

*There's something for everyone!  
Experience, Express &  
Expand Your Creativity*

## IN THE GALLERY

### From the Street . . . Art & GRAFFITI Exhibit

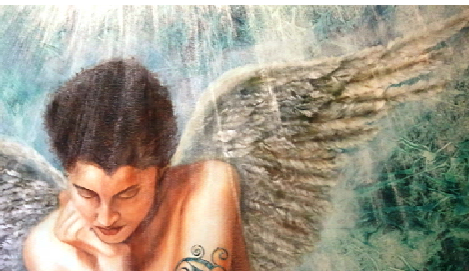
The art in this exhibit was created on the lawn during an outdoor street art festival. Featured artists are Jimmy Hughes, Wendi Johnson, Josh Lervezuk, Zach Miller, Eric Schantz, and Dave Smith. On exhibit through Sept. 27.

### Courage, Strength, Hope

A collaborative exhibit between Creative 360 and Shelterhouse, *Courage, Strength, and Hope* will be on display at C360 during Domestic Violence Awareness Month.

**Opening Reception: Monday, Oct. 3 / 6 – 7:30 pm**

### *Os Anjos Em Minha Vida (The Angels in My Life)* An Exhibit of the works of Zizelda Moreira



Zizelda Moreira was born and raised in Brazil and now lives in Midland. *Os Anjos Em Minha Vida (The Angels in My Life)* is her first exhibition. This exhibit is dedicated to the many people who have influenced her life as an artist, as well as the wonderful people she has met in Midland (Brazilians and Americans). They are all "angels" who have touched her life. Zizelda feels the presence of angels all around her in the U.S., and this has inspired her latest artwork.

**Opening Reception: Friday, Nov. 11 / 7 – 8:30 pm**

On exhibit through December 22

Opening night sponsored by Greystone Homes and Meta4.

*There is no charge for gallery exhibits, but donations are always gratefully accepted.*

**We need you!** In addition to fees for classes and events, Creative 360 relies on donations to support the gallery and other creative programs. It takes **\$0.26 per minute, \$15.60 per hour or \$374.40 per day** and your gift, no matter what size, makes a difference. For more information, contact Liz at [director@becreative360.org](mailto:director@becreative360.org) or 989.837.1885. Thank you!

## THEATRE & EVENTS

### *Murder Me, Murder Me, My Darling, My Darling*

A northern Michigan honeymoon turns to murder. Or was it murder? And, who did it? The audience votes to determine which Act 2 will be performed . . . there are four possibilities!

**Friday and Saturday, October 28 & 29/ 7:00 pm.**  
**\$29/\$26 members (includes dinner)**

### Poetry for Everybody, presented by Larry Levy

*"When a well-educated friend told me that she didn't 'get' poetry, that she found much of it confusing and distant, I wondered if she had been reading the wrong poems." – Larry Levy* Come and enjoy an old-fashioned poetry read-aloud. Selections will include poems by widely-known writers like Emily Dickinson, Ezra Pound, Theodore Roethke, Seamus Heaney, Mary Oliver, and Billy Collins, as well as a few by less-widely known writers, including several local poets and former students of mine. Maybe you will find a poem that speaks to you.

**Sunday, November 6, 4:00 pm**

**\$5 for adults; \$3 for students; \$10 for families of 3 or more**

### Arts Angel Award

During the November 11 reception for *Os Anjos Em Minha Vida (The Angels in My Life)*, Creative 360 honors our 4<sup>th</sup> annual Arts Angel award recipient, **Cynthia Keefe**, co-founder of the Creative Spirit Center, now Creative 360. This award is presented annually to the Great Lakes Bay Region artist whose direct contributions to arts education have assured opportunities for emerging artists and have furthered the advancement of the arts in the region.

