



The Creative Center's Arts Workshop Program is free-of-charge for people living with or beyond cancer and other chronic illnesses as well as their caregivers. All workshops will be presented remotely through the Zoom platform and require that you register in advance. All class times are Eastern Time.

PLEASE NOTE: If you do not pre-register, there is no guarantee there will be space for you in class. If you register for a class and don't receive confirmation, please email [info@thecreativecenter.org](mailto:info@thecreativecenter.org).

We have both webinars and live classes on Zoom listed in the calendar. A standard Zoom meeting is fully interactive and allows all participants the ability to see, speak, hear, and screen-share with each other. A Zoom webinar is a view-only platform where the attendees cannot see each other, and the host and artists leading the webinar cannot see the attendees. Questions can be answered through the chat function on webinars.

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 (May-July)***

Mondays

6:00-8:00pm

NOTE: This program is currently full but we are accepting waiting list registration. 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 debut story collection, *Shufflers*, about minimum wage transients during the Reagan era, is forthcoming from Flexible Press. His stories have won awards from Pen Parentis (2011) and the Sustainable Arts Foundation (2013) and appeared in magazines including Stockholm Literary Review, Necessary Fiction, the Adirondack Review, Smokelong Quarterly, and the Baltimore Review.

## May

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

**Mondays**

**May 3, 10, 17, 24**

**2:00-4:00pm**

Registration: <https://us02web.zoom.us/meeting/register/tZcrd0uupzwvEtStiv9YR2HuJZvRmvg1qUx2>

Meeting ID: 836 3269 7580

In this class, we will 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.

Participants will 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.

We'll spend the larger part of every class writing. Our writing exercises will be focused on developing characters, creating an immersive setting and generating ideas for a longer story to work on. There will be time for sharing in each class. The class promises to be a 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, whom 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 around the world and is deeply passionate about creating spaces for people to express their unique creativity.

## **Watercolor**

**Tuesdays**

**May 4, 11, 18, 25**

**10:00am-12:00pm**

Registration: <https://us02web.zoom.us/meeting/register/tZcrduGhrzkpGdF2qkzE6WJlEp-ozWXrSVI>

Meeting ID: 836 1891 2335

This watercolor workshop will present a variety of techniques including wet on wet, wet on dry, layering/glazing and a variety of brush strokes. This class approaches watercolor using graphic illustration with an emphasis on composition and cropping.

**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)

## **ARTiculation: Talking about art and sharing works-in-progress**

**Wednesday**

**May 5**

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

Registration: [https://us02web.zoom.us/meeting/register/tZYuceispzktHtP9iN\\_6pq4VNpVUCIc\\_m-iP](https://us02web.zoom.us/meeting/register/tZYuceispzktHtP9iN_6pq4VNpVUCIc_m-iP)

Meeting ID: 823 6149 2747

We will contribute to each other's creative toolbox to find new methods to discuss the artistic process, as individuals and a creative community, by featuring three visual artists who sign up to share a work in progress. All attendees will be encouraged to contribute comments, ideas, and resources through verbal feedback and comments in the chat. The group will be facilitated by two

professional artists, Joan Mellon and Liz Rubel, who will prompt participants to discover how their own process can be inspired by viewing and discussing other's work in a comfortable and thought-provoking environment.

**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)

**LIZ RUBEL** is a Hospital Artist-In-Residence at The Creative Center in several hospitals, as well as a jewelry designer and production artist. She was born, raised, and is living in Queens, NYC. Liz is in her Capstone course and final semester at the CUNY School of Professional Studies, working towards an MA in Museum Studies. Liz has also taught multiple workshops in The Creative Center studio. She is passionate about accessible education in the museum, sensory experiences, and providing spaces for healing and expression. Liz does not come from a fine arts background and believes in the power of creativity in finding everyone's inner artist.

## ***Art Journaling: An Adventure of Self Discovery***

***Thursdays***

***May 6, 13, 20, 27***

***1:00-2:30pm***

Registration: <https://us02web.zoom.us/meeting/register/tZModuCprzloH9zYc4Py0EPoFyL04G-ZvbW7>  
Meeting ID: 875 1911 9258

Gather together to go on an art journaling adventure! Have fun creating an art journal as a way to discover your creativity and make the space for self-reflection. We will bring together the pleasures of art making and writing by combining imagery, text, words, colors and patterns through different methods. You will be mixing it up to create your own unique visual diary. This will open the path for you to find an easy and simple practice that will allow you to express yourself in endless forms. We will go through various writing prompt exercises and utilizing various art techniques that use a wide array of everyday materials. In the end, you will be equipped with a great tool to bring some artful inspiration and mindfulness into your life!

