Mather Virtual Programs, July 2024				
Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
1	2	3	4	5/6
9:30 Awaken to Meditation	9:30 Dancing for Joy	10:00 Mindfulness Through Poetry		
10:00 Introduction to Drawing	10:30 Yoga for All	11:00 Creative Mindfulness		A.M. (All times listed are Central)
11:00 Yoga for All			Farmello of little	
1:00 Art Journaling	1:00 Chinese Brush Painting	1:00 Travel Collage Making	Fourth of July	
2:00 Boost Your Brain & Memory	2:00 Booked-n-Busy	2:00 Gather in the Gallery	No Programs Today	
2:00 Better Balance	2:00 Poetry & the Art of Giving Attention	2:30 Self-Care Toolkit	,	P.M. (All times listed are Central)
3:00 Nourishing Herbalism	3:00 Art Making as Self-Care			
5:30 Creative Mindfulness				
8	9	10	•	12/13
9:30 Awaken to Meditation	9:30 Dancing for Joy	10:00 Mindfulness Through Poetry	10:00 Summer Art Medley	
10:00 Introduction to Drawing	10:30 Yoga for All	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	
11:00 Yoga for All				
1:00 Art Journaling	1:00 Chinese Brush Painting	1:00 Travel Collage Making	1:00 Dear Diary: Journaling for Creativity	Saturday, 10:30 Creative Connections
2:00 Boost Your Brain & Memory	2:00 Poetry & the Art of Giving Attention	2:00 Gather in the Gallery	2:00 Painting with Pets	
2:00 Better Balance	3:00 Art Making as Self-Care	2:30 Self-Care Toolkit	3:00 Your Turn	
3:00 Nourishing Herbalism		3:00 Essential Oil of the Month		
5:30 Creative Mindfulness	40	45	40	10/00
0.20 Assalsas ta Maditatias				19/20
9:30 Awaken to Meditation	9:30 Dancing for Joy	10:00 Mindfulness Through Poetry	10:00 Summer Art Medley	
10:00 Introduction to Watercolor	10:30 Yoga for All	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	
11:00 Yoga for All	4.00 Ohia Davida Daiatia -	0.00 0.46 :- 46 0.41	4.00 Deep Diege Level lie of the Oresticity	
1:00 Art Journaling	1:00 Chinese Brush Painting	2:00 Gather in the Gallery	1:00 Dear Diary: Journaling for Creativity	
2:00 Better Balance	2:00 Poetry & the Art of Giving Attention	2:30 Self-Care Toolkit	2:00 Painting with Pets	
3:00 Nourishing Herbalism	3:00 Art Making as Self-Care		3:00 Your Turn	
5:30 Creative Mindfulness 22	23	24	25	26/27
9:30 Awaken to Meditation	9:30 Dancing for Joy	10:00 Mindfulness Through Poetry	10:00 Summer Art Medley	20/21
10:00 Introduction to Watercolor	10:30 Yoga for All	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	
11:00 Yoga for All	10.00 Toga for All	11.00 Oreative Mindraniess	11.00 Gandoo Bigital Eliciacy	
1:00 Art Journaling	1:00 Chinese Brush Painting	1:00 Hollywood Calling: Screenwriting	1:00 Dear Diary: Journaling for Creativity	
2:00 Better Balance	2:00 Poetry & the Art of Giving Attention		3:00 Your Turn	
3:00 Nourishing Herbalism	3:00 Art Making as Self-Care	2:30 Self-Care Toolkit	0.00 1001 10111	
5:30 Creative Mindfulness	o.oc / in marting do con care	2.00 com care recinit		
29	30	31		
9:30 Awaken to Meditation	9:30 Dancing for Joy	10:00 Mindfulness Through Poetry		
10:00 Introduction to Watercolor	10:30 Yoga for All	11:00 Creative Mindfulness	Find more information and	Join us on Facebook at
11:00 Yoga for All	S .			
1:00 Art Journaling	1:00 Art Making TBA	1:00 Travel Collage Making	register for all programs at	facebook.com/groups/
2:00 Better Balance	2:00 Poetry & the Art of Giving Attention		mather.com/programs	mathercreativeprograms
3:00 Nourishing Herbalism	3:00 Art Making TBA	2:30 Self-Care Toolkit		
5:30 Creative Mindfulness	,			10

Page 1 6/26/2024