

WORKSHOP CATEGORY KEY

(I)	In-person, on-campus delivery. <i>(Several days prior to an in-person workshop, you will receive an email with that workshop's specific room location.)</i>
(O)	Off-campus travel required.
(V)	Virtual delivery. <i>(Several days prior to a virtual workshop, you will receive an email with that workshop's Zoom meeting link and password.)</i>
(S)	Special supplies/clothing or other preparation required. <i>Please read the 'Preparation' section of each workshop description for precise requirements.</i>
(D)	Diversity, Equity and Inclusion: <i>At least 20% of Creative Making Workshops focus on subject matter that represents interests and views of non-dominant cultures and people and/or directly encourages thinking and behaviors that support the valuation of diversity, equity and inclusion.</i>

[V, S] 1. THE TOMBSTONE PROJECT... OR THE ART OF THE EPITAPH**Friday, September 23, 2022, 3pm-6pm***Instructor: Anna Dhody, Acting Co-Director and Curator, Mutter Museum, Philadelphia (muttermuseum.org)*

Mark Twain is often credited with the famous line "I didn't have time to write a short letter, so I wrote a long one instead." While there is no evidence Twain said this, a 17th-century mathematician by the name of Blaise Pascal is quoted as saying "I have made this letter longer than usual, only because I have not had time to make it shorter." Most museum curators will attest that it is often harder to write 100 words than 1000. Why? Because there is no room to wander. Every word needs to work to convey your message. Perhaps the most concise and meaningful thing that will ever be written about you is your epitaph. This workshop will explore the origin, history, and styles of epitaphs. You will not only learn about epitaphs, but will write your own as a final project that encourages creativity and introspection.

Preparation: In advance of the workshop, you are encouraged to take a walk through a local cemetery that is open to the public (such as Laurel Hill Cemetery) for inspiration. Alternatively (or in addition), you can look online at images of cemeteries and individual tombstones for inspiration.

[V] 2. PLAN YOUR DREAM TRIP TO ITALY!**Friday, September 23, 2022, 3pm-6pm***Instructor: Corrado Minimo, MD, a native Italian*

Italy has always held a special place for travelers, and few can resist the charms of the country's diverse geography, rich history, unsurpassed art, and hospitable inhabitants. Planning a trip to the *Bel Paese* ('beautiful country') can be a highly creative endeavor, but it can also be intimidating, precisely because there is so much to see and experience. In this workshop a native Italian will help de-mystify this process and guide you through the steps in charting a successful journey, and you'll learn some of the many secrets of well-traveled experts. You will be given time to create an itinerary customized entirely to your interests: whether comprised of the "must-sees" or the little-known gems, the metropolises or the off-the-beaten-track hill towns, churches or beach destinations. Although geared specifically to Italy, many of the skills and strategies you'll learn are transferable to planning a trip to other European destinations.

Preparation: None.

[V, D] 3. EASTERN STATE PENITENTIARY AND PRISONS TODAY

Friday, September 23, 2022, 3pm-6pm

Instructor: Matthew Murphy, Tour Programs Supervisor, Eastern State Penitentiary Historic Site (easternstate.org)

Eastern State's history matters today more than ever. This in-depth virtual group tour explores the history of Eastern State and the experiences of men, women and children who lived and worked behind its walls. This program sets the stage for conversations about criminal justice reform today. An engaging educator will host your virtual visit from their computer with a slideshow that incorporates photos, videos, and audio clips of Eastern State Penitentiary. This distance learning session will provide opportunities to reflect on Eastern State's original grand objectives, its change over time, and the racial, economic, and geographic impacts of mass incarceration.

Preparation: None.

[V, S] 4. SCREENWRITING: FIRST TO FINAL DRAFT

Saturday, September 24, 2022, 10am-1pm

Instructor: Dave Ebersole, MFA (daveebersole.com)

Everyone has a movie they want to make somewhere inside them, but what's yours? This workshop will show the fundamentals of developing a script from a kernel of an idea, to a logline, to a screenplay. This workshop will breakout the story you want to tell, show you how to put it on the page, and will get you on your way to writing the screenplay you have locked inside of you.

Preparation: You should have something to write with (computer, iPad, pen/paper, or other).

[I] 5. BEEKEEPING 101: A WORKSHOP FOR THE BEE-CURIOS!

Saturday, September 24, 2022, 10am-1pm

Instructor: Sarah Plonski is a human performance coach for creatives (<https://sarahplonski.com/>) and is President of the Philadelphia Beekeepers Guild (<https://sarahplusbees.com/>)

Aside from the fact that a healthy honeybee hive can produce several gallons of delicious, honey every year, working with bees is tremendously enjoyable. In this one-session introductory workshop, you will gain an understanding of the fascinating world of the honeybee. After an overview of this amazing social creature, you'll learn a bit about the various products of the honeybee hive, and what it takes to keep a busy, productive hive of bees happy throughout the year. This is a beginner's workshop, so no previous knowledge is required. The workshop will include lots of time for Q&A.

Preparation: None.

[V, D] 6. THE STORY OF THE BLUES

Saturday, September 24, 2022, 2pm-5pm

Instructor: Seth Holzman, Blues harmonica specialist and educator

"The Story of the Blues" is a journey back to Blues music's roots in West Africa and Europe and its emergence in the American South, where African Americans created a unique musical form that has influenced all forms of American music, including Jazz, Rhythm & Blues, Rock 'n' Roll, Country, Boogie Woogie and even Classical Music. We will listen to and discuss recordings of artists that illustrate the earliest forms of the Blues as well as the more recent forms, including the likes of Charlie Patton, Blind Lemon Jefferson, Robert Johnson, Blind Blake, Blind Boy Fuller, T-Bone Walker, Slim Harpo, B.B. King and John Coltrane. We'll touch on Delta Blues, Piedmont Blues, Chicago Blues, and Jazz Blues. You will have the opportunity to write a few verses of Blues lyrics/poetry that touch on personal feelings or experiences. (And the instructor will briefly engage his special interest in Blues harmonica by playing some himself!)

Preparation: None.

[V, S] 7. PODCASTING: PRESSING PLAY ON YOUR STORY

Saturday, September 24, 2022, 2pm-5pm

Instructor: Dave Ebersole, MFA (daveebersole.com)

Podcasts are one of the fastest growing mediums there are. From interview shows, to discussion topics, to audio dramas, the podcast field is an ever-expanding medium that anyone can be a part of: you just have to know how. This workshop discusses the fundamentals of creating a new show, how to assemble it, and how to release it for anyone to hear.

Preparation: You should have something to write with (computer, iPad, pen/paper, or other).

[I, S] 8. WRITE AND GIVE A TALK

Sunday, September 25, 2022, 10am-1pm

Instructor: Brian Foley, a practicing attorney and adjunct law professor (<https://www.brianfoleylaw.com/>)

If you thought the Internet, with its proliferation of the written word and pictures and images, would render spoken word presentations obsolete, think again! Spoken word presentations are more important than ever — and are thriving, from YouTube "how to" videos, Ted Talks, podcasts, live presentations on Zoom, to "old fashioned" in-person talks and lectures. Anyone wanting to make a connection with other people should consider using spoken word. But the FEAR of public speaking has grown, too. This fear impedes creativity in crafting and delivering a speech. Learn to speak with power and poise, how to write a speech quickly, and ways to make fear work for you

not against you as you create and deliver. Join us in a VERY SUPPORTIVE atmosphere to learn this empowering skill that will help you succeed in your coursework and beyond.

Preparation: You are required to have a camera (such as smartphone) or some other device for video-recording your final speech.

[I, S, D] 9. WHEN WITNESSING MICROAGGRESSIONS, HOW TO NOT BE A BYSTANDER, BUT BE AN ALLY
Sunday, September 25, 2022, 10am-1pm

Instructor: Shawn Blue, PsyD, Clinical Associate Professor and Psychologist, Dept. of Psychiatry and Human Behavior, Thomas Jefferson University

In this workshop, you will learn skills to avoid being a bystander when witnessing microaggressions. A brief overview of the different types of microaggressions that occur will be provided. Become, or continue to be, an ally by learning skills to: (1) better educate yourself in recognizing when a microaggression has occurred; (2) how to better understand your areas of privilege; and (3) how to support others when microaggressions occur and be part of the change to create a socially just world.

Preparation: Ability to participate with an open mindset and in a respectful manner.

[I, S] 10. WHAT'S OLD IS NEW AGAIN: INSPIRING TEXTILES

Sunday, September 25, 2022, 2pm-5pm

Instructor: Jade Papa, MFA, Curator of the Textile and Costume Collection, Thomas Jefferson University

The Textile and Costume Collection housed at the Design Center on Jefferson's East Falls campus is bursting with historical objects that relate to the history of the University and the history of textile manufacturing in the United States. First, you'll get a virtual glimpse into some of the 100k+ objects held there, and hear how current students and faculty (from a variety of majors) use them as inspiration. After choosing a genre of design to work in (furnishings, fashion, industrial design to name a few), you will use the collections' digitized selection of swatches to "populate" your designs. To foster your ability to clearly communicate your design choices, we'll have a little show and tell at the end. No drawing or design experience is necessary; all you'll need is your creative spirit!

Preparation: You will need one of these software programs: Adobe Photoshop (preferred), Microsoft Paint, or PowerPoint. Prior to the workshop, you will be emailed a variety of black and white templates which you may choose to utilize for the design portion of the workshop.

[V, S] 11. THE ART OF MAGIC: UNCOVERING THE WORLD OF SURPRISE, ASTONISHMENT, AND WONDER

Sunday, September 25, 2022, 2pm-5pm

Instructor: Paul Draper, magician, mentalist, anthropologist; former house magician at the Venetian resort in Las Vegas and official magician at Disneyland; Adjunct Instructor and Distinguished Lecturer at Soka University of America.

The art of magic is both ancient and universal. It appears that every human culture throughout time has had magicians of one sort or another. During this workshop we will discover some of the secrets that magicians use to delight and to deceive. We will discuss magic as it plays out interculturally, religiously, and eventually on Broadway and Las Vegas stages. Magicians have used magic to change society, to teach lessons, and even to sell products and ideas. Some, of course, use magic just to trick others for a moment of fun. But we'll dive deeply into using magic in telling stories, sharing experiences, and catching the attention of your desired audience. As an anthropologist, your instructor has studied magic in religious contexts from spiritualists to shamans; and as a magician he has performed for celebrities, fortune tellers, world leaders, on TV, and on stages around the world. In this exceptional workshop experience, you'll gain actionable insight into the world of making things magical.

