“Creativity On Display and For Sale”

On November 4th, at our Family Association gathering, Moving Forward residents and their families attended a special luncheon at the Women’s Club in Napa. What made the day truly special was the amount of creative artwork and crafts on display at the event. 9 of our residents worked on crafting and perfecting their artwork throughout the 2018 year in a variety of classes at Moving Forward. The Creative Journaling, Arts and Crafts, Advanced Art, and Photography classes were all represented. Beautiful journal pages, photos printed onto canvas, holiday crafts, baby hats, scarfs, handmade purses, pottery, and paintings were all on display and available for sale. The pieces sold very quickly and each resident that entered their artwork were able to make a sale. Every artist’s work was appreciated by all that attended. We are so proud of our residents for being so creative and for sharing their arts and crafts at this wonderful event! Thank you to Sirena, our Director of Community Living, for setting up this showcase of art!

Here is a sampling of the type of artwork on display and for sale:

- Holiday crafts
- Paintings
- Artwork prints
- Journal pages
- Handmade purses
- Photos printed onto canvas

“At the parent lunch I sold 5 of my homemade purses! It felt like a big accomplishment to make crafts that people liked and wanted to buy. It was my goal this year to sell my crafts again and I am happy that I did!”

-Jenn P. (Moving Forward resident)

“Get Your Mind Right”  By: Sophie S.

Every weekday morning, I look forward to starting my day with a Moving Forward class. When the weather gets worse, walking class turns into Yoga and Meditation class. I feel that this class is very helpful. It is nice to have a designated time each day to meditate. Meditation can be helpful in skill building because it helps you to collect yourself before starting your day. It helps you remember to be present. I also find that meditation helps me with organizing my thoughts. Renee, the Moving Forward staff that runs the class, is an essential part of the class. She does a great job gathering the residents, and she consistently shows up to lead the group. Renee talks us through our yoga poses and through the meditation. This allows us to just show up, be present, and react to what she says. We do not have to plan our own exercise and this is important so that we can calm our mind. The yoga-meditation class is a great thing! As we start our day we are able to right our minds.
“My Own World and the Artwork Behind It”  
By: Gabby C.

My mom tells the story that ever since I picked up my first paint brush in preschool, I was an artist. My mom, is actually a natural artist as well. The rest of my family are able to draw stick figures. (joke)

Over the years I worked with different mediums. I went from markers and pencils, to water colors. Now, I enjoy working with Artist Loft dual tip sketch markers.

I get my inspiration for my artwork from horror movies and from other artists such as Gris Grimly and Tim Burton. I would call the style of my artwork both gothic, and psychedelic.

I enjoy art because it is very therapeutic. I also get lost in my own world for a while and my artwork feels realistic. Doing artwork is a great natural antidepressant and it can make me feel happy. Art is good for the brain.

I like sharing my artwork with others. I have my own website that shows a lot of my artwork. If you are interested in seeing more of my art, you can click this link: www.Gabriellesartworld.com If you see a piece that you like, I have artwork for sale. Please contact me via the website if you are interested in purchasing a print.

“A Special Year of Sports”  
By: Jill P.

I like participating in Special Olympics. It is great to meet people and make friends. I like competing against the other athletes from different cities. Here are some of the sports I have played in:

In volleyball, I was named the Captain of the team! I think that is my best sport.

The soccer tournament was awesome! My team got third place and we won the bronze medal! I played defense and I feel like I played with good technique.

The bowling tournament was fun! I won third place! I think I bowled medium-good at the event. At the tournament I bowled some spares and it felt amazing to bowl a strike!

I enjoyed playing in 5 sports this year for Special Olympics. Next year I am looking forward to trying Bocce ball as well.

“Very Classy”  
By: Jeannie

I think that the classes at Moving Forward are super! I’ve made a lot of friends in them and the staff and teachers that run the classes are wonderful! Every week I look forward to going to class. Here are some of the classes that I enjoy:

Creative Journaling: We cut out pictures from magazines and glue them into our journals. This class helps you work on your creativity and your imagination. This class helps with stress. In one word, this class is calming.

Coping With Life: We talk about issues we have in our life and we work on solutions to them. People in this class are also supportive to each other. In one word, this class is helpful.

Advanced Art: A lot of people draw on paper or paint on canvas. In this class we can pick what we want to work on. Lately, I have been working on stained glass painting. In one word, this class is stress-free.

Arts and Crafts: We always are given a project to work on. The projects are usually related to an upcoming holiday. In one word, this class is fun.

Music: We practice singing songs as a choir. Right now we are learning to sing holiday songs to perform at the Moving Forward Holiday party. My favorites are “Little Drummer Boy” and “Away In A Manger”. In one word, this class is happy.