The Islip Arts Council is dedicated to leadership, advocacy and excellence in the arts. The council provides high quality programs for diverse populations in varied artistic disciplines. The Islip Art Museum is the leading exhibition space for contemporary art on Long Island. The Museum presents at least five exhibitions per year in its main galleries. Exhibitions are organized to reflect issues and concerns in the current art world.

GALLERY SITTERS NEEDED

VOLUNTEERS EARN FREE CLASS

We are looking for volunteers for the Islip Arts Council as well as for the Museum. Accumulated volunteered hours will earn you a complimentary Islip Arts Council class. Volunteers will work alongside staff and other volunteers in historic Brookwood Hall at the Islip Art Museum. You’ll have the opportunity to work at concerts and fairs, on and/or off site and assist at many programs. Call Linda Weingarten 631-224-5420 today.

Looking For After School Students to Volunteer An Hour or Two!

BUSINESS CIRCLE MEMBERS

PROUDLY SUPPORT ISLIP ARTS COUNCIL

The Islip Arts Council through its School of Cultural Arts offers fine art, music and theatre classes for adults and children. All classes are taught by professionals in their fields.

Register by mail, in person, or over the phone. You do not have to be a Town of Islip resident to take classes.


Tuesday – Friday 10am – 4pm ~ Saturday 12pm – 4pm
MONDAY CLASSES

Watercolor for All
With Jody Banaszak
Students will learn the basics of watercolor and use varied techniques to complete several paintings and also work on more challenging techniques according to level of student. New students should request material list.

Mondays: 1:00 pm - 3:00 pm and/or 7:00 pm - 9:00 pm
Session G: January 6, 13, 27, February 3, 10
Session H: March 2, 9, 16, 23, 30, April 6
Member Fee: $85 per session
Non-Member Fee: $110 per session

The Art of Drawing
With Ron Becker
Each class will begin with a 30-minute demonstration on specific techniques followed by 90 minutes of creative time on a preset still life. Mediums to include: graphite, colored pencils, and ink. Emphasis on composition, texture and highlights/shadows will be covered during the 6-week session while introducing a variety of techniques. One on one guidance/support will be given throughout the class. All levels of experience welcome.

Mondays: 10:00 am - 12:00 pm
Session A: January 6, 13, 20, 27, February 3, 10
Session B: February 24, March 2, 9, 16, 23, 30
Session C: April 13, 20, 27, May 4, 11, 18
Member Fee: $100 per session
Non-Member Fee: $125 per session

TUESDAY CLASSES

Asian Brush Painting: East Meets West
With Pola Lanzaro
Capture the spirit of your subject in a spontaneous style while learning the basic Sumi-e. Students will work with ink and watercolor on rice paper and are encouraged to paint from inspiration. Beginners welcome.

Tuesdays: 10:00 am - 12:00 pm
Session A: January 7, 14, 21, 28
Session B: March 3, 10, 17, 24
Session C: April 7, 14, 21, 28
Member Fee: $75 per session
Non-Member Fee: $100 per session

Islip Arts Council School of Cultural Arts

PROGRAM REGISTRATION FORM
For mail-in registrations only, make checks payable to the Islip Art Council or MasterCard, Discover, Visa or American Express charge card number to:
Islip Art Council, 50 Irish Lane, East Islip, NY 11730.
(Please feel free to duplicate this form).

Registrations Non Refundable

Registrant Name: ____________________________ Date of Registration: ________
Address: ____________________________ Town: ____________________________
Zip Code: ____________ BEST Phone #: ____________________________
Email Address: ____________________________
Request Materials List? ___________

Want your Next Class for FREE?
Ask how you can Volunteer and earn Free Classes.

Program: ____________________________ Session: __________
Time: ____________________________ Class Fee: __________

OTHER Registrant Name: ____________________________
OTHER Registrant Name: ____________________________

Circle one
{V, M, D, Amex} Credit Card or Check #: __________
Expiration #: ____________ CVC #: ________ / Staff Initials/:

TOTAL DUE: __________

Office Use Only: Date Receipted: Processed by:
**ART IN THE HALL**

Islip Arts Council presents several juried exhibits of Local Artists

*Exhibits change on a 4-6 week rotating schedule*

**ART IN THE HALL**

at Islip Town Hall

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**Art in the Hall Exhibits 2020:**

**January - Tian Hui**

**February - Black History Month**

**March - Women’s History Month**

**April - Student Empowerment**

**May - Senior Art Show**

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**SUBMISSION PROCEDURES**

- In Subject Line: "PICK OF THE WEEK / Last Name / Title of Artwork"
- Include: Title of work / Medium / Dimension / Name
- Email One image per week to Lindaw@isliparts.org

If your image is selected, it will be exhibited in our weekly online newsletter with the information you provide.

