs, listening to the violin and voice, and vocalizing together (no previous experience necessary!). Our goal is to feel how the music resonates in our body and calms our emotions and mind. We will reflect on how we can use the added awareness to continue to attain relief from stress and a receptive, peaceful and relaxed state.

Materials needed: None required!

MICHAEL BRAUDY is a violinist specializing in Western, North Indian and Celtic music, and gives *Sound and Health through Music* workshops which use the silence between musical experiences as a way to greater awareness of our body, emotions and mind. He is also a versatile performer and as an improviser has collaborated with vocalists, storytellers and other creative artists. He has performed in the US, England, Scotland and India including the International Festival in Jaipur. He recorded in India a series of CD's of Indian ragas for health, including Sumanas (Ragas for the Heart), Vriddhi and Awakening Peace. For more information, please go to www.michaelbraudy.com or www.SoundAndHealth.org.

October

Knitting: Reading and Writing Knitting Patterns

Thursday, October 1 and 15, 2pm-3pm

Zoom: [https://us02web.zoom.us/meeting/register/tZcoceiprzgoGdKw9u_pY0V8btILlde62Tle](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZcoceiprzgoGdKw9u_pY0V8btILlde62Tle)
Meeting ID: 835 6111 3236

Session 1: How to read a knitting pattern

Knitting patterns are written in a whole language of new terms, symbols, abbreviations and can be confusing to a beginner. In this lesson, Maxine will take you through the basics of reading a knitting pattern including What does gauge mean; How to make a gauge swatch; Abbreviations and symbols; Yarn substitution; Best websites for knitting instruction and more!

Session 2: Using *Ravelry*: an online platform for knitting patterns

How to Navigate *Ravelry* and Find the Perfect Pattern. *Ravelry* is a free website for knitters and crocheters and is the best site to search for an astonishing array of patterns.

If you are not already a member of *Ravelry*, Maxine will show you how to join. More importantly, you will learn how to navigate this incredible resource, filter your searches and find a pattern you will want to make and that is suitable for your skill level.

Materials needed: It is suggested that you sign up for an account in advance of the workshop with **Ravelry**. Sign up with this link: <https://www.ravelry.com/account/login>

Television producing and knitting may seem like a strange career combination, but it turned out to be an ideal match for **MAXINE LEVINSON** who has a dual degree in Studio Arts and Communications from Hunter College. Maxine was a television executive and producer for ABC Daytime for more than 25 years. She successfully integrated her skills when she became the knitting consultant for Mount Sinai Hospital's Child Life Department as well as Supervising Producer of Mount Sinai's KidZoneTV. In addition to teaching at The Creative Center, Maxine has been teaching at the best yarn shop in New York, *Knitty City*, since the store opened 13 years ago.

Dada Drawing Games

Friday, October 2, 12:00 -1:00pm

Zoom: [https://us02web.zoom.us/meeting/register/tZUvc02tqjstGdlbWAKmC8Ezhq3gEx5ofXhm](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZUvc02tqjstGdlbWAKmC8Ezhq3gEx5ofXhm)
Meeting ID: 812 7454 0736

Join us for a salon-style Dada-inspired afternoon of drawing games and more! Dada was an art movement formed during the First World War in Zurich in reaction to the horrors and folly of the war. The art, poetry and performance produced by the Dada artists was often satirical and nonsensical in nature- and almost always playful. Led by conceptual artist Cibele Vieira, participants in this workshop will experiment individually and communally through drawing games such as "automatic drawing", first coined by French artist Andre Masson who let his pen travel across paper without conscious control, searching later for images that emerged from the

abstract web of the pen lines. Together, we will each “pull out” forms and shapes- and by the addition of color, attempt to find a butterfly in our drawings. Using this butterfly image as inspiration, we will then create a group poem, a la the surrealist game of “exquisite corpses”- where each person adds a thought or phrase without knowing the previous contribution. The Dadaists loved to play with reality and shatter expectations- what better time than now to join them!

