



Creative 360's Express Yourself Artshop provides a creative arts experience to those with mental, physical and intellectual challenges. Everyone is welcome to join a class, especially if you prefer a more relaxed pace as you create. Artshop is a safe and caring community of teachers, artists, students and staff that encourage and promote each person's self-expression through the arts.

*Pricing reflects a \$3 per class discount on cash/check transactions. Those with Medicaid Insurance may choose to utilize part of their Community Living Supports budget for inclusion in the program. Scholarships may be available.*

## **MONDAYS**

**January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3, 10, 17, 24 -- 16 week session**

### **Strength, Stretch and Movement**

This full body workout will improve flexibility, coordination, balance and posture using techniques from Pilates, step aerobics, Yoga, and dance. Learn a variety of fun ways to stay active! Mats provided. Please wear comfortable clothing. With Megan McGee. 10:00 - 11:00 am / \$80

### **Pinterest Projects**

We take the mystery out of Pinterest projects with an easy, step-by-step approach. Create fun and functional items for yourself, your home and to give as gifts. Turn ordinary materials into extraordinary art! With Cat Millard. 10:00 - 11:30 am / \$85



### **Fimo Clay Figures**

Use fimo clay to create a variety of objects like small vases and jars, animals, wearable accessories, and more. Discover how to roll out and shape the clay, use tools to add detail and texture, bond pieces together, and bake and seal your creations. With Cat Millard. Noon - 1:30 pm / \$85

### **Watercolor Expressions**

Explore with watercolor paints! Learn about the color wheel, discover how to mix colors, learn about basic techniques such as washes, blending, brushstrokes, creating texture, and combine ink markers and watercolors. Experienced students will work on more advanced techniques. With Allise Noble. Noon - 1:30 pm / \$85



### **Creating Clay Jewelry**

Learn how to make beautiful pendants for jewelry using fimo clay and silicone molds. You will take home unique gifts for friends and family or artistic pieces to wear yourself. With Diana Bradley. 2:00 - 3:30 pm / \$85

## **Glass Painting**

Have fun painting a variety of glass objects and learn painting techniques, types of paint to use, surface preparation, and finishing. Projects include vases, rose bowls, plates, and much more! With Diana Bradley. 3:45 - 5:15 pm / \$85

## **Bead Night**

Learn to create unique jewelry with memory wire, beautiful beads, and pendants to make bracelets and necklaces to keep for yourself or give as gifts. Please bring your own beads. Memory wire is provided. With Diana Bradley. 5:45 - 7:15 pm / \$85

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## **TUESDAYS**

**January 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 14, 21, 28, April 4, 11, 18, 25 -- 16 week session**

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## **Woodshop AM**

Explore the beauty of wood by designing, constructing, and painting your own projects. Students use hand tools, hand-held drills, circular saws, and jig-saws. Kits and wood pieces are supplied, but students may bring in their own materials for custom projects. With George Patton. Limit 6 students. 9:30 - 11:00 am / \$85

## **Music Jam Session**

Have fun singing, moving, and making music with a variety of instruments in a structured setting. Musical skills are not required. Music making helps each person address social, communication, motor and emotional identification skills, and develop self-expression. With Sunghui Lee, Board Certified Music Therapist. Limit 10 students. 10:00 - 11:00 am / \$90

## **Dance Party**

Come join the dance party! Enjoy smiles and laughter, get a great work out, and learn some new moves to show off at your next event. Favorite hits fill the room. Don't be surprised if you hear the Hokey Pokey or Locomotion! With Megan McGee. 11:00 am – Noon / \$80

## **Wire Wrap Jewelry**

Learn wire wrapping techniques while completing a variety of projects designed to use these skills. Learn how to measure and cut wire, create designs and shapes by bending and wrapping wire, and even how to create jewelry clasps. Projects include wire wrapped bangle bracelets, coin pendants and rings. With Patricia Peters. Limit 6 students. Noon - 1:30 pm / \$85



## **Scrapbooking and Paper Crafting**

Bring photographs from home to create a 12"x12" scrapbook (provided). You also have the option to work on fun paper-crafting projects, including making a piñata! With Shana Holet. 1:45 - 3:15 pm / \$85

## Do It Yourself Décor



Learn how to make unique decorations and functional accessories to fill your home with inspiration and creativity. The projects also make wonderful gifts for friends and family. With Shana Holet. 3:30 - 5:00 pm / \$85

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## WEDNESDAYS

January 11, 18, 25, February 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 5, 12, 19, 26 -- 16 week session

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### Exploring Art

Enjoy experimenting with a variety of artistic media — watercolor, charcoal, paint and wood — with a goal of finding out what art form interests you most. With George Patton. 9:30 - 11:30 am / \$90

### Sewing

Learn the basics of both hand and machine sewing and create a variety of projects. Great for beginners and experienced students alike. With fiber artist Mary Brown. Limit 6 students. 9:30 - 11:00 am / \$65

### Experiencing Mixed Media

This class offers a great opportunity to learn and experience a variety of techniques from a skilled and imaginative artist. Create wood assemblages, sculpt with clay, and make macramé projects like woven jewelry. Projects will be tailored to fit all ability levels. With Clester Croslin. Noon - 1:30 pm / \$85