Preparation: You are required to have the following items that you've obtained on your own: a deck of playing cards, a pencil or pen, 5 pieces of regular copy (blank) paper, some paper napkins or tissue, a coin.

[I, S] 12. THE BEST MEDICINE: COMEDY AS A LIFE SKILL
Wednesday, September 28, 2022, 6pm-9pm

Instructor: Alyssa Al Dookhi, comedian, writer, and game show host (thedookness.com)

In this workshop, you'll get a comedian's guide to life for professional and personal success. Together, we'll learn where humor comes from and how to create it. We will then apply what we learned by exploring the basics of communicating in an improv scene, and how to write a one-liner! Finally, we'll identify times when humor has gone awry, how to avoid "bombing," and how to react gracefully to rejection. The objective of this workshop is not just to learn how to write a joke, but how the principles of comedy can help us interact with people every day, becoming better partners, coworkers, and global citizens. My hope is that you will leave with a couple of good jokes, and the ability to "find the funny," wherever life takes you.

Preparation: Bring to the workshop something to write and take notes with, such as paper/pen or laptop/iPad, or similar.

[I] 13. DIY FIDGETS: THE PROCESS OF MAKING FOR RELAXATION

Wednesday, September 28, 2022, 6pm-9pm

Instructor: Mary Beth Thomas, DOT, OTR/L, former Ass't Professor of Occupational Therapy, Thomas Jefferson University

The process of making and doing without concern for the end product is a key guiding principle in occupational therapy to support overall well-being. The aim is to experience “flow,” or the moment when you become so engrossed in a task that time become irrelevant. To explore this concept of flow through making, we will be making your own DIY fidgets, another occupational therapy based on mental health intervention. You will be encouraged to make one familiar to you, and an unfamiliar one that would be a potential new stress reduction strategy. After creation, a guided reflection on the making process, overcoming mistakes, achieving flow, and the exploration of novel strategies will occur. You do not need any special skills in order to participate in the making; just an open mind and can-do attitude!

Preparation: None; the instructor will supply all the materials necessary for this workshop.

[I, S] 14. COMICS BOOTCAMP

Thursday, September 29, 2022, 6pm-9pm

Instructor: Terry LaBan, professional cartoonist and writer (breakthroughvisuals.com)

Want to make your own comics but have no idea where to start? Whether you want to create 3-panel comic strips or multipage graphic novels, this workshop will show you basic principles of sequential storytelling that are accessible to anyone, regardless of artistic background. We'll talk about creating and designing characters, narrative techniques, layouts, penciling, lettering, and inking. You can use pencil, marker, and paper, work entirely digitally, or do a little of both. Meet your inner cartoonist and learn the tools to create comics in your own unique voice in a safe and encouraging environment. No drawing skills necessary! In fact, you're better off without them.

Preparation: In order to create your comics, you will need pencil, markers, and paper, or you can use a digital medium of your choice — or you can combine these two methods.

[I] 15. INTRODUCTION TO ZENTANGLE®

Thursday, September 29, 2022, 6pm-9pm

Instructor: Mindy Shapiro (mindyshapiro.com)

Zentangle® has been described as a spiritual art practice that enhances mindfulness and self-awareness, decreases stress, and calms the mind. In this relaxing, creative, meditative and quite fun

drawing workshop, you will learn at least 6–8 basic Zentangle patterns. Each structured pattern will be broken down into small steps, and what results are beautiful creative and unique images. With no preconceived idea of the final results, creativity just happens. People who don't ordinarily draw discover the artist within while those with art experience find new creativity and focus. During the session, we will also reflect on what arises while we tangle. For instance, do you tend to think your work is better than your neighbors', not as good, or do you find yourself putting down your own art while silently (or not so silently) praising another? You will leave the workshop confident in your unique, creative expression and with new skills to continue tangling on your own. Learn more at zentangle.com.

Preparation: None; instructor will provide necessary supplies.

[I, O] 16. FROM INDUSTRIAL TO BUCOLIC: EXPLORING THE HISTORY OF HISTORIC RITTENHOUSETOWN AND PAPER MAKING

Friday, September 30, 2022, 3pm-6pm

Instructor: Amy Ricci, Executive Director, Historic RittenhouseTown, Philadelphia (rittenhousetown.org)

Historic RittenhouseTown, just several minutes from campus, represents one of the oldest intact historic sites in Philadelphia. When Wilhelm Rittenhouse and his wife Gertrude emigrated to the Germantown area in the late 17th century, they had no way of knowing they were creating a legacy that would endure for more than 300 years. In the first portion of this workshop you will take a tour of the village with references to the many structures that are no longer extant. You'll reflect on what and how the early industrial village would have operated. You'll explore the early German vernacular architecture of the 1707 Homestead and the 1735 addition and creation of the Bakehouse. Finally, you'll learn how paper was made by the Rittenhouse family and then create your own paper!... (see next page for preparation instructions)

Preparation: None; all papermaking materials will be supplied by Historic RittenhouseTown. Please note that Jefferson will not be supplying transportation, so you must arrange your own travel to this site. The workshop will begin at the RittenhouseTown Visitor Center, 208 Lincoln Drive, Philadelphia, PA, 19144, which is about 1.5 miles from campus; estimated one-way driving time is about 7 minutes.

[V, S, D] 17. SIGNS OF HUMANITY: LESSONS FROM THREE DECADES OF BUYING HOMELESS SIGNS

Friday, September 30, 2022, 3pm-6pm

Instructor: Willie Baronet, MFA, artist, and the Stan Richards Professor in Creative Advertising, Southern Methodist University, Dallas, TX

Artist's statement: "I bought my first homeless sign in 1993. Before then, the awkwardness I felt often led me to avoid eye contact with those on the streets asking for help. Buying signs, however, quickly changed everything, and my relationship with people experiencing homelessness has been powerfully altered ever since. My collection of signs has turned into a 29-year-long art project called WE ARE ALL HOMELESS (<http://www.weareallhomeless.org/>), which is the subject of the documentary SIGNS OF HUMANITY. I've been honored to share art exhibits and presentations about this project all over the country and beyond." In this workshop you will use our own creativity to dive into the meaning of home and what it means to be "homeless." We will explore our projections, judgments and biases, and hopefully re-examine the way we want to show up in the world with our fellow humans.

Preparation: In order to take this workshop, you will need to assemble on your own these materials: (1) a scrap piece of cardboard about the size of a standard (8.5" x 11") piece of paper, or larger; and (2) any supplies to make art on that cardboard (for example: markers, pens, chalk, glitter, stickers, tissue paper, etc.).

[I, S] 18. INTRODUCTION TO ACTING

Saturday, October 1, 2022, 10am-1pm

Instructor: Dave Ebersole, MFA (daveebersole.com)

We perform every day of our lives but don't realize it. Through theater games, improv exercises, and body movement techniques, you'll discover some of the innate abilities you use day-to-day. Building on this awareness, you'll create a monologue that you'll present to your fellow workshop participants. While this workshop focuses on the fundamentals of acting, it's also ideal for those who want to gain confidence in public speaking.

Preparation: You'll need to bring a prop of your choosing to use for a character you want to create. This can be anything -- from a set of keys, to a pillow, to a glass. Please wear comfortable clothes and shoes that you can freely move in.

[I] 19. BEEKEEPING 101: A WORKSHOP FOR THE BEE-CURIOUS!

Saturday, October 1, 2022, 10am-1pm

Instructor: Sarah Plonski is a human performance coach for creatives (<https://sarahplonski.com/>) and is President of the Philadelphia Beekeepers Guild (<https://sarahplusbees.com/>)

Aside from the fact that a healthy honeybee hive can produce several gallons of delicious, honey every year,

working with bees is tremendously enjoyable. In this one-session introductory workshop, you will gain an understanding of the fascinating world of the honeybee. After an overview of this amazing social creature, you'll learn a bit about the various products of the honeybee hive, and what it takes to keep a busy, productive hive of bees happy throughout the year. This is a beginner's workshop, so no previous knowledge is required. The workshop will include lots of time for Q&A.

Preparation: None.

[I, S] 20. THE BEST MEDICINE: COMEDY AS A LIFE SKILL

Saturday, October 1, 2022, 2pm-5pm

Instructor: Alyssa Al Dookhi, comedian, writer, and game show host (thedookness.com)

In this workshop, you'll get a comedian's guide to life for professional and personal success. Together, we'll learn where humor comes from and how to create it. We will then apply what we learned by exploring the basics of communicating in an improv scene, and how to write a one-liner! Finally, we'll identify times when humor has gone awry, how to avoid "bombing," and how to react gracefully to rejection. The objective of this workshop is not just to learn how to write a joke, but how the principles of comedy can help us interact with people every day, becoming better partners, coworkers, and global citizens. My hope is that you will leave with a couple of good jokes, and the ability to "find the funny," wherever life takes you.

Preparation: Bring to the workshop something to write and take notes with, such as paper/pen or laptop/iPad, or similar.

[I, S] 21. INTRODUCTION TO ACTING

Saturday, October 1, 2022, 2pm-5pm

Instructor: Dave Ebersole, MFA (daveebersole.com)

We perform every day of our lives but don't realize it. Through theater games, improv exercises, and body movement techniques, you'll discover some of the innate abilities you use day-to-day. Building on this awareness, you'll create a monologue that you'll present to your fellow workshop participants. While this workshop focuses on the fundamentals of acting, it's also ideal for those who want to gain confidence in public speaking.

Preparation: You'll need to bring a prop of your choosing to use for a character you want to create. This can be anything -- from a set of keys, to a pillow, to a glass. Please wear comfortable clothes and shoes that you can freely move in.

[I, S] 22. EXPLORING THE “SWING” OF THE SENTENCE**Sunday, October 2, 2022, 10am-1pm***Instructor: Nathan Long, Professor of Creative Writing, Stockton University*

In this workshop, we will look at the sentence on the macro level, examining how sentences fit into a paragraph and story or essay as a whole. Then we look at sentences on the micro level, down to how the sound and placement of a word affects meaning. We will look at what makes a good, bad, and great sentence, and discuss four skills for improving any sentence. Lastly, we'll practice writing a paragraph using various sentence structures and then revise the sentences in our paragraphs using the skills we've learned. You don't need any set writing skills, but you will hopefully walk away with a set of new skills that will improve the way you communicate.

Preparation: You will need materials to write with, either pen and paper, or computer.

