



## FALL 2019

Express Yourself Artshop provides opportunities for arts education to people of all ages and abilities including those with disabilities. An Inclusive program, everyone is welcome to join an Artshop class or workshop, especially if you prefer a more relaxed pace as you create. Artshop is a caring community of teachers, artists, students and staff that encourage and promote each person's self-expression.

### Pre-registration required for all classes and workshops.

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

MONDAYS: September 9, 16, 23, 30, October 7, 14, 21, 28, November 4, 11, 18, (NO 25), December 2, 9, 16 — 14 week session

**Woodshop AM I** — Design, construct, and paint or stain your own projects using hand tools, hand-held drills, circular saws, and jig-saws. Select from wood pieces on hand or bring in your own supplies. Your only limit is your imagination! With George Patton. *Limit 6 students.* 9:30-11:00 am / \$105 (More Woodshop classes offered Tuesdays, Thursdays and Fridays)

**Cord Corrals** — Upcycle toilet paper rolls with fabric, ribbon, buttons and gems to create cute holders to keep your cords, ear buds, and chargers organized. Students will go home with a collection of cord corrals to use for themselves or give as gifts. With Mary Brown. *This class meets 3 weeks September 9, 16, 23.* 9:30-11:00 am / \$25

**Holiday Crafts** — Get in the spirit and learn a variety of crafting techniques as you make seasonal projects such as masks, decorative pumpkins, collaged holiday cards, and more.



With Christiana Malacara. 11:15 am-12:45 pm / \$105

**Afternoon Sing Along** — **Let your voice be heard! You'll love these familiar songs and old favorites.** Singing is a joyous way for all of us to bond with laughter and music. With Carol Rumba. 12:00-1:00 pm / \$96

**Painting** — Learn acrylic painting techniques with a variety of projects as you explore brushstrokes, blending, color mixing, using paint sticks and more. Projects are enjoyable for beginner as well as more experienced students. With Christiana Malacara. 1:00-2:30 pm / \$105 + \$15 materials

**Unconventional Art** — Try a variety of creative art techniques that focus on using your imagination. Students will explore painting with alcohol ink, collage, surrealism, collaborative art, abstract painting and more! With Christiana Malacara. 2:45-4:15 pm / \$105

**Strengthen, Stretch, and Move** — This full body workout can 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. Wear comfortable clothing. With Megan Marino. 3:30-4:30 pm / \$96



TUESDAYS: September 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, (NO 26) December 3, 10, 17 — 14 week session

**Woodshop AM II** — See Monday's description. With George Patton. *Limit 6 students.* 9:30-11:00 am / \$105

**Gorgeous Gifts** — Make a variety of fun and affordable craft projects that can easily be recreated at home. You will also try out many delicious homemade candy recipes. These projects make quality creations you can give as thoughtful gifts, sell, or enjoy yourself. With "LB" Sullivan, Disability Network's Peer Support Lead Specialist. 9:30-11:00 am / \$105

**Music Jam Session** — Have fun singing, moving, and making music with instruments. Music making helps each person address social, motor, communication, and emotional identification skills and develop self-expression. With Sunghui Lee, Board Certified Music Therapist. *Limit 10 students.* 10:00-11:00 am / \$105

**Cooking Made Easy** — Learn how to cook healthy meals and snacks using fresh ingredients as you gain insight into how to shop smart and meal plan for the week using sales and local produce. Students will practice **holiday favorites and celebrate the skills they've learned with a Thanksgiving dinner party.** 11:30 am-1:30 pm / \$120 + \$15 materials

**Zumba** — Join the dance party! Get a great work out while you follow choreographed routines set to energetic music. Improve your health, flexibility and coordination in a fun way. With Renee Rosecrans. 1:00-2:00 pm / \$96

**Nature Inspired Art** — Draw from the wonder of nature as you create projects in a variety of mediums. Students will create leaf printed clay trays, rain sticks, wearable art, and more! With Renee Rosecrans. 2:15-3:45 pm / \$105



