

Do you want to lower your stress level, reduce , improve your memory, enhance your cognitive flexibility? IF YOU ANSWERED yes , come to Johnstown Senior Center painting class every Thursday morning 9:30 - 11:30. We are a group of seasoned as well as budding artists all benefitting from art's therapeutic value. We meet to exercise our creativity in a friendly supportive environment. And as Henri Matisse wisely said, " ...creativity takes courage". Each artist acts as a mentor giving suggestions and encouragement to one another. We are armed with our artistic tools, the elements and principles of design, a variety of art mediums, and a large dose of creativity. Through our art we have become friends. often sharing thoughts and ideas helping each artist through their artist journey. With the ebb and flow of expressive insights and new perspectives we are a meditation in motion. We are anxious to share the works of our individual creative journeys. So, take a deep breath and enjoy our paintings.

Nancy Murphy, instructor