

# CREATIVE/EXPRESSIVE CLASSES

## SUMMER 2024 DETAILS

NEW!

### Creative Movement

Exercise Level 1-3

Nourish your brain and body through dance!  
We dance together and experience the joy of movement and music. I guide you through exercises that help you attend to your own body - to help you refine/ re-find your sense of bodily connection -rooting, expanding, releasing, folding, unfolding, from soft somatic explorations to lines and shapes expressed in space. The class is designed so you can fully join in (seated or standing) while self-managing your energy and pace. I introduce moderately challenging and fun exercises to keep us on our toes and some cool grooves informed by a diversity of dance styles where we explore a range of sensations, coordinations and rhythms. I carve out time for guided improvisation to music where you can explore and express your imagination in synergy with your body.

Fridays weekly | 2:30-3:30PM  
Instructor: Claire French

NEW!

### Empowering Expression: Writing & Creating to Boost Wellness

Join the therapeutic group, Empowering Expression, curated to nourish your authentic self, inner artist, and writer. Each week, engage in diverse writing exercises and creative arts, designed to foster self-expression, mindfulness, emotional resilience, and interpersonal connection. We will use the power of creativity as a tool for nurturing the mind, body, and soul while making sense of life experiences. Allow yourself the space to sit with and express the hard stuff, setting aside judgment. Join us in this safe and supportive online space to connect with fellow individuals navigating the complexities of managing or caring for someone with a neurological condition.

All are welcome! No writing or art-making experience is necessary!

Tuesdays weekly | 2:00-3:30PM  
Instructor: Tessa Keime

NEW!

### Zentangle: Playing with Patterns

Mondays bi-weekly | 4:00-5:00PM  
Instructor: Natasha Dash

Unlock your creativity and develop your artistic expression with Certified Zentangle® Teacher, Natasha Dash, in these 1hr Zentangle classes. No drawing experience needed!

Zentangle is a method of drawing that follows eight basic steps. It is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns which are called tangles. Tangles are created using a series of steps and elemental strokes similar to an i s c o (or dots, lines, simple curves, s-curve, and orbs).

Zentangle art is non-representational. It does not require a lot of supplies or materials, and it can be done anywhere. There are no erasers in Zentangle because the idea is that while you are tangling, there are "no mistakes, only opportunities". With this mind-set, tangles avoid self-criticism, self-doubt, and fear of failure.

### Art From the Heart

Tuesdays weekly | 9:00-10:30 AM  
Thursdays weekly | 10:30AM-12:00PM | 12:30-2:15PM  
Instructor: Mady Mooney

Visual arts can offer you a support system that honours your feelings, emotions and allows for needed time out. Creating art can also result in a sense of relief as well as give rise to positive mental states. The arts are also a great distraction and, of course, they let us use our brain in new ways.

Join Mady Mooney, art therapist, for a series of classes. Throughout your journey, you will build a relationship that includes a level of safety and comfort for you to create intuitive, symbolic art. Please note that artistic skills are not required and it is impossible to create anything that is not correct. You will be invited to create a scribble drawing, a mandala, a painting while listening to music, and intuitive paintings that express a topic of special meaning to you.

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### Artful Living

**Fridays weekly | 11:00AM-12:30PM**  
**Instructor: Jean Ward**

The first half of each Artful Living class is for Show and Tell. It's accountability time for each class member to share briefly what they chose to do during the week from the list of proposed homework items from the week before that boosts brain wellness and fosters creativity. Show and Tell is such a fun time to learn about new things, new resources and a time to celebrate creativity with one another.

The other half of the class we dive deeply into the life of the artist we're learning about that term. We learn about their lives, the people they loved, the historical world in which they lived, and about what inspired and influenced their art. There is always great conversation and discussion about things that are interesting, meaningful and important. Most of all, Artful Living invites each of us to Connect, get Creative and Curious!

### Brain Wellness Book Club

**Saturdays monthly | 10:00-11:00AM**  
**Instructor: Angela Warner**

Engage your brain and meet new people by joining our Brain Wellness Book Club, where a different book is discussed each month. Books are chosen by the club members, so come ready with your suggestions! Please note, all books are also available as eBooks and audiobooks. Meetings will begin with a few prepared questions posed by the moderator, before the discussion is thrown open to the group. We aim to challenge assumptions and reflect on life's essential questions, while forging new friendships.

