

Mather Virtual Programs, August 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)	1 10:00 Art-Making Workshop: Nichos 11:00 Candoo Digital Literacy	2/3
		P.M. (All times listed are Central)	3:00 Your Turn	
5 9:30 Awaken to Meditation 10:00 Introduction to Watercolor 11:00 Yoga for All	6 9:30 Dancing for Joy 10:30 Yoga for All	7 10:00 Mindfulness Through Poetry 11:00 Creative Mindfulness	8 10:00 Art-Making Workshop: Nichos 11:00 Candoo Digital Literacy	9/10
1:00 Art Journaling 2:00 Better Balance 5:30 Creative Mindfulness	1:00 Chinese Brush Painting: Botanical 2:00 Poetry & the Art of Giving Attention 3:00 Art as a Gift	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 3:00 Your Turn	
12 10:00 Introduction to Watercolor 11:00 Yoga for All	13 9:30 Dancing for Joy	14 10:00 Mindfulness Through Poetry 11:00 Creative Mindfulness	15 11:00 Candoo Digital Literacy	16/17
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19 9:30 Awaken to Meditation 10:00 Introduction to Watercolor 11:00 Yoga for All	20 9:30 Dancing for Joy	21 10:00 Mindfulness Through Poetry 11:00 Creative Mindfulness	22 11:00 Candoo Digital Literacy	23/24 Friday, 11:00 Printmaking D.I.T. Kit
1:00 Art Journaling 2:00 Better Balance 2:00 Booked-N-Busy 5:30 Creative Mindfulness	2:00 Poetry & the Art of Giving Attention	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 3:00 Your Turn	
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