



Soothing Art Saturdays

One Saturday each month at 2:30pm

Each Soothing Art Saturday will have coloring supplies, kinetic sand, and PlayDoh. In addition, there will be a spotlight program each month that highlights a new therapeutic art activity. We will also have different kinds of herbal teas & calming music. Coffee will be made upon request.

Jan 19

DIY Mini Zen Garden
Make your own zen garden & learn about the therapeutic benefits of using it!

Paint Nite: Rock Painting
Design your own rock with our large selection of craft supplies & learn how to use it therapeutically!

Feb 16

Mar 16

Color your Own Bookmark
Come color your own bookmark & learn about the therapeutic benefits of coloring.

Nature Prints
Let your creative mind flow as we make beautiful designs from nature!

April 13

Registration is required

To register, please call 708-687-3700 or visit the adult services desk for more information.