#### **Summer 2024 Book List:**

May 18: Hamnet by Maggie O'Farrell

June 15: The Moment of Lift by Melinda Gates

July 20: A Bakery in Paris by Aimie K. Runyan (\*Participant's Choice\*)

### Crafters for a Cause

**Mondays monthly | 3:30-4:30PM**  
**May 27, June 24**  
**Instructor: Elaine Book**

Calling all crafters to come together once a month. Knit, crochet, needlepoint, sew, felt, pottery, card making, beading, drawing...anything goes and the sky is the limit! Meet other craft minded people, get inspired, learn from each other and pay it forward! We create individually, collect it together and then contribute it back to the community in a meaningful way.

We also bring in guest speakers with inspiring stories and talents!

No experience necessary as we tap into our individual talents to help others out.

Feeling good by doing good!

### Gardening and Cooking in Season

**Wednesdays weekly | 3:00-4:00PM**  
**Instructor: Joanna Wilke**

The benefits of gardening are enormous and everyone who gardens finds something to meet their own needs and interests. In this weekly class we explore those benefits together and encourage each other to experiment, explore and have fun in the garden. We look at ways to improve our diets through cooking in season or growing our own food. No experience is required, nor is having your own garden - all levels of experience are welcomed and valuable to our group!

The focus of our classes moves with the seasonal changes. In the upcoming spring/summer session some of the topics we will cover include:

- growing tomatoes from start to finish
- vermicompost & its benefits
- lovely lavender - how to grow it and its uses
- how to help your garden when you're off on a trip .... and more!

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### Improv for Brain Health

**Tuesdays weekly | 12:30-2:00PM**  
**Instructor: Brent Hirose & Sarah Ferguson**

Tightrope Impro Theatre teachers will lead participants through improvisation games and exercises to foster the skills of presence, listening, and spontaneity. This workshop series will help you cope with anxiety, fear and overthinking by celebrating failure and being in the moment. It will encourage you to discover the joy in collaborating with others and to apply this approach in overcoming isolation and the discouraging effects of living with compromised brain health.

No previous experience necessary.

### Living Your Best

**Tuesdays bi-weekly | 10:00-11:30AM**  
**Instructor: Jillian Wagg**

Pain Reprocessing Therapy:

Learn about this new therapy which is helping people with chronic pain reduce their pain and manage their symptoms. This therapy can be used for anxiety, depression, fatigue, mild or chronic pain symptoms, and for anyone who is curious about the mind and body connection. Learn about neuroplastic pain, and how to soothe the body and reduce the fear and anxiety around both physical and emotional pain.

Who is this workshop for? Anyone who experiences chronic pain (back pain, headaches, TMJ) or chronic fatigue, anyone who experiences anxiety and depression, those who support others, and those who are curious about the brain and body connection to pain. This course will be largely psycho-educational with space to support each other in the journey. Education will be provided about both physical and emotional pain, and tools in class and outside of class will be used to change the relationship to your pain.

### Mindfulness

**Tuesdays weekly | 4:00-5:30PM**  
**Instructor: Linda Turner**

This Mindfulness Based Stress Reduction (MBSR) course is based on the work of Dr. Jon Kabat-Zinn from the University of Massachusetts. MBSR has been extensively studied and evaluated and has been found to be effective in helping people discover their personal resources to help them.

There is more right with you than wrong with you no matter what your problems are. Problems can be worked with, and this course is an opportunity to do that in a supportive environment. Meditative awareness is fundamental in this work since the present moment is the only time anyone ever has to perceive, learn, grow or change.

The program will introduce meditative practices slowly to encourage and support practice and self discovery for participants. We will explore techniques such as the body scan, sitting meditation, loving kindness meditation and mindful body movements. The class is open to beginners and advanced meditators alike.

### SongShine

**Wednesdays weekly | 1:00-2:00PM**  
**Instructor: Joani Bye**

This program harnesses the power of the brain, breath, and emotion to reclaim voices. Joani Bye will engage participants in uplifting sessions of SongShine, a program using singing, breath work, diction, articulation, and creative imagination exercises to strengthen voices affected by Parkinson's, stroke or other neurological challenges. SongShine's goal is to help you communicate more easily and clearly while facilitating a sense of community, camaraderie, and confidence in the process. Join Joani for holistic, fun, and immersive sessions that will include the following:

- Singing favourite songs
- Relaxation
- Tongue exercises (for articulation and swallowing)
- Linguistic and vocal instruction
- Imagination exercises... and more!