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www.artmamma.ca

Welcome Mature Adults to another wonderful fun filled season of making art because it is good for your heart!

This year's art season starts in November because I have accepted the opportunity to be a Cruise Ship Tour Guide for Freedom Tours, the same organization that is organizing our first art trip to see Norman Rockwell and Seuss Museum from October 25 -28th 2019. By the way, there as still spaces left on the bus to join us! Call Heather at ***Freedom Tours to find out more information at 632 1012.***

Please pass this information along and or bring a friend to Art Mamma's ***FREE WILL OFFERING no experience necessary*** art classes. Many ***NEW*** things to learn and explore creatively together and I look forward to sharing those experiences with you. All three classes begin the week of November 4th to June 2020.

CARLETON COMMUNITY CENTRE 120 Market Place (Lower West) – Monday's from 10 am to 12 noon. Coffee/Tea/Snack provided and all art supplies. This class will explore the entire teachings of Kimon Nicolaides course ***The Natural Way to Draw.*** Art Mamma has modified it for practical everyday use for all to enjoy. Start date is Monday November 4, 2019. Registration preferred but not necessary as participants can join in anytime throughout the year.

THE YMCA NORTH END and at the ROTHESAY HIVE Art Mamma is volunteering to bring art to your heart at both locations from Monday 2 – 3 pm. Art Mamma will alternate each week from one location to the next. This will be an all-out Art as Therapy approach to creativity and the participant will learn everything needed to be artistically creative with a pencil and a paint brush. Supplies provided and no experience is required. **To register and find out how to join the Y call the HIVE at 799-9240 or YMCA 693 9622.**

SILVER FALLS UNITED CHURCH – 840 Loch Lomond Road (East) Friday's from 1- 3 pm in the Church Hall. Coffee/Tea/Snack provided and all art supplies. This class will explore all the different art genres and materials to let go and enjoy life through art. Art history, back story scoop, art techniques, art news locally and globally and lots more! Registration preferred but not necessary as participants can join in anytime throughout the year.

Visit www.artmamma.ca website to find out specific dates, times and class topics per location.

Join the movement of ***Art in your Heart*** for your mind body and soul.

Your Art Mamma,
Kim Cookson

To Register call – 651 4537 OR EMAIL – kimmy.cookson@gmail.com