**Let's Dance!** — Get a great workout as you learn a special dance as a group! Students will have the opportunity to perform their dance routine in a recital on the last day of class. With Renee Rosecrans. 4:00-5:00 pm / \$96

WEDNESDAYS: September 11, 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20, (NO 27), December 4, 11, 18 — 14 week session



**Exploring Art** — Anything goes in this class! Enjoy experimenting with a variety of artistic media: watercolor, acrylic, pastels, pottery and wood with a goal of finding out what art form interests you most. With George Patton. 9:30-11:00 am / \$105

**Ceramic Cereal Bowls** — Make ceramic glazed cereal bowls using hand building techniques. You may keep them for your own home or give them away as unique and thoughtful gifts! With Shelby Hatt. 11:30 am-1:00 pm / \$105

**Beginning Line Dancing** — Have fun grooving with a group while you learn a variety of choreographed moves to energetic music. Great for all skill levels and abilities. Moves will be taught step-by-step at a comfortable pace. With Linda Graff. 1:00-2:00 pm / \$96

**Rattled!** — Learn how to make a decorative sitting rattle, used for relaxation and calming the mind. Great for those with sensory or focus issues. Use either the pinch pot or ball technique. Carve, glaze, and add decoration to your rattle. With Shelby Hatt. 1:15-2:45 pm / \$105

**My Pet Monster** — Create a medium-large sized stuffed creature from your imagination out of fabric and mixed media. You will learn basic sewing and construction techniques, and the projects will be

adaptable to each person's comfort level with hand sewing. With Shelby Hatt. 3:00-4:30 pm / \$96

THURSDAYS: September 12, 19, 26, October 3, 10, 17, 24, 31, November 7, 14, 21 (NO 28), December 5, 12, 19 — 14 week session

**Ceramics** — You will work on a series of ceramics projects, following along with the instructor step-by-step as you learn basic acrylic painting techniques. Take your ceramics to the next level by adding to the design using paint pouring and other unique techniques, creating bases and adding mixed media decoration. With Shelby Hatt. 10:00-11:30 am / \$105 + \$10 materials

**Healthy Moves** — Fight the afternoon energy crash and get moving! Try different ways to exercise, reduce stress and feel happier with dynamic dance and movement games. With Nicki Suppes, Certified Yoga Instructor. 11:30 am-12:30 pm / \$96

**Artshop Community Theatre (ACTing)** — Experience the exciting world of drama as you put on a play from start to finish, including costumes, makeup and set design. Learn how to act expressively and memorize lines to the best of your ability. *Backstage roles are available for those who don't want to perform on stage. See separate set/costume class below.* With Jeff Simmons. 12:30-2:00 pm. Meets 2x/week on Thursday & Friday. /\$105

**ACT Costume and Set Design** — Work with Artshop's Community Theatre group and get creative as you create sets, props, and costumes for their performance. Learn a wide array of design and construction skills, and show off your hard work at the end of the year performance on December 20. With Shelby Hatt. 12:30-2:00 pm / \$105

**Creative Minds** — Learn new art techniques as you complete projects inspired by artists from the present and past. Become inspired by the masters as you develop your own unique style.

**There will be a special focus on famous artists with disabilities. Let's explore art together!**

With Allise Noble. 2:15-3:45 pm / \$105

**Woodshop PM I** — See Monday's description. With George Patton. *Limit 6 students.*

4:00-5:30 pm / \$105



FRIDAYS: September 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 22 (NO 29), December 6, 13, 20 — 14 week session



**Artshop Community Theatre (ACTing)** — See Thursday's description. 12:30-2:00 pm. Meets 2x/week on Thursday & Friday.

**Woodshop PM II** — See Monday's description. With George Patton. *Limit 6 students.* 4:30-6:00 pm / \$105

# SPECIAL ARTSHOP EVENTS



**ARTSHOP TALENT SHOW** Our Artshop crew is a gifted bunch, and some may even have some hidden talents! Students will have the opportunity to perform their talent! Call 989-837-1885 if you would like to be added to the list. Thursday, October 24 / 6:00-8:00 pm