### Rhyme and Wine

A taste of wine and a taste of poetry, featuring the work of Theodore Roethke, Saginaw-born, Pulitzer Prize winning poet. Join local poets who will read their favorite Roethke poetry and pour their favorite wines in this casual and fun afternoon dedicated to gaining an appreciation of the 'finer things in life.' This event is part of *The Theodore Roethke Poetry & Arts Festival, November 12-16, 2011.* [www.svsu.edu/roethke](http://www.svsu.edu/roethke).

**Sunday, Nov. 13 at Creative 360 / 3:00 pm**

**\$15/\$12 members**

### Shakespeare's *The Taming of the Shrew*

It's a battle of the sexes as the Pigeon Creek Shakespeare Company, Michigan's only year-round, touring professional Shakespeare Company, brings *The Taming of the Shrew* to Creative 360 this December.



The PCS Company offers this popular comedy in accessible, engaging original performance conditions. Bring your holiday guests to this special end-of-year treat. Please call for reservations 989/837-1885.

**Sunday, Dec. 4 / 2:00 – 4:00 pm**

**\$18/\$15 members includes afterglow and wassail bowl with the actors.**

### *The Nutcracker's Nuts (Holiday Dinner Theatre)*

Set in Michigan's northern lower peninsula, the residents of Simon's Rest Retirement Community are looking for a new production for their holiday show. They settle on *The Nutcracker*, not realizing it is a ballet! Much hilarity ensues during the process!

**Friday and Saturday, December 9 and 10 / 7:00 pm**

**\$29/\$26 members (includes dinner)**

**Sunday, December 11, 2:00 pm**

**\$26/\$23 members (includes brunch)**



# WELLNESS

## Reiki: Individual Sessions

A Reiki treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person: body, emotions, and mind creating beneficial effects that include relaxation and feelings of peace, security and well-being. Call 989/837-1885 to schedule a ½-hour session with certified practitioner Michele Belson.

**Tuesdays, between 2:00 and 7:30 pm**

**Donations are greatly appreciated**

## Seated Yoga

This class offers a program for beginners of simple stretches, breathing exercises, yoga postures and relaxation – all done while seated. Relax, reduce stress, renew, increase flexibility, and feel better! This class is suited for seniors, physically challenged and anyone wanting gentle exercise. With Kripalu certified instructor, Janet Love.

**Tuesdays / 10:00 – 11:15 am**

### Session I

**Sept. 6, 13, 20, 27, Oct. 4, 11, 18, 25**

**\$104/\$96 members; drop-ins \$15**

### Session II

**Nov. 1, 8, 15, 22, 29, Dec. 6, 13**

**\$91/\$84 members; drop-ins \$15**

## Relax and Renew – Restorative Yoga

When stress becomes chronic, a residue builds up in the body that can lead to disease. Researchers say that 80% of disease is caused by stress. The antidote to stress is relaxation. In this class the principles of yoga are used to alter the state of your body and your mind. This class is total relaxation and very little movement is done. If you feel weak, fatigued or stressed from your daily activities come join us. This class is also wonderful for those experiencing insomnia. No yoga experience is required. Wear comfortable clothing. With Kripalu certified instructor, Janet Love. *Due to the nature of this class, participation is limited to 12 students. Whenever possible, please pre-register to guarantee your spot.*

**Tuesdays / 6:00 – 7:30 pm**

### Session I

**Sept. 6, 13, 20, 27, Oct. 4, 11, 18**

**\$91/\$84 members; drop-ins \$15**

### Session II

**Nov. 1, 8, 15, 22, 29, Dec. 6, 13**

**\$91/\$84 members; drop-ins \$15**



## Kripalu Yoga for Health and Well-Being

If you are curious about yoga, here's an enjoyable and effective way to discover its many benefits. Have fun as you explore basic postures, simple breathing techniques, and your body's unique needs in this yoga class. Stretching, strengthening, breathing, and relaxation bring ease and balance into your life. With Kripalu certified instructor, Janet Love.