### **Materials needed:**

- a notebook/sketchbook. (if not available, one can use an assortment of papers - construction paper, white copy paper, cardstock, whatever you have on hand to make a simple little book.)
- watercolors, acrylic paints, colored pencils, pens/pencils, eraser, markers, crayons, pastels, gouache, anything to write, draw and color with
- paint brushes, glue stick, liquid glue (mod podge/Elmer's) bone folder (alternate - kitchen knife, wooden stick), cutting mat or a surface to cut on, scissor, Exacto knife, box cutter, ruler, drawing templates, drawing compass, hole puncher, large binder clips

- any old, recycled magazines, old books, fabric/paper scraps, newspapers, photographs or copies of personal photos (we will be cutting words & images)
- feathers, dried leaves, pressed flowers, ribbon, embroidery thread, (any decorative items), waxed thread or dental floss
- large tapestry needle, tape, masking tape, sea sponge or kitchen sponge, cardboard for stencil and stamp making

**CECILIA INES TAVAREZ** is a multimedia artist who earned her B.A. in Studio Arts in 2015 from the City College of New York and is currently pursuing a M.A. in Mental Health Counseling. She believes in the healing power of the expressive arts. Her source of inspiration comes from her love of nature, surrealism and symbolism. Through her work, she explores the relationship between the inner and outer landscapes, creating an opportunity to connect with the world differently as an invitation to turn our gaze inward. She uses a variety of mediums but focuses on using natural materials and repurposed found items among other various elements to create these surreal compositions and handmade sacred objects.

Website: <https://www.celestineartistry.com>

Instagram: [https://www.instagram.com/celestine\\_artistry](https://www.instagram.com/celestine_artistry)

## **Wire Wrapped Jewelry at Home**

**Friday**

**May 7**

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

Registration: <https://us02web.zoom.us/meeting/register/tZ0uceugqzkhTcybBROGJf-uLfkWUcl2lq>

Meeting ID: 893 6285 2340

Watch this webinar to try jewelry making at a later time or work alongside Creative Center Artist-In-Residence Carmen Paulino to learn how to make rings for all sizes and styles in many different designs and shapes. We will learn the basics of wire wrapping and also how to make rings with and without beads.

**Materials** (everything could be found on Amazon or at Michael's craft store):

- A finger measure or ring sizer measuring tool set, ring gauges and finger sizer mandrel
- 18 gauge aluminum wire
- Beads (with a medium size hole)
- Wire cutters and round nose pliers

**CARMEN PAULINO** is a visual artist who lives and works at El Barrio's Artspace PS 109. She provides ongoing community art programming in hospitals, community centers, and senior centers around 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 reflects her real life experiences, including her surroundings and life experiences from 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 who was a musician and 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, and murals which are all inspired by her upbringing in Spanish Harlem.

## ***The Artful Envelope***

**Monday**

**May 10**

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

Registration: <https://us02web.zoom.us/meeting/register/tZYtfu2rrDksHNwQxoBVxFc8bNjBboPRSUKi>

Meeting ID: 820 9432 2668

Create and decorate envelopes that you will make from scratch. This work will be both fun and functional and participants can expect to have works of art that can actually be mailed out, or framed as stand alone works of art upon the completion of class.

**Materials:** Whatever you have around the house will be fine.

- Wrapping paper, catalogs, paper bags, maps, labels, colored paper, pens, pencils, glue stick, tape, markers, rubber stamps, decorative stickers, ribbon
- Scissors or Exacto knife to cut with
- A surface to cut, glue and work on
- Something to measure with

**SUSAN OLINSKY** is an artist, designer, and visual idea enthusiast. A graduate of Parsons School of Design, Susan has created illustrations for editorial and advertising markets, and for children's publishing. Prior to opening her own design studio in 2013, she worked as a creative director at John Wiley & Sons, overseeing publishing and branding projects. During these pandemic times, Susan has been offering online creative workshops as a way to engage in "purposeful play," and to connect with others – artists and non-artists alike – who are drawn to do the same.