**FALL ART AND CRAFT FAIR** Come snag unique original art and crafts created by our Artshop students and staff, and 18 local artists. We will have a bake sale going during the event as well as entertainment. Our ACTing class will perform skits at noon, and there will be an open mic at 2:00 pm. A make-and-take craft will be available to keep kids occupied while the grownups shop! Proceeds benefit the Express Yourself Artshop program. Saturday, November 9 / 10:00 am-4:00 pm

**HOLIDAY PARTY** Enjoy food, friends, and fun as we get together one last time in 2019 to celebrate the holiday season. It is a potluck lunch, so please bring something to pass. Our Artshop Community Theatre will give a short performance. *All are welcome, but please let us know you are coming!* Friday, December 20 / 1:00-3:00 pm

# ARTSHOP WORKSHOPS Pre-registration Required 989-837-1885

## GORGEOUS GLASS PAINTING

Spend an afternoon creating a decorative design on glassware. You will learn about surface prep, brushstrokes, blending, creating patterns and how to bake the pieces for scratch resistance and durability. With Megan McMullen.

Saturdays 12:00-2:00 pm / \$35 each day

October 19 – Jack-O-Lantern Stemless Glasses Set of 4

December 7- Christmas Bulbs Set of 6



## CREATIVE CANVAS EVENTS

Artist and Artshop Program Coordinator Allise Noble guides you step-by-step as you paint an 11x14 canvas. Learn acrylic painting techniques such as brushstrokes and color blending. Templates and outlines are provided in addition to all the materials needed. Paint markers will be an option for fine details if you like. All ages welcome. Pre-registration required.

Tuesdays 6:00-8:00 pm / \$20 each day

October 22 · Sugar Skull / November 12 · Floating Leaves / December 10 · Mid-Century Modern Cardinal

## HALLOWEEN MASK MAKING

Decorate your own unique mask as the perfect complement to your Halloween costume or to hang on the wall as a decoration. All materials provided, but you are welcome to bring in special decorative objects or materials from home if desired. With Gene Miller. All ages welcome. Pre-registration required. Tuesday, October 15 / 6:00-8:00 pm / \$20



## MAKING A MARK

Learn to build images from the background up in this collaborative group workshop. Using water-based paints and inks, **you will go from a blank 16"x20" canvas to a collection of different colors** and shapes that can either be a complete picture or the background for a distinctive composition. All materials are provided and students are to bring in sketches or images to work from. With Tisch M. Lewis, SVSU University Art Gallery Coordinator.

Saturday, November 16 / 1:00-5:00 pm / \$45

## CHRISTMAS CERAMICS PAINTING

### Christmas Tree Ornaments

Choose from a variety of fun designs and paint up to 6 ceramic ornaments. Learn about base coats, sealing, and basic acrylic painting techniques. All ages welcome. With Shelly Kontak. Tuesday, December 3 / 5:00-8:00 pm / \$35

### Nativity Figures Set of 6

Paint your own nativity: Mary holding her baby, Joseph, 3 Wise men, and an Angel. Students will learn about base coats, sealing, dry brushing with metallics and other acrylic painting techniques. With Shelly Kontak.

Wednesday, December 11 / 5:00-8:00 pm / \$40

## MARVELOUS MOSAICS

Create a shimmering mosaic design on glass plates using flatback marbles. You will be guided through projects step-by-step as you learn how to use small parts to create a cohesive design. Students will have the option to use Christmas colors to make a holiday decoration. The project could also make a great gift! With Shelly Kontak. Tuesday, December 17 / 6:00-8:00 pm / \$20



## FIND US ONLINE!

Shop original student artwork and designs. Your purchase benefits both our Artshop program and the student artists!

- [ArtshopC360.redbubble.com](http://ArtshopC360.redbubble.com)
- [eBay.com/usr/ArtshopC360](http://eBay.com/usr/ArtshopC360)
- [Facebook.com/Groups/ArtshopGallery](http://Facebook.com/Groups/ArtshopGallery)



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