Studio Workshops
2022-2023
Come make art with us!
No prior experience is required!
Community Access to the Arts provides inclusive arts programs for children, teens, and adults with disabilities. CATA workshops are led by professional faculty and take place once a week over several weeks.

Programs listed in this brochure take place in our studios in Great Barrington, MA. We also partner with day programs, schools, community centers, and nursing homes to offer inclusive arts programs all across the community.

Want to learn more or sign up for programs?
Call Kara Smith (Program Director) at (413) 528-5485 or email Kara@CATAarts.org.
Music

**All-abilities Drumming**
WITH AIMEE GELINAS & DAN COHEN

Find your beat in this fun, all-abilities drumming class! Participants will experience the joy of folkloric drumming and singing from West Africa, the Caribbean, and around the world. Drumming is an ancient skill that builds community, self-confidence, hand/eye coordination, and boosts memory capability. Participants will learn percussion technique, fun and challenging instrument exercises, songs in several languages and styles, as well as the culture and history behind the music. Traditional instruments such as the Conga, Djembe, Djun Djun, Clave, Bell, Shekere, Kata and Maraca will be provided. If interested, participants will have the opportunity to perform for fellow CATA artists during a fun, informal “sharing.”

**PERFORMANCE FOCUSED:**

**Drumming**
WITH AIMEE GELINAS & DAN COHEN

In this performance-focused class, drummers will build upon their musical talents, learn a range of new songs, and hone their skills as performers. Through fun and challenging songs and musical exercises, we’ll explore a range of traditional instruments such as the Conga, Djembe, Djun Djun, Clave, Bell, Shekere, Kata, and Maraca. Drummers continue to boost their memory with a vast body of learned songs in many languages and hone their hand/eye coordination. To join this workshop, CATA drummers should prior drumming experience, be able to play multiple styles of percussion instruments, and play as part of a group. Drummers in this workshop will prepare a final piece to perform in the CATA Annual Performance at Shakespeare & Company in May 2023.

**NEW!**

**Exploring Sounds, Making Music**
WITH WES BUCKLEY

Do you enjoy listening to music? Have you ever wanted to try writing a song of your own, with friends? In this workshop, we’ll create original music together in a collaborative setting. As a group, we will co-write, compose, listen, record, and share music together. Participants will learn how a single idea or sound can transform into a song, take inspiration from the sounds around us, and try new instruments to bring our musical ideas to life. At the end of the workshop, we’ll record our original song together and you’ll get a copy to take home. Absolutely no previous experience is required, just a love of music!
Singing & Creative Songwriting
WITH TERENCE MURREN

Let’s make music—together! In this workshop, participants will explore the building blocks of music and dive into the elements that make up the sounds and songs we love. Participants will develop their own musicality through singing and rhythm. Together, we’ll learn popular songs and go where the music takes us! This workshop also focuses on warming up our bodies and minds while sharing, connecting, and having fun making music. Join us in this fun, creative space where you can let your musical imagination and curiosity fly!

PERFORMANCE FOCUSED:
Singing & Creative Songwriting
WITH TERENCE MURREN

In this performance-focused class, participants will connect with their voices and each other, building on their musical talents by learning singing techniques and performance skills. Participants will learn an exciting range of songs—from folk music to epic rock and everything in between. All singers will have a creative role in writing lyrics and melodies to sing and perform together. Together we will write an original song to perform in the CATA Annual Performance at Shakespeare & Company in May 2023.

“CATA encourages me to be a better artist. I love playing instruments and making art!”

–GEORGE, CATA ARTIST
Theater & Storytelling

**PERFORMANCE FOCUSED:**

**Shakespeare’s Players**
WITH DIANE PRUSHA, GREGORY BOOVER, AND KELLY GALVIN

Storytelling has been part of the human experience since the dawn of time, and Shakespeare’s Players is keeping this tradition alive! This workshop is an open, welcoming environment that allows participants to fully explore their emotions using breath, voice, and body. Participants will explore stories, emotions, and ideas in the plays of Shakespeare—and connect those plays to our own experiences. What does it feel like? Does it have a name? How can I express it? These are some of the questions we’ll explore together. **Actors in this workshop will prepare a group performance for the CATA Annual Performance at Shakespeare & Company in May 2023.**

**NEW!**

**Voicing Our Stories: Theater for Community Building**
WITH RORY HAMMOND

In this workshop, participants will explore acting and storytelling in the most engaging and fun way possible—with games and improv! Together, we’ll use theater to express our feelings and individual experiences and explore ideas that are important to each of us. Improvisation teaches active listening, problem-solving, critical thinking, and collaboration. Storytelling is a creative way to share our individuality and envision new worlds beyond our daily lives. And theater games encourage us to take risks and build meaningful relationships with each other. We’ll tell lots of stories—and most importantly, we will build community with each other by playing, laughing, and having fun together!