## ***Basic Finishing Techniques for Knitting, or "How to sew things together"***

**Thursdays**

**May 13, 20**

**11:00am-12:30pm**

Registration: <https://us02web.zoom.us/meeting/register/tZ0kce-uqDgiHt2WJJa3n1DfS-63lvR-zxI5>

Meeting ID: 899 6666 3849

Learn the basic skills necessary to give a professional finish to your hand knitting. Techniques covered include sewing and grafting seams, duplicate stitch, weaving in ends, picking up stitches for edgings/necklines/button-bands, i-cord bind-off.

**Prerequisite:** know how to cast-on, knit, purl, bind-off.

**Supplies:** knitting needles (size 7 or 8), one ball of dk or worsted weight yarn (light colored, smooth), some extra yarn (a few yards) for sewing (the same yarn you used in your swatches and some in a contrasting color to that used in your swatches), blunt darning needle, crochet hook size F or G.

**Homework:** Swatches to prepare in advance of class.

## **HOMEWORK**

Swatches (pieces of knitted fabric) to prepare in advance (in dk or worsted weight)  
[ do NOT slip the first stitch of each row ]

- 2 swatches (10sts, 10 rows, garter, bound off); Garter=knit all rows
- 4 swatches (10sts, 10 rows, stockinette, bound off); Stockinette=knit1row, purl1row
- 2 swatches (10sts, 10 rows, stockinette, NOT bound off); Stockinette=knit1row, purl1row
  
- Some extra yarn for sewing (the same as you used in your swatches)
- Some extra yarn for sewing (in a contrasting color as that used in your swatches)

**LISA DAEHLIN** is a knitting designer and opera chanteuse. She has taught fiber arts at The Cooper Union, Newark Museum, PS122 Gallery, Harlem Knitting Circle, Vogue Knitting LIVE and the American Folk Art Museum in New York. A sought-after designer of knitted and crocheted fabrics and objects, she free-lances for the fashion industry and retail design. Her designs can be seen walking the streets of Manhattan, gracing the pages of Interweave Knits, Knit.1, Knit Simple and Vogue Knitting magazines.

## **ARTiculation: Talking about art and sharing works-in-progress**

**May 19**

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

Registration: <https://us02web.zoom.us/join/zoom-join?meeting=7293729863&from=joinlink>

Meeting ID:863 9816 3729

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course and final semester at the CUNY School of Professional Studies, working towards an MA in Museum Studies.

Liz has also taught multiple workshops in The Creative Center studio. She is passionate about accessible education in the museum, sensory experiences, and providing spaces for healing and expression. Liz does not come from a fine arts background and believes in the power of creativity in finding everyone's inner artist.

## **Arts and Appetizers**

**Thursday**

**May 27**

**4:00-5:30pm**

Registration: <https://us02web.zoom.us/meeting/register/tZcqd-ChqTkjGN17CbNZRqcMMwqqisEVtgLx>

Meeting ID: 837 0997 2929

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!

**TASHA DOUGÉ** is a Bronx-based conceptual mixed media artist, teaching artist and cultural vigilante. Her work incites conversations around women, health advocacy, sexual education, societal "norms," identity and Black pride. As a proud Black woman of Haitian descent, it's very important and fundamental to her practice to depict a more holistic description of who we are as Black people and what we have contributed. She uses art to exercise expression, enact empowerment and to serve as a bridge to connect and highlight those that are excluded and overlooked. Her voice is the first tool within her art arsenal. Through provocative works, she aims to activate change. She has been featured in The New York Times, Essence Magazine and Sugarcane Magazine. She has shown nationally at the RISD Museum (Providence), The Apollo Theater (New York) and Rush Arts Gallery (Philadelphia). Internationally, Dougé has shown at the Hygiene Museum in Germany. She is an alum of the Laundromat Project's Create Change Fellowship, Urban Bush Women's Summer Leadership Institute, The Studio Museum of Harlem's Museum Education Program and the Caribbean Cultural Center African Diaspora Institute's Innovative Cultural Advocacy Fellowship.

## **Viva Paper Towel Hats At Home**

**Friday**

**May 14**

**2:00-4:30pm**

Registration: [https://us02web.zoom.us/meeting/register/tZMtf-CtpjovGtA-\\_cFL0bDYoe6CdV2iiW23](https://us02web.zoom.us/meeting/register/tZMtf-CtpjovGtA-_cFL0bDYoe6CdV2iiW23)

Meeting ID: 870 8958 1504

Using the industrial strength/ light blue color Viva paper towels or Scott Paper Towels, create multiple styles of hats through weaving, braiding and updating classic fascinator styles.

