



The Creative Center's Arts Workshop Program is free-of-charge for people living with, or who are survivors of, 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 Standard 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.

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 (March-April)

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

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.

March

Knitting: Stitch Exploration

Wednesdays

March 3, 10, 17, 24

11:00am-12:00pm

Zoom: https://us02web.zoom.us/meeting/register/tZlvf-2vrT0iGtBMh8CGWpaCucxJ6hTL_7Pb

Meeting ID: 862 8473 6804

Explore a variety of knitting stitch patterns and learn to make a range of textures, including knit/purl patterns, cables, lace, slip-stitch colorwork, and how to incorporate beads into your knitted fabrics. These various stitch patterns/textures can be combined into scarves, shawls, blankets, and be the personal touch you add to a sweater shape that you'd like to knit. So many possibilities! **Prerequisite:** Know how to cast-on, knit, purl, bind-off.

Materials:

Yarn for in-class technique work: minimum of 2 balls/skeins (approx. 400 yards) worsted weight yarn (1 in a light-colored yarn, the other in a contrasting not-too-dark color). Yarn should be a smooth texture, NOT cotton (the reason for this is that cotton has almost no "give" or flexibility and is tiring on the hands and can be frustrating to use). Smooth texture in the yarn allows you to really see the texture of the stitches.

Yarn for Project: This class is an exploration in making varied textures and types of knitted stitches. For those of you who like to work with teensy or gigantic yarn, that's cool, but, for the purposes of this class, I do encourage you to make the stitches on average sized tools and yarn when learning the new stitches, only later adjusting the size of yarn (either up or down). By "average size", I mean worsted weight yarn and size 7 or 8 needles. This way, we can make a healthy sized piece of fabric. Depending on your desired "take-away" from the class, your work might result in a variety of swatches (small samples of fabric), or a sampler piece of fabric in which you blend together a variety of stitches. That sampler fabric could be a scarf (approx. 400 yards), a shawl (approx. 600 yards of worsted weight yarn), or a blanket (approx. 2,000 yards).

Tools:

- . 1 pair knitting needles (bamboo, size 7 or 8)
- . 1 cable needle (note: we can even use the darning needle, or a double-point needle for this)
- . 1 crochet hook (size G or similar)
- . blunt -tipped darning/sewing needle (with large "eye" for yarn), recommended brand: Clover.
- . scissors

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.

Art as Contemplative Practice

Wednesdays

March 3, 10, 17, 24

2:00-3:30pm

Zoom: [https://us02web.zoom.us/meeting/register/tZcpc0quqjsrHdXSyu5BV6M5KNYjakxIPDRJ](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZcpc0quqjsrHdXSyu5BV6M5KNYjakxIPDRJ)

Meeting ID: 834 7364 0171

In this class, we will combine short-guided meditations and drawing exercises to explore ways of establishing authentic connections to our creative selves. There will also be time for sharing, reflection and discussion. Using simple materials and techniques, we will approach art making as a process-based contemplative practice – building and experiencing an awareness of our natural curiosity and creativity. We will also investigate how our minds operate, potential creative blocks and 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. No experience with art making or meditation is required.

Materials: An open mind. You can use anything, however, drawing paper, assorted drawing pencils and charcoals, and collage materials are recommended

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.

Surrealist Drawing Games

Friday

March 5

12:00-1:30pm

Zoom: [https://us02web.zoom.us/meeting/register/tZltduytrT0pHtDaToxYlju0Fr-N9exfodxN](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZltduytrT0pHtDaToxYlju0Fr-N9exfodxN)

Meeting ID: 860 1553 6344

Enjoy the playfulness of the dada and Surrealist movements as we experiment together and get our creativity flowing as individuals and a group. We'll play some of the drawing games that the founders of these movements created- including taking a "dot for a walk" across your paper. You'll be delighted to watch the transformation by then creating a maze that will become a butterfly through the addition of color. This activity will also include writing a group poem in the style of the DADA movement.

