

February 2017

Creative Wellness Opportunities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hours</p> <p>Tues 10:00am-4:00pm Weds 10:00am-3:00pm Thurs 10:00am-7:30pm Fri 10:00am-3:00pm Saturday 11:00am-1:00pm</p> <p>(Exceptions noted on calendar)</p> <p>Gallery and Orientation By appointment 585-325-3145 x. 144 320 North Goodman St. Rochester, NY 14607</p> <div style="border: 1px dashed white; padding: 10px; margin-top: 20px;"> <p><i>"All you need is love. But a little chocolate now and then doesn't hurt."</i></p> <p>- Charles M. Schulz</p> </div>	<p>*Reg - Registration is required. See groups on back of calendar for information.</p> <p>MSG = Mutual Support Group</p> <p>NEW GROUP/WORKSHOP!!! (Or New Time)</p>	<p>1</p> <p>10:00-12:00 Collage & Transfers 10:00-12:00 Intermediate Guitar 12:15-1:15 Creative Movement 1:00-2:00 Four Agreements MSG 1:00-3:00 Shadow Boxes 1:00-3:00 CROCHET AND KNITTING 1:00-3:00 CREATIVE WRITING 1:30-3:00 Philosophical Musings</p>	<p>2</p> <p>10:00-12:00 Guitar 101 10:00-12:00 Play Forward/Give Back 10:00-12:00 Alcohol Ink *Reg 1:00-3:00 FELTED SCARVES *Reg 1:00-3:00 Leather Working *Reg 3:00-4:30 Hats for the Homeless 5:00-6:00 Energy Movement 5:30-6:30 Emotions Anon MSG 5:30-7:00 Hoarders/Clutterers MSG 5:30-7:30 Open Studio 5:30-7:00 TAKING STEPS FORWARD *Reg</p>	<p>3</p> <p>10:00-12:00 Gift of Jewels 10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-1:00 Peace Is Every Step 12:15-2:00 Mutual Support Group 1:00-2:00 Mindfulness 1:00-3:00 Abstract Watercolor 2:00-3:00 Free Writing</p> <div style="border: 1px dashed white; padding: 5px; text-align: center;"> <p>FIRST FRIDAY ART EXHIBIT MARK BANGS 5:30-8:00 PM</p> </div>	<p>4</p> <p>11:00-1:00 Mutual Support Group 11:00-1:00 Watercolor 12:00-1:00 Eating Disorders Mutual Support Group</p>	
		<p>7</p> <p>10:00-12:00 Acrylic Painting 10:00-12:00 Art Journaling 11:00-1:00 Mutual Support Group 12:00-1:00 Mandalas 12:00-1:00 Iaido 1:00-3:00 Art Exposed 3:00-4:00 Gentle Movement</p>	<p>8</p> <p>10:00-12:00 Collage & Transfers 10:00-12:00 Intermediate Guitar 12:15-1:15 Creative Movement 1:00-2:00 Four Agreements MSG 1:00-3:00 Shadow Boxes 1:00-3:00 CROCHET AND KNITTING 1:00-3:00 CREATIVE WRITING 1:30-3:00 Philosophical Musings</p>	<p>9</p> <p>10:00-12:00 Guitar 101 10:00-12:00 Play Forward/Give Back 10:00-12:00 Alcohol Ink *Reg 1:00-3:00 FELTED SCARVES *Reg 1:00-3:00 Leather Working *Reg 3:00-4:30 Hats for the Homeless 3:30-4:30 BLEEDING HEARTS: SHOW AND SHARE 5:00-6:00 Energy Movement 5:30-6:30 Emotions Anon MSG 5:30-7:30 Open Studio 6:00-7:15 MARS Group 5:30-7:00 TAKING STEPS FORWARD *Reg</p>	<p>10</p> <p>10:00-12:00 Gift of Jewels 10:00-12:00 Color Me Calm 11:00-12:00 Gentle Yoga 12:00-1:00 Peace Is Every Step 12:15-2:00 Mutual Support Group 1:00-2:00 Mindfulness 1:00-3:00 Abstract Watercolor 2:00-3:00 Free Writing</p>	<p>11</p> <p>11:00-1:00 Mutual Support Group 11:00-1:00 Watercolor 12:00-1:00 Eating Disorders Mutual Support Group</p>
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		<p>28</p> <p>11:00-1:00 Mutual Support Group CWO Closed</p> <div style="border: 1px dashed white; padding: 5px; text-align: center;"> <p>Bus to Albany NYAPRS Legislative Day 4:30am-9:00pm *Registration Required</p> </div>				

