

# Expressive Arts @ 32nd & Thorn

LET ART HELP YOU  
LOVE YOUR LIFE!

Get inspired!

NO  
PREVIOUS  
ART  
EXPERIENCE  
NEEDED!

## GREAT GIFTS! "Artist is a Verb" AND "Scribble Art"

are available at the studio to inspire you to CREATE!

Artist is a Verb is available to order from your local Independent bookstore, Amazon, Barnes & Noble and other on-line booksellers and at the studio.

Scribble Art is available on Amazon and at the studio.

## In-Person Offerings

### Regular Weekly and Monthly Events

#### Valentine's Art Happy Hour(s)

Friday, February 14th • 7:00-11:00 p.m. • \$50 REGISTER: SCAN QR CODE (below)

Drop-in for all or a little. Chance to make art about LOVE, for yourself and others! Doodle, collage, paint, wander with art! We have prompts to get you started or do your own thing. Play like you are in kindergarten! Great for singles, couples, friends and adult family!



#### \* Paint to Music - Wednesdays

No group on Holidays  
6:00 - 7:30 p.m. • \$30 (Includes Open Studio until 9:00 p.m.)

Let the music move you to play with color and shape and get your creativity moving! When you work fast there is less time for the critic to jump in! No experience needed! This easy class will help you release stress from your day & have FUN! All materials included. No meeting 12/25 and 1/1. MUST PRE-REGISTER: SCAN QR CODE (above right)

#### \* Writer's Open Mic

Next is Friday, February 21st! Monthly 2nd Fridays starting in March.

7:00 - 9:00 p.m. \$15 donation appreciated.

Bring something to read (5 minutes) or come to listen & support the writers. All kinds of written creative genius invited: poetry, prose, fiction, memoir, story, rant, scene. A supportive atmosphere for beginners to professionals. REGISTER: SCAN QR CODE (above)

#### \* Art Church IN-PERSON

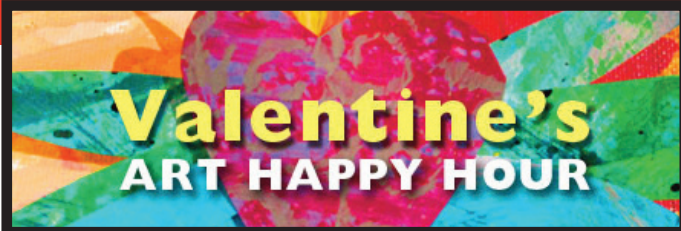
Usually 4th Sundays (Text to confirm & RSVP) 10:00 a.m. - 12:15 p.m., \$30

This is "inner church," a chance to make art from a slow, quiet place, yet still be in community. Use the arts to have a conversation with yourself and connect to your longings and gifts. Find balance to bring into your week ahead. No art experience needed. (This is not religious, yet you can make connections to your own beliefs.) All materials included.

#### \* Music Collective - 1st & 3rd Saturdays

6:00-9:00 p.m. • \$15 donation appreciated.

Musicians • Singers • Songwriters • Play, jam, collaborate, network, get feedback, listen, experiment, try something new, improvise, and build community. ALL LEVELS WELCOME, BEGINNERS TO EXPERT, AUDIENCE INVITED, too! For info or to confirm meeting, all Ray Muniz 619-318-2315



\*Included in our \$111 Monthly 30-Day Pass

See other side for more offerings!

Schedule subject to change, TEXT to RSVP and confirm.

©2024 Expressive Arts @ 32nd & Thorn • 3201 Thorn Street, San Diego, 92104

tish@ExpressiveArtsSanDiego.com • www.ExpressiveArtsSanDiego.com • 619-251-8474



“Artist is a verb.  
We don’t become an artist  
and then do art.  
We do art and then begin  
to feel like an artist.”  
-Tish McAllise Sjoberg

**LIVE THE CREATIVE LIFE YOU HAVE DREAMED ABOUT!**

**Creative Practice Intro Workshop Saturday, January 25th - 10:00 a.m.- 2:00 p.m. \$60**  
(A small investment in living a BIGGER life!) **Have you had the idea that expressing yourself creatively and regularly would feed you?** AND, has it been difficult to get started or keep going? OR you don’t know what to do or where to start? This workshop is designed to help you get started and **KEEP GOING!** Can be in any creative discipline: visual, writing, drama, music, dance, gardening, cooking, or... **RSVP Text 619-251-8474.**



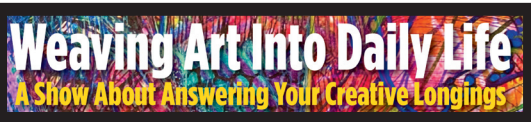
**Expressive Arts Movement 1st and 3rd Tuesdays - 6:30 p.m.- 7:30 p.m. \$15** Get your body moving! No dance experience is needed, you can even do this sitting down. Upbeat, uplifting songs and be guided to become joyful through movement, music, & community. Shy movers welcome. For Info and RSVP contact Michele Lyons 858-357-3207



**Playback Theatre: Improv with Heart 2nd Saturdays: February 8th, 9:30 - Noon. \$20**  
Do you have a dramatic spark in you that needs an outlet? Learn improvisation in which we use real life stories as our scripts. Rehearse with Minstrels of Story Playback Troupe All levels welcome! No experience needed! For more info and to register contact Francine Hoffman: 858-200-6617 6617, PlaybackTheatreSanDiego.com

**Valentine Card Making! Friday, February 7th • 6-10pm \$30 CREATE THE BEST LOVE CARDS EVER!** ❤️💛❤️  
We provide everything you need to make GREAT love cards for all the peeps you love! Text 619-251-8474 to RSVP

**YOGA & PAINT Saturday, February 15th • 10am-Noon \$25** Connect through yoga, movements, energy work, and intuitive paint play! For Info and RSVP go to SymbolsFromTheSun.com



**ARTIST TALK: Weaving Art Into Daily Life**  
**Artist Talk & Tips to Create Your Own Creative Practice Sunday, January 26th, 2:00 - 4:00 p.m. .**  
Show Viewing until 1/30/25 • Wednesdays 7:30 - 9:00 p.m. or by appointment(text 619-251-8474)

**Kids Classes & Camps** **MONDAY After School ART Class** Drawing, Painting & Collage **Spring Break Mini Camps** **CONTACT THERESE ROSSI for more info:** 619-395-5847 (call or text)

**ON-LINE OFFERINGS - JOIN US from anywhere in the world!** Register for ONLINE EVENTS at Eventbrite.com (SCAN QR CODE BELOW)



**\* Women’s Expression Session - ON-LINE**  
**Tuesdays - 10:00 - 12:15 p.m. (Pacific Time) \$25**  
How are you at taking time for you? This is an attitude adjustment with art, you can de-stress from life or work, drop the kids at school and come play, return to your to-do list with a new outlook. Come relax, play in the arts, be in the company of women & maybe have an insight that helps create change! PRE-REGISTER: SCAN QR CODE (right)



**\* Art Church - Art as an Inner Journey**  
**Usually 2nd Sundays (Text to confirm) - ON-LINE 10:00 a.m.-12:15 p.m. (P Time) \$25**  
This is “inner church,” a chance to make art from a slow, quiet place, yet still be in community. Use the arts to have a conversation with yourself and connect to your longings and gifts. (This is not religious, yet if you want to make connections to your own religious beliefs, you can.) PRE-REGISTER: SCAN QR CODE (above, right)