

ADULT ENRICHMENT

Winter 2017

ONGOING

Art and Soul Art Group

First Fridays, 1-3pm in the lower hall
Drop in art-making; bring your own supplies.
Contact: Melanie Sadler

Drumming Circle

First Sundays, 1-2pm in the upper hall
Children's drumming circle at 12:30
Bring your own drum or use one of ours!
Beginners always welcome.
Contact: Wendy Carroll

5 Rhythms Movement Practice

Fourth Wednesdays, 7-9pm
Shake up old habits using rhythm, breath, movement & music.
No dance experience necessary.
Contacts: Pam Fichtner and Susan Pulvermacher

Potluck Lunch

First Sundays, 11:45am
Bring a dish to share after the service.

Small Groups

Meet once or twice a month to explore topics and build connections.

Spirit Quest group is currently open to new members.
Meets every second Wednesday for 2 hours.
Contact: Joan Adair

Social Group

For adult Unitarians and friends who are single.
Meets once a month or so for concerts, plays and other activities as suggested by members.
Contact Jeanne Remenda

EXHIBITIONS

10x10 ICM Core Community Shines Art Show

March 22 – April 3 in the lobby
10 artists will show their 10" x 10" submission to Integrative Community Ministries annual art show.
Contact: Kathie Cram

EVENTS & WORKSHOPS

Welcome Lunch

Sunday, February 19th, 11:45am
Learn about us and meet other Unitarians
Theme: Unitarian approach to social action
Contact: Patricia Pavey

Screening of "Defying The Nazis: The Sharps' War"

Thursday, February 23rd, 6:30pm
Includes video conversation with co-director Artemis Joukowsky
Contact: Patricia Pavey

Women's Breakfast

Saturday, February 25th, 9am – 12 noon
Bring a breakfast dish to share and bring a friend
Theme: "Be Bold for Change" for International Women's Day.
All who identify as women are welcome.
Contacts: Deb Chobotuk and Margaret Smith

Chakra Workshop

Saturday, March 11, 9:30am - 3:30pm
Learn to see and understand your own chakras, and put them into optimal balance.
Contact: Karen Baxter

Adult OWL Workshop

March 17-19 and April 7-9
Explore adult relationships and sexuality in a safe environment with trained facilitators.
Contacts: Dale Jack and Natasha Salaash

All Beings Confluence Banner Workshop

Daytime, March 29-April 1
Participate in this community-based project; Make your own banner representing a living being. Facilitated by artist Martha Cole
Cost: \$25 for materials
Contact: TBA (Saskatoon Unitarians office)

All Beings Confluence Exhibit

March 19 – April 22 in the upper hall
Community-based, interactive project inspired by the music of songwriter and activist Carolyn McDade.
Each of the banners represents a living being.
Contact: TBA (Saskatoon Unitarians office)



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