No experience needed, just good humor and a thirst for trying new things. Expect to explore color theory, rhythm, sound, lines, texture and some other things!

Materials needed: Pencil, drawing paper, (size as you wish, bigger the better) and if you want to paint on a canvas, you are welcome as well. Coloring material: whatever you have at home, color pencil, pens sharpies, crayons.

CIBELE VIEIRA is a conceptual artist who believes in the power of the arts to communicate and create communities. She also believes that part of the artist's job is to share and educate the general public about contemporary art. www.cibelevieira.com

Eco Art with Purpose: Fun and Function

Wednesdays, October 7, 14, 21, 28, 12pm-1pmEST

Zoom: https://us02web.zoom.us/meeting/register/tZYscuGsrzsoEtAfVdyE1Vm0XEC_8bW80I4Y
Meeting ID: 821 5841 0284

Using commonly sourced recycled materials found around the house, participants will create a different functional art object each week. As we all have been locked in for months, it's time to take a fresh look at the detritus that surrounds us and transform it into something beautiful- and useful! Projects will include a rag rug, a utensil or brush holder and a myriad of accessories that will be crafted from old jeans.

Materials needed: Registered participants will be sent a materials list for each class two weeks before the first session.

NOTE: This class will be taught in both Spanish and English!

GLENYS RIVAS was born in the Dominican Republic where she developed a fascination with arts, colors, design, and clothing styles at the age of 12. After graduating from New York Fashion Institute of Technology in 2001, she remained in New York City and has built a career as an Artist and Fashion Designer. Glenys has worked for various large designing companies like Bill Blass and is currently a Creative Center Hospital Artist-In-Residence at BronxCare Hospital. In November of 2012 she founded ModaDsign.com, a fashion design consulting service and virtual online store where you can find her design creations.

Kitchen Still Life Drawing or Painting

Thursday, October 8, 15, 22, 29, 6:00-8:00pm

Zoom link: <https://us02web.zoom.us/meeting/register/tZMkfu6tqjkqHtMXmlacAL9h80iuz6BFfg40>

Meeting number: 879 9754 2047

This workshop will focus on using the common items in your kitchen to create still-life compositions using the medium of your choice. Spices, fruits and vegetables, bowls, cups, utensils, food containers and boxes, pots and pans can all be used. You will not only complete an artwork but will have visual documentation of your daily life during this time. You can choose to do quicker studies creating new work each class or work for all four sessions on one composition!

Materials needed:

For Drawing

- Drawing Paper
- Charcoal or #2 pencils
- Eraser

For Painting:

- Stretched Canvases or canvas boards (various sizes; 12" x 16", 16" x 20", 18" x 24") or watercolor paper.
- Paintbrushes
- Paints- acrylic, oil paint or watercolor paint

Note: Oil paint should not be used indoors without high quality ventilation*

- Paper towels

VICTOR HONIGSFELD's current painting practice is one of "urban plein air": crafting oil paintings on the streets of New York inspired by the city's industrial and residential infrastructure. Previous work from Vic has included a focus on imagery of ships and the vastness of the ocean, an homage to his years spent at sea as a merchant marine. Born and bred in New York City. Vic studied at the Art Students League, NYC, the Ted Jacobs Ecole Albert DeFois in France and has an MFA in painting and drawing from Queens College (2015). He currently lives, works, and paints in Harlem. <http://www.victorhonigsfeld.com/>

Art and Appetizers

Thursday, October 15, 4:00-5:00pm

Zoom: https://us02web.zoom.us/meeting/register/tZ0tf-utrD8sHdMMkDQT4tVksQ8fVYb_NFRz

Meeting ID: 890 8252 4677

Do we all see artworks in the same way? How do we find meaning in works of art? Can that meaning change? How does our own life experience affect the way we view the world? Viewing and discussing works of art together, this class will engage participants in discovering how to look at art. A variety of activities that help provide differing perspectives will encourage us to think about our responses, assumptions, and our thinking. Come with us for an adventure in looking- and seeing!