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

Materials needed: Pencil, drawing paper, any size you wish, bigger the better 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

Watercolor Painting

Tuesday

March 9

10:45am-12:30pm (please arrive at 10:45am for instruction on mixing paint)

Zoom: [https://us02web.zoom.us/meeting/register/tZAtfuuqqjMvH9yL_U2_Rp6qxG_WK29Eh2wY](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZAtfuuqqjMvH9yL_U2_Rp6qxG_WK29Eh2wY)

Meeting ID: 840 9224 8558

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

Drawing Together with the Frick

Thursday

March 11

3:00-4:30pm

Zoom: https://us02web.zoom.us/meeting/register/tZ0kcuuqDwvHt0s_s61roNbjfYR0pbCF5it

Meeting ID: 899 5206 7549

In this very special session for The Creative Center exclusively, join Frick educator Isabelle Fernandez for a new online drawing program that centers mindfulness and community. Focusing on Manet's famous painting, *The Bullfight*, we will begin with short drawing warm-ups, followed by a close look at the painting for inspiration and open-ended art-making prompts. Drawing Together provides a space to make and share in the company of others, welcoming everyone with an interest in cultivating their creativity. No art background is required.

Materials:

Bring your preferred art materials -- pastels, watercolors, charcoals, etc-- We recommend pencil and two sheets of paper.

Isabelle Fernandez is a project-based artist from Brooklyn, New York. Most recently, she has been working collaboratively to make books, ceramics, and handmade paper. She received her B.F.A in studio art from Hunter College in 2020 and is currently an educator at The Frick Collection. She has led gallery talks, school visits, and studio programs since serving as the inaugural Hunter Mellon Arts Fellow in 2018.

The Frick Collection is an art museum with a collection of more than 1,400 works of art—dating from the thirteenth to the nineteenth century—displayed in the intimate surroundings of the former home of Henry Clay Frick. The residence, with its furnishings and works of art, has been open to the public since 1935. The Frick Art Reference Library is an internationally recognized research library that serves as one of the world's leading resources for the study of Western art. The Frick Collection will reopen to the public in early 2021 in the Marcel Breuer–designed building at 945 Madison Avenue, formerly home to the Whitney Museum of American Art and most recently The Met Breuer. The temporary location, called Frick Madison, will house the Frick's collections, programs, and staff during the renovation and expansion of its historic buildings at 1 East 70th Street.

Meditation and Drawing

Friday

March 12

12:00-1:00pm

Zoom: <https://us02web.zoom.us/meeting/register/tZ1kd-uuqD8pH9dh6HzT4Q4B2zis1mA3f4a0>

Meeting ID: 869 0266 4353

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

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

Arts and Appetizers

Thursday

March 18

4:00pm-5:30pm

Zoom: https://us02web.zoom.us/meeting/register/tZUtc-ppjgqE9zKyHUNbt1qWjsY_NpqmKa-

Meeting ID: 810 4318 3098

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.

Special Event: Discussion of "After The Before Times" and Project Launch

Friday

March 19

2:00-3:30pm

Webinar Registration: https://us02web.zoom.us/webinar/register/WN_WUqgTMIUTFyp0XWxCo1NBg

Upon registration, a link to the full film will be sent. You will have between March 14 and March 18 to view the full film if you so choose.

In April 2020, artist and filmmaker Viktor Witkowski reached out to over thirty artists he met over the past decade to participate in a collaborative film which documents working artists during the pandemic. Ten of them committed to the project. The artists, based in the US, Canada, the UK and Germany, filmed themselves between April and July 2020 and the documentation is assembled into an audio-visual collage. His film, *After the Beforetimes*, does not simply document working artists today, but it also offers a reflection on our current times with their politics, societal division, the ongoing pandemic, and the personal toll these issues take on each of us. [Click here](#) to watch a trailer for the film!

Join artist, filmmaker and Dartmouth College professor Viktor Witkowski to discuss the process of his latest film and to launch The Creative Center's very own video documentation project *Art is the Only Constant*: inspired by *After the Beforetimes* by Viktor Witkowski.

More information will also be given at the end of the Q&A for participants interested in submitting video to be part of project *Art is the Only Constant*: inspired by *After the Beforetimes* by Viktor Witkowski, including a short demonstration video for those interested in filming video with smart phones or other recording devices to submit to the collaborative project.

