



A safe and accessible way for older adults with mobility or cognitive issues to engage in meaningful arts experiences. Mix with qualified professional artist instructors and people who share your interests. No experience is necessary. Friends and support people are welcome. Get ready to have fun and rekindle our creative minds together. Space is limited. Register today.



[WWW.HARTCENTRE.CA/THE-MIX](http://WWW.HARTCENTRE.CA/THE-MIX)



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## **SOFT TOUCH N' SEW WITH ISIDORA SPIELMANN**

**TUESDAYS 12:30 - 2:30 PM**

**WEEKS OF SEPT 12-OCT 17 & OCT 24-NOV 28**

Come and join us to refresh old knitting, sewing, crocheting, or felting skills. Let's sip tea and exchange stories. This weekly group activity is about joy and delight. Hand-sew a bright felt pillow, stitch a picture with felt and wool or knit a lacey scarf. It's your choice! Isidora is an experienced designer, trained artist, teacher, and writer, working with textiles, fine clothes, costumes, ceramics, and performance. Her focus is on creating a joyful, creative atmosphere.

## **ANTICS, ACTING & APPLAUSE WITH KATHRYN MACKAY**

**TUESDAYS 9:30 - 11:30 AM**

**WEEKS OF OCT 10-OCT 31 & NOV 7-NOV 28**

Come play with us! Join us for two 4-week workshops in which we will be exploring everything to do with performance. Each session will begin with a warm-up game using some combination of voice, gesture, and imagination. From there we will go on to develop stories around experiences with water which we will animate in a theatrical form. Kathryn is a professional theatre director and Managing Director of PeerLess Productions, a company dedicated to providing opportunities for mixed-ability theatre artists. No experience is necessary and the focus will be on having fun!

## **50 TUNES OF GREY WITH DAVID ARCHIBALD**

**WEDNESDAY 12:30 - 2:30 PM**

**WEEKS OF SEPT 12-OCT 17 & OCT 24-NOV 28**

Dust off that old guitar, limber up those trusty piano fingers and, if you don't have an instrument close at hand, we've got ten lovely new ukuleles! Come and join award-winning singer/songwriter David Archibald for Wednesday afternoons of fun and great music. The setting is a welcoming and informal jam. The tunes will represent the best of the 20th century.

## **MOVEMENT & MUSIC WITH ADAPT N' DANCE**

**THURSDAYS 12:30 - 2:30 PM**

**WEEKS OF SEPT 12-OCT 17 & OCT 24-NOV 28**

Come a little early for tea, coffee, and a chat! Designed to be accessible, this class can be entirely done in a seated position. For those with mild physical and/or cognitive differences, there will be opportunities to safely sit or stand. This programming is designed as an out-of-residence opportunity to gather and meet new people. Camille is a local dance artist who has worked with multiple communities around the world sharing her passion for dance, specifically those with neurodiverse abilities, and the Parkinson's community. Join her while she takes you through creative, musical, and easy-to-follow dance experiences that anyone can do. No dance experience is necessary. Just a willing heart and your positive vibes!

**THE MIX, 235 WELLINGTON STREET, KINGSTON**  
**REGISTER: [HARTINFO@HARTSCHOOL.CA](mailto:hartinfo@hartschool.ca) 613.545.1392**