Learn to fold the paper products into linear elements and glue them with white glue and then coil like a basket into hat forms for personal, unique creations. Debra will include many different kinds of embellishments and encourage new kinds of decorative exploration.

**Materials:** Paper towels, glue (Aileens Tacky Glue is ideal), scissors, clothes pins to assist while gluing, sheet of plastic to work upon. Embellishments as needed

**DEBRA RAPAPORT** is a native New Yorker who, since age three, has considered "Dressing Up" creatively to be her artistic expression. She has always created and worn "headgear". Hats give you HATITUDE. To Debra, anything is a hat. Her personal work has always been about layered textiles related to the body including a body of work called "Fibrous Raiments". Her pieces are included in the collection of the Metropolitan Museum of Art, the Philadelphia Museum of Art, and the Houston Museum of Fine Arts. She has taught Personal Costume Design and Personal Adornment for many years at UC Davis after getting her MA at UC Berkeley. In addition, she has taught at NYU, Banff School of Fine Arts and the Museum of Arts and Design, with Eileen Fisher (Green Eileen using recycled clothes) and the Lower Eastside Girls Club, working with young women encouraging them to explore their creativity and individual style. For the past 11 years Debra has been part of the blog [Advancedstyle.blogspot.com](http://Advancedstyle.blogspot.com). She is one of the stars of the film "Advanced Style". The three "Advanced Style" books in which she is featured are currently available.

## Cuff Bracelets as Wearable Art

**Friday**

**May 21**

**2:00-3:30pm**

Registration: <https://us02web.zoom.us/meeting/register/tZwvf-2gpz0qHtH6bEkAbZXF7MGD7DFcV6KJ>

Meeting ID: 882 8489 6045

Learn from style icon Debra Rappaport as she shows you, step-by-step, how to create one of her signature accessories: cuffs from toilet paper cardboard rolls (only one required), embellished with graphics, textile scraps, egg crates, mesh bags and other embellishments. These waterproof one-of-a-kind pieces will help you stand out from the crowd and wrangle your recycling too!

**Materials:** Toilet paper cardboard roll, postcards, catalogue or magazine images, scraps of yarn, string, thread, cloth, masking tape, buttons, shells, mesh produce bags from onion, potatoes, etc., strong white glue (Aileens TACKY is my favorite), but any available glue, scissors, clothes pins or paper clips for support while gluing. Embellishments as needed.

**DEBRA RAPAPORT** is a native New Yorker who, since age three, has considered "Dressing Up" creatively to be her artistic expression. She has always created and worn "headgear". Hats give you HATITUDE. To Debra, anything is a hat. Her personal work has always been about layered textiles related to the body including a body of work called "Fibrous Raiments". Her pieces are included in the collection of the Metropolitan Museum of Art, the Philadelphia Museum of Art, and the Houston Museum of Fine Arts. She has taught Personal Costume Design and Personal Adornment for many years at UC Davis after getting her MA at UC Berkeley. In addition, she has taught at NYU, Banff School of Fine Arts and the Museum of Arts and Design, with Eileen

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## June

### **Arts and Appetizers**

**Thursday**

**June 3**

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

Registration: <https://us02web.zoom.us/meeting/register/tZ0td-Cupz0pGdY1m7jaq50gcyAs9NepZ2R7>

Meeting ID: 890 0969 6332

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. Join art educator Nancy Richner for a late afternoon conversation about a few select works of art with an appetizer and drink of your choice- and be prepared to share your thoughts- and recipes! Come as you are!

**NANCY RICHNER** is the 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.

### **Intermediate Crochet**

**Thursdays**

**June 3, 10, 17, 24**

**11:00am-12:30pm**

Registration: <https://us02web.zoom.us/meeting/register/tZYqd-yuqz8tG9KeUN1uziNUdm7k9j6HJLVi>

Meeting ID: 827 0565 4716

Expanding our skills beyond the basics, we'll explore some of the many patterns and textures of crochet. This gloriously flexible technique allows for some creative fabric making. Fans, clusters, cables, broomsticks, baubles, posts... So many possibilities..