[I, S, D] 23. BEYOND MALE AND FEMALE**Sunday, October 2, 2022, 2pm-5pm***Instructor: Nathan Long, Professor of Creative Writing, Stockton University*

We will start this workshop with a simple exercise to understand how diverse humans are, and then look at variations of the human body through an interactive lecture, examining how our general understanding of sex (notions of male and female) differs from biological reality. We will explore how medical professionals determine sex of babies with ambiguous bodies, and how even doctors and scientists are influenced by cultural norms of male and female and what a “normal” body should look like. We will also talk about gender and sexuality and how these ideas become complicated when looking at variations of sex within humans. You will leave with a greater understanding of human variation and how we are enculturated to think about males and females.

Preparation: You will need materials to write with, either pen and paper, or computer.

[V, S] 24. CREATIVE DIGITAL PHOTOGRAPHY**Wednesday, October 5, 2022, 6pm-9pm***Instructor: Tamsen Wojtanowski, Adjunct Instructor, Thomas Jefferson University*

The smartphone you carry in your pocket and with which you likely take dozens, or even hundreds, of pictures a day is more powerful than you may realize. Manufactured as a continued representation of the early camera built around 1852, this modern image-making device works to mimic the shutter speed and aperture manipulations of a mechanical camera. It's not magic (per say) and you are still the author of the

image. The game is learning how to control the camera in order to maximize its potential. In this workshop you'll receive a general overview of the working parts of the digital camera and the steps that allow you to produce dynamic exposures. You'll use your camera to test various approaches and receive instant feedback from the instructor. No prior knowledge of photography is required, and you may work with any digital camera at hand, including the one on your smartphone.

Preparation: In order to take this workshop, you will need a digital camera (a smartphone camera is acceptable).

[V, S, D] 25. (UN)NATURAL BODIES**Wednesday, October 5, 2022, 6pm-9pm***Instructor: Courtney Douchette, Assistant Professor of History, State University of New York at Oswego*

From foot binding and circumcision, to weightlifting and hair care, people throughout history have shaped the physical body. By exploring these topics and others, this workshop questions whether there is or ever has been a “natural” body. We will explore how race, gender, class, and sexuality shape whose bodies are talked about and depicted, when, where, how and by whom. This workshop is an opportunity to think about the body as a subject of history and an agent of historical change. It also provides the chance to think critically about our relationship to our own bodies today and to create a body of creative reflections (in writing and art) on how our own bodies have been shaped through the course of our lives.

Preparation: Please bring something to write with (either pen and paper or computer) and a few materials to draw (scrap paper and colored pencils, crayons, and/or markers).

[I, O, S] 26. IMMERSED IN LIGHT - JAMES TURRELL'S “SKYSPACE”**Wednesday, October 5, 2022, 6pm-9pm***Instructor: Lyn Godley, Professor of Industrial Design, Thomas Jefferson University, and Director, The Jefferson Center of Immersive Arts for Health (<http://lynqodley.com/>)*

Light reflecting off water, dappling through trees, creating reflections and shadows that move across your wall – this is the Dynamic Light that brings the world to LIFE. Recent research tells us the importance of daylight for our circadian rhythms, but what about the symphony of dynamic daylighting that our bodies naturally lean into? Artists, like James Turrell have been working with light as a medium for decades, immersing viewers in time-based visual experiences that mesmerize, and inspire. This workshop will include an evening session at Turrell's Skyspace in Chestnut Hill (<http://chestnuthillskyspace.org/>), and information on the research behind dynamic lighting and artists using dynamic lighting in their work. This is

a beginner's workshop, so no previous knowledge is required. The workshop will include time for Q&A.

Preparation: Please note that Jefferson will not be supplying transportation, so you must arrange your own travel to this site. The workshop will take place at Chestnut Hill Friends Meeting, 20 East Mermaid Lane, Philadelphia, PA, 19118 (<https://www.quakercloud.org/cloud/chestnut-hill-friends-meeting>), which is about 4.3 miles from campus; estimated one-way driving time is approximately 11 minutes.

[I] 27. DIY FIDGETS: THE PROCESS OF MAKING FOR RELAXATION

Thursday, October 6, 2022, 6pm-9pm

Instructor: Mary Beth Thomas, DOT, OTR/L, former Ass't Professor of Occupational Therapy, Thomas Jefferson University

The process of making and doing without concern for the end product is a key guiding principle in occupational therapy to support overall well-being. The aim is to experience "flow," or the moment when you become so engrossed in a task that time become irrelevant. To explore this concept of flow through making, we will be making your own DIY fidgets, another occupational therapy based on mental health intervention. You will be encouraged to make one familiar to you, and an unfamiliar one that would be a potential new stress reduction strategy. After creation, a guided reflection on the making process, overcoming mistakes, achieving flow, and the exploration of novel strategies will occur. You do not need any special skills in order to participate in the making; just an open mind and can-do attitude!

Preparation: None; the instructor will supply all the materials necessary for this workshop.

[V, D] 28. BOTH/AND THINKING: A KEY TO SOLVING TODAY'S SOCIAL DILEMMAS

Thursday, October 6, 2022, 6pm-9pm

Instructor: Michael Seitchik, EdD, Consultant, Executive Coach, and Adjunct Professor, Thomas Jefferson University

A major stumbling block to creatively solving many current social dilemmas is either/or thinking. For example, either/or thinking when applied to climate change often shows up as either doing what is best for the US economy or what is best for all of humanity. This either/or thinking creates win-lose mindsets that inhibit people's ability to find a creative solution that can achieve both – economic stability and save the planet. You will apply both/and thinking to one or more issues that suffer from either/or thinking including poverty, climate change, immigration, healthcare, the future of work, and racism. You do not need any special knowledge or skills; just the

willingness to explore the benefits of each side of an issue.

Preparation: None.

[V, D] 29. EASTERN STATE PENITENTIARY AND PRISONS TODAY

Friday, October 7, 2022, 3pm-6pm

Instructor: Matthew Murphy, Tour Programs Supervisor, Eastern State Penitentiary Historic Site (easternstate.org)

Eastern State's history matters today more than ever. This in-depth virtual group tour explores the history of Eastern State and the experiences of men, women and children who lived and worked behind its walls. This program sets the stage for conversations about criminal justice reform today. An engaging educator will host your virtual visit from their computer with a slideshow that incorporates photos, videos, and audio clips of Eastern State Penitentiary. This distance learning session will provide opportunities to reflect on Eastern State's original grand objectives, its change over time, and the racial, economic, and geographic impacts of mass incarceration.

Preparation: None.

[V, S, D] 30. SIGNS OF HUMANITY: LESSONS FROM THREE DECADES OF BUYING HOMELESS SIGNS

Friday, October 7, 2022, 3pm-6pm

Instructor: Willie Baronet, MFA, artist, and the Stan Richards Professor in Creative Advertising, Southern Methodist University, Dallas, TX

Artist's statement: "I bought my first homeless sign in 1993. Before then, the awkwardness I felt often led me to avoid eye contact with those on the streets asking for help. Buying signs, however, quickly changed everything, and my relationship with people experiencing homelessness has been powerfully altered ever since. My collection of signs has turned into a 29-year-long art project called WE ARE ALL HOMELESS (<http://www.weareallhomeless.org/>), which is the subject of the documentary SIGNS OF HUMANITY. I've been honored to share art exhibits and presentations about this project all over the country and beyond." In this workshop you will use our own creativity to dive into the meaning of home and what it means to be "homeless." We will explore our projections, judgments and biases, and hopefully re-examine the way we want to show up in the world with our fellow humans.

Preparation: In order to take this workshop, you will need to assemble on your own these materials: (1) a scrap piece of cardboard about the size of a standard (8.5" x 11") piece of paper, or larger; and (2) any supplies to make art on that cardboard (for example: markers, pens, chalk, glitter, stickers, tissue paper, etc.).

[V] 31. HOW DO I IMPROVE MY NEGOTIATION SKILLS?**Saturday, October 8, 2022, 10am-1pm***Instructor: Edward E. Scott, PhD, MBA, Faculty in the Dept. of Accounting, Economics and Finance, Slippery Rock University, and Adjunct, Thomas Jefferson University*

We negotiate almost every day. Perhaps with roommates (if you can pay a little more rent, I'll clean). Maybe with employers (the pay is a bit lower than I was expecting, so can I work from home two days a week?). What about significant personal financial transactions (e.g., will you sell the house to us if we pay 5% more than any competing offer? I love the car, but can we get a lower price?) This workshop will expose you to different negotiating tactics with an emphasis on interests-based negotiations. You'll learn about your negotiating style preference and the advantages and disadvantages of your style when negotiating with others.

Preparation: None.**[V, S, D] 32. (UN)NATURAL BODIES****Saturday, October 8, 2022, 10am-1pm***Instructor: Courtney Douchette, Assistant Professor of History, State University of New York at Oswego*

From foot binding and circumcision, to weightlifting and hair care, people throughout history have shaped the physical body. By exploring these topics and others, this workshop questions whether there is or ever has been a "natural" body. We will explore how race, gender, class, and sexuality shape whose bodies are talked about and depicted, when, where, how and by whom. This workshop is an opportunity to think about the body as a subject of history and an agent of historical change. It also provides the chance to think critically about our relationship to our own bodies today and to create a body of creative reflections (in writing and art) on how our own bodies have been shaped through the course of our lives.

Preparation: Please bring something to write with (either pen and paper or computer) and a few materials to draw (scrap paper and colored pencils, crayons, and/or markers).**[V, S] 33. THE POWER OF BEING ALONE WITH NATURE****Saturday, October 8, 2022, 10am-1pm***Instructor: Dr. Eugene Hughes, award-winning psychologist and wilderness guide (<https://www.eugenehughes.com/>)*

We are taught that we are social creatures, but what if being alone was an essential part of being human? More specifically, what if being alone with nature could enrich our sense of self? This is precisely what your instructor researched for over a decade. He spoke with land artists, wilderness rites of passage guides, and shamans worldwide and discovered that being alone with nature can be a powerful source of self-confidence. In this workshop, Dr. Hughes will help you explore your relationship with nature, how to listen to

nature with your whole body, and how to use the human-nature relationship as a source of self-development and creative growth.

