

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|
| <p style="text-align: right;">1</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 10:00 – 11:00 am: BIPOC Support • 11:30 am: Peer Check-In • 12:30 pm: Walking Club • 1:00 – 4:00 pm: Painting w/ Tovah: Intro to Concentrated Watercolors • 2:00 – 3:00 pm: Psychoeducation w/ Miatta | <p style="text-align: right;">2</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 12:00 pm: Art-A-Whirl Planning Meeting + Lunch • 1:00 pm: Garden Planning Meeting • 1:00 - 2:30 pm: Creative Writing w/ Sasha • 2:30 pm: Walking Club | <p style="text-align: right;">3</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 11:00 am - 1:00 pm: Artistic Development and Opportunities + Tech Support • 12:30 pm: Walking Club • 1:00 - 4:00 pm: Clay Planters | <p style="text-align: right;">4</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 11:00 am - 1:00 pm: Coffee & Board Games • 1:00 – 4:00 pm: Audio w/ Sasha (1-hour sessions available) • 1:00 - 4:00 pm: Textile Thursday • 2:30 pm: Walking Club |
| <p style="text-align: right;">8</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 10:00 – 11:00 am: BIPOC Support • 11:30 am: Peer Check-In • 12:30 pm: Walking Club • 1:00 – 4:00 pm: Acrylic Pour • 2:00 – 3:00 pm: Psychoeducation w/ Miatta | <p style="text-align: right;">9</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 12:00 pm Art-A-Whirl Planning Meeting + Lunch • 1:00 - 2:30 pm: Creative Writing w/ Sasha • 1:00 – 4:00 pm: Resin • 2:30 pm: Walking Club | <p style="text-align: right;">10</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 11:00 am – 1:00 pm: Artistic Development and Opportunities + Tech Support • 12:30 pm: Walking Club • 1:00 – 4:00 pm: Clay Candle Holders | <p style="text-align: right;">11</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 10:00 am: Garden Project!!! • 11:00 am – 1:00 pm: Coffee & Board Games • 1:00 – 4:00 pm: Audio w/ Sasha (1-hour sessions available) • 1:00 - 4:00 pm: Textile Thursday • 2:30 pm: Walking Club |
| <p style="text-align: right;">15</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 10:00 - 11:00 am: BIPOC Support • 11:30 am: Peer Check-In • 12:30 pm: Walking Club • 1:00 – 4:00 pm: Painting w/ Tovah: Intro to Gouache Paint • 2:00 – 3:00 pm: Psychoeducation w/ Miatta | <p style="text-align: right;">16</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 12:00 pm: Art-A-Whirl Planning Meeting + Lunch • 1:00 - 2:30 pm: Creative Writing w/ Sasha • 2:00 – 4:00 pm: Bingo + Watson the Dog! • 2:30 pm: Walking Club | <p style="text-align: right;">17</p> <p style="text-align: center;">UMN Conservatory Field Trip 11:00 am – 1:00 pm Van leaving Grain Belt Studio @ 10:45: Please RSVP!</p> <p style="text-align: center;">Open Studio 1:00 - 4:00 pm</p> | <p style="text-align: right;">18</p> <p style="text-align: center;">Open Studio 11:00 am - 4:00 pm</p> <ul style="list-style-type: none"> • 11:00 am – 1:00 pm: Coffee & Board Games • 1:00 – 4:00 pm: Audio w/ Sasha (1-hour sessions available) • 2:30 pm: Walking Club • 1:00 - 3:00 pm: Reusable Bag Sewing Workshop w/ Tami |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|---|
| 22 | 23 | 24 | 25 |
| Open Studio 11:00 am - 4:00 pm | Open Studio 11:00 am - 4:00 pm | Open Studio 11:00 am - 4:00 pm | Open Studio 11:00 am - 4:00 pm |
| <ul style="list-style-type: none"> • 10:00 – 11:00 am: BIPOC Support • 11:30 am: Peer Check-In • 12:30 pm: Walking Club • 1:00 – 4:00 pm: Painting w/ Tovah: Intro to Flashe Paint • 2:00 – 3:00 pm: Psychoeducation w/ Miatta | <ul style="list-style-type: none"> • 12:00 pm: Art-A-Whirl Planning Meeting + Lunch • 1:00 - 2:30 pm: Creative Writing w/ Sasha • 1:00 – 4:00 pm: Resin • 2:30 pm: Walking Club | <ul style="list-style-type: none"> • 11:00 am - 1:00 pm: Artistic Development and Opportunities + Tech Support • 12:30 pm: Walking Club • 1:00 – 4:00 pm: Clay Magnets and Spoon Rests | <ul style="list-style-type: none"> • 11:00 am – 1:00 pm: Coffee & Board Games • 1:00 – 4:00 pm: Audio w/ Sasha (1-hour sessions available) • 2:30 pm: Walking Club • 1:00 – 3:00 pm: Reusable Bag Sewing Workshop w/ Tami |
| 29 | 30 | | |
| Open Studio 11:00 am - 4:00 pm | Open Studio 11:00 am - 4:00 pm | | |
| <ul style="list-style-type: none"> • 10:00 - 11:00 am: BIPOC Support • 11:30 am: Peer Check-In • 12:30 pm: Walking Club • 1:00 – 4:00 pm: Painting w/ Tovah: Mixed Media Paintings! • 2:00 – 3:00 pm: Psychoeducation w/ Miatta | <ul style="list-style-type: none"> • 12:00 pm: Art-A-Whirl Planning Meeting + Lunch • 1:00 - 2:30 pm: Creative Writing w/ Sasha • 2:30 pm: Walking Club | | |

RSVP for programming: (612) 752-8332 or community.support@avivomn.org

All programming is held at our art studio in the Grain Belt Bottling House, 79 13th Ave NE, Suite 105, Minneapolis MN 55413, unless otherwise noted.

- Transportation assistance is often available — RSVP to discuss options with staff.
- All groups and events are tobacco free.
- Masks are welcome but not required for indoor programming.
- Please stay home if you feel sick or have symptoms of COVID-19.