



THESE HANDS-ON WORKSHOPS ARE DESIGNED TO...

- Nourish your mind, body, and creativity
- Encourage you to try something new
- Spark inspiration for the new year
- Teach new skills

We hope to see you there!

Spaces fill up fast!
To **RSVP and save your spot**, call
(207) 236-3440 or email
jsagaser@librarycamden.org

JUMPSTART JANUARY

Mark your calendars and get ready to...

**relax, rejuvenate,
and try something new**

during this special January programming
series at the Camden Public Library!

**SIGN UP NOW TO RESERVE
YOUR SPOT!**





Tuesday, January 3, 6 PM - 7 PM	Rest Into the New Year Yoga Nidra, Phase 1: Rest w/ Hester Kohl Brooks	Virtual on Zoom	Lay down in the comfort of your own home and experience the 3-phase <i>Daring to Rest</i> Yoga Nidra method. In this phase (Rest), we'll tend to physical exhaustion.
Thursday, January 5, 6 PM - 8 PM	Watercolor Paint-Along w/ Erica Qualey	Virtual on Zoom	Learn watercolor techniques through a guided paint-along session.
Tuesday, January 10, 10:30 AM - 12 PM	Relationship Intelligence w/ Michael Shell and Rev. Gabriel Burford	Picker Room at the library	This workshop will provide you with a new perspective on your personal relationships with tools to cultivate and sustain them.
Tuesday, January 10, 6 PM - 7:30 PM	Slow Stitching Mandalas w/ Robinsunne*	Hybrid: Picker Room & Zoom	Work on a warm, contemplative sewing project: mandalas. Finish in class or use this gathering to begin a beautiful project to carry forward into the New Year.
Wednesday, January 11, 2 PM - 3:30 PM	Beginners & Senior Fitness Dancing w/ Rita Swidrowski	Picker Room at the library	Rita will lead a variety of cha cha's, twists, boogie's & mambo's to pop songs, old & new. No dance experience is necessary & each person is encouraged to follow his or her own body's needs & abilities. Rock in the new year & come dance with us!
Thursday, January 12, 2 PM - 3 PM	Rest Into the New Year Yoga Nidra, Phase 2: Release w/ Hester Kohl Brooks	Virtual on Zoom	Lay down in the comfort of your own home and experience the <i>Daring to Rest</i> Yoga Nidra method. In this phase (Release), we'll tend to mental/emotional exhaustion.
Thursday, January 12, 6 PM - 7:30 PM	Learn to Make Accordion Books w/ Amy Hand*	Hybrid: Picker Room & Zoom	Amy will teach several adaptations of this easy book structure. If you feel inclined, you can enter your book into our Annual Accordion Book Art Show at the library!
Tuesday, January 17, 12 PM - 3 PM	Painting Morning Sun in Watercolor w/ Jaeohk Cho Keenan*	Picker Room in the library	Learn ways to paint morning sun and sunrise landscapes with watercolor. Techniques will be applicable for painting other kinds of light as well.
Thursday, January 19, 2 PM - 3 PM	Rest Into the New Year Yoga Nidra, Phase 3: Rise w/ Hester Kohl Brooks	Virtual on Zoom	Lay down in the comfort of your own home and experience the 3-phase <i>Daring to Rest</i> Yoga Nidra method. In this phase (Rise), we'll tend to life purpose exhaustion.
Sunday, January 22, 1 PM - 3:30 PM	Abstraction & the Landscape Painting Workshop w/ Karen Jelenfy*	Picker Room in the library	Students will reflect on use of abstraction as a response to landscape. Artists to be explored include Andrew Wyeth, Vincent Van Gogh, Joan Mitchell, and John Walker.
Tuesday, January 31, 6 PM - 8 PM	Valentine Papercraft w/ Joelle Webber*	Hybrid: Picker Room & Zoom	Create a paper Rugosa Rose with five heart-shaped petals and stitched button center. Can be used to decorate gifts, cards or paper streamers.

***\$10 materials fee to participate. Fees must be paid in advance so materials can be provided.**

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