**Prerequisite:** know how to make a foundation chain and a single crochet stitch.

**Materials:**

- Crochet hook (approx. size G or H, or a size that is comfortable for you)
- This class can be a fun stash-buster for your yarn. Lots of room for creativity. At a minimum, I suggest: 2 balls/skeins of worsted weight yarn, smooth texture (one in a light-colored yarn, the other in a contrasting "not too dark" color). Note: I recommend NOT using cotton yarn as it can be tiring on your hands. But you know what works best for you.

**LISA DAEHLIN** is a knitting designer and opera chanteuse. She has taught fiber arts at The Cooper Union, Newark Museum, PS122 Gallery, Harlem Knitting Circle, Vogue Knitting LIVE and the American Folk Art Museum in New York. A sought-after designer of knitted and crocheted fabrics and objects, she free-lances for the fashion industry and retail design. Her designs can be seen walking the streets of Manhattan, gracing the pages of Interweave Knits, Knit.1, Knit Simple and Vogue Knitting magazines.

***ARTiculation: Talking about art and sharing works-in-progress*****Wednesday****June 9****6:00-8:00pm**Registration: [https://us02web.zoom.us/meeting/register/tZlkde6tpzopH9VJMaTlafp\\_875H\\_mVz0X7d](https://us02web.zoom.us/meeting/register/tZlkde6tpzopH9VJMaTlafp_875H_mVz0X7d)

Meeting ID: 869 2759 1351

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***Poetry for People Who Don't Like Poems*****Monday, Tuesday**

**June 14 and 15**

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

Registration: [https://us02web.zoom.us/meeting/register/tZMtdeurrzwqGdLvclI\\_H8lpGEjT9x608NE](https://us02web.zoom.us/meeting/register/tZMtdeurrzwqGdLvclI_H8lpGEjT9x608NE)

Meeting ID: 870 2231 7036

Do you read poetry? No? That's great!

Do you like poetry? No? That's great!

Are you obsessed with anything? Yes? Me too!

Do you like to have fun? Yes? Me too! Well, that's all we really need to write poetry because poetry can be absolutely anything. In this workshop, artist Matt Starr will help you enjoy poetry a little bit more than you used to and turn your obsessions into poems.

Materials: An open mind, a list of passions, and pen, paper, or whatever you like to write with!

**MATT STARR** is a New York City based artist, filmmaker and poet. He remade the film *Annie Hall* starring senior citizens, which was featured in [The New York Times](#) and on [CBS Sunday Morning](#) as well as hosted a [Long Distance Movie Club](#) during the pandemic with senior homes around the country. Matt recently directed [this](#). He currently hosts a show with Time Out New York called "[Old New York](#)" and is in development on a few television shows. Likes: Sex and The City, coffee, Zabar's and bookstores. Dislikes: meat and scaffolding. For more on his work: [www.matt-starr.com](http://www.matt-starr.com)

Instagram: [@mattstarrmattstarr](#)

## **Origami Wardrobe**

**Wednesday**

**June 16**

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

Registration: <https://us02web.zoom.us/meeting/register/tZwocemvrzguGdWD5EKWwNrUAlrpZfqfVYD8>

Meeting ID: 885 6071 3431

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 gift wrap or can even be worn by toys and dolls! This class will also include ideas on how to embellish the clothes with items found around the house!

**Materials:** We recommend ordering basic origami supplies from [www.origamiusa.org/catalog](http://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.

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## **Zentangle**

**Thursday**

**June 17**

**2:00-3:30pm**

Registration: [https://us02web.zoom.us/meeting/register/tZcsfuyrqDgjEtcfWk9MCn0a\\_yi9D0oMXUj5](https://us02web.zoom.us/meeting/register/tZcsfuyrqDgjEtcfWk9MCn0a_yi9D0oMXUj5)

Meeting ID: 831 9536 3983

Need to relax a little? De-stress??? Unleash your creativity? Zentangle® is for you!!! If you can print your name, you already have all the skills you need for success even if you've never drawn anything before. With this method of drawing, there's no way to fail. MaryAnn Scheblein-Dawson, Certified Zentangle Teacher, will guide you through the basics and then show you how to expand on them with some delicious Fall designs. You'll have couple of finished pieces and perhaps a couple to complete after class.

