

Start the NEW YEAR by
 answering the call to be
 more creative in your life!

NO
 PREVIOUS
 ART
 EXPERIENCE
 NEEDED!

In-Person Offerings

Regular Weekly and Monthly Events



* Paint to Music - Wednesdays

6:00-7:30 p.m. • \$30 (Includes Open Studio until 9:00 p.m.)

Let the music move you to play with color and shape and get your creativity moving! When you work fast there is less time for the critic to jump in! No experience needed! This easy class will help you release stress from your day & have FUN!

PRE-REGISTER: SCAN QR CODE (right)



* Art Happy Hour(s)

Friday, March 24th • 7:00-10:30 p.m. • \$30

Drop-in for all or a little. Leave with art you made! ART is our elixir! Come for the ART. Come for the CONNECTION. Create a memory of creating. Hang out! Doodle, collage, paint, wander with art! We have prompts to get you started or do your own thing. Play like you are in kindergarten! Great for date night, friends night out, birthdays or other celebrations!

PRE-REGISTER: SCAN QR CODE (above)



* Writer's Open Mic

Now Quarterly: 2nd Friday of February, May, August & November

7:00 p.m. - 9:00 p.m. \$15 donation appreciated.

Bring something to read (5 minutes) or come to listen & support the writers. All kinds of written creative genius invited: poetry, prose, fiction, memoir, story, rant, scene.

A supportive atmosphere for beginners to professionals.



* Art Church - 4th Sundays IN-PERSON

10:00 a.m. - Noon, \$25.

This is "inner church," a chance to make art from a slow, quiet place, yet still be in community. Use the arts to have a conversation with yourself and connect to your longings and gifts. Find balance to bring into your week ahead. No art experience needed.

(This is not religious, yet you can make connections to your own beliefs.)



* Music Collective - 1st & 3rd Saturdays

6:00-9:00 p.m. • \$15 donation appreciated.

Musicians • Singers • Songwriters • Play, jam, collaborate, network, get feedback, listen, experiment, try something new, improvise, and build community. ALL LEVELS WELCOME, BEGINNERS TO EXPERT, AUDIENCE INVITED, too!

For info or to confirm meeting, all Ray Muniz 619-318-2315

*Included in our \$111 Monthly 30-Day Pass

COVID UPDATES: We are still taking precautions with COVID to protect the most vulnerable in our community. Because we will be meeting indoors, masks are required at most but not all events. (If you feel comfortable you can remove your mask when sharing or performing.)

See other side for more offerings!

Schedule subject to change, call to RSVP and confirm.

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Expressive Arts @ 32nd & Thorn

Make ART that CHANGES your life!

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MORE In-Person Offerings



Expressive Arts Movement

Tuesdays, 6:30 p.m. - 7:30 p.m. \$15

Get your body moving! No dance experience is needed, you can even do this sitting down. Enjoy a variety of upbeat, uplifting songs and be guided by Michele Lyons who will show you how to become joyful through movement, music, & community. Shy movers welcome. For Info and RSVP contact Michele 858-357-3207



Starting
in
February!

Restorative Yoga, Journal, & Expressive Arts

Sundays, 5:30 p.m. - 6:30 p.m. • Drop In: \$11.11

Join Cassandra Aronow weekly for relaxing Restorative Yoga with a community check in expressed through art followed by yoga. Class will close with a weekly journal prompt and discussion before heading home. *Bring your yoga mat, blanket, preferred props, water and journal. For Info and RSVP: [SymbolsFromTheSun.com](https://www.symbolsfromthesun.com)



Kids Offerings

MONDAY After School ART Class:

Contact: HoorayMissMarae.com

WEDNESDAY After School ART Class:

Contact (call or text) Therese Rossi at 619-395-5847

ON-LINE OFFERINGS - JOIN US from anywhere in the world! Register for ONLINE EVENTS at [Eventbrite.com](https://www.eventbrite.com) (SCAN QR CODE BELOW)



ON-LINE GROUP



*Women's Expression Session - ON-LINE

Tuesdays - 10:00 - 12:15 p.m. (Pacific Time) \$25

How are you at taking time for you? This is an attitude adjustment with art, you can de-stress from life or work, drop the kids at school and come play, return to your to-do list with a new outlook. Come relax, play in the arts, be in the company of women & maybe have an insight that helps create change! PRE-REGISTER: SCAN QR CODE (left)

* Art Church - Art as an Inner Journey

Every 2nd Sunday - ON-LINE 10:00 a.m. - 12:15 p.m. (Pacific) \$25

This is "inner church," a chance to make art from a slow, quiet place, yet still be in community. Use the arts to have a conversation with yourself and connect to your longings and gifts. (This is not religious, yet if you want to make connections to your own religious beliefs, you can.) PRE-REGISTER: SCAN QR CODE (above, left)



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On-Line Offerings