

Mather Virtual Programs, February 2024

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
Find more information and register for all programs at mather.com/programs	Join us on Facebook at facebook.com/groups/mathercreativeprograms	A.M. (All times listed are Central) P.M. (All times listed are Central)	11:00 Candoo Digital Literacy 2:00 Art Journaling	2/3
5	6	7	8	9/10
9:30 Awaken to Meditation 10:00 Nutrition for Life: Nutrition & Exercise 11:00 Yoga for All	9:30 Dancing for Joy 10:30 Mindful Chair Yoga	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	Join our first Saturday program: Creative Connections - The Art of Play! Saturday, February 10, 10:30 - 11:45 a.m.
1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 2:00 Boost Your Brain & Memory 3:00 Virtual Art Making 5:30 Creative Mindfulness	1:00 Introduction to Acting 2:00 Poetry & the Art of Giving Attention 3:00 Art Making for the Chinese Lunar New Year	1:00 Winter Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit 3:00 Essential Oil of the Month	2:00 Art Journaling	
12	13	14	15	16/17
9:30 Awaken to Meditation 11:00 Yoga for All	9:30 Dancing for Joy 10:30 Mindful Chair Yoga	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	
1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 2:00 Boost Your Brain & Memory 3:00 Virtual Art Making 5:30 Creative Mindfulness	1:00 Introduction to Acting 2:00 Poetry & the Art of Giving Attention 3:00 Art Making for the Chinese Lunar New Year	1:00 Winter Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit 3:00 The Power of Play	2:00 Art Journaling	
19	20	21	22	23/24
9:30 Awaken to Meditation 11:00 Yoga for All	9:30 Dancing for Joy 10:30 Mindful Chair Yoga	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	
1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 2:00 Boost Your Brain & Memory 3:00 Virtual Art Making 5:30 Creative Mindfulness	2:00 Poetry & the Art of Giving Attention 3:00 Art Making for the Chinese Lunar New Year	1:00 Winter Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit	2:00 Art Journaling	
26	27	28	29	30
9:30 Awaken to Meditation 10:00 Nutrition for Life: Recipe Sharing 11:00 Yoga for All	10:30 Mindful Chair Yoga	11:00 Creative Mindfulness	11:00 Candoo Digital Literacy	Sign up for our Do-It-Together Art Kits at mather.com/kits
1:00 Art Journaling 2:00 Boost Your Brain & Memory 3:00 Virtual Art Making 5:30 Creative Mindfulness	2:00 Poetry & the Art of Giving Attention 3:00 Art Making for the Chinese Lunar New Year	1:00 Winter Collage Making 2:00 Gather in the Gallery	2:00 Art Journaling	