VIKTOR WITKOWSKI is a painter and filmmaker. He was born in Poland and grew up in Germany where he graduated from the Hochschule für Bildende Künste Braunschweig (HBK Braunschweig, Germany) with a combined master's degree in Studio Art, Art History and Art Education in 2006. The same year, he immigrated to the US where he earned an MFA in Visual Arts from Rutgers University in 2010. He currently splits his time between Vermont (US) and Leipzig (DE). When he is not working on paintings and films, he teaches as lecturer in Dartmouth College's Studio Art Department in New Hampshire. Follow @ after_the_beforetimes on Instagram.

www.viktorwitkowski.com

Interest Group Meeting for Pilot Program ARTiculation: Talking about Your Work

Tuesday

March 23

6:00-7:00pm

Zoom: <https://us02web.zoom.us/meeting/register/tZwsde6srTktG9e77dli4obm7qY9lvJLjmt>

Meeting ID: 881 2743 2713

Do you want feedback about the visual art you are developing on your own, outside The Creative Center classes? Do you want more time to be inspired by what your peers are creating and get to know their process? Do you want to increase your skills for how to constructively form questions about the art process and how to develop positive relationships with other artists and audiences?

Join us to give your input about these ideas and others that will become the basis for ARTiculation: Talking about Your Work, a new pilot program led by Creative Center Art Workshop instructor Joan Mellon and Creative Center Hospital Artist-In-Residence Liz Rubel. Your input will help us develop a safe space where artists and observers can share works-in-progress and talk about them. In this meeting, we will discuss the types of questions and kinds of art-in-progress to be presented in the sessions of the pilot program. We will also discuss what you are hoping a group like this could provide for you as a person involved in making art and exploring creative expression. Here is the basic idea of the program we are hoping to develop with your input:

This workshop, for those creating visual art in two and three-dimensions, is an opportunity to share your work, ideas, and questions with others who, like you, feel that creative expression is central to your lives. This group is for people at all levels who want to share their work and gain skills to talk about their experience of art-making including the pleasures, challenges, and obstacles that occur in the process.

At each twice-monthly group, five (5) people will be pre-scheduled to present their work. The group will be facilitated by two artists experienced in different aspects of the creative process. Others attendees will observe and comment as an important part of the group and are welcomed and encouraged to participate. Once you register for ARTiculation: Talking about Your Work, instructions will be given about being a participant in the discussion or about how to submit work if you want to present it to the group.

Bookmaking : 8 1/2 x 11" Jiffy Books

Thursday

March 25

12:00-1:30pm

Zoom: <https://us02web.zoom.us/meeting/register/tZYocQppqjkjHdAFrCVRTQ341aPlrRmYeK8X>

Meeting ID: 825 7314 2974

In this workshop, will learn how to make several different types of small, folded books using only 8 1/2 x 11 pieces of paper. Be inspired to fill books with poems, short stories, photos, collages and drawings to make keepsakes, greeting cards, gifts or zines ...or leave them blank for mini sketch books. Grab some sheets of paper and a pair of scissors and get ready for a fun and practical project!

Materials: 8 1/2 x 11 sheets of paper (10 sheets) , scissors, glue stick, String, yarn or thin ribbon, hole punch (optional) , twig or stick (optional)

Television producing and knitting may seem like a strange career combination, but it turned out to be an ideal match to **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 Mt. Sinai Hospital's Child Life Department as well as Supervising Producer of Mt. Sinai's KidZoneTV. In addition to teaching with The Creative Center, Maxine has been teaching at the best yarn shop in New York, Knitty City, since the store opened 13 years ago.

Writing Poetry for Spoken Word Performance

Friday

March 26

11:00am-12:30pm

Zoom: <https://us02web.zoom.us/meeting/register/tZAVc-2uqTktEt3th4gw-x3X1PvaoEW7LLzI>

Meeting ID: 842 4467 2789

Many people think that spoken word poetry is only political or strident when, in fact, the subject matter can be anything you choose. It might be funny, sad, autobiographical, or fictional. The important thing is the ring of a fundamental truth, something to which your audience can connect. In this class, we will practice the use of techniques that lend themselves to being recited aloud. Come prepared to dig deep and have fun while you're doing it. Bring a poem you've already written (if you want to workshop a short poem together, submit it before the class) or be ready to write one. Join us as we look at some of the most effective methods for bringing your poem to life, from the page onto the stage.