**Thursdays / 9:00 – 10:30 am**

### Session I

**Sept. 8, 15, 22, 29, Oct. 6, 13, 20, 27.**

**\$104/\$96 members, drop-ins \$15**

### Session II

**Nov. 3, 10, 17, Dec. 1, 8, 15.**

**\$78/\$72 members, drop-ins \$15**

***Note for all Yoga classes:** We now allow students who sign up for a session of Yoga to donate any unused classes. Contact the front desk for details.*



## Nia

Nia is movement set to music that uses movement forms based on dance, martial arts, and the healing arts as a pleasurable way to achieve lasting health, wellness and fitness. It engages all the joints in the body, and the cardiovascular system, to improve balance, flexibility, and agility. People of all shapes, sizes and fitness levels can enjoy Nia. With White Belt certified instructor Ann Butzler. Nia will continue through December. Contact Creative 360 times and dates.

**Wednesdays / 9:00 – 10:00 am**

**Session I / Sept. 7, 14, 21, 28**

**Saturdays / 9:00 – 10:00 am**

**Session I / Sept. 10, 17, 24**

**drop-ins \$10**

## PiYo with Michele Belson

PiYo is a unique class designed to build strength, gain flexibility, and strength. PiYo allows you to get a good workout but at the same time, you can breathe deep, heal, and relax your mind. With PiYo certified Michele Belson.

**Wednesdays, 9:15 – 10:30 am**

### Session I

**Sept. 7, 14, 21, 28, Oct. 5, 12, 19**

### Session II

**Oct. 26, Nov. 2, 9, 16, 30, Dec. 7, 14**

**\$63/56 members; drop-ins \$10**

## Meditation

This class is geared to beginners, but everyone is welcome. Learn to breathe and quiet the mind while learning to connect with yourself. We will use different meditation techniques help you to find the one that works best for you. With Michele Belson.

**First Wednesdays / 7:00 – 8:30 pm**

**Sept. 7, Oct. 5, Nov. 2, Dec. 7**

**\$12/\$10 members per class**

## Toning

This class is for women of all shapes and sizes. Come and find your inner Warrior. Use free weights and our body weight to tone muscles. This not an aerobics class and there are no steps to remember, it is toning only. With Michele Belson, certified Personal Trainer with the National Academy of Sports Medicine, and also certified in Reiki, PiYo, Meditation.

**Mondays, 9:15 – 10:30 am**

### Session I

**Sept. 12, 19, 26, Oct. 3, 10, 17, 24**

### Session II

**Oct. 31, Nov. 7, 14, 21, 28, Dec. 5, 12**

**Wednesdays, 5:30 – 6:45 pm**

### Session I

**Sept. 7, 14, 21, 28, Oct. 5, 12, 19**

### Session II

**Oct. 26, Nov. 2, 9, 16, 30, Dec. 7, 14**

**Fridays, 9:15 – 10:30 am**

### Session I

**Sept. 9, 16, 23, 30, Oct. 7, 14, 21**

### Session II

**Oct. 28, Nov. 4, 11, 18, Dec. 2, 9, 16**

**\$42/\$35 members per session**

**drop-ins \$7**

## Tai Chi for Health and Wellness



This ancient exercise invites the opening of mind, body and spirit with gentle movements that both energize and calm. Improve flexibility, balance, and muscle strength while transforming stress into relaxation and tranquility. All movement is accompanied by restorative music. Breathe, smile and

join in the dance. With Jan Fromhold.

**Wednesdays, 5:30 – 6:45 pm**

**JUST TRY IT!!! \$5 for everyone Sept. 7**

### Session I

**Sept. 14, 21, 28, Oct. 5, 12, 19**

### Session II

**Nov. 2, 9, 16, 30, Dec. 7, 14**

**\$66/\$60 members each session**

**drop-ins \$12**

# ARTS & HUMANITIES

## Women's Power Circle

This is a gathering for women who are seeking to find a higher part of themselves; who have dreams and goals; and are looking to surround themselves with like minded women. We will share dreams, goals, skills, businesses, classes, whatever comes up and brainstorm together to make it happen! We will support each other, share ideas and explore together. With love, compassion, and determination! Facilitated by Michele Belson.

