

Mather Virtual Programs, March 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	Sign up for our Do-It-Together Art Kits at mather.com/kits	A.M. (All times listed are Central) P.M. (All times listed are Central)	1/2
4 9:30 Awaken to Meditation 11:00 Yoga for All 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 2:00 Introduction to Acting 3:00 Virtual Art Making: Bookbinding 5:30 Creative Mindfulness	5 9:30 Dancing for Joy 10:30 Mindful Chair Yoga 1:00 Paper Techniques for Collage 2:00 Poetry & the Art of Giving Attention 3:00 Paper Cutting	6 11:00 Creative Mindfulness 1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit 3:00 Essential Oil of the Month	7 11:00 Candoo Digital Literacy 2:00 Art Journaling	8/9 Join our Saturday program: Creative Connections - How Storytelling can Transcend an Art Form Saturday, March 9, 10:30 - 11:45 a.m.
11 9:30 Awaken to Meditation 11:00 Yoga for All 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 2:00 Introduction to Acting 3:00 Virtual Art Making: Bookbinding 5:30 Creative Mindfulness	12 9:30 Dancing for Joy 10:30 Mindful Chair Yoga 1:00 Paper Techniques for Collage 2:00 Poetry & the Art of Giving Attention 3:00 Paper Cutting	13 11:00 Creative Mindfulness 1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit 3:00 Essential Oil of the Month	14 11:00 Candoo Digital Literacy 2:00 Art Journaling	15/16
18 9:30 Awaken to Meditation 11:00 Yoga for All 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 2:00 Introduction to Acting 3:00 Virtual Art Making: Bookbinding 5:30 Creative Mindfulness	19 9:30 Dancing for Joy 1:00 Paper Techniques for Collage 2:00 Poetry & the Art of Giving Attention 3:00 Paper Cutting	20 11:00 Creative Mindfulness 1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit 3:00 Essential Oil of the Month	21 11:00 Candoo Digital Literacy 2:00 Art Journaling	22/23
25 9:30 Awaken to Meditation 11:00 Yoga for All 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 2:00 Introduction to Acting 3:00 Virtual Art Making: Bookbinding 5:30 Creative Mindfulness	26 9:30 Dancing for Joy 1:00 Paper Techniques for Collage 2:00 Poetry & the Art of Giving Attention 3:00 Paper Cutting	27 11:00 Creative Mindfulness 1:00 Travel Collage Making 2:00 Gather in the Gallery 2:30 Self-Care Toolkit 3:00 Essential Oil of the Month	28 11:00 Candoo Digital Literacy 2:00 Art Journaling	April Preview: Check out our book club, Booked-n-Busy, on April 2! We're reading <i>Where the Crawdads Sing</i> .