

SUMMER 2021

Enrichment Programs for Kids

at Listening Wellness Center



Beginning Sewing with Thérèse Beck, **IN PERSON**

3 weeks: Mondays • July 12, 19, 26

Ages 10 and up • 9:30–10:45 am • \$32

Hand sew a small pouch, wallet or stuffed animal. Cut your project from an existing pattern. Start your own sewing kit; bring to class: a ruler, sharp scissors, needle and thread, and a pencil. If you have woven cotton fabric you like, feel free to bring it to class. If not, fabric will be supplied.

[CLICK TO REGISTER](#)

Intermediate Sewing Thérèse Beck, **IN PERSON**

3 weeks: Mondays • July 12, 19, 26

Ages 11 and up with some sewing experience • 11:00 am–12:15 pm • \$32

Make a pouch with a zipper in it, a drawstring bag or a pillow/ stuffed shape. Hand sew or bring your own machine. Techniques learned: design a paper pattern, applique, pieced fabric. Bring your own sewing kit to class including a ruler, sharp scissors, needle and thread and a pencil. If you have woven cotton fabric you like, feel free to bring it to class. If not, fabric will be supplied.

[CLICK TO REGISTER](#)

In Monet's Garden with Jen Swan, **Live on ZOOM**

3 Weeks: Wednesdays • July 14, 21, 28

Ages 6–12 • 2:00–3:00 pm • \$30

Let's find inspiration from the water gardens of Claude Monet in this class exploring the plants and wildlife of a pond. From the symmetry and patterns of a dragonfly's wing to the colors and designs of a painted turtle's shell, we will use art as a way to dive into this great artist and his beloved water lily pond. See materials list at Register link.

[CLICK TO REGISTER](#)

Shadow Puppet Play with Jen Swan, **IN PERSON**

Tuesday • July 20 • Ages 6–12 • 10:00 am–12:00 pm • \$20

Shadow puppets (such as Fire Bird or Noble Lion here) are movable puppets with great silhouettes for shadow play. Let's design and create a cast of characters and use sunlight to bring them to life with action poses. All supplies provided. One parent/caregiver is welcome to stay and participate.

[CLICK TO REGISTER](#)

Fantasy Creatures in Clay with Jen Swan, **IN PERSON**

Tuesday • July 27 • Ages 6–12 • 10:00 am–12:00 pm • \$20

Using self hardening clay and mixed media supplies, let's sculpt some fantasy creatures based on ideas from drawings and mixed up collages. We will find inspiration from traditional creatures like dragons, phoenix and unicorns and combine elements of animals to create our own unique creatures. All supplies provided.

[CLICK TO REGISTER](#)

Mindfulness, Nature & Art with Jen Zehler, **IN PERSON**

3 Weeks: Thursdays • July 15, 22, and 29 • Free*

Pre-K&K • 1:00–1:30 pm | Grades 1–3 • 9:00–9:45 am | Grades 4–6 • 10:00–10:45 am

All around us, nature is working wonders. Every day, hour by hour, magical transformations happen right in front of you. But it's not always easy to see them. In this mindfulness series we will pause and explore moments in nature to watch them in detail and see what you find when you take the time to slow down.

*The funding for this program is generously offered by the benefactors of the non-profit Trinity Institute for Applied Neuroscience and Spirituality (tians.online) who strongly believe in the value of this work.

[CLICK TO REGISTER](#)

HOW TO REGISTER: Click on each program button for more information and to register on Eventbrite.

Scholarships are available: We ask that you email listeningwellnesscenter@gmail.com as soon as possible to secure scholarship funding which may include supplies.

Scholarship funding is available by a grant from Barre Savings Bank Charitable Foundation. We encourage you to apply.

Funding in part by local Cultural Councils including Hardwick/New Braintree Cultural Council, Hubbardston Cultural Council, Barre Cultural Council, and Barre Recreation.



MUST REGISTER EARLY: We have a minimum number of students required to run the classes. We have a maximum number of students for both in person and zoom classes. Cutoff date must be one week in advance of start of class in order to plan for supplies, materials and travelling teachers.

COVID protocols will apply. For more details please reach out to Listening

listeningwellness.org • 978-355-3501

Disclaimer: The activity announced here is NOT sponsored or approved by the Quabbin Regional School District. It is offered by a private agency.

