

the HUB
on canal
art • creating • community

132 canal street
new smyrna beach, florida 32168
386.957.3924
www.theHUBoncanal.org
info@theHUBoncanal.org

Vicki White

PR Contact - The Hub on Canal

vicki.white@theHUBoncanal.org

386.957.3924

Classes and Workshops at The Hub on Canal - March 2017

WHAT: NEW! Class - CHAIR/SENIOR YOGA with Holly Janda

Chair yoga is one of the most gentle forms of Yoga available. A unique yoga style that adapts yoga positions and poses through creative use of a chair. Poses are done seated on the chair or the chair is used for support during standing and balance poses. The chair allows for greater stability to help you feel supported and safe. Poses are modified so that even those with health restrictions, decreased range of motion and physical challenges can enjoy the benefits of a yoga practice. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages and fitness levels.

Chairs included. Please bring a bottle of water

WHEN: Wednesdays, March 1, 8, 15, 22, 29. 10:00am - 11:00am \$10 per class

WHERE: The Hub on Canal, 132 Canal Street, New Smyrna Beach. For more information or to register, visit www.theHUBoncanal.org or phone (386) 957-3924.

##

WHAT: Workshop - PALETTE KNIFE PAINTING with Pamela Ramey Tatum

Discover the exciting technique of painting with a palette knife to create delightful works of art. It's fun! Learn how to control the knife and how to create various textures and effects. Learn to mix colors and create compelling compositions, too. Oil or acrylics. All levels welcome.

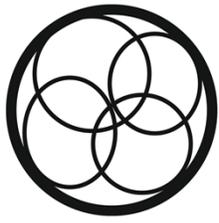
WHEN: Monday, March 6. 10:00am - 4:30pm \$99 (plus \$30 supply fee paid to instructor on day of workshop)

WHERE: The Hub on Canal, 132 Canal Street, New Smyrna Beach. For more information or to register, visit www.theHUBoncanal.org or phone (386) 957-3924.

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MISSION:

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WHAT: Workshop - ABCs of OIL PAINTING (3 WEEK SERIES) with Trish Vevera

Week 1 - COMPOSITION & DESIGN

Learn the basics of composition and design - what to put in and what can be left out. Using several personal photos you will create small studies that will become the foundation of a later composition. Bring photos of something familiar - either taken by yourself or someone you know.

WHEN: Saturday, March 11. 10:00am - 1:00pm \$50 (plus \$15 supply fee paid to instructor on day of workshop)

Week 2 - COLOR & SPACE

Learn how to use color to express value and intensity in your composition. Apply knowledge of color values and intensity to define space, emphasizing foreground, middle ground and background in your composition.

WHEN: Saturday, March 18. 10:00am - 1:00pm \$50 (plus \$15 supply fee paid to instructor on day of workshop)

Week 3 - TEXTURE & FORM

Learn how to create different types of textures to emphasize the features of your subject. Apply knowledge of balance, continuity and emphasis in your painting to enhance your work.

WHEN: Saturday, March 25. 10:00am - 1:00pm \$50 (plus \$15 supply fee paid to instructor on day of workshop)

WHERE: The Hub on Canal, 132 Canal Street, New Smyrna Beach. For more information or to register, visit www.theHUBoncanal.org or phone (386) 957-3924.

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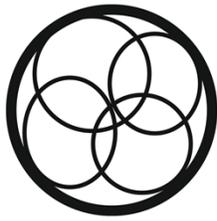
WHAT: Workshop - EXPLORING SURFACE PATTERN DESIGN with Renee Lewis

Working with simple shapes, wall paper samples, fabric remnants, color pencil, oil crayons, paint and more, you can create your own piece of designer wrapping paper. BYO lunch and a found object that can be traced or dipped in paint. All materials provided.

WHEN: Wednesday, March 15. 10:00am - 4:00pm \$95 (plus \$30 supply fee paid directly to instructor on day of workshop)

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##

WHAT: Workshop - MINDFULNESS & CREATIVITY with Lori Lowe

Learn the art of meditation and connect to your creativity! Join Director and teacher Lori Lowe as she explores the daily practice of meditation and its practical application to your quality of life. Stressful times call for creative and community connection, learn how to work out your 'attitudinal' muscle and discover the joy that lies within.

WHEN: Saturday, March 18. 10:00am - 1:00pm \$55

WHERE: The Hub on Canal, 132 Canal Street, New Smyrna Beach. For more information or to register, visit www.theHUBoncanal.org or phone (386) 957-3924.

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WHEN: Monday, March 20. 10:00am - 4:30pm \$99 (plus \$30 supply fee paid to instructor on day of workshop)

WHERE: The Hub on Canal, 132 Canal Street, New Smyrna Beach. For more information or to register, visit www.theHUBoncanal.org or phone (386) 957-3924.

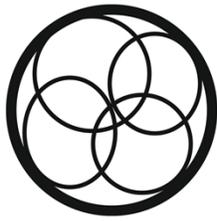
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WHEN: Saturday, March 25. 1:00pm - 4:00pm \$55

WHERE: The Hub on Canal, 132 Canal Street, New Smyrna Beach. For more information or to register, visit www.theHUBoncanal.org or phone (386) 957-3924.

##

WHAT: Workshop - IMPRESSIONISTIC PAINTING with Beau Wild

Learn the basics of a good painting: composition, line, value, texture and color and put that knowledge to work. Paint an image of your choice or paint the image Beau has chosen and paint along with her. You finish your work of art in one day!

WHEN: Monday, March 27. 10:00am - 4:30pm \$95 (plus \$30 supply fee paid to instructor on day of workshop)

WHERE: The Hub on Canal, 132 Canal Street, New Smyrna Beach. For more information or to register, visit www.theHUBoncanal.org or phone (386) 957-3924.

##

WHAT: Memories in the Making®

Memories in the Making® is a FREE art program that provides people experiencing early-stage Alzheimer's and dementia with a forum to express themselves through watercolor painting and drawing. Because there are no mistakes in art, creativity and fun are the primary focus. Caregivers are welcome to attend and participate. No art experience is needed. RSVP is required. Space is limited. Program presented in partnership with the Alzheimer's Association.

WHEN: Mondays in March 6, 13, 20, 27. 10:30am -11:30am. Free

WHERE: New Smyrna Beach Library, 1001 South Dixie Freeway (US1)
For more information, contact the Alzheimer's Association 1-800-272-3900.
RSVP is required.

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