

Expressive Arts @ 32nd & Thorn

NEWS FATIGUE IS
REAL. COME MAKE
ART INSTEAD!

ARTIST
is a
VERB

NO
PREVIOUS
ART
EXPERIENCE
NEEDED!

READY TO START YOUR CREATIVE LIFE?

Great GIFTS for yourself or another!

Get inspired!

"Artist is a Verb" AND "Scribble Art" or a ONE CLASS PASS for an ART Experience Gift!
OR SCHEDULE AN ART PARTY for you and your family and friends!

In-Person Offerings

Regular Weekly and Monthly Events



Paint to Music!

* Paint to Music - Every Wednesday

6:00 - 7:30 p.m. • \$30 (Includes Open Studio 7:30 - 9:00 p.m. \$15 value) 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! All materials included. **MUST PRE-REGISTER: SCAN QR CODE. (ASK US ABOUT A PRIVATE PAINT TO MUSIC PARTY! Invite up to 12 friends, no art experience needed!)**



Open Studios

* Open Studio - Every Wednesday

7:30 - 9:00 p.m. • \$15 Bring a project already started or start something new. You are welcome to use our materials or bring your own. Collage, paint, draw, write, play the piano or...be in community with other creatives! No experience needed, just the desire to play.



MUSIC COLLECTIVE

* Music Collective - 1st & 3rd Saturdays

6:00 - 9:00 p.m. • \$15 donation appreciated. Musicians • Singers • Songwriters • Audience • Play, jam, collaborate, network, get feedback, listen, experiment, try something new, improvise, and build a supportive community. ALL LEVELS WELCOME, BEGINNERS TO EXPERT, AUDIENCE INVITED, too! For info or to confirm meeting, text or call Ray Muniz 619-318-2315

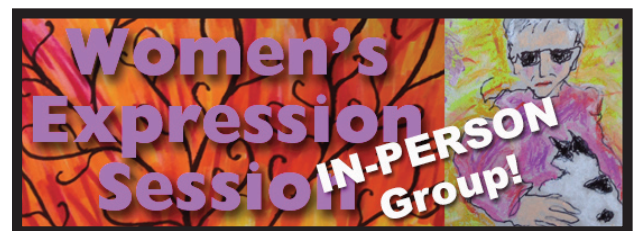


Art Church

* Art Church IN-PERSON Usually 4th Sundays, next is 9/27, 10/? TBA, 11/22, 12/27

(Text Tish to confirm & RSVP - 619-251-8474) **10:00 a.m. - 12:15+ p.m., \$30**

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.) All materials included.



Women's Expression Session IN-PERSON Group!

* Women's Expression Session - IN PERSON!

Usually 3rd Tuesdays. Next is: 9/15, 10/20, 11/17, 12/22 • 10:00 - 12:15+ p.m. \$30

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 play in the arts, be in the company of women & maybe have an insight that helps create change! All materials included. **PRE-REGISTER: SCAN QR CODE (above) or text Tish @ (619) 251-8474.**



Writers' OPEN MIC

* Writer's Open Mic

Monthly 2nd Fridays, next is 9/11, 10/9, 11/13, 12/11- 7:00 - 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. **REGISTER: SCAN QR CODE (above)**

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

See other side for more offerings!

Schedule subject to change. TEXT to RSVP and confirm. 619-251-8474



1/2 & 1/2 Storytelling Night

4th Saturdays, Next is 9/26, 10/24, 11/28 • 7:00 - 9:00 p.m. \$20

First half will be stories from Donna's WordPlay Tuesday night group then she'll invite audience for open mic true personal stories. You'll laugh, you'll relate, and you might even shed a tear.

RSVP Donna Otter (The Studios very own Moth Grand Slam winner!) 619-546-4730

NO
PREVIOUS
ART
EXPERIENCE
NEEDED!



WordPlay Tuesday Group

6:30 - 8:30 p.m. • \$60 Drop-in, \$450 for 6 week session

Explore storytelling through creative exercises, trying out material with others, and receiving supportive response. Not a critique group, but a "go for it!" group where you'll enjoy revealing your tender, true, and one-of-a-kind you. **RSVP Donna Otter 619-546-4730 Also Ask about monthly Intro Storytelling Workshops!**



PLAY BACK THEATRE - Improv from the Heart

Next is: 9/5, 10/10, 11/14, Usually 2nd Saturdays • 9:30 - Noon. \$20 Text Francine 858-200-6617 6617,

PlaybackTheatreSanDiego.com Telling our stories helps us to construct new narratives out of old memories, give substance to a wish or dream for the future, as well as create some meaning out of the seemingly random and chaotic nature of our lives. Despite the uniqueness of any individual story, stories often share a common ground upon which we all stand. Hearing the stories and playing them back lessens isolation and reflects a shared humanity.



Expressive Arts Movement

Usually 1st Saturdays, Next is: 10/3 • 4:15-5:15 p.m. \$20 RSVP.

A joyful hour of moving to music! No dance experience is needed, you can even do this sitting down.

Upbeat, uplifting songs and create community while you move! Shy movers welcome. Come play!

Text Francine (858) 200-6617 or Michele at (858) 357-3207

Cosplay Figure Drawing Friday, September 18th, • 7:00-9:00 p.m. \$15 CharaSelect is a cosplay figure drawing series celebrating the characters and worlds that inspire us. Each session brings together artists of all skill levels to capture iconic characters brought to life by local cosplayers. All skill levels welcome, bring your own supplies. **RSVP** <https://partiful.com/e/aTICX5Kbk1TBsgOkifhn?> Info: DM IG @conpanart

Psychodrama Saturdays, 9/5, 10/10, 11/14, • 1:00-4:00 p.m. \$30 Contact: Maria Mellano (617) 913-3898 or MariaMellano@IntegralBloom.com

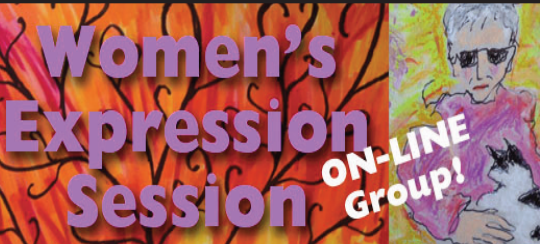
Kids Classes & Camps

After School ART for KIDS!

CONTACT THERESE ROSSI for more info:
619-395-5847 (call or text)

On-Line Offerings

ON-LINE OFFERINGS - JOIN US from anywhere in the world! Register for ONLINE EVENTS at Eventbrite.com (SCAN QR CODE BELOW)



* Women's Expression Session - ON-LINE

Tuesdays (Except 3rd Tuesday we meet in-person) • 10:00 - 12:15 p.m. (Pacific Time) \$25

Join us from anywhere in the world! 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 (right) or text Tish at 619-251-8474**



* Art Church - Art as an Inner Journey

Usually 2nd Sundays (text to confirm dates 619-251-8474) - **ON-LINE** 10:00 a.m.-12:15 p.m. (Pacific Time) \$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, right) or text Tish at 619-251-8474**

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

Schedule subject to change, TEXT to RSVP and confirm.

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