

Mather Virtual Programs, July 2024

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
1 9:30 Awaken to Meditation 10:00 Introduction to Drawing 11:00 Yoga for All 1:00 Art Journaling 2:00 Boost Your Brain & Memory 2:00 Better Balance 3:00 Nourishing Herbalism 5:30 Creative Mindfulness	2 9:30 Dancing for Joy 10:30 Yoga for All 1:00 Chinese Brush Painting 2:00 Booked-n-Busy 2:00 Poetry & the Art of Giving Attention 3:00 Art Making as Self-Care	3 10:00 Mindfulness Through Poetry 11:00 Creative Mindfulness 1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit	4 Fourth of July No Programs Today	5/6 A.M. (All times listed are Central) P.M. (All times listed are Central)
8 9:30 Awaken to Meditation 10:00 Introduction to Drawing 11:00 Yoga for All 1:00 Art Journaling 2:00 Boost Your Brain & Memory 2:00 Better Balance 3:00 Nourishing Herbalism 5:30 Creative Mindfulness	9 9:30 Dancing for Joy 10:30 Yoga for All 1:00 Chinese Brush Painting 2:00 Poetry & the Art of Giving Attention 3:00 Art Making as Self-Care	10 10:00 Mindfulness Through Poetry 11:00 Creative Mindfulness 1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit 3:00 Essential Oil of the Month	11 10:00 Summer Art Medley 11:00 Candoo Digital Literacy 1:00 Dear Diary: Journaling for Creativity 2:00 Painting with Pets 3:00 Your Turn	12/13 Saturday, 10:30 Creative Connections
15 9:30 Awaken to Meditation 10:00 Introduction to Watercolor 11:00 Yoga for All 1:00 Art Journaling 2:00 Better Balance 3:00 Nourishing Herbalism 5:30 Creative Mindfulness	16 9:30 Dancing for Joy 10:30 Yoga for All 1:00 Chinese Brush Painting 2:00 Poetry & the Art of Giving Attention 3:00 Art Making as Self-Care	17 10:00 Mindfulness Through Poetry 11:00 Creative Mindfulness 2:00 Gather in the Gallery 2:30 Self-Care Toolkit	18 10:00 Summer Art Medley 11:00 Candoo Digital Literacy 1:00 Dear Diary: Journaling for Creativity 2:00 Painting with Pets 3:00 Your Turn	19/20
22 9:30 Awaken to Meditation 10:00 Introduction to Watercolor 11:00 Yoga for All 1:00 Art Journaling 2:00 Better Balance 3:00 Nourishing Herbalism 5:30 Creative Mindfulness	23 9:30 Dancing for Joy 10:30 Yoga for All 1:00 Chinese Brush Painting 2:00 Poetry & the Art of Giving Attention 3:00 Art Making as Self-Care	24 10:00 Mindfulness Through Poetry 11:00 Creative Mindfulness 1:00 Hollywood Calling: Screenwriting 2:00 Gather in the Gallery 2:30 Self-Care Toolkit	25 10:00 Summer Art Medley 11:00 Candoo Digital Literacy 1:00 Dear Diary: Journaling for Creativity 3:00 Your Turn	26/27
29 9:30 Awaken to Meditation 10:00 Introduction to Watercolor 11:00 Yoga for All 1:00 Art Journaling 2:00 Better Balance 3:00 Nourishing Herbalism 5:30 Creative Mindfulness	30 9:30 Dancing for Joy 10:30 Yoga for All 1:00 Art Making TBA 2:00 Poetry & the Art of Giving Attention 3:00 Art Making TBA	31 10:00 Mindfulness Through Poetry 11:00 Creative Mindfulness 1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit	Find more information and register for all programs at mather.com/programs	Join us on Facebook at facebook.com/groups/mathercreativeprograms