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## **July**

### **Illustrated Letter Series**

**Tuesdays**

**July 6, 13, 20, 27**

**11:00am-12:30pm**

Registration: [https://us02web.zoom.us/meeting/register/tZcsde6qqDkqG9xU6L8IAE4WhP8p\\_\\_5zc7Md](https://us02web.zoom.us/meeting/register/tZcsde6qqDkqG9xU6L8IAE4WhP8p__5zc7Md)

Meeting ID: 831 2726 2018

The art of letter writing has been rejuvenated during COVID-19 as many friends and family are far away. Letters track our thoughts, desires and emotions, and sometimes words just aren't enough. Reimagine the form of handwritten letters in this four session workshop with artist Wynn Yarrow.

**Pop-up Sculpture** Life has its twists and turns, and so do these beautiful paper sculptures. Learn the basics of the pop-up, and then create sculptures intuitively. All about possibility, this project reminds you there are many options...for creating sculpture and in life. By adding some writing along the organic form of the sculpture, we create illustrated letters.

**The Art of the Puzzle Letter** What do you have in common with Ancient Egyptians, medieval clerics and Victorian high society? After this workshop: using pictures to create language. We'll look at homonyms, homophones, and clever tricks for creating word/picture puzzles. This is a fun project to send to loved ones you cannot visit in person.

**Tattooed Letter** Do you remember paper dolls? This letter idea is a return to paper dolls, with a contemporary twist, allowing you to express your identity and your message. The letter will be written on the doll bodies like tattoo words. The paper clothing will hide some or all of the words, giving the recipient a fun surprise.

**Quilted Letter** We will look to quilts as our inspiration. Quilts are a symbol of community. From autographed remembrance quilts given to friends moving west in covered wagons to quilts memorializing victims of AIDS and Covid, quilts have joined people as much as they join fabric. Using paper, we'll play with quilt block designs, pairing them with written words. Who is in your community?

**Wynn Yarrow** is a visual artist and community educator. A connection to the land and a love of pattern and color are the threads that bind her work in handmade books, landscape painting, and textile design. She has led workshops in schools, museums and libraries. She is ongoing teaching artists of The Rockwell Museum, Corning, NY, a Smithsonian affiliate.

## **Contemplative Abstract Art: Women Artists**

**Wednesdays**

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

**12:00-2:00pm**

Registration: [https://us02web.zoom.us/meeting/register/tZ0sceuorjkeEtG6YcxcJQIY\\_YgDtxbVne0-](https://us02web.zoom.us/meeting/register/tZ0sceuorjkeEtG6YcxcJQIY_YgDtxbVne0-)

Meeting ID: 891 6200 2385

In this four-session class, we will explore the work of four different women abstract expressionist artists and then create images inspired by them. The focus of this class is relaxation and contemplative practice. No art experience is necessary.

**Materials:** pencil, two sizes of flat edge brushes (1/2" and 1/4"), two sizes round brushes, size 4 and 9.

If you don't have don't have all of those brushes, you can use any brush available. You can either get a watercolor set and at least four sheets of heavyweight watercolor paper, or acrylic paints and at least four canvas boards or canvases of any size you feel comfortable with.

**SASCHA MALLON** is The Creative Center Hospital Artist-In-Residence at Mount Sinai Outpatient Oncology and Bone Marrow Transplant. She teaches painting at the college level and is also a certified meditation teacher. Sascha grew up in Austria, and now lives in Beacon, NY with her family. She studied art therapy at ISSA/ School for Art Therapy in Austria, she is adjunct faculty for painting at Mount Saint Mary College and is a certified Meditation Teacher (from Tibet House New York). Her specialty as a Hospital Artist-In-Residence is to find the perfect project for everyone. Her favorite patient activity is the one in which the participant gets completely lost, focused on the present moment and happy with the result. That can be as little as a bracelet or an art installation that takes over the whole hospital room. Her art practice is very personal and can be seen at [www.saschamallon.art](http://www.saschamallon.art).

## ***ARTiculation: Talking about art and sharing works-in-progress***

***Wednesday***

***July 7***

***6:00-8:00pm***

Registration: <https://us02web.zoom.us/meeting/register/tZ0vce6prjgjHNHskLQnHyM6yTOU5XntZjcx>  
Meeting ID: 892 6710 3965

We will contribute to each other's creative toolbox to find new methods to discuss the artistic process, as individuals and a creative community, by featuring three visual artists who sign up to share a work in progress. All attendees will be encouraged to contribute comments, ideas, and resources through verbal feedback and comments in the chat. The group will be facilitated by two professional artists, Joan Mellon and Liz Rubel, who will prompt participants to discover how their own process can be inspired by viewing and discussing other's work in a comfortable and thought-provoking environment.