“Everyone should have the freedom to express what is on their mind and in their heart.”  
—CINDY, CATA ARTIST
Dance, Juggling, & Yoga

**All-Abilities Tap Dance Theater**  
WITH STEFANIE WEBER

Come move with us in this fun, one-of-a-kind dance class for all abilities! Tap Dancing is a great way to harness energy and express yourself while building confidence, coordination, and community. We’ll use patterns, sound, movement, emotion, dance history, and various musical grooves and structures to explore the wonderful world of Rhythm Tap Dance. Get percussive with your whole body! Find new ways of communicating! This footloose and fancy free workshop is open to everyone with an interest in music and movement. Movements will be adapted for every individual, including participants with limited mobility. No prior experience is necessary—all levels of experience and curiosity are welcome! Tap shoes will be provided.

**PERFORMANCE FOCUSED:**

**People’s Tap Dance Theater**  
WITH STEFANIE WEBER

The Peoples Tap Dance Theater uses the American vernacular art form of Tap Dance as inspiration and a foundational technique for creating exciting, collaborative Tap performances. Our eclectic company of courageous dancers creates original performance pieces that burst with imagination and wonder. Under the direction of dance artist Stefanie Weber, each CATA dancer is given the opportunity to discover their unique voice as a Tap Dancer while also working as part of an intimate collective. Together, we’ll draw from each dancer’s individual talents to craft outstanding and engaging Tap theater. Dancers in this workshop will prepare a group performance for the CATA Annual Performance at Shakespeare & Company in May 2023.

**All-Abilities Yoga (Virtual & In-Person)**  
WITH PAULA BOYAJIAN

CATA Faculty Paula Boyajian will lead us in a gentle class focusing on breath work and poses to release tension, as well as strengthening movements and postures to build confidence and boost spirits. Throughout the class, postures will be adapted for all abilities and those staying in chairs.
Hip-Hop Dance  
WITH OLIVIA MARTIN

Find your inner groove in this lively and fun hip-hop dance class for all abilities! In this uplifting class, we’ll move together while we explore the origins of hip-hop, try different dance styles, and honor important artists in the genre through movement. Join us and let’s find our beat, together.

Making Dance  
WITH BETH LIEBOWITZ

Do you enjoy dancing? Have you ever wanted to try creating your own dance or choreography? Join dancer Beth Liebowitz for this fun, collaborative workshop celebrating movement and freedom in our bodies! In this workshop, we will explore different styles of movement, find the natural movements within our own bodies, and harness our individuality to create exciting dances— together. Participants will have the opportunity to create their own movement and choreography, both individually and together with the group. No previous experience is required, just a love of dance and movement!

Juggling Connection  
WITH ROGER REED

Everyone can juggle! In Roger Reed’s fantastical juggling class, participants develop fine motor skills, experience the joy of achievement, and have fun together exploring a world of juggling possibilities. Each class is a new experience, where jugglers learn muscle memory and experiment with props like juggling balls, rings, scarves, and more. Juggling is not just something you do alone—it’s collaborative, too! Join us for this fun, upbeat, and inclusive workshop—and let’s get juggling, together!

PERFORMANCE FOCUSED:

Juggling Connection  
WITH JILL FLEMING

In Jill Fleming’s juggling class, participants will continue to hone their juggling and performance skills in a supportive, upbeat environment. In each class, jugglers will learn new muscle memory patterns and strengthen fine motor skills using juggling balls, rings, scarves, and more. Juggling is not just something you do alone—it’s collaborative, too! We’ll learn fun juggling techniques to perform in groups of one, two, three, and more. Juggling routines will be adapted for every ability. Props and adaptive tools will be provided. **Participants in this workshop will prepare a group piece to be performed in the CATA Annual Performance at Shakespeare & Company in May 2023.**
**Sensory-Friendly Dance**

WITH BETH LIEBOWITZ

This inclusive, sensory-friendly dance workshop is designed for those who prefer a quieter dance environment. Attention will be given to the physical space, considering lighting, volume, selection of music, and the flow of the workshop. We will use soft scarves and buddy bands to maintain personal space, while providing meaningful ways to connect and collaborate with each other. The workshop will begin with a stretching and warm-up period, and then move to the core part of the class where participants will have the choice to join in solo and group dances. As the workshop comes to a close, we will have a calming ritual to cool down our minds and bodies.