Preparation: Bring something to write and draw with to the workshop, such as paper/pencils or an iPad. In advance, think of times you were alone with nature, either as a child or adult, such as playing in your back yard as a kid or walking through a park as an adult.**[V, S, D] 34. REVOLUTIONARY VOICES****Saturday, October 8, 2022, 2pm-5pm***Instructor: Courtney Douchette, Assistant Professor of History, State University of New York at Oswego*

Ever wonder how art becomes a vehicle of political change? In this workshop, we'll take a close look at Russia at the turn of the twentieth century, when art became a language for politics and a force of social transformation. We will look at short stories written on the war front and showers set up in the street by artists who reimagined everyday life. We will search this period of revolution for lessons for life in the US today as well as in Russia, which has entered a particularly dark period in its history since its military invasion of Ukraine in February 2022. We will also cultivate each of our revolutionary voices and will create a work of art that could help work towards social and political change that is important to you.

Preparation: Please bring something to write with (either pen and paper or computer) and a few materials for artistic expression (scrap paper and colored pencils, crayons, markers, and/or watercolors—whatever medium you prefer).**[I, S] 35. WRITING INSPIRED BY A SONG****Saturday, October 8, 2022, 2pm-5pm***Instructor: Nicola Gentili, Associate Director of Cinema & Media Studies, University of Pennsylvania*

This workshop is built around the personal feelings and ideas produced by listening to a song. We know that many visual and auditory experiences are highly personal and subjective, and since our world is filtered through the lens of our own life story, our memories, and our past experiences, there is no singular link between a song itself and how one hears it, or how one might be inspired by it. Therefore, a piece of creative writing based on the experience of listening to a song is more a reflection of your life inspired by the song, than a reflection of the song itself. Your instructor will read poems inspired by songs of his choice, explain the circumstances of his inspiration – how he saw the song in his mind, and felt it in his heart – and discuss how his writings reflect his externalization. You will then have the opportunity to write a short piece of prose, or a poem, inspired by a song that you've pre-selected. You'll then be encouraged to share and discuss your writing with your fellow workshop participants. (*Preparation for this workshop continues on the next page.*)

Preparation: You are required to bring your own laptop and headphones (or earplugs, earpods, earbuds) to this workshop; they'll be used for listening to music and writing. Prior to attending the workshop, you should choose, and have access to, one or two songs that will be the basis for your writing.

[I, S] 36. HOW TO LEAN INTO FAILURE: SEEING FAILURE AS AN OPPORTUNITY FOR GROWTH

Sunday, October 9, 2022, 10am-1pm

Instructor: Shawn Blue, PsyD, Clinical Associate Professor and Psychologist, Dept. of Psychiatry and Human Behavior, Thomas Jefferson University

In this workshop, you will be challenged to re-define concepts of success and failure. Learn ways that failure can provide opportunities for growth and understanding. Learn a practice of self-compassion and how it can stretch you in gaining insight that making mistakes can provide. Leave this workshop with a new way to view how failures can be valuable on your path to growth and self-actualization.

Preparation: Ability to participate with an open mindset.

[V, D] 37. STREET ACTIVISM: KNOW YOUR RIGHTS AND AVOID ARREST

Sunday, October 9, 2022, 2pm-5pm

Instructor: Marianne Bessey, Animal ACTIVists of Philly; a licensed attorney with over 20 years of experience in animal advocacy

A major part of street activism is knowing your rights under the U.S. Constitution and civil rights laws, and having the confidence to exercise them. We will discuss what your rights are, how to exercise them, and what to do when your rights are violated. We will review several videos where citizens were challenged for expressing their First Amendment rights, and discuss how the citizens responded and other ways to deal with conflict. After our review, we will practice what we learned in role-play exercises involving common situations where rights may be challenged, such as videotaping in public, leafleting, and protesting in public access areas. The objectives of this workshop are to develop basic understanding of our constitutional rights, to gain the confidence to express them as desired, and to learn ways to de-escalate conflict.

Preparation: None.

[I, S] 38. "WHAT ARE YOU WORKING ON?": STORYTELLING BEYOND YOUR COMFORT ZONE

Wednesday, October 12, 2022, 6pm-9pm

Instructor: Neil Bardhan, PhD, Director of Applied Storytelling, First Person Arts (firstpersonarts.org) and Executive Director, Broad Street Review

As humans, we love hearing stories and sharing them. Stories have power for connection, especially between

disciplines of training. In this introductory workshop, you will learn how to identify, create, and deploy your personal narratives. Specific applications that will be discussed include telling a tale of problem solving, networking, presentations, and leadership settings. Participants should expect to interact with each other and by the end of the session will have new skills and material. No prior formal storytelling training is required!

Preparation: You will need a writing implement, such as a pen or pencil.

[V, S] 39. THE TOMBSTONE PROJECT... OR THE ART OF THE EPITAPH

Thursday, October 13, 2022, 6pm-9pm

Instructor: Anna Dhody, Acting Co-Director and Curator, Mutter Museum, Philadelphia (muttermuseum.org)

Mark Twain is often credited with the famous line "I didn't have time to write a short letter, so I wrote a long one instead." While there is no evidence Twain said this, a 17th-century mathematician by the name of Blaise Pascal is quoted as saying "I have made this letter longer than usual, only because I have not had time to make it shorter." Most museum curators will attest that it is often harder to write 100 words than 1000. Why? Because there is no room to wander. Every word needs to work to convey your message. Perhaps the most concise and meaningful thing that will ever be written about you is your epitaph. This workshop will explore the origin, history, and styles of epitaphs. You will not only learn about epitaphs, but will write your own as a final project that encourages creativity and introspection.

Preparation: In advance of the workshop, you are encouraged to take a walk through a local cemetery that is open to the public (such as Laurel Hill Cemetery) for inspiration. Alternatively (or in addition), you can look online at images of cemeteries and individual tombstones for inspiration.

[I, S, D] 40. BRINGING YOUR PERSPECTIVE TO PROTEST

Thursday, October 13, 2022, 6pm-9pm

Instructor: Michele Cooper (coopergraphicdesign.com)

Injustice is a reality in America and each of us has our own experience to bring to the fight. I will share my journey with attendees and provide prompts to help guide you into a space where you can find your perspective. Where have you encountered injustices in your life? Did those injustices impact you directly? Once your perspective is established, you will more easily align with a specific issue or a category of activism. One that will remain important and genuine to you for the long road typically traveled in the fight for justice. We will discuss ways to navigate through your perspective and how that leads to your passion

around an issue. Don't be surprised if it's not perfectly aligned. Once you find an alignment, we will discuss how you can use creative problem-solving skills and research to build your voice visually or through an expressive format. Our objective is to help you find your perspective and make that distinctive, deep-rooted and meaningful. There is no need for artistic skills. Just an interest in the process and finding your voice to fight injustice.

Preparation: You should come to the workshop with an idea of personal experiences that might feed your activist work. Think about what and who facilitated those experiences along with how you might contribute to the cause.

[I] 41. THE BASICS OF IMPROV

Friday, October 14, 2022, 3pm-6pm

Instructor: Mary Carpenter, a player at ComedySportz Philly (comedysportzphilly.com)

Come join us in a workshop with ComedySportz (CSz), Philadelphia's longest running comedy theater! An experienced instructor will teach you the basics of improv and how to play some CSz Philly-style games. We will focus on skills like agreement ("yes, and-ing"), active listening, commitment, working as a team, taking risks, and being present in the moment. We will then apply these skills to exercises and games like Try That on for Size, Dr. Know It All, and Advice Panel. Our session will culminate in a Showcase where you can show off your new improv skills in a mini-match, and you can keep the recording as an artifact of your experience. Find a place where you have some space to move around, learn how to improvise in an inclusive and welcoming environment, and have lots of fun doing it. No experience is necessary. Come ready to play!

Preparation: None.

[I, S] 42. EXPLORING LYRICS

Saturday, October 15, 2022, 10am-1pm

Instructor: Jeff Klemens, PhD, Assistant Professor of Biology, Thomas Jefferson University

A great lyric can elevate a song from pleasant to profound. For the first half of this workshop we will listen to examples from a wide range of genres and explore how songwriters use rhythm, rhyme, humor, and arresting imagery to create memorable lyrics. We will compare these classic examples with some lyrics that have not weathered the test of time as successfully, and discuss the complex role of cliché in songwriting. In the second half of the session, you will write and share your own lyrics. You can go completely free form or, if you desire, you will be provided with a starter topic and a base musical track.

Preparation: It is suggested that you bring headphones and a personal listening device such as a phone, tablet, or laptop.

[I, S, D] 43. INTRODUCTION TO FENG SHUI: HISTORY, PRINCIPLES AND PRACTICE

Saturday, October 15, 2022, 10am-1pm

Instructor: Pauline Jones, Feng Shui Consultant and certified Black Sect and Classical (compass) practitioner

Come and see how to move your chi! In this introductory workshop, you will learn about the ancient Chinese practice of feng shui and how it can be applied for maximum results. We will discuss what feng shui is (and is not), its history, the different schools of feng shui, and the basic application principles. We will also cover feng shui theory to include the definition of chi, five elements, yin and yang, the bagua and how to cure difficult spaces. What is closest to you has the most effect, so we will look at where you spend the most time and how the chi may be affecting you. To assist you in applying your feng shui eyes to your home or workspace, you will receive a questionnaire post workshop along with tips you can apply immediately to begin your feng shui journey!

Preparation: You will need a camera (the one on a smartphone will suffice) to take several photographs of your surroundings. Also, please come with photos of the room in which you spend the most time, including a photo from that room's entrance which allows you to see the entire space.

[I] 44. BLENDING WITH INTENTION & HOW TO DRINK FLOWERS

Saturday, October 15, 2022, 2pm-5pm

Instructor: Becky Goldschmidt, Random Tea Room, Philadelphia (therandomtearoom.com)

Nature awakens our senses with bright pops of color, let's embrace the blossoms and put them in our teapot! Our experience will start by sampling a few Random Tea Room custom blends, combinations that have been inspired by local parks, poets and ... pandemics. Each student will sip sustainably and choose a cup from our vintage teacup collection to re-use throughout the class. We will take a walk (weather permitting) through the neighborhood and talk about the plants growing around us and ways to incorporate them into our life. Upon return from the walk, we'll explore an herbal apothecary and tea library, list our inspirational ingredients and create personal blends to sample and take home.

Preparation: None.