Materials: Please have a poem prepared that you want to workshop. It doesn't have to be complete, but something you feel excited to work on. Please email any questions and your chosen work to info@thecreativecenter.org.

LISA MARIE SIMMONS is a singer/songwriter, essayist, & published poet. Her music (*Hippie Tendencies* and *NoteSpeak*) can be found online on Spotify, Apple Music etc. The American debut of *NoteSpeak* was at the Zee Jaipur Literature Festival in Boulder Co. in September, 2017. On the strength of that performance, she was invited to be a speaker and performer at the 70th Conference on World Affairs at the University of Colorado, in April 2018.

In November 2019 she presented *NoteSpeak* in Italy, Austria, and Prague. In January 2020 she presented NoteSpeak in India at the Jaipur Music Stage. Lisa has just been signed to the American Grammy award-winning label Ropeadope Records who released her poetic/musical album *NoteSpeak* in March 2020 receiving a four-star review from the iconic Downbeat magazine.

Webinar: On Your Mark Monoprinting

Wednesday

March 31

12:00-1:00pm

Zoom: https://us02web.zoom.us/webinar/register/WN_7HplUnAqRmPlyHD8ECbyw

Get on your mark, get set, and let's monoprint! Monoprinting is the process of making a singular print using "mark-making". This is a great way to explore your imagination to play with color, textures, and to find new creative potential in the odds and ends around your house. This technique lets you be free to explore the artist within.

Would you believe aluminum foil, Saran Wrap, cardboard, plastic forks, bubble wrap, string, bottle caps, expired credit cards, hair combs, and string are just a few things found around your home that can be used to create your monoprint creations? We will be monoprinting on paper, but fabric can be used as well. Start thinking about items you can gather to start your monoprinting journey. You will be able to frame your prints, use them for collage, decoupage, and more!

Materials: No need to scramble if you don't have the following materials. The video will be available online for a few months after the live event!

- Acrylic paints (3 of your favorite colors and 1 metallic color is ideal)
- Paper (photocopy paper, deli paper, newsprint paper)
- Plexiglas sheet (8" x 10")- you can use the plastic from a picture frame
- Acetate Sleeve Protector
- Tape
- 2 pieces of Cardboard (8" x 10")
- Foam brush
- Paintbrush
- Paper towels for cleanup
- Sarah Wrap
- Rubber bands
- Aluminum foil
- Plastic bag
- Stencils (if you have any)
- Gelli plate (if you have one)
- Something to protect your work surface (old newspaper)

OMI GRAY is a multi-faceted teaching artist living in Harlem, New York. She inherited her passion for all things creative and her ever-present quest for new ideas to create from her Mother, Grandmother, and her Ancestors. Her Harlem Design Studio is where she teaches and creates. She lives within walking distance of Central Park and can sometimes be found in the park, collecting leaves & weaving in "Natures Art Studio."

April

Drawing Space on the Flat Page

Thursdays

April 1, 8, 15, 22

1:00-2:00pm

Zoom: https://us02web.zoom.us/meeting/register/tZMlcemtpjgpG9Ssc-CXxiP4M5-Z09fD_76z

Meeting ID: 878 6058 3310

How do you draw space on a flat page? One of the most interesting parts of drawing, sketching, painting and even collage is the challenge of creating three-dimensional space, depth, distance, and relationship on a two-dimensional page or canvas. In this class, we will hone our ability to see how an object with mass, bulk, weight, and extension can be portrayed on a page. We will start by learning some basic perspective and landscape techniques, and then continue exploring 3D forms, spaces, light, shadow, and distance as they appear in our sketches, drawings, paintings, and paper artwork.