ROBIN GLAZER is the director of The Creative Center at University Settlement. She is a national leader and advocate in the field of art-in-healthcare and creative aging. Robin is also a painter, printmaker, art educator and grandma, whose papier mache puppets and daily puppet shows have been delighting her grandchildren since lockdown!

Art as a Contemplative Practice

Tuesdays, October 6, 13, 27, 4pm-5:30pm EST

Zoom: <https://us02web.zoom.us/meeting/register/tZckdeGopj8vH9Q9ApdfUpR60so9mCqQqT5F>
Meeting ID: 839 2808 4550

In this class, we will combine short, guided meditations and drawing exercises to explore ways of establishing connections to our creative selves. Using basic materials and techniques, we will approach art making as a process-based contemplative practice by building and experiencing an awareness of our natural curiosity and creativity. We will also investigate how our minds operate, potential creative blocks and using art as a technique for stress reduction. This approach to learning is based on open inquiry, playfulness and discovery. The emphasis will not be on technical art instruction or skill, but rather based on guided experiences and experimentation. All that is required is some simple art materials and an open mind. No experience with artmaking or meditation is required.

Materials Needed: Paper for drawing: printer paper, notebook paper, sketch pad, anything, but preferably no smaller than 8 x 10 inches, pencils, pens, and something to explore color with: colored pencils, markers, colored ink, pens, watercolors, crayons, etc.

REUBEN LORCH-MILLER has been an active visual artist for over twenty-five years and has been working as an arts educator with both children and adults for the past eight years. He recently completed nine months of training in Contemplative and Spiritual Care at the New York Zen Center for Contemplative Care and The Brooklyn Hospital Center.

Origami Wardrobe

Friday, October 23, 12:00- 1pm EST

Zoom: https://us02web.zoom.us/meeting/register/tZcocemgrz0uHNXy12C5pmed2k577Z_tT0mk
Meeting ID: 835 6081 6461

Using origami paper as the base material, you can create miniature clothes including a shirt, a dress a hat, and more! These fun garments can be sent as cards, embellish giftwrap or can even be worn

by toys and dolls! This class will also include ideas on how to embellish the clothes with items around the house!

Materials Needed:

We recommend ordering basic origami supplies from www.origamiusa.org/catalog. It might be helpful to have several extra 6" squares just in case we do extra models.

Dress: 6" square origami paper, wrapping paper or thin computer paper

Hat: 6" square as above plus coordinating scrap strip at least 3" long

Shirt 6" square as above

Optional Materials: A folding bone, the back of a teaspoon or a round pen barrel such as a sharpie for making firm creases. A utility knife (with about a 3-4" blade), an envelope opener, a rotary or hatchet style paper cutter. Scissors will do, if necessary, but they are not as accurate in cutting a straight line.

While pretty patterned papers make lovely, fashionable models, for learning purposes it might be better to start out with solid color paper so that the creases are easier to see. Once you are comfortable folding, you can use your wonderful patterns. Standard origami paper works well since it's often solid colored on one side and white on the other. Good task lighting is very important so that you can see your folds. Make sure you have reading glasses if you need them and of course a flat, hard surface. A cutting board, a large book, cut a cereal box side, or a TV tray table are good options.

MARYANN SCHEBLEIN-DAWSON is an Origami Specialist and a Certified Zentangle Teacher (CZT). She has a BS in Textile Technology and has been working with paper, fabric and mixed media for most of her life. She has been a member of OrigamiUSA since 1991, served a term on their Board of Directors and regularly teaches at origami events at the American Museum of Natural History in addition to teaching classes all over Long Island and the Metro NY area through her business, PAPERPLAY. (WWW.TANGLED@PAPERPLAY-ORIGAMI.COM)