**Saturdays, 10:30 – 12:00 pm**

**Sept. 24, Oct. 22, Nov. 19, Dec. 17**

**Donations are gratefully accepted.**



## Mondays are Midland's DIVA NIGHTS

The Belly Dance Divas® are Michigan's largest belly dance troupe, with a student body of over 500 women. Creative 360 is the Divas' Midland home.

### Midland Belly Dance Divas® Troupe

*Troupe Members Only.*

**Mondays, 6:00 – 7:00 pm.**

**Sept. 19, 26, Oct. 3, 10, 17, 24, Nov. 7, 14**

**\$76/\$66 members**

## Hip Hop Bellydance

Take upbeat hip hop, American, Middle Eastern, and Greek pop hits and add bellydance technique. You'll be dancing the whole class and not even realize you're getting a great workout. A fun approach to exercise!

**Mondays, 7:00 – 7:45 pm**

**Session I / Sept. 19, 26, Oct. 3, 10**

**Session II / Oct. 17, 24, Nov. 7, 14**

**\$38/\$33 members per session**

## Diva Dancers

Take your Hip Hop Bellydance techniques to the next level. Put your new moves to music and learn the Belly Dance Diva's choreographies! Pre-requisite - Two 4 week sessions of Hip Hop.

**Mondays, 7:45 – 8:30 pm**

**Session I / Sept. 19, 26, Oct. 3, 10**

**Session II / Oct. 17, 24, Nov. 7, 14**

**\$38/\$33 members per session**

**See you in class!**

## Riverside Writers

Embark on the endeavor of a lifetime - writing and sharing your stories. Anne McGeehan-Woodard will guide you on this fascinating journey that begins at Riverside Apartments.

**Tuesdays / 3:00 – 4:30 pm**

**Sept. 6, 13, 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 22, 29, Dec. 6, 13, 20**

**No charge, donations accepted**

## The Artist's Way

Discover and recover your creative self in a safe, warm supportive environment. We will use the book "The Artist's Way" by Julia Cameron. Participants are asked to purchase the book and read through week 1 prior to the first class. With Trisha Harner.

**Mondays / 9:30am-12:00pm**

**Sept. 19, 26, Oct. 3, 10, 17, 31**

**\$130/\$125 members**

## Walking in This World (sequel to The Artist's Way)

Julia Cameron's book, "Walking in This World" helps you with tools to live with a sense of wonder. With Trisha Harner.

**Tuesdays / 6:30 - 9:00pm**

**Sept. 20, 27, Oct. 4, 11, 18, Nov. 1**

**\$130/\$125 members**

## Herbal Remedies with Holly Agardy

Sept. 10 - Back Yard Medicinals

Sept. 24 - Wild Herbs for Vitality

Oct. 8 - Roots of the Earth

Oct. 22 - Medicinal Scents, Essential Oils

Nov. 12 - Medicine in Your Kitchen

Nov. 26 - Making Lip Balm and Soothing Salves\* *This class will be two hours long and will include a materials fee, making the cost of this class \$30/person.*

**Bi-weekly classes on Saturdays / 2:00 - 3:00 pm**

**\$10 each class except for Nov. 26 class**



## Mixed Media Sun Printing

Start with traditional Sunprints, bright blue paper exposed by sunlight or light bulbs and toss in the unexpected. Many interesting techniques will be explored as to take the timeless beauty of Sunprinting and ingenuity to make a unique mixed media work of art. No experience needed. With Chandra Jewell.

