

Fridays Afternoons
at the Social Club

CREATIVE PLAYDATES

1:00 PM - 3:00 PM

AUGUST 2026 SCHEDULE

August 7th, 2026

Mixed Media Art
(different textiles)

August 14th, 2026

Butterfly Art
Mixed Media

August 20th, 2026

SOCIAL CLUB CLOSED

August 28th, 2026

Watercolor
Wildlife Scene

Come as you are,
leave feeling lighter,
more creative, and
more connected!



Transportation
Provided

705-526-1305 ext. 1228

Please call by 9:00 AM
for a ride.

The Power of Art Therapy

Art is more than just creating
something beautiful – it's a way
to take care of your mind,
body, and spirit.

- ♥ Reduces stress and anxiety
- ♥ Boosts mood and self-esteem
- ♥ Encourages self-expression
- ♥ Improves focus and mindfulness
- ♥ Builds connection
and a sense of belonging

No artistic experience
needed – just come, relax,
create, and enjoy!

