



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.

May 11

Sandpainting 101

Learn how to create art with different colored sand!

Scribble Coloring

Create patterns through scribbling and coloring your new designs & learn about the therapeutic benefits of coloring!

June 8

July 20

Coloring Quotes

Come color inspirational quotes & take them home to continue positive thinking.

Color by Numbers

Focus with us by doing a coloring by numbers activity!

Aug 17

Registration is required

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