**Saturday, Sept. 24 / 3:30 – 5:30 pm**

**\$33/\$30 members**

## Henna Class 102 – Embellishments

For those that have taken the henna class and are interested in embellishments this is for you! Learn how to shade, two-tone, gild, and glitter with a few Swarovski crystals thrown in for good measure. Participants must come with two oxidized henna designs already in place (cured for two days.)

**Tuesday, September 27 / 6:30 - 8:00 pm**

**\$15/\$12 members plus \$13 materials fee**

## FP's Highland Dance Basics

National Highland dance competitor Lauren Rabine will introduce you to Highland Dance. This class is for beginners of all ages! This ancient dance form is very aerobic, and is a lot of fun!

**Saturdays / 1:30 – 2:30 pm**

**Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17, Jan. 14, 21, 28**

**\$85**

## Prime Time Hoofers - FP's Tap Dancing for Adults

Always wanted to get (back) into tap dancing? Now is your chance. Professional choreographer, Pennye Padgett will instruct. Great music! Great exercise! Great opportunity!

**Mondays / 7:00 - 8:00 pm**

**Oct. 10, 17, 24, Nov. 7, 14, 21**

**\$58/\$54 members**

## Swines Without Scripts – FP's Adult Improv Class

Play improvisational games led by instructor Denyse Clayton similar to those in popular television improv shows. Work as a group, think on your feet, gain confidence with your newfound skills and laugh! No experience necessary!

**Thursdays / 7:00 – 8:00 pm**

**Oct. 13, 20, 27, Nov. 3, 10, 17**

**\$58/\$54 members**

## Botanical Art: Drawing from the Harvest

Fruits and vegetables have long been favorite subjects for botanical artists. Celebrate the harvest while learning to draw a plant portrait of seasonal produce with colored pencils. Techniques such as color layering, burnishing, and incised lines will be used to make accurate, detailed drawings. All abilities. Supply list upon registration. Instructor: Barbara Holmer, BFA

**Mondays / 10:00 am - 2:30 pm 1/2 hour lunch break**

**Oct. 10, 17, 24, 31**

**\$150 plus \$10 materials fee**

## Create Homemade Christmas Cards

Create your own cards with that "WOW" factor. These easy to make unique cards will be cherished by family and friends. You will learn how to do some easy and fun stamping techniques too. With Cristy Davis, a *Close To My Heart Consultant*

**Wednesday, Nov. 9, 6:00 – 8:00 pm**

**\$22/\$20 members plus \$12 material fee**



# FLYING PIG THEATRE ACADEMY

## Bacon Bits

Calling all preschoolers who like to have fun! "Bacon Bits" is an introduction to theatre and the art of performing specially designed for pre-schoolers and non-readers. Students will use props and costume pieces to act out stories and practice the basics of theatre. This 45-minute class is perfect for the little 'ham' in your life! Ages 4-5. Denyse Clayton leads the adventure.

**Tuesdays, 9:00 – 9:45 pm OR 1:00 – 1:45 pm OR 4:15 – 5:00 pm**

**Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 29, Dec. 6, 13, Jan. 10, 17, 24**

**\$84 plus \$15 materials fee**

## Taking Flight

You don't need to audition to be part of this troupe. Just come and let your imagination fly! Begin by understanding the stories and their characters, learning stage movement and use of voice, doing improvisations and pantomime. Next, learn how to set the story on stage and have a hand in it all: plan and build sets and properties, design make-up, costumes, and wigs; and decide which sounds and lights will bring it all to life. At the end of the 13-week class, showcase your art to friends and family so that they can enjoy our flight of fancy. Ages 7-14.

