



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 Zoom. Most of our classes will require preregistration via the class link. If you do not preregister, 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.](#)

## August

### ***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)

### ***Writing Children's Books***

**Tuesdays**

**August 4, 11, 18, 25**

**12pm-1pm EST**

Zoom: <https://us02web.zoom.us/meeting/register/tZwkc-uqz8qH91bM4s-wPAnHPnRSWRz4uu4>  
Meeting ID: 889 4229 4059

In this class, we are going to explore the genre of children's books, with the specific goal of each participant ending the class with a story idea for a picture book.

We're going to spend a part of every class reading picture books and thinking about what makes them effective. We'll look at classics (including *Where the Wild Things Are*, *The Giving Tree*, and a range of Dr. Seuss books), and we'll also look at a few contemporary picture books and make space for participants to bring in their own favorites

And then we'll spend the larger part of every class writing. Our writing exercises will be focused on developing characters, creating an immersive setting, and then on generating ideas for a longer story to work on. We'll make time for sharing in each class.

The class promises to be a really powerful opportunity to be creative in a whimsical and joyful way.

**Materials needed:** Paper or notebook and pens

**ARI SATOK** is the author of two books of poetry.

His first book, *The Architects of Hope*, captures the stories of young adults from all around the world, who he interviewed during a yearlong storytelling project he led traveling to schools on four different continents.

His second book, *The Beautiful Chaos of Growing Up*, is a heartwarming reflection on the journey through college and into young adulthood.

He has taught writing and storytelling workshops all around the world and is deeply passionate about creating spaces for people to express their unique creativity.

***Finding Your Unknown Knowns: An experiment in the process of discovery***

**Wednesdays**

**August 5, 12, 19, 26**

**12pm-1pm EST**

Zoom: <https://us02web.zoom.us/meeting/register/tZwfsuivrj8uE9LY102c6XqgsDBVf5vEGeUx>  
Meeting ID: 881 9170 4496

"Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing--and keeping the unknown always beyond you."

--Georgia O'Keefe

Use your experience as material to find a story, and/or change it. **Come to class #1 with a 1st draft about a time--maybe one you haven't re-visited since-- when you made up your mind, or changed it.** Plan to continue developing and revising the story between sessions. Writers will be able to share their work, discuss craft issues, ask questions-- and maybe find answers.

**Materials needed:** paper or notebook and pen or pencil, or write on the computer!

**BETSY AARON** is a professional copywriter. She creates names and taglines, writes video scripts, website content, and marketing materials for clients in entertainment, healthcare, design, consumer products and non-profits. She earned an MFA in Writing at Milton Avery Graduate School of the Arts, Bard College, and was the recipient of a New York Foundation for The Arts Award in fiction. She has been facilitating creative writing workshops at The Creative Center since 2002. Please visit: [www.betsyaaronthewriter.com](http://www.betsyaaronthewriter.com) for professional samples, and [www.channelbe.wordpress.com](http://www.channelbe.wordpress.com) for stories.

## ***Natural Dyeing***

**Tuesday**

**August 11**

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

Zoom: <https://us02web.zoom.us/meeting/register/tZEldOyrrT4tGdam45MgxC4ZRMKi0hgE4jBl>  
Meeting ID: 858 3533 5732

Experience the sensual pleasure of kitchen dye-making! Enjoy repurposing fabric and upcycling food, herbs, teas and flower to make at home easy projects with natural dye using tea, onion skins, citric acid, cream of tartar or alum.

Dye stuff can include any of these items: sunflowers, whole basil plants, onion skins, blueberries, red-cabbage, dandelions, black beans, mint, rosemary pomegranate seeds, hibiscus tea, rose or lavender.

**Materials needed: Have on hand:** pot with steamer, aluminum foil or Jar for dyeing fabric, chopsticks/twig/skewer, rubber bands, string or thread

Cloth: scarf or handkerchief size of clean white or off-white wool, silk, linen or cotton.

**Rebecca Kelly** is A Hospital Teaching Artist for NYU Langone Health Perlmutter 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 feels passionately that art making deeply heals both the teacher and the student.

Rebecca 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!

### ***Pencil Drawing: Shapes and Abstraction***

**Thursday**

**August 13**

**12:00pm-1:30pm EST**

**Pre-registration not required!**

**ZOOM MEETING LINK:** <https://us02web.zoom.us/j/84401434431>

Meeting ID: 844 0143 4431

In this workshop we will explore the many shapes and textures that may be created with pencil through blending, composition and texture. 811 Removable tape is recommended!

**Materials needed:** paper, and pencil, eraser, and ruler

Suggested supplies 811 Removeable Tape

**Donna Levinstone** is a professional artist/arts educator. For over 30 years she has been creating pastel landscapes. Last year she had feature articles both in Drawing Magazine and The Artists Magazine. Her works may be found in many public and private collections.

### ***20th and 21st Century Black Female Identifying Poets***

**Friday**

**August 14, 21**

**1pm-2:30pm EST**

Zoom: <https://us02web.zoom.us/meeting/register/tZUtdeGpqT8rEtYuZZQllyhRytkUH-ufvcHD>  
Meeting ID: 810 2817 4182

These classes will explore black women poets that many of us didn't learn about in school. We will read and discuss works by Audre Lorde, Lucille Clifton, Nikki Giovanni, Eve L Ewing, Aja Monet and several others, to help to dispel the idea that white culture should be the basis for the cultural arts. Reading and learning about talented black women writers is an important opportunity to decenter whiteness. Participants will be invited to write in response to a poem or poems, and/or a writing prompt offered by the teacher.

**Materials needed:** Journal or paper and writing utensil

**MICKY SHORR** is a NY Writers Coalition-trained writing workshop leader, and has led writing groups in public libraries, a homeless shelter and a domestic violence prevention program in the metro area. Micky facilitated a monthly poetry reading while she lived in the Hudson Valley, and she has been a featured reader at venues there, and in Manhattan and Long Island. Her work has been published in a number of literary journals and anthologies.

## ***Meditation and Drawing***

**Thursday**

**August 27**

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

Zoom link: <https://us02web.zoom.us/meeting/register/tZYucutqTwuHtMXbpQ98prQubPeyhvEHm9q>  
Meeting ID: 823 4257 7447

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!

**Materials needed:** Paper or notebook, pens, pencils, Optional: tape

**LYNNE PIDEL** graduated with a BFA in Video and printmaking at the School of Art and Design at Alfred University in 1999. She has shown her work in the USA and India. She became a Yoga teacher in India through Integral Yoga Institute in 2009 and is a senior instructor at the Institute where she is known as Lakshmi (a name given to her in India). She leads meditation groups in Yoga studios, privately, and in hospitals and medical centers. She thinks of herself as an artist who draws inspiration from all aspects of life as a way to keep herself present in the here and now.

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

**Thursday**

**August 20**

**11am – 12:00pm EST**

Zoom: <https://us02web.zoom.us/meeting/register/tZEkd-CqpjovH9C-WG6JpOeC7daqYniyM0e9>

Meeting ID: 859 0928 1554

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).