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**Gentle Restorative Yoga** With Angela Strynkowski

Gentle Restorative Yoga blended with Pranayama (yogic breathing practices) for balancing, healing, and calming the body and mind. Restorative Yoga uses a generous amount of Yoga Props (blocks, bolsters, and blankets) that are supplied to allow the body and mind to let go and deeply relax into each posture. The majority of this class is on the floor and is suitable for all levels.

**Tuesdays:** 9:30 am - 10:45 am

- Session G: December 10, 17, January 7, 28, February 4, 11
- Session H: February 18, 25, March 3, 10, 24, 31
- Session I: April 7, 14, 21, 28, May 5, 12
- Session J: May 19, June 2, 9, 16, 23, 30

Member Fee: $45 per session/Non-Member Fee: $70 per session

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**Stained Glass Art for Beginners in the Museum** With Stella Castro

Learn the art of stained glass using the same copper foil technique used by Tiffany. Choose from window pieces, jewelry boxes, mirrors, etc. Students must furnish their own tools and glass. Stained glass artist, Stella, will provide sources where to obtain kits, tools and glass. Ask for materials list.

**Tuesdays:** 1:00 pm - 3:00 pm

- Session D: March 31, April 7, 14, 21, 28, May 5

Member Fee: $85 per session/Non-Member Fee: $110 per session

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**The Art of Color** With Maria Spector

Paint with watercolor, gouache, and acrylic with a focus on using color. Learn the physical, visual, and psychological uses of color. Good for teens and portfolio development for college. Adults and teens welcome.

**Tuesdays:** 3:30 pm - 5:00 pm

- Session A: January 7, 14, 21, 28, February 4, 11
- Session B: February 25, March 3, 10, 17, 24, 31
- Session C: April 21, 28, May 5, 12, 19, 26

Member Fee: $100 per session/Non-Member Fee: $125 per session

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**Fundamentals of Drawing & Creativity** With Maria Spector

Learn how to draw and learn concepts of drawing through still life, landscapes, figures and portraits. Perspective, line, and shading will be taught so you can hone skills and add to painting and other types of media. Good for teens and portfolio development for college. Adults and teens welcome.

**Tuesdays:** 5:00 pm - 6:30 pm

- Session A: January 7, 14, 21, 28, February 4, 11
- Session B: February 25, March 3, 10, 17, 24, 31
- Session C: April 21, 28, May 5, 12, 19, 26

Member Fee: $100 per session/Non-Member Fee: $125 per session
Stained Glass
With In-House Instructor
Whether a beginner or returning student, this class provides instruction in a workshop atmosphere. Learn the basics of design and fabrication of stained glass pieces in both two and three dimensions. Tools and equipment are available to try before purchasing your own. Methods to frame and hang pieces will be taught. New students should expect to spend $100 or more on hand tools and glass for projects. Please ask for materials/resource list when signing up. Class is limited to six students, reserve early.
Tuesdays: 7:00 pm - 9:00 pm
Session A: April 14, 21, 28, May 5, 12, 19

Chair Yoga
With Angela Strynkowski
This gentle yoga class uses the support of a chair for yoga poses and gentle stretches. Participants will learn how to breathe more efficiently and move with mindfulness, while stretching and toning their bodies. Safe for anyone with limited mobility, pregnant women, and those with existing medical conditions.
Wednesdays: 11:00 am - 12:00 pm
Session D: February 5, 12, 19, 26, March 4, 11
Session E: March 18, April 1, 8, 15, 22, 29
Member Fee: $45 per session
Non-Member Fee: $70 per session

Classical Hatha Yoga
With Angela Strynkowski
This class is appropriate for students new to yoga as well as for more seasoned practitioners who want to refine their technique and refresh their understanding of the fundamentals. Through mindful work and attention to the breath, students will learn safe alignment in basic postures and sun salutations. Build strength, flexibility, balance, and awareness to prepare to enter more advanced classes safely.
Wednesdays: 9:30 am - 10:45 am
Session D: February 5, 12, 19, 26, March 4, 11
Session E: March 18, April 1, 8, 15, 22, 29
Member Fee: $45 per session
Non-Member Fee: $70 per session

