

Expressive Arts @ 32nd & Thorn

ART CAN HELP YOU
LIVE LONGER!



GREAT GIFTS!

Books “Artist is a Verb” AND “Scribble Art”
or a ONE CLASS PASS for an Experience Gift!

Available at the studio to inspire you or your loved ones to CREATE!

Books available at the studio or order on-line.

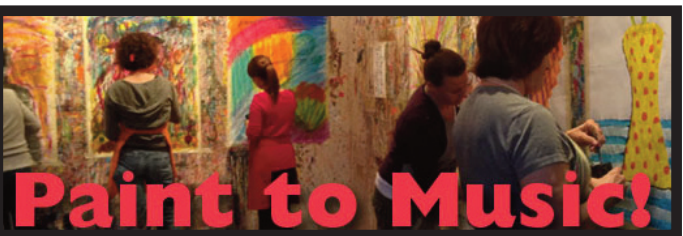
In-Person Offerings



Art Happy Hour(s) Saturday, September 27th 6:30-10:00 p.m.

\$30 INFO/REGISTER: SCAN QR CODE below (\$15 for Monthly Pass Holders) Drop-in for all or just a little.

GREAT night out with yourself, with a date, with friends or family — WITH ART! We put out LOTS of materials, and prompts to get you started, you get to PLAY! Doodle, collage, paint, wander with art! Create with your hands! Play like you are in kindergarten! No expectations, just relax and have FUN! Great for singles, couples, friends and adult family! Scan QR to RSVP.



* 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! All materials included. No meeting 12/25 and 1/1. MUST PRE-REGISTER: SCAN QR CODE.



* Writer's Open Mic

Monthly 2nd Fridays Next is Friday, 7/11, 8/8

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)



* Art Church IN-PERSON

Next is Sunday, 6/22, 7/27 (Text 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.



* 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

See other side for more offerings!

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

Schedule subject to change, TEXT to RSVP and confirm.

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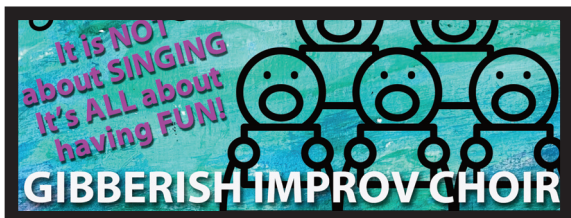
* Women's Expression Session - IN PERSON!

Next is: 6/24, 7/15, 8/19 • 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 relax, play in the arts, be in the company of women & maybe have an insight that helps create change! All materials are provided. PRE-REGISTER: SCAN QR CODE (toward bottom of page)



Expressive Arts Movement 1st and 3rd 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. Upbeat, uplifting songs and be guided to become joyful through movement, music, & community. Shy movers welcome. And, create community while you move! For Info and RSVP contact 619-251-8474.



GIBBERISH IMPROV CHOIR Saturday, August 16th, 10:00 a.m. - 12:00 p.m. \$20

If you can make sound, you can be part of the Gibberish Improv Choir! This is the choir for all of us who think we can't sing or find singing in front of others too stressful or want to sing playfully. We are going to play games with sounds, words, rhythm and creativity and see what happens! Join Tish McAllise Sjoborg for this collaborative, co-created experience. Text 619-251-8474 to RSVP. NO EXPERIENCE NEEDED!

Artists of North Park*

Show



A FREE Community Event!

Come see who is making art in the neighborhood, meet your neighbors and build stronger connections.

Open Mic & Artist Talk Sunday, July 27th 2:00 - 4:00 p.m.

* Artists who live, work or created their art in the 92104 zip code.

Don't miss it!

Viewing until
September 2nd,
Wednesdays
7:30 - 9:00 p.m. or by
appointment (Text Tish
619-251-8474)

Kids Classes & Camps

Summer Mini-Art Camps
start July 7th!

SUMMER
Mini-CAMPS

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

ON-LINE OFFERINGS - JOIN US from anywhere in the world! Register for ONLINE EVENTS at 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 (right)



* Art Church - Art as an Inner Journey

(Text for next dates) - 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.)



Schedule subject to change, TEXT to RSVP and confirm.

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On-Line Offerings