



**The Creative Center's Arts Workshop Program is free-of-charge for people living with or are survivors of cancer and other chronic illnesses as well as their caregivers. All workshops will be presented remotely through the Zoom platform. If you register for a class and don't receive confirmation, please email [info@thecreativecenter.org](mailto:info@thecreativecenter.org). PLEASE NOTE: If you do not pre-register, there is no guarantee there will be space for you in class. All class times are Eastern Standard Time.**

Click any [blue underlined](#) text to be taken to the registration page for that class.

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

A suggested donation of \$25 per workshop is greatly appreciated. [Click here to donate directly.](#)

## **On-going Workshops**

### ***Creative Writing: The Moving Pen (September-December)***

**Mondays**

**6:00-7:00pm**

**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 writer Frank Haberle 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](mailto: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 Workshop with Marika Hahn***

**Tuesdays**

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

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

### **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, 2:00-3:00pm**

<https://us02web.zoom.us/meeting/register/tZ0qc-usrTovEtlnkG21vL7--688dw7zpKVx>

**Tuesday, Nov 10, 2:00-3:00pm**

<https://us02web.zoom.us/meeting/register/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, 10:45am-12pm:**

<https://us02web.zoom.us/meeting/register/tZMrfuqqqz4jHNOahURxTZdPID9Y30KA676X>

**Tuesday, Dec 15, 10:45am-12pm:**

[https://us02web.zoom.us/meeting/register/tZlod-2rrj8pGtAw\\_4s0XVPFrkYa5d4tAhXh](https://us02web.zoom.us/meeting/register/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](http://marikahahn.com)

## November

### *Introduction to Weaving: Making a Small Wallhanging*

**Tuesdays**

**November 3, 10**

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

Zoom: <https://us02web.zoom.us/meeting/register/tZ0qc-GgpzktHtVd0BK9nWPBAuijvb0r2P1l>

Meeting ID: 897 4889 2741

You will learn how to create a basic cardboard loom and three different weaving techniques. A perfect, soothing new art form to explore while at home. Have fun and get creative!

#### **Materials:**

8 by 10 inches thick cardboard for the loom (corrugated plastic board sheets are great), scissors, ruler, pencil/ pen, tape, cotton thread or any strong thread material to thread the loom (you can even recycle old clothes in to a threads), something that you can use as a dowel (8 inches preferable), weaving materials : old wool, new wool, paper strips, laces, twigs- really "anything" that you can weave with!

**CIBELE VIEIRA** is a Creative Center Artist-In-Residence at both Mount Sinai Downtown and New York Presbyterian Hospital and 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](http://www.cibelevieira.com)

## ***Origami Quilt***

**Thursday**

**November 5**

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

Zoom: <https://us02web.zoom.us/meeting/register/tZEpc02upjgvHNZBdfS9E2LrJzBBvQII0g01>

Meeting ID: 854 7468 3562

Make a paper patchwork style quilt that's all held together without glue or tape using the basic techniques of Origami. These make lovely greeting cards and wall hangings.

**Materials:** About 6 squares of 6" origami paper, wrapping paper or other paper that is a different color on each side. ***BOTH SIDES OF THE PAPER WILL SHOW*** and create the pattern. If you do not have "DUO" paper, you can find a pattern online and print it onto a sheet of computer paper and then cut your square from that. In your search box type "PATTERNS FOR PAPER" and you'll find tons of patterns to print! You can print black on white or colored paper, or color print on white paper. I will teach how to make squares from rectangles.

([www.origamiusa.org/catalog](http://www.origamiusa.org/catalog) is a good, safe source for papers, books and diagrams, located right here in NYC and shipped by 1 person in NJ)

**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 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 its 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,



## ***Art and Appetizers***

**Tuesday**

**Nov 17**

**4:00-5:00pm**

Zoom:

[https://us02web.zoom.us/meeting/register/tZcqc0mvrT8jGdbbGNQV\\_ZuNC3\\_1c1C70W4d](https://us02web.zoom.us/meeting/register/tZcqc0mvrT8jGdbbGNQV_ZuNC3_1c1C70W4d)

Meeting ID: 837 7073 4932

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.

