

**Manalapan  
Senior  
Center**

# **ZEN-ART CLASS**

**DATES: Monday, March 16, 23  
Monday, April 13, 20**

**1:00 PM - 2:30 PM**

**\*This is a 4 session class**

**\*Lottery used for class assignment**

If you think you “can’t draw,” you’re in exactly the right place. In Zen-Art, there are no mistakes; simple lines and shapes slowly develop into flowing patterns that form both abstract and realistic designs. The emphasis is on relaxation, creativity, and enjoyment rather than perfection. This gentle, beginner-friendly class invites you to discover the calming practice of Zen-Art—no prior drawing experience required. You will explore easy techniques that encourage focus, reduce stress, and support confidence in making art at any stage of life.

**\*MUST BRING OWN SUPPLIES**

**A list of required items will  
be supplied if you are chosen  
in the lottery!**

**\*SPACE IS LIMITED**

**Cost  
TBD**

**Manalapan Community Center  
114 Route 33 West  
To register call 732-446-8401 by 3/9**