[V] 45. HOW DO I IMPROVE MY NEGOTIATION SKILLS?**Saturday, October 15, 2022, 2pm-5pm***Instructor: Edward E. Scott, PhD, MBA, Faculty in the Dept. of Accounting, Economics and Finance, Slippery Rock University, and Adjunct, Thomas Jefferson University*

We negotiate almost every day. Perhaps with roommates (if you can pay a little more rent, I'll clean). Maybe with employers (the pay is a bit lower than I was expecting, so can I work from home two days a week?). What about significant personal financial transactions (e.g., will you sell the house to us if we pay 5% more than any competing offer? I love the car, but can we get a lower price?) This workshop will expose you to different negotiating tactics with an emphasis on interests-based negotiations. You'll learn about your negotiating style preference and the advantages and disadvantages of your style when negotiating with others.

Preparation: None.**[I] 46. UNLOCKING ACRYLIC PAINT****Saturday, October 15, 2022, 2pm-5pm***Instructor: Alyssa DeVille, BFA (illustration) and MFA (painting), professional artist (IG: @alyssabdeville)*

Though it became commercially available in the 1950s, acrylic paint is still a living medium, with advances continually being made to increase its versatility. However, working with acrylic paint has been a source of frustration for both beginning and veteran painters alike. In this workshop we will learn to embrace the uniqueness of this medium and how to make it work for us. Following a brief introduction, you will be guided through the various uses of acrylic and how to modify it, through hands-on demonstrations. You will leave the workshop with increased confidence in handling acrylic paint, and knowledge of the various practical and creative applications of the medium. No prior painting experience necessary.

Preparation: None; the instructor will supply you with all the materials needed for this workshop.**[V, S] 47. YOGA IS FOR EVERY-BODY****Sunday, October 16, 2022, 2pm-5pm***Instructor: Amy Quigley, certified yoga teacher; yoga instructor at Penn State Abington, Kinesiology Dept. (<https://app.namastream.com/#/yoga-with-amy-q/>)*

Yoga has the power to both calm the mind and strengthen the body, plus it is a wonderful lifelong practice. This workshop is designed to introduce the practice of yoga to new students as well as to anyone who would like a brush-up on the basics. We will begin with a brief overview of the philosophy of yoga and then move on to the foundation of a mind-body

connection. You will develop an awareness of the breath by being introduced to a breathing exercise that will be both soothing and calming to the nervous system. In addition, you will learn many of the basic postures (asanas), focusing on alignment for safety and understanding. We will wrap up the workshop with a yoga class using some of the poses you have learned so you can experience some benefits of a yoga practice and gain the confidence needed to attend your first yoga class.

Preparation: A yoga mat is preferred but not required for this workshop. Please wear comfortable, loose-fitting layered clothing that allows full freedom of movement. Much of yoga involves bending forward or going upside down; wear clothes that will keep you comfortably covered. Leggings, sweatpants, or shorts are recommended. Do not wear jeans, and remove your shoes and socks before coming to your mat. If you have long hair, please pull it away from your face to ensure your safety and comfort.**[I] 48. DRUM IT OUT!****Wednesday, October 19, 2022, 6pm-9pm***Instructor: Josh Robinson, Humanities & Health Artist-in-Residence, Thomas Jefferson University (joshrobinsondrums.com)*

Experience drumming and music as a tool for healthy self-expression, wellness, and connection. Professional percussionist/teaching artist/facilitator Josh Robinson leads you to explore the power of musical expression, build community, gain tools for coping with stress and are granted permission to be creative and succeed without the pressure of being perfect in a fun and safe space. Improvisation requires the ability to adapt and trust oneself in the unknown from moment to moment. Playing in a group setting requires non-verbal communication, team-work and being present. Experience the transformative power of music and learn how to "drum it out."

Preparation: None; the necessary materials will be supplied by your instructor.**[I, D] 49. REDISCOVERING THE ALMOST LOST FOLK ART OF PAPER CUTTING****Wednesday, October 19, 2022, 6pm-9pm***Instructor: Mindy Shapiro (mindyshapiro.com)*

Paper cutting is an ancient art form dating back to 6th century China. Since that time, artisans have used paper, scissors, and knives to create objects both ornamental and functional. Examples include the "Hand of God", a motif in Jewish and Christian art, and the hamsa (or hamsa hand), a talisman from the ancient Middle East. In its most common form, an amulet is shaped like a hand with three extended in

the middle and a curved thumb or pinky finger on either side, and it is thought to protect against the “evil eye.” In this workshop, we’ll discuss this motif, explore our thoughts about, and beliefs in, amulets, and make a hamsa papercutting. A template will be offered although you will be invited to design your own.

Preparation: None; instructor will provide necessary supplies.

[I] 50. CLAYMOBILE: THE CLAY STUDIO’S POPUP CERAMICS STUDIO

Friday, October 21, 2022, 3pm-6pm

Instructor: Teaching artists from The Clay Studio, Philadelphia (<https://www.theclaystudio.org/>)

The Clay Studio inspires curiosity, discovery, and creativity around the art and craft of clay. The Claymobile is a “popup” ceramics studio staffed with professional artists who lead students through hands-on clay projects. Projects may include a variety of handbuilding techniques such as coil building, slab building, and pinching and surface decoration with underglaze painting and sgraffito. The projects incorporate the teaching artists’ knowledge, expertise, and personal practices, and include historical and cultural connections. The ceramic object you create in the workshop will be glazed and fired at The Clay Studio and returned to you in about two weeks.

Preparation: None.

[I, S] 51. SUCCESS AND FAILURE IN CIRCUS

Friday, October 21, 2022, 3:30pm-6pm

Instructor: Coaches from the Philadelphia School of Circus Arts (phillycircus.com)

When people think of the circus, they only picture flawlessly executed moves of a “death defying” nature. People do not picture the hours of work and failing to do a trick that lead up to the success. The sciences are often thought of in a similar way. We do not focus on the hours of research that didn’t yield the results we wanted, but on the success. Through juggling, simple acrobatics, and balance challenges, this workshop will teach students to embrace the necessary failure that can lead to success.

Preparation: Please wear clothes you can move freely in and socks (no shoes); jeans are not ideal for this kind of experience. Please note: In order to participate in this workshop, you are required to sign the Philadelphia School of Circus Arts’ Liability Waiver.

[V, S] 52. SING, SING, SING!

Saturday, October 22, 2022, 10am-1pm

Instructor: Natalie Perez, MME, music education specialist and singer

Whether you want to be the next American Idol or you simply enjoy singing, this 3-hour vocal workshop will explore aspects of singing such as posture, breathing, a toolbox of vocal warm-ups, phrasing, matching pitch, and diction. You will select either a Musical Theater or Popular tune to sing for the group. You will engage in song preparation, provide feedback to others, and have the opportunity to ask lots of questions regarding vocal performance.

Preparation: You must come to the workshop with a karaoke accompaniment track of the song you’ve chosen to sing with. Song selections must be emailed to the instructor at least one week prior to the workshop. Important: two devices are required for this workshop: one for the Zoom audio/visual, and one for playing the accompaniment track.

[I, S] 53. PRINT MASH-UP WITH THE FABRIC WORKSHOP & MUSEUM

Saturday, October 22, 2022, 10am-1pm

Instructors: Katie Parry, Museum Tour Manager, and Ash Limes Castellana, Museum Education Coordinator, both of the Fabric Workshop & Museum (fabricworkshopandmuseum.org)

Ever wanted to experiment with screenprinting and woodblock printing to create your own unique, printed patterns? The Fabric Workshop and Museum (FWM) has been teaching artists the screenprinting process for over 40 years. Considering elements of composition, color, and scale, you will draw inspiration from FWM’s fabric archive to create your own print designs. With guidance from FWM educators, you’ll explore monoprinting and blockprinting techniques to create a series of original prints!

Preparation: Most supplies will be provided, or made available to you, by the FWM instructors (including: several pieces of paper and ½ yard of white fabric for printing; ink, screens, and drawing materials). Please bring sources of inspiration for your print design and wear clothes that can get dirty. You are welcome to bring one additional item to print on.

[V, S] 54. THE POWER OF BEING ALONE WITH NATURE

Saturday, October 22, 2022, 10am-1pm

Instructor: Dr. Eugene Hughes, award-winning psychologist and wilderness guide (<https://www.eugenehughes.com/>)

We are taught that we are social creatures, but what if being alone was an essential part of being human? More specifically, what if being alone with nature could enrich our sense of self? This is precisely what your instructor researched for over a decade. He spoke with land artists, wilderness rites of passage guides, and shamans worldwide and discovered that being alone with nature can be a powerful source of self-confidence. In this workshop, Dr. Hughes will help you

explore your relationship with nature, how to listen to nature with your whole body, and how to use the human-nature relationship as a source of self-development and creative growth.

Preparation: Bring something to write and draw with to the workshop, such as paper/pencils or an iPad. In advance, think of times you were alone with nature, either as a child or adult, such as playing in your back yard as a kid or walking through a park as an adult.

[I, S] 55. PRINT MASH-UP WITH THE FABRIC WORKSHOP & MUSEUM

Saturday, October 22, 2022, 2pm-5pm

Instructors: Katie Parry, Museum Tour Manager, and Ash Limes Castellana, Museum Education Coordinator, both of the Fabric Workshop & Museum (fabricworkshopandmuseum.org)

Ever wanted to experiment with screenprinting and woodblock printing to create your own unique, printed patterns? The Fabric Workshop and Museum (FWM) has been teaching artists the screenprinting process for over 40 years. Considering elements of composition, color, and scale, you will draw inspiration from FWM's fabric archive to create your own print designs. With guidance from FWM educators, you'll explore monoprinting and blockprinting techniques to create a series of original prints!

Preparation: Most supplies will be provided, or made available to you, by the FWM instructors (including: several pieces of paper and ½ yard of white fabric for printing; ink, screens, and drawing materials). Please bring sources of inspiration for your print design and wear clothes that can get dirty. You are welcome to bring one additional item to print on.

[I, D] 56. STREET ACTIVISM: KNOW YOUR RIGHTS AND AVOID ARREST

Sunday, October 23, 2022, 2pm-5pm

Instructor: Marianne Bessey, Animal ACTivists of Philly; a licensed attorney with over 20 years of experience in animal advocacy

A major part of street activism is knowing your rights under the U.S. Constitution and civil rights laws, and having the confidence to exercise them. We will discuss what your rights are, how to exercise them, and what to do when your rights are violated. We will review several videos where citizens were challenged for expressing their First Amendment rights, and discuss how the citizens responded and other ways to deal with conflict. After our review, we will practice what we learned in role-play exercises involving common situations where rights may be challenged, such as videotaping in public, leafleting, and protesting in public access areas. The objectives of this workshop are to develop basic understanding of our

constitutional rights, to gain the confidence to express them as desired, and to learn ways to de-escalate conflict.

