

Mather Virtual Programs, September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Find more information and register for all programs at mather.com/programs	Join us on Facebook at facebook.com/groups/mathercreativeprograms	Sign up for our October Do-It-Together Art Kits at mather.com/kits	A.M. (All times listed are Central)	1
			P.M. (All times listed are Central)	
4	5	6	7	8
No Programs - Labor Day	9:30 Dancing for Joy 11:00 D.I.T. Art Kits	9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 1	9:00 Creative Mindfulness 1 10:00 Nutrition for Life 11:00 Candoo Digital Literacy	11:00 D.I.T. Art Kits
	1:00 D.I.T. Art Kits 3:00 Boost Your Brain & Memory	2:30 Feeling Better - Head to Toe 3:00 Music Appreciation 7:00 Deep Relaxation Guided Meditation	2:00 Song Sharing Circle 3:00 Essential Oil of the Month	
11	12	13	14	15
9:30 Awaken to Meditation 11:00 Gentle Mat Yoga 11:00 Gather in the Gallery	9:30 Dancing for Joy 11:00 D.I.T. Art Kits	9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 1	9:00 Creative Mindfulness 1 10:00 Nutrition for Life 11:00 Candoo Digital Literacy	11:00 D.I.T. Art Kits
1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Botanical Art Making	1:00 D.I.T. Art Kits 3:00 Boost Your Brain & Memory	2:30 Feeling Better - Head to Toe 3:00 Music Appreciation 7:00 Deep Relaxation Guided Meditation	2:00 Song Sharing Circle	
18	19	20	21	22
9:30 Awaken to Meditation 11:00 Gentle Mat Yoga 11:00 Gather in the Gallery	9:30 Dancing for Joy	9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 1	9:00 Creative Mindfulness 1 10:00 Nutrition for Life 11:00 Candoo Digital Literacy	
1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Botanical Art Making	3:00 Boost Your Brain & Memory	2:30 Feeling Better - Head to Toe 3:00 Music Appreciation 7:00 Deep Relaxation Guided Meditation	2:00 Song Sharing Circle	
25	26	27	28	29
9:30 Awaken to Meditation 11:00 Gentle Mat Yoga 11:00 Gather in the Gallery	9:30 Dancing for Joy	9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 1	9:00 Creative Mindfulness 1 10:00 Nutrition for Life 11:00 Candoo Digital Literacy	
1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Botanical Art Making 3:00 Mindful Eating	3:00 Boost Your Brain & Memory	2:30 Feeling Better - Head to Toe 3:00 Music Appreciation 7:00 Deep Relaxation Guided Meditation	2:00 Song Sharing Circle	