**PERFORMANCE FOCUSED:**

**The Moving Company**

WITH OLIVIA MARTIN

The Moving Company is a mixed-ability dance company that works collaboratively to create exciting and expressive performances. This inclusive ensemble gives CATA artists a deeper dive into dance-making and is designed for dancers with a passion for creating and performing original choreography. Dancers interested in joining The Moving Company should demonstrate that they can generate and remember their own choreography and the choreography of others, and interact positively and comfortably with other dancers. The Moving Company was founded in 1997 and has performed at Jacob's Pillow Dance Festival, VSA International Arts Festival, The Massachusetts Statehouse, and other local venues. Dancers in The Moving Company will choreograph and perform a piece in the CATA Annual Performance at Shakespeare & Company in May 2023.

**All-Abilities Dance**

WITH OLIVIA MARTIN

Join Olivia Martin for a fun, inclusive dance workshop that will get your body moving! Olivia will guide movement exercises to wake up, strengthen, and stretch different parts of the body. Participants will build social and non-verbal communication skills with choreography that encourages you to use your imagination and creative thinking skills. Participants will learn basic dance terminology that we'll build on each week as we move and groove together. This workshop is designed for a broad range of abilities—everyone is welcome! Each dancer is invited to participate on their own or with the assistance of support staff who may be attending with you.

“I learned to juggle at CATA. I juggled three balls my first try!”

—AIYANA, CATA ARTIST
VISUAL ARTS & CREATIVE WRITING

Visual Arts & Creative Writing

Tactile Arts
WITH JANICE SHIELDS

Connect with your sense of touch and let your creativity fly in this hands-on tactile arts workshop. Janice Shields will lead participants in exciting art projects, working with a variety of tactile materials to stimulate learning and strengthen fine motor skills. Projects will include building with wood, modeling with clay, creating collage and sculpture with textiles like felt, fabric, and natural materials. During the series, we'll also take a field trip to the SculptureNow exhibit at The Mount in Lenox to get inspiration for our own original works of art. Participants will have the opportunity to have their artwork included in one of CATA's art shows.

ARTiculations
WITH MARLENE MARSHALL (FALL) AND JANICE SHIELDS (SPRING)

ARTiculations is an inclusive workshop that explores an exciting variety of artmaking styles and materials, including: watercolor and acrylic painting, monotype and relief printmaking, collage, drawing with traditional and experimental media, as well as sculpture and other 3-dimensional projects. Together, we'll learn how to express our ideas through art and bring our creative visions to life—from a beginning sketch to a finished product. Throughout the workshop, we'll engage in thoughtful group discussions and support each others ideas, creativity, and growth. The year-long series is divided into two blocks—Fall and Spring—which are each led by a different Visual Arts faculty member. Participants will have the opportunity to have their artwork included in one of CATA's art shows.

Writers’ Workshop
WITH JANET REICH ELSBACH

Everyone has a story to tell! Join us in the CATA Writers’ Workshop and let’s share our stories—together. In this workshop, participants explore their creative voice through prompts, inclusive readings, and group discussions about the work of other writers. All forms of writing are encouraged including poetry, prose, short story, interviews, and more. CATA writers develop cognitive and communication skills to help them express their perspectives and experiences. Together, we’ll use a variety of art forms and media—including painting, sculpture, music, video, and more—to inspire our writing and expand our means of expression. Participants do not need to be able to physically write. Volunteer scribes are available to work one-on-one with CATA writers.
NEW! **Photography**  
WITH THAD KUBIS

Do you enjoy taking photos? Join us for this interactive photography workshop and let’s snap amazing photos of the world around us! In this series, you will learn all about using the camera on an iPad (provided by CATA) and expand your basic knowledge of digital photography, techniques for taking great photos, photo composition, and the history of photography. The workshop will take place in CATA’s visual arts studio, with occasional trips to nearby nature preserves where we'll put our photography skills into practice! *iPads will be provided for each participant.*

**Creative Projects**  
WITH PAT HOGAN

In this visual arts workshop series, Pat Hogan will lead participants in a variety of exciting artmaking projects where we’ll explore new techniques and artistic mediums. CATA artists will learn a variety of painting, drawing, and collage techniques and explore a wide array of printmaking styles. Participants will learn fundamental concepts of composition and color theory, as well as explore historical and contemporary artists. The first part of the year also includes a visit to the Berkshire Botanical Gardens where CATA artists will create an original work of art onsite. *Participants will have the opportunity to have their artwork included in one of CATA’s art shows.*

“*At CATA I can make art—and do it the way I like to do it.*”  
—DOUG, CATA ARTIST
# Studio Workshop Schedule

**Did you know?** CATA also partners with day programs, schools, community centers, and nursing homes to offer year-round, inclusive arts programs all across the community. Visit CATAarts.org or call us at (413) 528-5485 for more information.