## **December**

### ***Meditation and Drawing***

**Thursday**

**December 3**

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

Zoom: <https://us02web.zoom.us/meeting/register/tZlsde2qrz8uEtXBnBZ0ylgBtGesVIUY-olu>

Meeting ID: 861 2421 4481

In this 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:** 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). Lynne leads meditation groups in Yoga studios, in hospitals and medical centers and in private classes. 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.

### ***Holiday Décor: Paper Craft, Pop-up Cards and 3D decorations***

**Friday**

**December 4**

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

Zoom: <https://us02web.zoom.us/meeting/register/tZYtd0-ugzkqE9acB-ozSuYyGXUF7-lmiOCM>  
Meeting ID: 896 6583 4203

New Years, Christmas and Hanukkah! Time to celebrate! Learn how to make a paper decorations of all kinds to decorate your abode or to send to others in the form of pop-up cards. Children welcome!

**Materials:** cardstock or other thick paper that retains shape when folded, different colorful and patterned papers (can be magazine pages), scissors, pencil, glue, ruler, coloring materials

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## ***Origami Holiday Decorations***

**Thursday**

**December 17**

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

Zoom: [https://us02web.zoom.us/meeting/register/tZMpcuugqDMqE9VTAliaYDsmZq-aPYbVT\\_I](https://us02web.zoom.us/meeting/register/tZMpcuugqDMqE9VTAliaYDsmZq-aPYbVT_I)

Meeting ID: 874 5226 8091

It doesn't matter what holiday you are celebrating; there's an origami model that you can use! Many times, all you need to do is use the right color paper while other times it's the origami form that conveys the feeling or idea of the festivity. And sometimes, it's both! We will learn to fold an origami candle, a poinsettia, and more!

**Materials:** (listed below is the minimum needed for class, please have extra on hand)

Candle: Single color or duo 6" square origami paper, wrapping paper or thin computer paper plus a scrap about 1-2" squarish of gold or silver foil gift wrap or the foil liner of an envelope or even aluminum foil or yellow paper (this is for the flame of the candle so use your imagination).

Poinsettia: 3 strips of red computer paper 4.5" x 2" (or 3 rectangles in the proportion of 2(+.05) x 1)  
(take a piece of computer paper and fold in half the long way, then cut. Then cut those strips into 2" pieces). Other colors may be used if you prefer, but the 3 strips should all be the same color. Pages from an old book make gorgeous flowers but have the words go in the same direction. Either horizontal or vertical works and produces different looks.

1 pipe cleaner (green or white preferred but any color will do) Alternative: 1 twist tie

Stand: 1 sheet 8.5" x 11" computer paper or similar size wrapping paper

Gift Box: 1 sheet 8.5" x 11" computer paper or similar size wrapping paper

**Optional Materials:** A bone folder, 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.

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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](mailto:WWW.TANGLED@PAPERPLAY-ORIGAMI.COM))

### ***Make a Flying Bird Mobile***

**Mondays**

**December 7, 12:00-1:30pm**

**December 14, 12:00-1:00pm**

**Participants must attend both sessions to complete the project**

Zoom:

<https://us02web.zoom.us/meeting/register/tZwoc-iqqjwsGNatRYQI7ejAnPTLp8GUKpRS>

Meeting ID: 885 4128 7622

**Session 1:** In this class, we will create a bird that you can hang on your mobile. Using two letter-size cardboard sheets cut from a cereal box, you will design your favorite bird by simplifying the bird form into three parts and then assembling them using the slotting method.

What is your favorite bird? Does it have a crest like a cardinal? A long tail? Maybe you can make an imaginary bird!

**Session 2:** We will collage the bird structure you made last week utilizing various papers. After creating the patterns, colors, and textures you want, we will locate the bird's middle point, and you can hang the bird by using a piece of string.

*\*You might want to decorate your bird by adding buttons and sparkling objects as long as the bird stays balanced while hanging from the ceiling!*

### **Materials:**

**For Session 1:** One Cereal box (We will get two letter-size sheets - 8.5 x11 inches - from one box, Pens or pencils, Scissors, Ruler, Scotch tape or Masking tape



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

## ***Exploring the What and How of Artmaking***

**Wednesday**

**Session 1: December 2 and 9**

**Session 2: December 16 and 23**

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

**Participants can attend one or both sessions.**

Session 1, HOW?: December 2 and 9

Zoom:

<https://us02web.zoom.us/meeting/register/tZApfuCprzkrHtd7MFeeoYYEvSwM1D3DZ2V3>

Meeting ID: 844 9911 2143

How do I decide my approach to a subject for my drawing, painting or three-dimensional object? We will begin this class by looking at Breugel's 1560 painting "Children's Games" to focus on the subject of "play" (or another theme) and explore various approaches to a chosen theme—realistic, abstract, or conceptual; two- or three- dimensional. Artwork will be developed by making thumbnail sketches and using materials you have at hand. This class is for everyone from the novice to the more experienced artist.