**Thursdays, 4:30 – 6:30 pm**

**Oct. 6, 13, 20, 27, Nov. 3, 10, 17, Dec. 1, 8, 15, Jan. 12, 19, 26**

**\$168 plus \$15 materials fee**



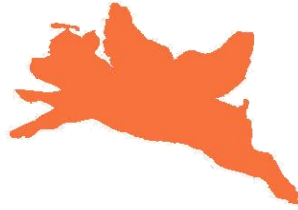
## Soaring on Stage

Come fly with us! *Soaring on Stage* is a production based class that takes elements and skills learned in "Taking Flight" and puts them to work. Class will culminate in a production performed at the Grace A. Dow Memorial Library. Ages 8-high school. Pre-requisite: completion of *Taking Flight* class or through private audition with teachers. Extra rehearsal dates closer to production will be required. Additional costume expense will occur.

**Mondays, 4:30 – 6:30 pm**

**Oct 3, 10, 17, 24, Nov. 7, 14, 28, Dec. 5, 12, Jan. 9, 16, 23, 30**

**\$195 plus \$20 materials fee**



## "GLEE" Experience

Love the TV show?? Middle and High Schoolers led by professional musician, Heather DeGroot, will learn great arrangements to popular songs as well as old standards. Add the choreography and WOW! Many outside performance opportunities during semester will be included. This one will fill up FAST! Register today!

**Thursdays, 7:00 – 8:30 pm**

**Oct. 6, 13, 20, 27, Nov. 3, 10, 17, Dec. 1, 8, 15, Jan. 12, 19, 26**

**\$195 plus \$20 materials fee**

## JR POMMERS

Attention 4<sup>th</sup> and 5<sup>th</sup> graders who are looking for a new creative, athletic activity. This class has been designed by following the advice of experienced Pom coaches and is led by Lauren Rabine, captain for her high school varsity Pom team for all 4 years and an All-Star Pommer. Lauren has designed and taught Pom clinics for elementary and middle school girls and is passionate about teaching pommers. Come have loads of fun getting fit while creating athletic performances to great music! You will receive a t-shirt and poms!

**Saturdays, 10:30 – 11:30 am**

**Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17, Jan. 14, 21, 28**

**\$85 plus \$20 materials fee**

## Hoofing It

Not just your ordinary dance class! Instructor Lauren Rabine provides the opportunity to explore dance and choreography. Performance elements of musical theatre will be introduced as we learn basic choreography and develop improvisation skills, all set to classic and modern musical scores. Students will choose their favorites to showcase at the end of the session. Ages 7-14.

**Saturdays, 12:00 – 1:00 pm**

**Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17, Jan. 14, 21, 28**

**\$85 plus \$15 materials fee**

## FP's Highland Dance Basics

National Highland dance competitor Laruen Rabine will introduce you to Highland Dance. This class is for beginners of all ages; even adults! This ancient dance form is very aerobic, and is a lot of fun!

**Saturdays, 1:30 – 2:30 pm**

**Oct. 8, 15, 22, 29, Nov. 5, 12, 19, Dec. 3, 10, 17, Jan. 14, 21, 28**

**\$85 plus \$15 materials fee**

# SCHOOL'S OUT!

The Flying Pig Experience! You've heard about the Flying Pig Theatre Academy but wanted to know more? No school on a Monday is your invitation into the fabulous world of theatre and fun. Call ahead, space is limited. Bring a lunch. Ages 8-14.

**Monday, Sept. 19 / 9:00 am – 4:00 pm**

**\$50 plus \$8 materials**



It's time to explore the world of ick! You will make glow in the dark slime, create your own edible Halloween house and have more icky adventures. Ages 6-12.

**Friday, Oct. 14 / 9:00 am – 12:30 pm**

**\$25 plus \$10 materials**

It's Rainbow Parfait Explosion time! Get ready for an interrelated arts adventure where you explore the creative process; paint a micro masterpiece on canvas, make wild and wacky pencil top mutants, write, move, and more! Ages 6-12.

**Tuesday, Nov. 8 / 12:30 - 4:00 pm**

**\$25 plus \$10 materials**

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[www.becreative360.org](http://www.becreative360.org)

*formerly Creative Spirit Center*



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