Materials: 2-3 pencils of varying softness; soft white eraser(s); a pad of sketch paper (11"x14" or larger newsprint is great; other sizes OK, just not too small); a straightedge or ruler; a compass (if possible); 5-10 sheets of high-quality drawing paper, rough or medium finish, or if you work in oil, canvas, in watercolor, watercolor paper (for finishing projects).

JERISE FOGEL is a working artist (www.jerise.com) living in Washington Heights, NYC; most of her commissions involve papercutting, calligraphy, and acrylic painting. In addition to studio training in figure and object drawing (high school studio art, undergraduate courses in studio art at Smith College, and drawing courses in most cities she has lived in), Jerise has taken about a dozen courses in screenprinting and Japanese woodblock printing at SVA. She is a member of the National Board of the Guild of American Papercutters, and a member of the Society of Scribes (NY calligraphers' guild). She has previously taught elements of Islamic Art and Design in a workshop format to groups of American, Mexican and Moroccan students 7-15 years old via Zoom, as a teaching artist in a 6-week summer camp organized by Artistic Dreams International; Jerise currently teaches in an afterschool culture/art program with the same organization.

Artful Mask Making at Home

Friday

April 2

1:00-2:30pm

Zoom: <https://us02web.zoom.us/meeting/register/tZclceqqrDksG9Ncbjwx34SRLZxryTIM1qcS>

Meeting ID: 838 6322 2617

Your Artful Mask can serve as a beautiful, decorative, representation of release and transformation of the past, acceptance of the new, hope for the future. Step-by-step instruction for constructing the Artful Mask will be provided during this workshop. Questions during the workshop are welcome and encouraged.

Materials: No purchases necessary, use objects found in the home and/or the recycling bin.

For the base: cardboard (check your recycling bin for Amazon boxes, any size -- you decide how large your mask will be); cardboard milk or juice carton, empty cereal box turned inside out, or any rigid paper or carton; You can use your hands to tear, but scissors are recommended (or box cutter, blade, etc. – **please use care**).

For attachments: craft glue (Elmer's or Mod Podge, for example) glue sticks, hot glue gun, tape, staples, wire, or string;

For embellishments: yarn, ribbons, buttons, seashells, cardboard scraps, egg carton, construction paper, giftwrap, paper towel roll, plastic bag scraps, fabric scraps, toothpicks, twist ties, macaroni, dried beans, magazine cutouts, drinking straws, paper drinking cups

For coloring: pens, coloring pencils, markers, paint, oil pastels, crayons

WILHELMINA GRANT is a self-taught visual artist and native New Yorker who uses found objects and mixed media, which she repurposes into assemblage art. As a Creative Center Hospital Artist-In-Residence she uses the arts to nurture the creativity of oncology patients, their families and staff in a healthcare setting. She also guides elder participants through arts projects at senior centers in Brooklyn, Washington Heights and the Upper East Side. Wilhelmina is the founder of SISTAAH, Inc. (Survivors Inspiring Sisters Through Art and Advocacy for Health), an arts-based non-profit organization which seeks to inform, encourage and facilitate access to early detection of breast cancer by connecting the medically underserved to free screening services. She has self-published her first book, *A Feeling of Fullness: Insights of a Divinely Guided Journey Beyond Breast Cancer* (2016, Xlibris Publishing Company) which chronicles her experience from the nearly-missed breast cancer diagnosis at age 37 through her present-day life as an artist/author/health awareness advocate. The book contains color photographs of visual art relating to the topic of early detection, advocacy and cancer survivorship.

Painting: A Day at the Beach

Wednesdays

April 7, 14, 21, 28

12:00-1:30pm

Zoom Link: <https://us02web.zoom.us/join/zoom/register/tZUqfu-vqzsrEtPsYbBV-Zq1zJ6WyeDeulEb>

Meeting ID: 817 9675 0187

This course will look at some aspects of an outing to the beach. In the first project, we will recreate what we see at the beach; big blue skies, sand, waves, rocks nestling in the sand, and gulls wheeling overhead. We will use a wide variety of painting techniques to conjure up these images. The second project will look at the objects to be found on the beach, primarily a variety of shells but also a crab. We will work on a virtual still life together placing these objects on a table using the beautiful shapes and forms just brought back from the beach. While working on both projects we will look at the work of several artists whose work might provide inspiration and guidance.