Session 2, WHAT?: December 16 and 23

Zoom: <https://us02web.zoom.us/meeting/register/tZlqfuqqrj4rEtMp0BCW6Do2EuPP403tgyIJ>

Meeting ID: 867 9320 5187

What elements should I focus on when creating a drawing, painting or three-dimensional object? This class will begin by looking at works of art focusing on the use of a single color or the strong use of dark and light. We will explore how a specific element of art such as color can be the "subject" for what you want to create, whether realistic, abstract, or conceptual; two- or three- dimensional. Artwork will be developed by making thumbnail sketches and using materials you have at hand. This class is for everyone from novice to more experience.

**Materials:** Participants are encouraged to work 2- or 3- dimensionally with any materials they have on hand such as pencils (erasers), paints, cloth, collage material (glue), cardboard, etc. Paper: basic drawing or “typing” paper if working with pencil, charcoal, etc. or heavy duty drawing or watercolor paper if planning on using lots of glue.

**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)

### ***Art and Appetizers***

**Thursday**

**December 17**

**4:00-5:00pm**

Zoom: <https://us02web.zoom.us/meeting/register/tZ0rceygrT8oGtffxjQhQhwY5u90kB7Hi1wD>

Meeting ID: 896 6583 4203

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!

### ***Making Watercolor Pigments with Natural Dye***

**Thursday**

**December 10**

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

Zoom: \_

[https://us02web.zoom.us/meeting/register/tZcqduCsrT0rEtBXTd\\_WG\\_qT\\_1FWICZvakBY](https://us02web.zoom.us/meeting/register/tZcqduCsrT0rEtBXTd_WG_qT_1FWICZvakBY)

Meeting ID: 837 1943 6184

In this workshop, participants will make dreamy pastel, deep earth and bright, sunny watercolor paints using natural materials such as easy-to-find kitchen produce and spices!

**Materials:** Paint brushes, water and lots of little jars or bowls to mix the paints, watercolor paper or coffee filters to paint on.

**REBECCA KELLY** is a Creative Center Hospital Artist-In-Residence working at NYU Langone Perlmutter Cancer Center and Bellevue Hospital Center. For over two decades, Rebecca has been a teaching artist 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. As a curator, storyteller, natural dyer, book and textile artist Rebecca 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!

***Poetry as Sacred Space***  
**Fridays, December 4, 11, 18**  
**3:00-4:00pm**

Zoom:

[https://us02web.zoom.us/join/tZUlcOuprDojG9dAL4KaKXG4e2K\\_NiQeV3Y0](https://us02web.zoom.us/join/tZUlcOuprDojG9dAL4KaKXG4e2K_NiQeV3Y0)

Poetry is seeing the sacred in the ordinary. A sacred space is any space that allows for the absolute uniqueness of you. A poem might begin with a thought, a feeling, a picture, a touch, a smell, a sound, an "a-ha" moment igniting the imagination. Writing poetry is a means of self-discovery, revealing ones innermost thoughts and feelings with inspired words that capture a moment, an experience, a memory. Join us with an open mind for a time of exploration and learning how to write your own poems. Selected poems by Mary F. Lenox and other poets will be shared.

**Materials needed:** the instructor recommends writing longhand on paper; journals; pens, and pencils.

**MARY F. LENNOX** retired from her academic career at the University of Missouri-Columbia in 2009. Since that time, she has become a full-time poet. Her inspirational poetry illuminates visible and invisible worlds with imaginative creativity. She has two books of poetry, *Threads of Grace*:

Selected Poems (2015) and Riches of Life: Poems (2019). Currently, she is working on a new book of poems focusing on nature, self-discovery and issues of our times.

**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.**

**Questions? Email Sophia Heinecke, Program Coordinator at [info@thecreativecenter.org](mailto:info@thecreativecenter.org)**