I Am! At IAM: Women Sharing Art February 1 - March 28, 2020
Opening Reception - Saturday, March 7, 2020 3 - 6 pm
Women’s Rights & Small Bites—February 12, 2020 6:30 - 8 pm
Tea @ 3—February 27, 2020
Closing Reception with Music & More: March 28, 2020 1—4 pm

Second Chances, April 1 - June 30, 2020
Curated by Holly Gordon, George Carrano, and Chris O’Malley
Workshops: April 21, 22, 23, 2020
Opening Reception and Symposium: - May 16, 2020

A DAY AT THE MUSEUM
Spend the day at the Islip Art Museum and create art based on the current exhibit. This is a collaborative program with the museum and local high schools. Islip Art Museum will provide a guided tour for students and teachers and the classroom space required for completion of a project. High school teachers will visit the museum prior to the field trip to develop a lesson to be incorporated into the school visit. Individual schools will provide materials for projects.

Thursdays or Fridays—call to register
Fee: $5.00 per student
HISTORICAL INTERESTS

Frank E. Szemko History Exhibition Room
Located Inside Historical Brookwood Hall

MUSIC LOVERS

2020 Schedule

All concerts are FREE

Bayard Cutting Arboretum - Winter Concert Series

Sundays at 1 PM Starts in February 2020
Presented by the Islip Arts Council with support from the Natural Heritage Trust, NYS Office of Parks, Recreation and Historic Preservation

February 9 - Ko-Eun Yi - Piano (CAG award recipient)
February 16 - Alba Consort - Early Music on period instruments
February 23 - Cross Island (Piano, Cello, Clarinetist Josh Redman)
March 8 - Trio Portinari
March 15 - Canta Libre
March 22 - Gemini Journey - Violin and Cello – with a new twist!
March 29 - Kaplan Duo - Piano (Four Hands)

ART CLASSES

Painting in Oils and Acrylics
With Randy Weisbin
Students work in oil and/or acrylics, painting subjects of their choice in a relaxed workshop environment. Individualized instruction suited to beginners as well as more experienced students. Drawing, tonal value, color theory, composition, technique, and other basic elements of art are addressed as needed. New students should request material list.

Wednesdays: 10:30 am - 12:30 pm and/or 1:00 pm - 3:00 pm
Session A: January 8, 15, 22, 29, February 5, 12, 19, 26
Session B: March 4, 11, 18, 25, April 1, 8, 15, 22
Session C: May 6, 13, 20, 27, June 3, 10, 17, 24
Member Fee: $125 per session
Non-Member Fee: $150 per session

Painting for Beginners & Advanced
With Anthony D’Avino
Learn to paint like a professional. Individual attention through guided instruction allows each artist to develop at his or her own pace and ability. Instructor will address color theory, composition, perspective, and figure in the medium of each student’s choice. Some nights, spontaneous creative jam sessions may occur.
(Mature Teens + Adults)

Wednesdays: 6:00 pm - 8:00 pm
Session G: December 4, 11, 18, 25, January 1, 8, 15, 22
Session A: January 29, February 5, 12, 19, 26, March 4, 11, 18
Session B: March 25, April 8, 15, 22, 29, May 6, 13, 20
Member Fee: $100 per session
Non-Member Fee: $125 per session
**THURSDAY CLASSES**

**Morning Yoga in the Museum**  
With Katrina Kuan  
This course is designed for beginners to intermediate. Spend an hour stretching, breathing, and strengthening your body through yoga practice. Bring your own mat and water bottle.  
**Thursdays:** 9:45 am - 10:45 am  
Session G: December 5, 12, 19, January 2, 9, 16  
Session H: January 30, February 6, 13, 20, 27, March 5  
Session I: March 19, 26, April 2, 9, 16, 23  
Member Fee: $45 per session  
Non-Member Fee: $70 per session

**Live Figure Drawing Class meets without an instructor.**  
Draw, Paint, or Sculpt from a Live Model in the original Dining Room of historic Brookwood Hall. Each two-week session meets without an instructor. Bring your preferred art materials and pack a snack. Enjoy our park and lake or browse our galleries. Must pre-register (No refunds, no discounts)  
**Thursdays:** 10:30 am - 1:30 pm  
Session A: January 16, 23  
Session B: February 20, 27  
Session C: March 19, 26  
Session D: April 23, 30  
Member Fee: $35 per session  
Non-Member Fee: $60 per session

