

Mather Virtual Programs, November 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Find more information and register for all programs at mather.com/programs | A.M. (All times listed are Central) | 1 11:00 Creative Mindfulness | 2 10:00 Nutrition and Food Journaling 11:00 Candoo Digital Literacy | 3 11:00 D.I.T. Art Kits |
| | P.M. (All times listed are Central) | 1:00 Autumn Art-Making 1:00 Essential Oil of the Month 2:30 Self-Care Toolkit 3:00 Introduction to Aromatherapy | 2:30 The Power of Play | |
| 6 9:30 Awaken to Meditation 11:00 Yoga for All 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Virtual Art Making | 7 9:30 Dancing for Joy 11:00 D.I.T. Art Kits 1:00 D.I.T. Art Kits | 8 11:00 Creative Mindfulness 1:00 Autumn Art-Making 2:30 Self-Care Toolkit | 9 10:00 Nutrition and Food Journaling 11:00 Candoo Digital Literacy 2:30 The Power of Play | 10 11:00 D.I.T. Art Kits |
| 13 9:30 Awaken to Meditation 11:00 Yoga for All 11:00 Gather in the Gallery 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Virtual Art Making | 14 9:30 Dancing for Joy 11:00 D.I.T. Art Kits 1:00 D.I.T. Art Kits | 15 11:00 Creative Mindfulness 1:00 Autumn Art-Making 2:30 Self-Care Toolkit | 16 10:00 Nutrition and Food Journaling 11:00 Candoo Digital Literacy 2:30 The Power of Play | 17 11:00 D.I.T. Art Kits |
| 20 9:30 Awaken to Meditation 11:00 Gentle Mat Yoga 11:00 Gather in the Gallery 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Virtual Art Making 3:00 Mindful Eating | 21 9:30 Dancing for Joy 11:00 D.I.T. Art Kits 1:00 D.I.T. Art Kits | 22 23 No classes - Happy Thanksgiving! | | 24 11:00 D.I.T. Art Kits |
| 27 9:30 Awaken to Meditation 11:00 Gentle Mat Yoga 11:00 Gather in the Gallery 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe | 28 9:30 Dancing for Joy | 29 1:00 Autumn Art-Making 2:30 Self-Care Toolkit | 30 10:00 Nutrition and Food Journaling 11:00 Candoo Digital Literacy 2:30 The Power of Play | Join us on Facebook at facebook.com/groups/mathercreativeprograms |