



## Modular Origami Workshops

Instructor: Eve Torrence

Ages: 12 and up

Dates and Times: 4 classes on Wednesdays – Jan. 11, Jan. 18, Jan. 25, and Feb. 1, 2012. Time: 6:00 – 7:00 p.m. Location: Hanover Arts & Activities Center; 500 S. Center St. Ashland, VA. in Studio 5- back of the building on the 1<sup>st</sup> floor.

Modular origami uses folded paper units (modules) to build complex, colorful shapes. In this workshop, we will learn to fold a different module each week. Each module can be used to create a variety of different geometric shapes. We will learn some solid geometry in order to understand the underlying structure of the shapes we create. Cost: \$40.00 - includes all materials.



## Jewelry Making

Instructors: Lorie Foley and Chris McKelvy

Ages: 10 and up

Dates and Times: 4 classes on Wednesdays – Jan. 18, Jan. 25, Feb. 1 and Feb. 8, 2012. Time: 6:30 – 7:30 p.m. Location: Hanover Arts & Activities Center; 500 S. Center St. Ashland, VA. in Studio 4 - back of the building on the 1<sup>st</sup> floor.

Participants will make different types of jewelry using various techniques. This class is appropriate for beginners and/or those with some experience in making jewelry. A perfect mother/daughter activity! Learn how to make earrings, necklaces and bracelets. Cost: \$40.00 - includes all materials.



# The Center

The Hanover Arts  
& Activities Center



*Follow the arrow to discover new and exciting classes and workshops at the Center this winter*



## A Day of Mindfulness

Saturday, January 21, 2012

9:00 am – 3:00 pm

Hanover Arts & Activities Center ~ Ashland, VA

Introduction to Mindfulness-Based Stress Reduction (MBSR)

**Mindfulness is coming home to our truest Selves.** This one-day retreat will introduce participants to the practice of influences that affect well-being and health. Mindfulness practice helps cultivate a greater awareness of thoughts, feelings, and behaviors that can undermine emotional, physical, and spiritual health. Click **here** for more information.

Instructor: Maria Fleshood, LCP

Ages: 16 and up

Cost: \$75.00 for six-hour retreat

To sign up for this retreat, please fill out Hanover Arts & Activities Center **Winter Programming Registration Form**.

Participants will then have the option to sign up for a 10-session continuation of tools learned in this retreat on Wednesdays: Feb. 1, 8, 15, 22, 29, March 7, 15, 21, 28 and April 4, 2012 (7 – 8:30 pm) at the Hanover Arts & Activities Center.

For registration information, questions and details about our programs, please find information at the Center at 500 S. Center Street or at the Ashland Library, call 804.798.2728, or visit our website at [www.hanoverarts.org](http://www.hanoverarts.org).

## This I Believe



*“When people share personal stories, their uniqueness and complexity emerge. Personal exchanges diminish stereotyping and promote caring.”*

*-Public Conversation Project, 2001 ([www.publicconversations.org](http://www.publicconversations.org))*

A healthy democracy needs its citizens to directly and effectively communicate with one another, to move beyond slogans, sound bites, and pre-packaged rhetoric. In the spirit of NPR's *This I Believe* project (inspired by Edward Murrow's 1950's *This I Believe* radio program), the Center will offer a course to take place over **three two-hour sessions, led by teacher, writer, and Ashland resident, Rachel Levy.**

In an atmosphere of safety and inclusiveness, participants will work to effectively and accurately articulate their own ideals and beliefs, as well as to develop understanding of and empathy for the beliefs of others. By the end of the course, participants will have completed a 350-500 word essay that will focus on their central beliefs and the moments in which those beliefs have been formed, tested, or changed. The course will culminate in a celebration an optional public reading of the essays.

To find out more about this opportunity (with no commitment required), you are invited to attend a **free introductory information session** at the Center on **Monday, Jan. 9, 2012 from 7:00 – 8:00 p.m.** where you will hear readings of essays from *This I Believe* and gather information in an informal setting. Light refreshments will be served.

Dates of the three 2-hour writing and sharing sessions are Mondays - Jan. 16, 23, and 30, 2012.

The celebration and optional public reading of the essays is Friday, Feb. 3, 2012 @ 7:00 p.m. at the Center. **Cost is \$25.00 for this course.**

# Knit One, Purl Two

Have you always wanted to learn how to knit? Then sign up for this fun class, taught at beginner level; learn this new skill for the new year.

- **Children/Teen Knitting Class** – Instructor Janet Taylor
  - Ages: 10 – 15 years old
  - Dates /Times: Tuesdays: Jan. 24, Jan. 31, Feb. 7 and Feb. 14, 2012 (4 classes) Time: 6:00 – 7:00 p.m. at the Center, Ashland.(500 S. Center St. Location: Studio 4- back of the bldg, 1<sup>st</sup> floor)
  - Cost: \$40.00 (needles and yarn included in class fee)
  - Learn how to knit, purl, cast on and off and have fun
  - Final project is a beautiful washcloth



To register for any of these classes, registration forms are available at the Hanover Arts & Activities Center, Ashland Library or by visiting [www.hanoverarts.org](http://www.hanoverarts.org).