Materials:

- Set of waterbased paints, 10-12 tubes would be ideal. Watercolor or acrylics
- array of brushes, from pointed detail brush to larger one-inch wide brushes. 4-5 in all.
- pencil, eraser, ruler, glue (Elmer's school glue is fine), black sharpie marker
- paper plates to use as palettes for the paint

JOEL ADAS is a painter currently living in Cape May, New Jersey who has taught painting and drawing and made art in Brooklyn for over 25 years. He believes that nature and art history are both wonderful reservoirs of knowledge and inspiration from which to draw upon when creating art. His artwork centers on the ocean and the beach and how we interact with it.

Special Event: Monologue Showcase

Friday

April 9

5:00pm-7:00pm

Zoom link: <https://us02web.zoom.us/meeting/register/tZAsde-vpzsoHNNP9K4Yz5F1LHht17fmBbdB>

Meeting ID: 841 2679 0267

Join Creative Center playwriting instructor Sheri Wilner as well as The Creative Center Community Playwrights as they present all new monologues written specifically for performance on Zoom! Learn about what makes a great monologue, laugh, weep, and be inspired by these incredible, exuberant works - all developed during the pandemic. Ten monologues between 3-5 minutes will be presented by professional actors. Registrants will receive a virtual playbill. All are welcome to attend!

Playwriting: The Dynamics of Dialogue

Fridays

April 9, 16, 23, 30

1:00-2:30pm

Zoom: <https://us02web.zoom.us/meeting/register/tZ0uce6srz4tH9bZUaEG34IKb1ARBdKyYe43>

Meeting ID: 893 6741 5752

This course is designed to help **writers of all genres** craft dynamic, natural dialogue that is distinct and specific to every individual character we create. Participants can expect to read and watch examples of great dialogue writing from classic and contemporary plays, and then take an extremely close look at the techniques the authors used to craft such authentic and compelling dialogue. We'll remove the mystery behind such masterful work so that writers can employ the same tools and techniques as these authors to write extraordinary dialogue of our own. Through weekly and in-class writing exercises, we'll explore such important principles as subtext, emotional need, exposition, rhythm, physical action, and style. All experiences welcome from first-time to published author.

Materials/ prep work: A commitment to write and absorb the required materials is expected. More specifics will be emailed upon registration.

SHERI WILNER is an award-winning, published and produced playwright who has been working in the theatre for over twenty-five years. An established playwriting teacher, Sheri has taught at numerous colleges and universities, as well as for several NYC cultural institutions.

Watercolor Illustration

Tuesday

April 13

11:00am-12:30pm (please arrive at 10:45am for instruction on mixing paint)

Participants must attend both sessions to complete the project

Zoom: <https://us02web.zoom.us/meeting/register/tZUvdu-hpz8iGtAshoHAoxblnH5qHxZdMr1e>

Meeting ID: 812 1699 4804

This watercolor workshop, using liquid watercolor inks, is designed for people of all artistic abilities. The inks are transparent and easy to mix and they flow beautifully. Participants preferring to use watercolor in tubes are welcome to use their preferred medium. Techniques will include wet on wet, wet on dry, layering/glazing and a variety of brush stroke techniques. This class approaches watercolor using graphic illustration with an emphasis on composition and cropping.

Classes will focus on these themes : vegetables, fruits, flowering vines and seashells.

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

Arts and Appetizers

Thursday

April 15

11:00am-12:00pm

Zoom: <https://us02web.zoom.us/meeting/register/tZ0rdOusrD0sGd2vzdWflZYk2jbmuWxu779k>

Meeting ID: 896 3242 6639

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!

ABHI GANJU, MD, retired from medical practice and plunged into the study of art, including photography, watercolor and oil painting. She is most drawn to scenes of nature, more specifically to color and dramatic light. Her serene nature photographs grace patient care areas of numerous hospitals around the country. Her work can be seen at www.abhisphotos.com

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Questions? Email Sophia Heinecke, Program Coordinator at info@thecreativecenter.org