**Drawing & Painting for Adults**  
With Martha Pinnola  
Beginners as well as more experienced artists welcomed to this relaxed workshop-like art session. Love of art a must!! Individual art study will include graphite drawing, charcoal, pen and ink, Asian Brush Painting and watercolor. We’ll look at European, American, Asian, African Art and more for inspiration.  
**Thursdays:** 6:00 pm - 7:00 pm  
Session A: January 16, 23, February 6, 13  
Session B: February 27, March 5, 12, 26  
Session C: April 2, 16, 23, 30  
Member Fee: $60 per session  
Non-Member Fee: $85 per session

**The Art of Cartooning and Illustration**  
With Martha Pinnola  
Put on your artist's beret, grab your pencils and sketchpad, paintbrush and imagination! Classes are for those who love to draw, with fun ideas to bring out the artist within! We will learn about gesture drawing and the artist’s way of looking at the world. We’ll have a look at the art of illustrators Norman Rockwell, Jan Brett, Lane Smith, Jerry Pinkney and many more for inspiration!  
**Ages 6-14**  
**Saturdays:** 10:30 am - 12:00 pm  
Session A: January 18, 25, February 8, 15  
Session B: February 29, March 7, 14, 28  
Session C: April 4, May 2, 16, June 6  
Member Fee: $50 per session  
Non-Member Fee: $75 per session

**Jelly Donuts/Ice Cream Sundaes? Kids Treats Workshop**  
With Andrea Massop Ramos, M.S. Clinical Nutritional and Personal Chef  
Interactive workshop for children and/or parents creating yummy snacks and treats. We will transform typical “go to” snacks and treats and add a healthy twist providing the daily nutrients necessary for our little ones. Children will participate in making their own snacks, while learning how to share and engage in a little public speaking and mental health experience. When children make their own snacks, they are more apt to taste it and eat it! ….It’s so much F-U-N!  
**Ages 5-13 + parents.**  
**Saturdays:** 1:00 pm - 2:30 pm  
Session A: February 8, 15, 22, 29  
Member Fee: $100  
Non-Member Fee: $125

**Children’s Mosaic & Tile Workshop**  
With Stella Castro  
Get kids into working with stained glass and tiles. Supplied by instructor for a small material fee, left over stained glass pieces (glass shards), ceramic tiles (broken pieces) and broken plates, the class will cover one small project.  
**Saturdays:** 10:00 am - 12:00 pm  
Session B: December 28, January 4  
Member Fee: $40 per session  
Non-Member Fee: $65 per session  
(Plus $10 Material fee to be paid to instructor)
### CHILDREN & TEEN CLASSES

**Art Classes for Creative Young Naturalists!** With Martha Pinnola

Explore the vast array of subjects that lie in our natural world. From the beautiful design details of herbs, flowers and insects to the animal kingdom of rare and endangered species, we can learn about and depict these worlds through our art! We'll draw and paint with an assortment of media and techniques... graphite, charcoal, pen and ink, pastel, watercolor and acrylic, as well as Asian Brush Painting. We'll experiment with collage and collaborative mural projects to round out a fun and educational art experience! **Ages 3-8 OR 11:15 am-12:45 pm Ages 9 + for Homeschoolers**

**Mondays:** 10:00 am - 11:00 a.m.
- Session A: January 13, 20, February 3, 10
- Session B: February 24, March 2, 9, 23
- Session C: March 30, April 6, 20, 27
- Session D: May 4, 18, June 8, 15

Member Fee: $50 per session/Non-Member Fee $75 per session

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**After School Art Club - Drawing and Painting for the Young Naturalist!** With Martha Pinnola

If you love art and nature, animals of all kinds, then this is the art class for you. You'll find art and design inspiration in everything around you, from the smallest insect, leaf and flower, to the vast world of wildlife. We'll explore our world with a peek at art from Africa, Asia, Europe, and the Americas. We will use a wide assortment of media, and ultimately work on a collaborative mural project! **Fridays And / Or Thursdays**

