

Arts Hub – March 7th – 20th, 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8 American Sign Language Beginners Club 10:00am – 10:45am	9 Gentle Stretching and Breathwork 10:30am – 10:45 am	10 Virtual Tea Party 10:00am-10:45am For the Love of Art 2:00pm-3:00pm	11 Gentle Stretching and Breathwork 10:30am – 10:45 am Rise to the Rhythm 4:00pm-5:00pm Yoga for Beginners 5:15pm-6:15pm	12 Virtual Tea Party 10:00am-10:45am Videogame Tournament 3:00pm-4:30pm	13
14	15 American Sign Language Beginners Club 10:00am – 10:45am	16 Gentle Stretching and Breathwork 10:30am-10:45am	17 Virtual Tea Party 10:00am-10:45am For the Love of Art 2:00pm-3:00pm	18 Gentle Stretching and Breathwork 10:30am – 10:45 am Yoga for Beginners 5:15pm-6:15pm	19 Virtual Tea Party 10:00am-10:45am Videogame Tournament 3:00pm-4:30pm	20



Event Summary

*Message Community Arts Hub on Facebook to access the Zoom link and password to attend.

Virtual Tea Party – Faith-Ellen and Erika gather community in a virtual space! Conversation and your favourite warm beverage are both encouraged!

ASL- Beginners Club – Join Faith-Ellen as we explore, using American Sign Language, simple signs, the alphabet and whatever this week's theme is. This is a beginner's club of interested people. Please seek the ASL Teaching Services @ aslts.ca if you are looking for an accredited course.

Gentle Stretching and Breathwork - Reilly leads us in a short, fifteen-minute gentle breathwork and stretching practice that can be done on a yoga mat or at your computer desk.

Yoga for Beginners - A yoga practice for new yogis or those with limited or no previous experience.

For the Love of Art, Creative Space – Let's come together and talk, share ideas and begin our paper/cardboard ornaments. During this session we will celebrate the coming spring creating and sharing while expressing our love of the flower gardens.

Videogame Tournament – Calling all video gamers to participate in a friendly online video game experience. To participate please download the ASPHALT 9 game app from the app store on your mobile device and join the LAKE OF DA WOODS CLUB. See you on the tracks.

Rise to the Rhythm – Exploring West African Hand Drumming with Tersoo.

Kenora Dinner Jackets Improv Night– The local improvisation troupe is back with more opportunities for us to learn and practice our improvisation skills! No pressure to participate- curious onlookers welcome too! Call or text 407-7449 or email lcotton@kacl.ca to sign up.