

## **Art Larks – Workshop Descriptions**

### **Art with Melanie**

Seasoned with care

In these sessions, we will enjoy making art as we explore various mediums including paints and pastels. Experimenting with techniques you will discover your unique style! Together we will complete several guided projects that showcase your emerging talent and the beauty of the seasons.

**Materials:** Found at dollar store - watercolour paper, watercolour paints, brushes, soft pastels, scissors, glue a pencil and an eraser.

### **Art with Odessa**

Artplay is not a traditional art-class, it's time to play with art materials. As the facilitator I encourage participants to start where they are and enjoy exploring how different art materials work. I will give simple demonstrations and then we will work together sharing our process as we go. I usually respond to the group's particular interest to design a curriculum suitable for everyone.

**Materials:** Found at dollar store - watercolor paper, simple water-based paint and paint brushes. Tissue paper and magazines, scissors and glue. Pencils, chalk, markers, highlighters, pens...whatever pens they have around, sharpies, etc.

### **Creative Movement with Claire and Alisa**

An accessible creative movement class to deepen body awareness and foster community connection through shared movement, breath work and stretching, sensory explorations, and dance parties. A variety of options will be provided and participants are welcome to join from a seated position as needed.

### **Music with Kristi**

This session will focus on singing and playing small percussion instruments as a means of increasing social interaction. Participants will have the opportunity to share and sing along with their favourite songs as well as engage in conversation and reminiscence. Each session is adapted to the musical preferences of the group where possible. The session may also include movement to music and basic song writing, depending on the interests of the group.

**Optional materials:** small shakers/percussion.

### **Laughter Yoga with Polly**

Laughter Yoga, also known as Laughter Therapy, is all about playing like a child again, and having fun. There are many benefits, including getting more oxygen to the body and brain,

increasing memory and alertness, and reducing stress and depression. Each session will begin with a few breathing exercises and warmups, then we'll enjoy laughter exercises, which are fun activities involving lots of laughter. They can be done either sitting or standing. We'll follow that with laughter meditation, where we just let rip and laugh for about 5 minutes...it's very cathartic. We'll end with about 15 minutes of very pleasant relaxation and visualisation. After a short grounding exercise, we'll have time to share our experience if we want to.

## **Music with Kelsey**

This program includes a variety of songs with pictures associated with each song. The image would be shown to the camera, and the individual or group would guess what the image is. An example of Song Card Trivia would be a picture of a sun. If the individual was unable to communicate that the image was a sun, the question would be asked, what color is it or what shape? Sing along with Kelsey while she plays on her piano. She has an extensive playlist but welcomes suggestions by participants. Chats naturally evolve because so much is associated to our memories with the songs. While the song is being sung, the participant is then encouraged to interact by joining in singing or playing an instrument.