**Fridays:**
- Session A: January 10, 17, 24, 31, February 7, 14
- Session B: March 6, 13, 20, 27, April 3, 17
- Session C: May 8, 15, 22, 29, June 5, 12

Member Fee: $100 per session/Non-Member Fee: $125 per session

**Thursdays:**
- Session A: January 23, 30, February 6, 13, 20, 27

Member Fee: $85 per session

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**Western Art History**

With Christine O'Malley
This course will review and examine Western Art History starting with early Greek and Roman all the way through to post-World War II and the New York art scene. As the series progresses you will learn how to look at art work and appreciate the impact art has had on our culture through the centuries. Join us each week to immerse yourself in fun evenings of art exploration. **Thursdays:** 6:30 pm - 8:00 pm

- Session A: January 23, 30, February 6, 13, 20, 27
- Member Fee: $85 per session

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**Colored Pencils or Pastels ~ With Marlene Bezich**

Students will create with either colored pencils or pastels. The instructor will explore the various layering techniques of both, while reviewing composition, drawing and color theory utilizing still life as photographs. All subjects will be explored in a relaxed educational atmosphere. Constructive critiques will be conducted in a friendly creative environment. Class participants will leave with a solid knowledge of their chosen medium! **Fridays:** 10:00 am - 12:00 pm

- Session A: January 10, 17, 24, 31, February 7, 14
- Session B: March 6, 13, 20, 27, April 3, 17
- Session C: May 8, 15, 22, 29, June 5, 12

Member Fee: $100 per session/Non-Member Fee: $125 per session

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**Acrylic Painting**

With Ron Becker
Ron will start class with a 30-minute demonstration on a variety of techniques using the acrylic medium. Color theory, layering and washes, blending, light & shadow, composition and application techniques will be integrated into demonstrations and one to one guidance during each class. All levels of experience are welcome. **Fridays:** 1:00 pm - 3:00 pm

- Session A: January 10, 17, 24, 31, February 7, 14
- Session B: March 6, 13, 20, 27, April 3, 17
- Session C: May 8, 15, 22, 29, June 5, 12

Member Fee: $100 per session/Non-Member Fee: $125 per session
**SUNDAY CLASSES**

**Stained Glass**
With In-House Instructor
Whether a beginner or returning student, this class provides instruction in a workshop atmosphere. Learn the basics of design and fabrication of stained glass pieces in both two and three dimensions. Tools and equipment are available to try before purchasing your own. Methods to frame and hang pieces will be taught. New students should expect to spend $100 or more on hand tools and glass for projects. Please ask for materials/resource list when signing up.
*Class is limited to six students, reserve early.*
**Sundays:** 1:00pm - 3:30 pm
Session A: January 5, 12, 26, February 2, 9
Session B: March 1, 8, 15, 22, 29
Member Fee: $85 per session
Non-Member Fee: $110 per session

**ADULT WORKSHOPS**

**Mosaic & Tile Workshop** With Stella Castro
Using stained glass pieces (glass shards) and ceramic tiles (broken pieces) and broken plates, the class will cover a wooden box, serving tray, small table top, and/or terra cotta flower pot. Students can choose a wooden framed mirror, or simply create an artistically designed wall piece on a flat piece of wood. *Seats limited.*

**Saturdays:** 10:00 am - 12:30 pm or **Tuesdays:** 1:00 pm - 3:00 pm
Session A: May 19, May 26 (Tuesday)
Session B: May 23, May 30 (Saturday)
Member Fee: $60 per session
Non-Member Fee: $85 per session

**Lotus Painting & Meditation**
With Angela Strynkowski and Katrina Kuan
The Lotus flower is regarded in many different cultures, especially in eastern religions, as a symbol of purity, enlightenment, self-regeneration and rebirth. It grows in the mud, signifying our own human condition of experiencing our own hardships before reaching the stage of growth and enlightenment (just like how the lotus blossoms in the presence of light.) According to Buddhism, every person has the potential to become perfect and enlightened, and it is just a matter of time until each human reaches the light. Join Angela and Katrina in a meditation using the mantra *Om Mani Padme Hum,* followed by an hour of painting your very own symbolic and beautiful lotus.

