

YOU HAVE A LOT TO SAY...

EXPRESS YOURSELF THROUGH ART!



Vets4Vets 'Art Expressions' CREATIVE WORKSHOPS

Bellevue Veteran Center

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

Spring 2016 Schedule:

Wednesdays 6:00–9:00 p.m.

March 23 & 30; April 6, 13, 20 & 27;

May 4, 11, 18 & 25; June 1 & 8

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](https://v4vworkshops.eventbrite.com)**

 **Lutheran Family Services**
of Nebraska, Inc. www.LFSneb.org

At Ease



11515 South 39th Street, Suite 300 • Bellevue, NE 68123 • (402) 292-9105
1811 West 2nd Street, Suite 365 • Grand Island, NE 68803 • (308) 382-4255

MARCH 23 – "TOTALLY TUBULAR" FIBER ART INSTALLATION

Radically change an interior or exterior space using elemental art materials such as craft paper, yarn and tape. Work individually, then as a group, to create avant-garde sculpture constructions that will temporarily transform our workspace.

MARCH 30 – RUSSIAN NESTING DOLLS

The Cold War may be over, but you can still explore the traditional Russian craft of "matryoshka." Use transfer paper to replicate traditional Russian designs, or design your own motif of painted nesting wooden figures.

APRIL 6 – THE GRAPHIC NOVEL

Unite words with exciting images of superheroes or silly cartoon characters. Invent your own super-hero or funny characters from your imagination. Your group can select favorites to share as pages in a small-group edition.

APRIL 13 – PSYCHEDELIC ART

Enter a surreal dream world of fluorescent color, wild patterns and ultraviolet light. Use fractal patterns and optical illusions as your inspiration. Learn about the historical context of this type of pop-art while listening to "far out" music!

APRIL 20 – EXQUISITE CORPSE (AND OTHER PARLOR GAMES!)

Create "exquisite corpse" figures, "doodlebugs", and other "automatic" art-making techniques, puzzles and Victorian parlor games to create unexpected and hilarious results.

MORE WORKSHOPS LISTED ON BACK

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

R0316



NEW CENTURY ART GUILD
www.newcenturyartguild.org


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UNIVERSITY

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APRIL 27 – THE SURREAL WORD

Explore surreal imagery in spoken and written word, create mysterious and captivating poetry from images that you assemble from your deep unconscious! Several writing prompts will unlock the potential of your imagination!

MAY 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.

MAY 11 – WEARABLE “TATTOO” DESIGNS

Here is your chance to create 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?

MAY 18 – STREAM PUNK ASSEMBLAGES

Join the futuristic/anachronistic biomechanical world – a place where science and art intersect. Use metal foil, leather straps and brass rivets to create works that members of this art subculture will surely appreciate!

MAY 25 – 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!

JUNE 1 – 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!

JUNE 8 – NATURAL RELIEF!

Create collagraph relief prints suitable for framing using leaves and other natural forms; from the intricate veins of leaves to the delicate scales of fish: nature did the hard part, now you get to have all the fun!

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