

You have a lot to say...

英雄

Express Yourself -through- ART!



Vets4Vets 'Art Expressions' CREATIVE WORKSHOPS

Bellevue University Military Veteran Services Center

(SW corner of Harvell & Herman Drives on the west side of Bellevue University's campus)

Fall 2015 Schedule:

Wednesdays 6:00-9:00 p.m.

Oct. 28, Nov. 4, 11 & 18, Dec. 2 & 9

* Winter 2015/16 schedule on reverse *

Have fun with your fellow veterans and family members! Join Vets4Vets' 'Art Expressions', a peer support group of Military Veterans interested in the common goal of sharing experiences, 'venting' and just hangin' out. In these workshops, you will use a different artistic media each week. All experience levels are welcome and no previous art experience is required! You have a lot to say...express yourself through art!!

OPEN TO ALL ACTIVE AND FORMER MILITARY AND THEIR LOVED ONES. REGISTER ONLINE AT HTTPS://V4VWORKSHOPS.EVENTBRITE.COM

OCTOBER 28 - BARN QUILT KALEIDOSCOPE Autumn is here, so warm up your barn, or house, with a 'barn quilt' square! Use colorful pre-cut shapes and panels to create vivid designs worthy of framing. Mix colors and patterns to make mesmerizing patterns that will delight your inner Midwesterner!

NOVEMBER 4 - ADVENTURES IN TEXTURE! Create an eye-catching abstract painting in just one sitting! Participants will use pre-textured panels as a foundation for adding metallic and colored paint layers. An interesting slide show will demonstrate how to make the most of texture in acrylic painting. Canvas boards and paints will be provided!

NOVEMBER 11 - (VETERANS DAY) DRUM CIRCLE Get swept up by the rhythm! Experiment with different types of drums and percussion instruments. Overlay the groove with spoken poetry. Release your inner beatnik!

NOVEMBER 18 - 3-D CHARACTER SCULPTURES Breathe life to a 3-dimensional character that you invent from your own imagination. From a concept sketch, you will create an armature that you will overlay with fast-drying plaster gauze. Finally, you'll paint your new 'buddy' with colorful acrylic paints.

DECEMBER 2 - HOLIDAY POSTCARD PRINT MAKING Give the wonderful gift of handmade holiday cards! We will use embossing techniques to make festive and colorful post cards to wish our friends and family Season's Greetings!

DECEMBER 9 - FANS OF ASIA BRUSH PAINTING This workshop is designed for those who are interested in the medium, technique and philosophy of this classical Asian art form. You will learn the basic brushwork, sumi-ink application, and fundamental composition techniques of Asian painting and take home a decorated fan.

NOTE: The content or order of workshops may be subject to change based on weather or other conditions.

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At Ease



730 Fort Crook Road North • Bellevue, NE 68005 • (402) 292-9105
1811 West 2nd Street, Suite 365 • Grand Island, NE 68803 • (308) 382-4255



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FREE!

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Winter 2015/16 Schedule:

Wednesdays 6:00–9:00 p.m.

Dec. 16, Jan. 6, 13, 20 & 27, Feb. 3

** Fall 2015 schedule on reverse **

DECEMBER 16 – SCHOOL OF ROCK!

Come and join the band! Find out how to turn your thoughts and emotions into music. Learn some basic techniques to writing and playing music. If you already play, bring your favorite instrument...and be prepared to jam!

JANUARY 6 – SCREENWRITING 101

Learn how to write from your own experience and create believable characters. Speak with dialogue that can be funny or serious. Once your script is written, join others in reading them out loud to bring your scene to life.

JANUARY 13 – EXPRESSIVE MASK MAKING

What would a self portrait of your alter-ego look like? Visualize your "other" self with plaster gauze and acrylic paints. We will use the "transformation masks" of Native Americans of the Northwest U.S. Coastline as inspiration for our own creations.

JANUARY 20 – MANDALA SAND PAINTING

Work like Tibetan monks to create a vivid and temporary "painting" using chalk and colored sand. This centuries-old meditation technique is a great way to relax and work as a team while creating incredible abstract art!

JANUARY 27 – VIDEO ANIMATION

Use drawings or small objects, including colorful animation clay, to create your own moving reality. Work as a team, or teams, to create hilarious short animated videos!

FEBRUARY 3 – WEARABLE "TATTOO" DESIGNS

Here is your chance to make your own cool tattoo design and have it printed on a blank T-shirt. Not everyone has tattoos, but who doesn't like to wear a T-shirt with an awesome design?

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 **Lutheran Family Services**
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