**Friday:** 6:00 pm - 8:30 pm
Session A: March 6
Member Fee: $45
Non-Member Fee: $70

**Season of Memories - A program designed for those with memory loss and their care partners** With Christine O’Malley and Linda Weingarten
Join us for this special series designed to creatively engage those living with Alzheimer’s disease and other forms of memory loss and their care partners. Over four sessions, participants will have the chance for creative expression. A professional teaching artist, who has experience working with those with memory loss, will lead explorations of various techniques and media. You will create works of art while having opportunities for joyful engagement and collaboration. The series culminates in a celebration with light refreshments. No previous art experience needed.

**Tuesdays:** 2:00 pm - 3:00 pm
Session A: January 7, 14, 21, 28
Session B: February 4, 11, 18, 25
Session C: March 3, 10, 17, 24
Session D: May 12, 19, 26, June 2
**Admission is FREE. Space is limited. Preregistration required**
Golden Artist Lecture
With Roy Kinzer
In this lecture/demo we will explore the vast potential of GOLDEN Gels, Mediums, and Pastes. Many of GOLDEN’s products fall in the category of “Watermedia”. Come learn the wide range of techniques that can be used for, from traditional uses, to printing, to collage and much more. Did you know GOLDEN acrylic Gels, Mediums and Pastes are great adhesives for mixed media work? We will compare the slow drying OPEN Acrylic Colors with Heavy Body Acrylic Colors. We will also compare Fluid Acrylic Colors to High Flow Acrylics, which has an ink-like consistency. You will learn about controlling drying time, as well as techniques associated with oils, such as wet-into-wet and glazing. All participants receive a free packet of GOLDEN samples!
**Saturday**: 12:00 pm - 2:00 pm
Session A: February 1
Fee: $15

Ready or Not… So you want to promote your Art
With Holly Gordon, Kelly Bandalos, and Christine O’Malley
This workshop will erase the Not and provide you with insight and tools necessary to present your art and you…. putting yourself out there. This is a must-do foundation workshop for any artist who aspires a presence in the art world today. Comprehensive in scope and led by a team of experienced artist/educators, this workshop will cover the following: creating a cohesive portfolio; writing a cover letter, bio, artist statement; Curriculum Vitae (CV- resume); establishing your identity branding, logo, marketing; developing relationships with the press; social media (including FB, Instagram, YouTube, vimeo); exhibition opportunities (open calls, juried, art collective, commercial galleries); how and where to exhibit-differences between libraries, galleries, museums; promoting exhibit-writing press release and connecting with the media; preparing work for exhibitions-proper framing and wiring; and how to submit online to a juried show and/or respond to prospects. This comprehensive workshop will meet in the galleries of the Islip Art Museum.
**Wednesdays**: 5:00 pm - 7:00 pm
Session A: April 22, 29, May 6, 13, 20, 27
Member Fee: $300
Non-Member Fee: $375

Chakras, Meditation, and Art
With Angela Strynkowski and Katrina Kuan
Learn to ground and center your energy, unlock creativity and confidence, build vital strength within, open your heart to an All One connectedness, purify and speak your truth, enhance your intuition, and expand self-knowledge and connection to higher spirit. In this workshop, you will experience a full chakra meditation led by Angela in hopes to bring to light any blockages of the self physically, mentally, emotionally & spiritually. This cleansing meditation will be followed by a free flowing hour of painting colors of the chakras that you like or stood out to you during meditation. With the intention of working on our energy blockages, we learn to self-heal.
**Friday**: 6:00 pm - 8:30 pm
Session A: January 31
Member Fee: $45
Non-Member Fee: $70

Meditation in the Museum
With Angela Strynkowski
Please join Angela for a Monday Meditation in the Museum! We will begin with breath work and then a guided meditation leading into a silent meditation altogether. We will also practice Metta (Loving Kindness) Meditation and will have time for discussion and questions. No experience necessary!
**Tuesdays**: 7:00 pm - 8:15 pm
Session A: January 7
Session B: February 11
Session C: March 10
Session D: April 7
Session E: May 5
Member Fee: $15
Nonmembers: $25

Food Prep: Quick, Healthy, Affordable!
With Andrea Massop Ramos, M.S. Clinical Nutritionist and personal Chef
Join our interactive workshop creating foods, snacks, and treats for the picky eaters in your household. We will transform typical snacks and treats and add a healthy twist that will provide the necessary daily nutrients. Your family members won’t even have a clue that the delicious food or treat is actually healthy for them. Let’s have fun and provide a healthy lifestyle to our family members… Everyone will be HAPPY!
**Tuesdays**: 7:00 pm - 8:30 pm
Session A: March 3,10,17,24
Member Fee: $100
Non-Member Fee: $125
**Fiction Master Class Workshop**
With Jeannie Moon, USA Today bestselling author
Are you ready to take your writing to the next level? Join USA Today bestselling author Jeannie Moon for a deep dive into the craft of fiction. Each class will give participating authors a selection of tools for their writerly bag of tricks. In addition to the four classes, an online discussion group will foster a sense of community and encourage further growth and understanding of topics between sessions. Class size limited to 15.