Preparation: None.

[I, D] 57. DO YOU SEE WHAT I SEE?: VISUAL POLITICS, STORYTELLING AND REPRESENTATION

Wednesday, October 26, 2022, 6pm-9pm

Instructor: Ahmad Qais Munhazim, Assistant Professor, Global Studies, Thomas Jefferson University

Historically, photographs have served to tell stories and connect imagined communities across borders. Today, images of marginalized and racialized individuals including BIPOC, Muslims, LGBTQIA+ individuals, refugees and those from/in the Global South have been used to perpetuate stereotypes and misrepresentations serving political and social divides and conflicts. In this workshop, we will collectively navigate the power of visual representation and storytelling by engaging with a set of photographs from historically marginalized and racialized groups while creating critical narratives, poems and or other visuals. This workshop uses creativity as a critical lens in analyzing global issues around misrepresentation and storytelling. You do not need to have any prior skills or knowledge of these issues to participate in this workshop, and students from all majors are welcome.

Preparation: None.

[V, S] 58. SING, SING, SING!

Wednesday, October 26, 2022, 6pm-9pm

Instructor: Natalie Perez, MME, music education specialist and singer

Whether you want to be the next American Idol or you simply enjoy singing, this 3-hour vocal workshop will explore aspects of singing such as posture, breathing, a toolbox of vocal warm-ups, phrasing, matching pitch, and diction. You will select either a Musical Theater or Popular tune to sing for the group. You will engage in song preparation, provide feedback to others, and have the opportunity to ask lots of questions regarding vocal performance.

Preparation: You must come to the workshop with a karaoke accompaniment track of the song you've chosen to sing with. Song selections must be emailed to the instructor at least one week prior to the workshop. Important: two devices are required for this workshop: one for the Zoom audio/visual, and one for playing the accompaniment track.

[I] 59. THE BASICS OF IMPROV

Friday, October 28, 2022, 3pm-6pm

Instructor: Mary Carpenter, a player at ComedySportz Philly (comedysportzphilly.com)

Come join us in a workshop with ComedySportz, Philadelphia's longest running comedy theater! An experienced instructor will teach you the basics of improv and how to play some CSz Philly-style games. We will focus on skills like agreement ("yes, and-ing"), active listening, commitment, working as a team, taking risks, and being present in the moment. We will then apply these skills to exercises and games like Try That on for Size, Dr. Know It All, and Advice Panel. Our session will culminate in a Showcase where you can show off your new improv skills in a mini-match, and you can keep the recording as an artifact of your experience. Find a place where you have some space to move around, learn how to improvise in an inclusive and welcoming environment, and have lots of fun doing it. No experience is necessary. Come ready to play!

Preparation: None.

[V] 60. PLAN YOUR DREAM TRIP TO ITALY!

Friday, October 28, 2022, 3pm-6pm

Instructor: Corrado Minimo, MD, a native Italian

Italy has always held a special place for travelers, and few can resist the charms of the country's diverse geography, rich history, unsurpassed art, and hospitable inhabitants. Planning a trip to the *Bel Paese* ('beautiful country') can be a highly creative endeavor, but it can also be intimidating, precisely because there is so much to see and experience. In this workshop a native Italian will help de-mystify this process and guide you through the steps in charting a successful journey, and you'll learn some of the many secrets of well-traveled experts. You will be given time to create an itinerary customized entirely to your interests: whether comprised of the "must-sees" or the little-known gems, the metropolises or the off-the-beaten-track hill towns, churches or beach destinations. Although geared specifically to Italy, many of the skills and strategies you'll learn are transferable to planning a trip to other European destinations.

Preparation: None.

[I, S] 61. SCREENPRINT AND MONOTYPE

Saturday, October 29, 2022, 1pm-5pm

Instructor: EJ Herczyk, Associate Professor, School of Design and Engineering, Thomas Jefferson University

This workshop explores the process of creating stencils for one-off (monotype) and multiples prints using screenprint techniques. This process gives the student a unique opportunity to concentrate on a variety of image possibilities. Students will work with non-

traditional and traditional cutting methods, materials, and printing methods.

Preparation: You will need to bring a T-shirt (white or light color) onto which your images will be made/transferred; the instructor will supply all other materials required for this workshop.

[I, D] 62. THE SPIRIT WORLD OF MATCHA

Sunday, October 30, 2022, 9am-12:30pm

Instructors: Mike Lewis, Program Manager, Japan America Society of Greater Philadelphia (japanphilly.org/shofuso/), with guests, including representatives of the Urasenke Tea School (phillytea.org)

Over a thousand years ago the Chan sect of Buddhism became intertwined with a fine powder of specially grown and immaculately processed green tea known as matcha. Used for its caffeine, the Chan monks combined matcha with meditation, creating a primordial form of what we now know as tea ceremony. Chanoyu, or hot water for tea, is today a secular practice, but in this workshop, we will explore the roots of tea ceremony and attempt to understand its affiliation with spirituality. Learn to make and enjoy a bowl of traditional matcha tea with members of the Urasenke tea school along with talks by Buddhist specialists and Japanese aestheticians to help explain this ethereal link.

Preparation: None.

[I, S] 63. CREATIVE COLLAGE WITH DRAWING (YES, YOU CAN!)

Sunday, October 30, 2022, 10am-1pm

Instructor: Megan Lawlor, professional artist (meganlawlor.com)

You will have the opportunity to experiment with expressive mark-making and the improvisational use of materials, such as types of paper, pencil, pastels or charcoal, using provided reference imagery and/or still life of various objects. Imagery, shapes, color or words can be used to bring meaning to a message about the work. Or, create an image using color relationships and harmony, building up a composed design to manipulate the image visually, with no preconceived plan of the outcome. The workshop is a chance to improve observational and decision-making skills, and inspiration to create in the language of visual art, in a unique stimulating way.

Preparation: Some items for this workshop will be supplied by the instructor. But you will need to obtain the following items in order to take this workshop: ONE OR MORE dry or wet media (you can mix and match from these): colored pencils, graphite pencils, crayons, pastels; an art/white eraser; watercolor, ink, gouache, brushes; an apron (optional).

In addition, you will need to bring to the workshop an assortment of miscellaneous materials or objects for your collage (the more variety the better): for example, decorative paper, wallpaper, magazines, newspaper, wrapping paper, greeting cards, postcards, fabric, art or other catalogues, stickers, alphabetic stickers, craft or decorative tape, leaves, buttons, ribbons, etc.

[I, D] 64. THE SPIRIT WORLD OF MATCHA

Sunday, October 30, 2022, 2pm-5:30pm

Instructors: Mike Lewis, Program Manager, Japan America Society of Greater Philadelphia (japanphilly.org/shofuso/), with guests, including representatives of the Urasenke Tea School (phillytea.org)

Over a thousand years ago the Chan sect of Buddhism became intertwined with a fine powder of specially grown and immaculately processed green tea known as matcha. Used for its caffeine, the Chan monks combined matcha with meditation, creating a primordial form of what we now know as tea ceremony. Chanoyu, or hot water for tea, is today a secular practice, but in this workshop, we will explore the roots of tea ceremony and attempt to understand its affiliation with spirituality. Learn to make and enjoy a bowl of traditional matcha tea with members of the Urasenke tea school along with talks by Buddhist specialists and Japanese aestheticians to help explain this ethereal link.

Preparation: None.

[I] 65. EXPERIMENTING WITH SCENTS: CREATING A FRAGRANCE

Sunday, October 30, 2022, 2pm-5pm

Instructor: Jeanette Fiumenero (perfumenero.com)

Of all of our senses, smell is the most tied to emotions and memories. Not everyone “experiences” a scent the same way. Your memories of the smell of chocolate chip cookies may elicit fond memories of grandma; for someone else, the smell may be a reminder of the shame of being overweight. This workshop introduces you to the fascinating history of fragrance, the mechanism of the sense of smell, components of man-made fragrances and how they are created. You’ll also learn how individual scents affect each other when they are blended together. Through combining scents, you’ll have the opportunity to create a unique, custom-made, wearable fragrance that will be conserved in its own perfume bottle for you to take home.

Preparation: None; the instructor will provide all the necessary materials.

[V, D] 66. BOTH/AND THINKING: A KEY TO SOLVING TODAY’S SOCIAL DILEMMAS

Wednesday, November 2, 2022, 6pm-9pm

Instructor: Michael Seitchik, EdD, Consultant, Executive Coach, and Adjunct Professor, Thomas Jefferson University

A major stumbling block to creatively solving many current social dilemmas is either/or thinking. For example, either/or thinking when applied to climate change often shows up as either doing what is best for the US economy or what is best for all of humanity. This either/or thinking creates win-lose mindsets that inhibit people’s ability to find a creative solution that can achieve both – economic stability and save the planet. You will apply both/and thinking to one or more issues that suffer from either/or thinking including poverty, climate change, immigration, healthcare, the future of work, and racism. You do not need any special knowledge or skills; just the willingness to explore the benefits of each side of an issue.

Preparation: None.

[I] 67. DRUM IT OUT!

Wednesday, November 2, 2022, 6pm-9pm

Instructor: Josh Robinson, Humanities & Health Artist-in-Residence, Thomas Jefferson University (joshrobinsondrums.com)

Experience drumming and music as a tool for healthy self-expression, wellness, and connection. Professional percussionist/teaching artist/facilitator Josh Robinson leads you to explore the power of musical expression, build community, gain tools for coping with stress and are granted permission to be creative and succeed without the pressure of being perfect in a fun and safe space. Improvisation requires the ability to adapt and trust oneself in the unknown from moment to moment. Playing in a group setting requires non-verbal communication, team- work and being present. Experience the transformative power of music and learn how to “drum it out.”

Preparation: None; the necessary materials will be supplied by your instructor.

[I, S] 68. DESIGN WITH LIGHT – AN EXPLORATION OF COMMUNICATION THROUGH ART AND PHYSICAL OPTICS

Thursday, November 3, 2022, 6pm-9pm

Instructor: Catalin Florea, Lead Optical Systems Engineer, Honeywell

This workshop introduces basic concepts of physical optics which will be further contextualized and employed in an (photo) art-making activity. The resulting (photo) art piece or installation should be intended as a reflection on various communication elements such as perspective, second meaning,

duality, and plurality. Optics concepts such as photons and wavelength, lenses and image formation, human color perception, and robot vision will be presented at an introductory level. No previous optics knowledge is required. You will use a variety of readily available materials to create art, and at the end of the workshop, images of the art pieces will be submitted for an impromptu exhibition providing for the opportunity to reflect on each other's perspectives.