### Ceramics Session I

Select a pre-molded ceramic piece that captures your imagination, choose paint colors, and then start painting! You will have wonderful pieces to keep or give as special gifts. Experienced students will learn more advanced techniques. With Diana Bradley. Limit 10 students. 1:45 - 3:15 pm / \$85



### Ceramics Session II

See description above. With Diana Bradley. Limit 10 students. 3:45 - 5:15 pm / \$85

### Creativity & Confidence Beauty and Skin Care



Learn about skin care and makeup application through both demonstration and hands-on practice. Try different types of makeup to discover the looks you like best. With makeup artist Amber Murphy. 4:30 - 6:00 pm / \$85

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## THURSDAYS

January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20, 27 -- 16 week session.

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### Healthy Moves

Try out many different ways to exercise, reduce stress, and feel healthier and happier. Experience yoga, tai chi, dance, and chi gong. With various instructors. 11:30 am - 12:30 pm / \$80

### ACTing Class

Explore the exciting world of drama through creative game play, short stories, props, and your imagination. With Amy Behrens and Jeff Simmons. 12:30 - 1:30 pm

/ \$85

### Woodshop Early Afternoon

Explore the beauty of wood by designing, constructing, and painting your own projects. Students use hand tools, hand-held drills, circular saws, and jig-saws. Kits and wood pieces are supplied, but students may bring in their own materials for custom projects. With George Patton. Limit 6 students. 2:00 – 3:30 pm / \$85

### Woodshop Late Afternoon

See description above. Limit 6 students. 4:00 – 5:30 pm / \$85

## ARTSHOP WORKSHOPS

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### Full Face Portrait Drawing

Learn a step-by-step process for drawing a face in front, profile and quarter views. The face is just a variation of circles and squares. After this course, you will easily recognize how to draw faces and impress others with your new portrait know-how. With Heather-Dawn Deogracia. Friday, January 27 / Noon - 2:00 pm / \$20

### Candy Making – Valentines & Easter

Make colorful and delicious sweets to give as gifts for others and yourself. Diana Bradley will be your guides for this class in confection! Bring two cookie sheets. Pre-registration required.

Tuesdays 2:00 – 4:00 pm / \$15 each day

**Sweet Valentine – February 7** · **Easter Treats – April 11**



### Creative Canvas Events

Artist and Artshop Coordinator Allise Noble guides you as you create an 11x14 acrylic painting on canvas.

Learn techniques such as brushstrokes and blending

colors. All materials provided, just bring your creativity! Wednesdays 5:45 - 7:45 pm / \$20 each date

**Playful Panda / February 8** · **Field of Flowers / March 22**

### **Red Roses Floral Drawing**

Learn to draw magnificent roses with step-by-step instruction. Combine graphite drawing with ink and colored pencil for beautiful results. This class will be fun for those with any skill level. With Heather-Dawn Deogracia. Friday, February 10 / Noon - 2:00 pm / \$20

### **Make Your Own Lipstick!**

Create your own lip color using coconut oil, crayons and fun flavored extracts. This homemade lipstick is fun to use, easy to make and also makes wonderful gifts. With makeup artist Amber Murphy. Wednesday, February 22 / 6:30 - 8:00 pm / \$15 + \$5 materials

### **Imaginative Illustration**

Illustration is a fun drawing style that is easy to learn, and great for expressing your imagination. Let your creative nature guide you into a new medium. With Heather-Dawn Deogracia. Friday, February 24 / Noon - 2:00 pm / \$20

### **Start Your Comic Strip!**

Begin a new adventure and learn how to start your own comic strip! Express yourself with words, drawings and characters. This start-to-finish method is easy to follow for any level of artist. Instruction includes how to build a script and express your own story through drawing. With graphic novel artist Heather-Dawn Deogracia. Friday, March 10 / Noon - 2:00 pm / \$20

### **Easter T-Shirt Decorating**

Tell us your T-shirt size and we will have it prepped and ready for you to decorate with all things rabbit! With Diana Bradley and Diane Conklin. Tuesday, April 4 / 2:00 – 4:00 pm / \$15

### **Butterfly Treasures**

Drawing butterflies is easy and fun when you learn the basic shapes and colors, then move forward with step-by-step instruction in how to make your own beautiful creations. With Heather-Dawn Deogracia. Friday, April 21 / Noon - 2:00 pm / \$20

## **FIND US ONLINE!**

### **Express Yourself Artshop Virtual Gallery**

[facebook.com/groups/Artshop Gallery](https://www.facebook.com/groups/ArtshopGallery) —Purchase original art and handmade pieces created by our talented Artshop students. Your purchase benefits Creative 360's Artshop program as well as the artists.

### **Express Yourself Artshop Redbubble Shop**

[redbubble.com/people/ArtshopC360](https://www.redbubble.com/people/ArtshopC360) — Purchase clothing, mugs, tote bags, phone cases, and stationary covered in high quality prints of our students' artwork. These beautiful items make unique gifts, and help to benefit a life changing program.

