

ARTS & CULTURAL SERVICE PROGRAM

Linda Holman 1354 Beckman Court, Fullerton, CA 92833

714 329-8177 enrichedspirit@aol.com

Objective: To encourage members to create and support art and cultural activities and education in the community.

Orange District Project: Photography Contest. Clubs are encouraged to take photos of landscapes, animals, nature, and people for submission. The submissions will be judged by a panel of professional photographers.

Plans CLUB PROGRAM SUGGESTIONS

Encourage members to participate in the Photography Contest.

Encourage members to participate in local Art Walks and Exhibits.

Offer scholarships on the ARTS to graduating seniors pursuing ART studies.

Encourage members to color mandalas or do origami to experience these cultural art forms.

Design a holiday theme and decorate a garden or house.

Donate art supplies to a local school or class.

Hold a Chalk the Walk contest for elementary school children.

Host an International Themed Dinner Party with Décor and Food.

Decorate a Dia de Muertos (Day of the Dead) Altar for library or local museum.

Plan an excursion to Chinatown, Little India, or Little Tokyo.

Volunteer at local theatres, museums, and galleries

Donate to and/or attend cultural events

Host a photography contest for local youth

Mandala Coloring

Mandalas are used universally to promote healing and other positive states of being.

Coloring the symmetrical form of mandalas draws the mind into a state similar to that in meditation. It calms inner chaos and organizes frenzied thoughts.

- Balance your body, your mind, and your spirit
 - Make a spiritual connection – similar to meditation
 - Expand your creativity
 - Increase your self-awareness
 - Encourage your self-expression
 - Just have fun, alone or with your friends
-
- There is no right or wrong way to color a mandala.
 - Coloring lifts your spirits and brings out the child in you.
 - You don't have to follow any rules when you color.
 - You're creating a unique work of art.
 - It activates the intuitive genius within you.

Encourage all the members to create their own mandalas.