Preparation: You are required to provide, on your own, a few items in order to take this workshop: a standalone light source (LED, flashlight, laser pointer or similar), colored pieces of transparent/translucent plastic, glass; any other items that can be used to interact with light in a meaningful way (such as pieces of fabric, marbles, eyeglasses, wires, small tubes, etc.).

[V, S, D] 69. WOMEN WHO MADE ROME

Friday, November 4, 2022, 1pm-6pm

Instructor: Consuelo Lollbrigida, PhD, faculty of Art History, University of Arkansas Rome Program

The history of Rome is filled with prominent women who, behind the scenes, participated actively in the city's evolution and formation. As such, they have left material testimony all over the capital, and their voice can be found in houses, churches, mosaic decorations, frescoes cycle, and much more. This workshop examines women such as Rhea Silvia (the mother of Romulus and Remus), Cornelia, Livia (the first first-lady of history), Saint Helen, Saint Catherine, and many others. After learning about their lives and deeds, you'll be asked to write a reflection (for example, comparing important American women, or women who have influenced a you personally, to the powerful women of Rome) and/or creating a travel poster or a book cover highlighting these women and their stories. One of the purposes of this workshop is to develop gender awareness through prominent women in history, in particular those connected to one of the most important world capitals.

Preparation: You will need something to write and draw with (paper, pens, colored pencils, markers, or other media of your choice); if you plan to create digitally, a computer with an appropriate app will also suffice.

[I] 70. DRAWING WITH A BEGINNER'S MIND

Friday, November 4, 2022, 3pm-6pm

Instructor: Robin Tedesco, MFA, professional artist with over 25 years teaching to all levels (robintedesco.com)

In this workshop we will be observers — a skill that helps in all aspects of life. Working with a variety of black and white media (charcoal, soft pencils, erasers) on a variety of papers, we will explore the basic steps of visual imagery and expressing your own voice. We will begin with line, continue with tone/value and end with a combination of both. We'll also look at artists

throughout art history who have used drawing in their work. So, sit back and relax while you experience "seeing" — maybe for the first time!

Preparation: None; the necessary materials will be supplied by your instructor.

[I, S] 71. SUCCESS AND FAILURE IN CIRCUS

Friday, November 4, 2022, 3:30pm-6pm

Instructor: Coaches from the Philadelphia School of Circus Arts (phillycircus.com)

When people think of the circus, they only picture flawlessly executed moves of a "death defying" nature. People do not picture the hours of work and failing to do a trick that lead up to the success. The sciences are often thought of in a similar way. We do not focus on the hours of research that didn't yield the results we wanted, but on the success. Through juggling, simple acrobatics, and balance challenges, this workshop will teach students to embrace the necessary failure that can lead to success.

Preparation: Please wear clothes you can move freely in and socks (no shoes); jeans are not ideal for this kind of experience. Please note: In order to participate in this workshop, you are required to sign the Philadelphia School of Circus Arts' Liability Waiver.

[I, S] 72. PROCESS-ORIENTED MOVEMENT MAKING: THE DANCE OF FREE PLAY

Saturday, November 5, 2022, 10am-1pm

Instructor: Maria Gismondi, MS, R-DMT

Do you consider yourself creative? Ever wish you could enhance your own creativity or be more comfortable exploring creative impulses? In this workshop, we will literally move through the five stages of the creative process, building creative muscle by engaging in a scaffolded series of improv exercises. Guided by tenets of mindfulness and dance/movement therapy, and focused on the way movement *feels* versus how it looks, prompts will support generation of idiosyncratic movement phrases, which you will transform into finished pieces in small groups. Post-performance, we will engage critical thinking and observation skills to provide peer feedback and process-based reflection. You will leave the session with experience in divergent thinking as a collaborative tool, deeper awareness of how to make somatic contact with creative impulses, and increased confidence in creative process engagement. This workshop is for everyone, because everyone moves! Prior experience in movement, dance, or somatics is not required.

Preparation: Please have a journal or notebook and a writing device ready, along with any art materials you might want to engage with (colored pencils, markers, pastels, etc.) for the processing phase.

Clothing: Please wear comfortable clothing and show up prepared to move with an open mind!

[I, S] 73. CREATIVE STORYTELLING THROUGH VIDEO WITH ADOBE PREMIERE RUSH

Saturday, November 5, 2022, 10am-1pm

Instructor: Demi Barzana, Instructional Technology Specialist, Thomas Jefferson University

Creating fun and interesting videos doesn't have to be hard! With access to Adobe Premiere Rush, it is now easier than ever to edit content and create a video worth sharing with a class, or on social media. Rush takes all the basics of video editing and combines it all into one program that is accessible on all devices. Take a video on your phone and do some quick edits in Rush without needing to use a computer. This workshop will show you how to use all that Rush has to offer as well as how to access content on multiple devices and export it to a social media app of your choice (YouTube, Facebook, Instagram).

Preparation: In order to take this workshop, you must have an Adobe Creative Cloud account created. If you do not have access to an account, you may request one through the Jefferson Solution Center: https://jefferson.service-now.com/sc_portal?id=esp_index Select "Request Something", then "Software", and you will see "Adobe Creative Cloud" as an option. It is recommended to download Adobe Premiere Rush on both your phone and computer before the start of the workshop.

[V] 74. HOW TO CURATE ANYTHING

Saturday, November 5, 2022, 10am-1pm

Instructor: Cornelia Lauf, Ph.D., Visiting Professor, Dept. of Art History, John Cabot University, Rome

In this workshop, you'll explore the basics of curatorial practice, from originating a competitive concept, defining it with visuals, establishing method and economic support, and staging the outcome. In collaboration and dialogue with the instructor and your fellow workshop participants, and in a "crit"- (positive critique) based environment, you'll script a project and its realization. Although contemporary art will serve as the base model of curating, other topics of possible interest may be incorporated: for example, architecture, ecology, ancestral knowledge, material culture, music, fashion, social media, etc. Examples of artists included in this discussion may include: Marcel Duchamp, Andy Warhol, KAWS, Jean-Michel Basquiat, Takashi Murakami, Jeff Koons, David Shrigley, and more. And some of the entities and institutions we will look at include premiere art galleries, auction houses, museums, bookstores, musicians fashion houses, publishers, club culture, and major current international exhibitions (Documenta 15, Venice Biennale).

Preparation: None.

[I, S] 75. PROCESS-ORIENTED MOVEMENT MAKING: THE DANCE OF FREE PLAY

Saturday, November 5, 2022, 2pm-5pm

Instructor: Maria Gismondi, MS, R-DMT

Do you consider yourself creative? Ever wish you could enhance your own creativity or be more comfortable exploring creative impulses? In this workshop, we will literally move through the five stages of the creative process, building creative muscle by engaging in a scaffolded series of improv exercises. Guided by tenets of mindfulness and dance/movement therapy, and focused on the way movement **feels** versus how it looks, prompts will support generation of idiosyncratic movement phrases, which you will transform into finished pieces in small groups. Post-performance, we will engage critical thinking and observation skills to provide peer feedback and process-based reflection. You will leave the session with experience in divergent thinking as a collaborative tool, deeper awareness of how to make somatic contact with creative impulses, and increased confidence in creative process engagement. This workshop is for everyone, because everyone moves! Prior experience in movement, dance, or somatics is not required.

Preparation: Please have a journal or notebook and a writing device ready, along with any art materials you might want to engage with (colored pencils, markers, pastels, etc.) for the processing phase.
Clothing: Please wear comfortable clothing and show up prepared to move with an open mind!

[V, S] 76. THE POWER OF BEING ALONE WITH NATURE
Sunday, November 6, 2022, 10am-1pm

Instructor: Dr. Eugene Hughes, award-winning psychologist and wilderness guide (<https://www.eugenehughes.com/>)

We are taught that we are social creatures, but what if being alone was an essential part of being human? More specifically, what if being alone with nature could enrich our sense of self? This is precisely what your instructor researched for over a decade. He spoke with land artists, wilderness rites of passage guides, and shamans worldwide and discovered that being alone with nature can be a powerful source of self-confidence. In this workshop, Dr. Hughes will help you explore your relationship with nature, how to listen to nature with your whole body, and how to use the human-nature relationship as a source of self-development and creative growth.

Preparation: Bring something to write and draw with to the workshop, such as paper/pencils or an iPad. In advance, think of times you were alone with nature, either as a child or adult, such as playing in your back yard as a kid or walking through a park as an adult.

[V] 77. GRASSROOTS ANIMAL ACTIVISM: HOW TO ORGANIZE A SUCCESSFUL CAMPAIGN

Sunday, November 6, 2022, 2pm–5pm

Instructor: Marianne Bessey, Animal ACTivists of Philly; a licensed attorney with over 20 years of experience in animal advocacy

Non-human animals often add joy to our lives. However, they remain among the most abused and exploited beings on the planet and need our help. First, we will discuss different approaches to animal activism and how they combine for the most impact. Next, we will learn about the various aspects of a successful campaign, including different forms of action and ways to measure progress. Based on their individual passions, each student will then choose an area to target and a concrete action to take (e.g. drafting a letter to the editor, creating a poster, organizing a demonstration). The objectives of this workshop are to develop an effective campaign strategy, to learn how to prioritize tactics, and to discover ways to apply your unique skills and talents to greatest effect. You don't need any activism experience to participate – you just need the desire to help make the world a better place.

Preparation: None.

[V, S] 78. CREATIVE DIGITAL PHOTOGRAPHY

Wednesday, November 9, 2022, 6pm-9pm

Instructor: Tamsen Wojtanowski, Adjunct Instructor, Thomas Jefferson University

The smartphone you carry in your pocket and with which you likely take dozens, or even hundreds, of pictures a day is more powerful than you may realize. Manufactured as a continued representation of the early camera built around 1852, this modern image-making device works to mimic the shutter speed and aperture manipulations of a mechanical camera. It's not magic (per say) and you are still the author of the image. The game is learning how to control the camera in order to maximize its potential. In this workshop you'll receive a general overview of the working parts of the digital camera and the steps that allow you to produce dynamic exposures. You'll use your camera to test various approaches and receive instant feedback from the instructor. No prior knowledge of photography is required, and you may work with any digital camera at hand, including the one on your smartphone.

Preparation: In order to take this workshop, you will need a digital camera (a smartphone camera is acceptable).