**Session 1 - Core Elements: Advanced Goal, Motivation and Conflict**

**Session 2 - Compelling Characters: Connecting with Reader Emotions**

**Session 3 - The Devil is in the Details: Setting as a Character**

**Session 4 - Romance 101: It's Not What You Think**

**Saturdays**: 10:00 am - 12:00 pm
February 1, March 7, April 4, May 9
Member Fee: $150/Non-Member Fee: $200

**Collage Creativity Workshop**
With Stella Castro
Tap into your innermost creativity using a variety of found objects in your home. For example: paper greeting cards, broken jewelry, ribbon, dried flowers, photos, magazine clippings, tissue paper. You will create a unique, one of a kind realistic, and/or abstract work of art. Materials List: 8x10 or 9x12 frame, glue (Elmer’s or goop,) photos to work with. Other miscellaneous materials will be provided by the instructor.

**Saturdays**: 10:00 am - 12:30 pm
Session A: April 11, April 18
Member Fee: $60 per session/Non-Member Fee: $85 per session

**Sound Healing Meditation**
With Angela Strynkowski
Singing bowls produce sounds which invoke a deep state of relaxation to naturally assist one in entering into meditation. They are a quintessential aid to meditation and can be found on private Buddhist altars, temples, monasteries, and meditation halls throughout the world. In addition to their traditional usage for meditation, singing bowls are used for deep relaxation, stress reduction, holistic healing, Reiki, chakra balancing, and World music. Playing the bells usually causes an immediate centering effect. Meditation on the subtle sounds of the Tibetan singing bowl tunes one into the universal within and without. All are welcome. No experience with meditation necessary.

**Saturday**: 1:00 pm - 2:15 pm
Session A: January 4
Session B: February 8
Session C: March 7
Session D: April 11
Session E: May 9
Member Fee: $35/Non-Member Fee: $50

**Breast Cancer Yoga Workshop — Restorative Yoga for Survivors and their Caretakers**
With Angela Strynkowski
The vision for Breast Cancer Yoga is to offer “comfort and hope” to women in recovery. Breast Cancer Yoga combines gentle restorative yoga, special breathing exercises, and medicinal complementary therapies that support you in your recovery and healing on ALL levels. BCY shares healthy life choices based on reliable knowledge. Breast Cancer Yoga also offers healthy lifestyle tools for breast cancer prevention and recovery with therapeutic yoga poses and breathing exercises that bring together the mind, body and spirit.

**Saturdays/Sundays**: 1:00 pm - 2:30 pm
Session A: January 4
Session B: February 1
Session C: March 1 (Sunday)
Session D: April 4
Session E: May 3 (Sunday)
No Fee: All Breast Cancer Yoga workshops are offered by donation

**Karate and Self Defense for Women**
With Anthony D’Avino
Spiritual Development of individuality in Mind and Body. Traditional Karate including meditation, culture, basic karate and self-defense psychology. Each student will be taught at their level, basic punches, strikes and kicks. Wear loose fitting attire.

**Tuesdays**: 6:00 pm - 8:00 pm
Session A: February 4, 11, 18, 25, March 3, 10, 17, 24, 31
Session B: April 7, 14, 21, 28, May 5, 12, 19, 26
Session C: June 2, 9, 16, 23, 30, July 7, 14, 21, 28
Member Fee: $100
Non-Member Fee: $125

**Write, Illustrate, and Publish YOUR Children’s Book!**
With Meagan J. Meehan – Artist and author
This is a 8-week class where every participant will write and illustrate their own children’s book. At the end of the class, two copies of each book will be published. One the author will keep and the other will be donated to a local library. The total cost of the course is $480 and $60 per week payment plan is available.

**Saturdays**: 2:45 PM - 3:45 PM
March 14, 21, 28, April 4, 18, 25, May 2, 9
Fee: $60/week; reservations must be made in advance.