

## Mather Virtual Programs, May 2024

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
1	2	3/4		
6	7	8	9	10/11
13	14	15	16	17/18
20	21	22	23	24/25
27	28	29	30	31
<p style="text-align: center;"><b>Memorial Day</b> <b>No Programs Today</b></p>				

Find more information and register for all programs at [mather.com/programs](http://mather.com/programs)

Join us on Facebook at [facebook.com/groups/mathercreativeprograms](https://facebook.com/groups/mathercreativeprograms)

10:00 Mindfulness Through Poetry  
11:00 Creative Mindfulness  
1:00 Travel Collage Making  
2:00 Gather in the Gallery  
2:00 Booked-n-Busy  
2:30 Self-Care Toolkit

10:00 Recipe Sharing: Nutrition for Life  
11:00 Candoo Digital Literacy  
1:00 Dear Diary: Journaling for Creativity  
2:00 Art Journaling

A.M. (All times listed are Central)

P.M. (All times listed are Central)

9:30 Awaken to Meditation  
10:00 Introduction to Drawing  
11:00 Yoga for All

9:30 Dancing for Joy  
10:30 Mindful Chair Yoga  
11:00 D.I.T. Art Kits

10:00 Mindfulness Through Poetry  
11:00 Creative Mindfulness

10:00 Recipe Sharing: Nutrition for Life  
11:00 Candoo Digital Literacy

Friday, 11:00 D.I.T. Art Kits

1:00 Art Journaling  
1:30 Introduction to Acting  
2:00 Better Balance  
3:00 Virtual Art Making: Bookbinding  
5:30 Creative Mindfulness

1:00 Card Making  
2:00 Poetry & the Art of Giving Attention  
3:00 Chinese Brush Painting  
6:00 D.I.T. Art Kits

1:00 Travel Collage Making  
2:00 Gather in the Gallery  
2:30 Self-Care Toolkit  
3:00 Essential Oil of the Month

1:00 Dear Diary: Journaling for Creativity  
2:00 Art Journaling

9:30 Awaken to Meditation  
10:00 Introduction to Drawing  
11:00 Yoga for All

9:30 Dancing for Joy  
10:30 Mindful Chair Yoga  
11:00 D.I.T. Art Kits

10:00 Mindfulness Through Poetry  
11:00 Creative Mindfulness

11:00 Candoo Digital Literacy

Friday, 11:00 D.I.T. Art Kits

1:00 Art Journaling  
1:30 Introduction to Acting  
2:00 Better Balance  
3:00 Virtual Art Making: Bookbinding  
5:30 Creative Mindfulness

1:00 Card Making  
2:00 Poetry & the Art of Giving Attention  
3:00 Chinese Brush Painting  
6:00 D.I.T. Art Kits

1:00 Travel Collage Making  
2:00 Gather in the Gallery  
2:30 Self-Care Toolkit

1:00 Dear Diary: Journaling for Creativity  
2:00 Art Journaling

Saturday, 10:30 Creative Connections

9:30 Awaken to Meditation  
10:00 Introduction to Drawing  
11:00 Yoga for All

9:30 Dancing for Joy  
10:30 Mindful Chair Yoga  
11:00 D.I.T. Art Kits

10:00 Mindfulness Through Poetry  
11:00 Creative Mindfulness

10:00 Recipe Sharing: Nutrition for Life  
11:00 Candoo Digital Literacy

Friday, 11:00 D.I.T. Art Kits

1:00 Art Journaling  
1:30 Introduction to Acting  
2:00 Better Balance  
3:00 Virtual Art Making: Bookbinding  
5:30 Creative Mindfulness

1:00 Card Making  
2:00 Poetry & the Art of Giving Attention  
6:00 D.I.T. Art Kits

1:00 Travel Collage Making  
2:00 Gather in the Gallery  
2:30 Self-Care Toolkit

1:00 Dear Diary: Journaling for Creativity  
2:00 Art Journaling

9:30 Awaken to Meditation  
11:00 D.I.T. Art Kits

9:30 Dancing for Joy  
11:00 D.I.T. Art Kits

10:00 Mindfulness Through Poetry  
11:00 Creative Mindfulness

10:00 Recipe Sharing: Nutrition for Life  
11:00 Candoo Digital Literacy

Friday, 11:00 D.I.T. Art Kits

1:00 Card Making  
2:00 Poetry & the Art of Giving Attention  
6:00 D.I.T. Art Kits

1:00 Travel Collage Making  
2:00 Gather in the Gallery  
2:30 Self-Care Toolkit

1:00 Dear Diary: Journaling for Creativity