[I] 79. CLAYMOBILE: THE CLAY STUDIO'S POPUP CERAMICS STUDIO

Friday, November 11, 2022, 3pm-6pm

Instructor: Teaching artists from The Clay Studio, Philadelphia (<https://www.theclaystudio.org/>)

The Clay Studio inspires curiosity, discovery, and creativity around the art and craft of clay. The Claymobile is a "popup" ceramics studio staffed with professional artists who lead students through hands-on clay projects. Projects may include a variety of handbuilding techniques such as coil building, slab building, and pinching and surface decoration with underglaze painting and sgraffito. The projects incorporate the teaching artists' knowledge, expertise, and personal practices, and include historical and cultural connections. The ceramic object you create in the workshop will be glazed and fired at The Clay Studio and returned to you in about two weeks.

Preparation: None.

[V, S] 80. CREATIVE MOOD BOARDS FOR EVERYBODY

Friday, November 11, 2022, 3pm-6pm

Instructors: Francesca Riccardo, architect and adjunct professor at University of Arkansas Rome Program, and Valeria Paganini, architect and instructor at Quasar Institute for Advanced Design in Rome

Did you know that creative mood boards are an essential component of creative processes in fashion, interior design, decoration, architecture, illustration, the arts, and much more?

A mood board is a visual tool that communicates concepts and visual ideas. It is a strategic composition of images, materials, texts, and objects whose aim is to share a specific mood, style, or vision. They can also be used daily, for example, to organize a wedding, an internet site, or a blog. In this workshop, we'll work together on handmade collage tools and techniques, creating color palettes, and using images and colors to evoke atmospheres and feelings. If you prefer, you are welcome to create a digital mood board using your computer. You do not need to be a specialist in the design field; there are learning opportunities for everybody!

Preparation: *For handmade work:* you will need some essential tools such as scissors, markers, pens, cardboard, magazines and/or a printer to cut out images selected on the internet. *If you plan to create a digital mood board:* you will need a computer with Photoshop, PowerPoint, or other similar software.

[I] 81. INTRODUCTION TO CROCHET

Saturday, November 12, 2022, 10am-1pm

Instructor: Yolanda Booker, Instructor at Wild Hand, Philadelphia (wild-hand.com)

In this workshop, you'll explore the basics of crochet, the six foundation stitches to make a sampler wash cloth, and the importance of selecting crochet hooks and yarn. You do not need any crocheting experience –

just the desire to learn! You are encouraged to approach this creative expression in your own way: there is no one-size-fits-all. As we progress, the skills learned will offer you the opportunity to create other simple projects and build an impressive crochet repertoire and creative awareness.

Preparation: None; the instructor will provide all the necessary crocheting materials.

[I] 82. HOW TO TALK TO A COMPUTER—AN INTRODUCTION TO COMPUTING AND COMPUTATIONAL THINKING

Saturday, November 12, 2022, 10am-1pm

Instructor: Jeff Klemens, PhD, Assistant Professor of Biology, Thomas Jefferson University

Computers are amazing devices for problem-solving. But in order to instruct a computer to complete a task, we first need to understand how computers work in terms of how they store, access, and process information. This session will introduce you to some basics of computing and computational thinking. You will not learn to program, but rather will practice adapting challenges from your own fields into a computationally approachable framework—the creative process known as abstraction. You need not have any prior computational or programming experience.

Preparation: None.

[V, S, D] 83. THE MANE TALK: A WALKTHROUGH ON BLACK/AFRICAN AMERICAN HAIR

Saturday, November 12, 2021, 10am-1pm

Instructor: Devin La'Shelle, graphic designer

Black/African American hair has a long history of being both praised and ridiculed. Let's use our experience together to spark conversations and make a positive difference in the Black hair community! First, we'll discuss the history of Black/African American hair and hairstyles while highlighting the symbolic significance; then, we'll participate in interactive activities that focus on all aspects of hair. After our activities, we'll have open discussions about the experiences we've had regarding our hair and reflect in depth on the causes/effects of those experiences. We'll also discuss opportunities to help support Black culture in regards to hair.

Preparation: In addition to positivity, smiles, and an open mind, please have the following required items: 5 pieces of white paper (preferably without lines); pencils/pens; a minimum of 5 colors, in any media or mixture of media (for example, crayons, markers, pens, highlighters, etc.); empty cup; and a bottle water.

[I] 84. BLENDING WITH INTENTION & HOW TO DRINK FLOWERS

Saturday, November 12, 2022, 2pm-5pm

Instructor: Becky Goldschmidt, Random Tea Room, Philadelphia (therandomtearoom.com)

Nature awakens our senses with bright pops of color, let's embrace the blossoms and put them in our teapot! Our experience will start by sampling a few Random Tea Room custom blends, combinations that have been inspired by local parks, poets and ... pandemics. Each student will sip sustainably and choose a cup from our vintage teacup collection to re-use throughout the class. We will take a walk (weather permitting) through the neighborhood and talk about the plants growing around us and ways to incorporate them into our life. Upon return from the walk, we'll explore an herbal apothecary and tea library, list our inspirational ingredients and create personal blends to sample and take home.

Preparation: None.

[V, S] 85. YOGA IS FOR EVERY-BODY

Sunday, November 13, 2022, 10am-1pm

Instructor: Amy Quigley, certified yoga teacher; yoga instructor at Penn State Abington, Kinesiology Dept. (<https://app.namastream.com/#/yoga-with-amy-q/>)

Yoga has the power to both calm the mind and strengthen the body, plus it is a wonderful lifelong practice. This workshop is designed to introduce the practice of yoga to new students as well as to anyone who would like a brush-up on the basics. We will begin with a brief overview of the philosophy of yoga and then move on to the foundation of a mind-body connection. You will develop an awareness of the breath by being introduced to a breathing exercise that will be both soothing and calming to the nervous system. In addition, you will learn many of the basic postures (asanas), focusing on alignment for safety and understanding. We will wrap up the workshop with a yoga class using some of the poses you have learned so you can experience some benefits of a yoga practice and gain the confidence needed to attend your first yoga class.

Preparation: A yoga mat is preferred but not required for this workshop. Please wear comfortable, loose-fitting layered clothing that allows full freedom of movement. Much of yoga involves bending forward or going upside down; wear clothes that will keep you comfortably covered. Leggings, sweatpants, or shorts are recommended. Do not wear jeans, and remove your shoes and socks before coming to your mat. If you have long hair, please pull it away from your face to ensure your safety and comfort.

[I] 86. EXPERIMENTING WITH SCENTS: CREATING A REED DIFFUSER

Sunday, November 13, 2022, 2pm-5pm

Instructor: Jeanette Fiumenero (perfumenero.com)

Have you ever walked into a room and noticed a fragrance that did not emanate from an atomizer or candle? It may have come from a reed diffuser, which has become very popular in recent years. These diffusers are open-top jars filled with liquid scent and upright reeds that absorb the scent, allowing it to waft into the air. This workshop introduces you to the fascinating history of fragrance, the mechanism of the sense of smell, components of man-made fragrances and how they are created. You'll also learn how individual scents affect each other when they are blended together. Through combining scents, you'll have the opportunity to create a unique, custom-made fragrance that will be blended and placed in a reed diffuser jar that you can take home with you.

Preparation: None; the instructor will provide all the necessary materials.

[V, S] 87. THE ART OF MAGIC: UNCOVERING THE WORLD OF SURPRISE, ASTONISHMENT, AND WONDER

Sunday, November 13, 2022, 2pm-5pm

Instructor: Paul Draper, magician, mentalist, anthropologist; former house magician at the Venetian resort in Las Vegas and official magician at Disneyland; Adjunct Instructor and Distinguished Lecturer at Soka University of America

The art of magic is both ancient and universal. It appears that every human culture throughout time has had magicians of one sort or another. During this workshop we will discover some of the secrets that magicians use to delight and to deceive. We will discuss magic as it plays out interculturally, religiously, and eventually on Broadway and Las Vegas stages. Magicians have used magic to change society, to teach lessons, and even to sell products and ideas. Some, of course, use magic just to trick others for a moment of fun. But we'll dive deeply into using magic in telling stories, sharing experiences, and catching the attention of your desired audience. As an anthropologist, your instructor has studied magic in religious contexts from spiritualists to shamans; and as a magician he has performed for celebrities, fortune tellers, world leaders, on TV, and on stages around the world. In this exceptional workshop experience, you'll gain actionable insight into the world of making things magical.

Preparation: You are required to have the following items that you've obtained on your own: a deck of playing cards, a pencil or pen, 5 pieces of regular copy (blank) paper, some paper napkins or tissue, a coin.

[I, S] 88. DESIGN WITH LIGHT – AN EXPLORATION OF COMMUNICATION THROUGH ART AND PHYSICAL OPTICS
Wednesday, November 16, 2022, 6pm-9pm

Instructor: Catalin Florea, Lead Optical Systems Engineer, Honeywell

This workshop introduces basic concepts of physical optics which will be further contextualized and employed in an (photo) art-making activity. The resulting (photo) art piece or installation should be intended as a reflection on various communication elements such as perspective, second meaning, duality, and plurality. Optics concepts such as photons and wavelength, lenses and image formation, human color perception, and robot vision will be presented at an introductory level. No previous optics knowledge is required. You will use a variety of readily available materials to create art, and at the end of the workshop, images of the art pieces will be submitted for an impromptu exhibition providing for the opportunity to reflect on each other's perspectives.

Preparation: You are required to provide, on your own, a few items in order to take this workshop: a standalone light source (LED, flashlight, laser pointer or similar), colored pieces of transparent/translucent plastic, glass; any other items that can be used to interact with light in a meaningful way (such as pieces of fabric, marbles, eyeglasses, wires, small tubes, etc.).

[I] 89. THE MASTERPIECE AND CREATIVITY

Wednesday, November 16, 2022, 6pm-9pm

Instructor: Michael Brody, PhD, Senior Advisor for Creativity and Art, Thomas Jefferson University

Did you ever wonder 'What is a Masterpiece?' This workshop delves into its essence and explores the connections between creativity and the making of artistic masterpieces. Using several works of art from different time periods that are universally hailed as masterpieces, we'll investigate how such works developed, looked, and were experienced, and how and why they became part of a consensual canon of extraordinary works. We'll discuss the importance of the concepts of novelty and innovation, to discover how creative impulses can spark entire art movements and have long-lasting effects. With this new-found knowledge, you'll be given the opportunity to analyze and critique a masterpiece of your choice.

Preparation: None.