**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)

**LIZ RUBEL** is a Hospital Artist-In-Residence at The Creative Center in several hospitals, as well as a jewelry designer and production artist. She was born, raised, and is living in Queens, NYC. Liz is in her Capstone course and final semester at the CUNY School of Professional Studies, working towards an MA in Museum Studies.

Liz has also taught multiple workshops in The Creative Center studio. She is passionate about accessible education in the museum, sensory experiences, and providing spaces for healing and expression. Liz does not come from a fine arts background and believes in the power of creativity in finding everyone's inner artist.

## **Writing: Finding Your Voice**

***Thursday***

**July 8, 15, 22, 29**

**3:00-4:00pm**

Registration: <https://us02web.zoom.us/meeting/register/tZEqde-qpsjGtQFEwEHM6ckP24Xr8xXki5S>

Meeting ID: 857 2628 0900

Have you ever started to write and asked yourself, what is my voice? Or am I expressing a voice I already found and want to share? In this writing class, focused on process over product, we will use photos and other materials from personal life as prompts to get us thinking about our journey as creatives. This class will begin with writing a dialogue or monologue from the perspective of the people in personal photos. From there we will progress to exploring writing forms that help us discover our own perspective at different points in our lives. Additional exercises and shares will help us articulate how our creative decisions represent internal monologue both in the creative and life processes. This class will also encourage you to explore your voice, comedic or dramatic.

**Materials:** old photos, writing materials (writing long-hand recommended but writing on the computer is okay too)

**NAIMAH HASSAN** is a trained mindfulness meditation teacher for over 20 years who has facilitated workshops for teachers and students and leads retreats in New York City. She is a licensed theater teacher, artist, director, improv and audition prep coach and has taught in the NYC school system for over 20 years in elementary and middle schools. Naimah contributed to the NYC DOE'S Curriculum Blueprint for Teaching and Learning in Theater. Through FRANKLIN FURNACE, Naimah provides the Theater Games workshops and Life Storytelling with Naimah Hassan that explores movement, voice, text, and performance through acting, mimicry, pantomime, mindfulness, and theatre. Naimah is part of the comedy team *Epstein and Hassan* which performs regularly in NYC, across the US and Europe.

## **Origami Boxes**

**Friday**

**July 9**

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

Registration: <https://us02web.zoom.us/meeting/register/tZMkdOGqqDliGdJFrSg50E00XPuC8yrJEv2E>

Meeting ID: 879 3886 9836

Using simple paper as the base material, you can create BEAUTIFUL BOXES. These lovely boxes can be used to organize small items or to give a gift. And the box becomes part of the gift! We'll learn to fold at least two different boxes, more if time permits.

**Materials Needed:** We recommend ordering basic origami supplies from [www.origamiusa.org/catalog](http://www.origamiusa.org/catalog). It might be helpful to have several extra 6" squares just in case we do extra models. The first box will use a rectangle (or 2 if you want a lid) which could be computer paper, a magazine cover or an old calendar page. It's recommended to use something a little heavier/sturdier but NOT cardstock. 8.5" x 11" is a good size to start but as long as it's a rectangle, it will work. The rest will use squares. I will give a short demo of how to make squares from rectangles and other scraps of paper such as gift wrap

OPTIONAL MATERIALS:

FOR FOLDING: A folding bone, the back of a teaspoon or a round pen barrel such as a sharpie for making firm creases.

FOR CUTTING: A kitchen 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.

PAPER CHOICES: While pretty patterned papers make lovely 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.

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.

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## **Arts and Appetizers**

**Thursday**

**July 8**

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

Registration: [https://us02web.zoom.us/meeting/register/tZ0lduCopzMuE9HtHQ\\_6biKAfTrkDtSCd2FP](https://us02web.zoom.us/meeting/register/tZ0lduCopzMuE9HtHQ_6biKAfTrkDtSCd2FP)

Meeting ID: 898 1909 8495

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. Join Robin Glazer, director of The Creative Center, for a late afternoon conversation about a few select works of art with an appetizer of your choice- and be prepared to share your thoughts- and recipes! Come as you are!

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!

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)