**CATA's studio workshop schedule may change. Please contact our office for an up-to-date schedule.**

<table>
<thead>
<tr>
<th>Monday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VISUAL ARTS STUDIO</strong></td>
<td><strong>PERFORMING ARTS STUDIO</strong></td>
</tr>
<tr>
<td>10am-11am</td>
<td><strong>Tactile Arts</strong> with Janice</td>
</tr>
<tr>
<td>10am-11am</td>
<td><strong>All-Abilities Tap Dance Theater</strong> with Stefanie</td>
</tr>
<tr>
<td>11:15am-12:15pm</td>
<td><strong>People’s Tap Dance Theater</strong> with Stefanie</td>
</tr>
<tr>
<td>1pm-2pm</td>
<td><strong>All-abilities Drumming</strong> with Aimee &amp; Dan</td>
</tr>
<tr>
<td>2:15pm-3:15pm</td>
<td><strong>Drumming</strong> with Aimee &amp; Dan</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VISUAL ARTS STUDIO</strong></td>
<td><strong>PERFORMING ARTS STUDIO</strong></td>
</tr>
<tr>
<td>10am-11am</td>
<td><strong>CATAdirect</strong></td>
</tr>
<tr>
<td>11:30am-12:30pm</td>
<td><strong>CATAdirect</strong></td>
</tr>
<tr>
<td>10am-11am</td>
<td><strong>Making Dance</strong> with Beth</td>
</tr>
<tr>
<td>11:15am-12:15pm</td>
<td><strong>Exploring Sounds, Making Music</strong> with Wes</td>
</tr>
<tr>
<td>1pm-2pm</td>
<td><strong>Juggling Connection</strong> with Roger (fall) &amp; Jill (spring)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VISUAL ARTS STUDIO</strong></td>
<td><strong>PERFORMING ARTS STUDIO</strong></td>
</tr>
<tr>
<td>11:15am-12:15pm</td>
<td><strong>ARTiculations (morning)</strong> with Marlene (fall) and Janice (spring)</td>
</tr>
<tr>
<td>1pm-2pm</td>
<td><strong>ARTiculations (afternoon)</strong> with Marlene (fall) and Janice (spring)</td>
</tr>
<tr>
<td>2:30-3:30pm</td>
<td><strong>Writers’ Workshop</strong> with Janet Reich Elsbach</td>
</tr>
<tr>
<td>10am-11am</td>
<td><strong>Shakespeare’s Players</strong> with Diane, Greg, and Kelly</td>
</tr>
<tr>
<td>11:15am-12:15pm</td>
<td><strong>Theater for Community Building</strong> with Rory</td>
</tr>
<tr>
<td>1pm-2pm</td>
<td><strong>Sensory-Friendly Dance</strong> with Beth</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VISUAL ARTS STUDIO</strong></td>
<td><strong>PERFORMING ARTS STUDIO</strong></td>
</tr>
<tr>
<td>10am-11:15am</td>
<td><strong>Photography</strong> with Thad Kubis</td>
</tr>
<tr>
<td>10am-11am</td>
<td><strong>Singing &amp; Creative Songwriting</strong> with Terence</td>
</tr>
<tr>
<td>11:15am-12:15pm</td>
<td><strong>Singing &amp; Creative Songwriting</strong> with Terence</td>
</tr>
<tr>
<td>1pm-2pm</td>
<td><strong>All-Abilities Yoga</strong> with Paula</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VISUAL ARTS STUDIO</strong></td>
<td><strong>PERFORMING ARTS STUDIO</strong></td>
</tr>
<tr>
<td>10am-11am</td>
<td><strong>Creative Projects</strong> with Pat</td>
</tr>
<tr>
<td>10am-11am</td>
<td><strong>Hip-Hop Dance</strong> with Olivia</td>
</tr>
<tr>
<td>11:15am-12:15pm</td>
<td><strong>The Moving Company</strong> with Olivia</td>
</tr>
<tr>
<td>1pm-2pm</td>
<td><strong>All-Abilities Dance</strong> with Olivia</td>
</tr>
</tbody>
</table>

**PF:** PERFORMANCE FOCUSED
“CATA workshops make me feel happy inside. I love to make things with my hands and be with my friends.”

–BETSY, CATA ARTIST