

Artist of the Month



Zesty Art Group

The coloring craze is alive and well at the Foundation! Artist Jeanne Hamilton created a coloring book with her unique pattern-filled designs and thought it'd be a great idea to offer a coloring class at the Foundation. Coloring with Zesty Art began in February of 2016 and has been going strong ever since! Each week artists gather to not only color, but to learn more about how colors interact with each other, how to use different coloring media including colored pencils, gel pens, watercolor pencils and markers. Not only are friendships being formed, but artists are benefitting from increased motor skills, stronger hand muscles, improved eye-hand coordination, a new or renewed sense of color, and experience a relaxation that becomes meditative.

This class is clearly making a difference in people's lives:

"This class got me out of depression and out of the house after my husband died." – Marla

"This class has allowed me to once again be creative. Aging has taken away my usual ways of self-expression. The social side is also enjoyable as I enjoy meeting new people. Going to class gets me away from the day to day jobs at home. I didn't realize there were so many different ways of coloring and it's exciting to learn. Thanks Jeanne." – Barbara

"I have such an active mind. Coloring has helped me to focus and pay attention to what I'm doing and my thoughts don't go hither and yon." – Ted