

CATA Inclusive Arts Workshops





## Come be creative with Community Access to the Arts!

## Who is CATA for?

CATA programs are designed with inclusion and accessibility at their core, for people with a wide range of abilities and disabilities. No prior experience is necessary!

## What can I expect?

Our arts workshops are led by our professional faculty. Each workshop is designed as a series where participants build skills and work on projects over the course of the series. Workshops typically last one hour and take place once a week over several months. Many workshops begin in the Fall or Spring, but participants are welcome to sign up all year long. We also welcome participants to try out a new workshop to see if the class meets your interests. Participants are invited to take workshops on their own or with the assistance of support staff who can attend with you. We'll provide all the supplies and equipment you need to get creative!

## Where do programs take place?

The programs listed in this brochure take place in CATA's art studios at 420 Stockbridge Road in Great Barrington, MA. We also partner with disability agencies, day programs, schools, community centers, and nursing homes to offer inclusive arts programs all across the community.

## What does it cost?

Workshops are typically \$12 per class, with most participants paying per semester. CATA fundraises in the community to help subsidize the cost of workshops and ensure programs are accessible to all people with disabilities. We also invite people to participate on a Pay-What-You-Will basis. CATA also offers free programs to EBT, WIC, and ConnectorCare card holders as part of the "Card to Culture" program.

## What is a "Performance Focused" Workshop?

CATA offers workshops in many different artforms and levels. "Performance Focused" workshops culminate in a performance at CATA's Gala & Annual Performance at Shakespeare & Company in Lenox in early May. We generally recommend participants first take a non-performing class before signing up for a "Performance Focused" workshop. We are happy to talk with you to help you decide which workshops would be most fun and fulfilling for you!

## How do I sign up for workshops?

Contact Kara Smith, Program Director, at (413) 528-5485 or email Kara@CATAarts.org. We look forward to talking with you!

## **Music**

## Joy of Drumming with Aimee Gelinas & Dan Cohen

MONDAYS | 1PM-2PM

Find your beat in this fun drumming class for all abilities! Together, we 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 techniques, fun 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. Participants will have the opportunity to perform for fellow CATA artists during a fun, informal "sharing."

## "You can't keep your talent inside of you, you have to let it out."

-CORINNE, CATA ARTIST

## PERFORMANCE FOCUSED:

## The CATA Beat with aimee gelinas & dan cohen

MONDAYS | 2:15PM-3:15PM

In this performance-focused drumming class, participants will build upon their musical talents, learn 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. Participants will boost their memory skills and hone their hand/eye coordination by learning many songs in many languages. We recommend that participants first take "Joy of Drumming" before signing up for The CATA Beat. **Drummers in The CATA Beat will prepare a final piece to perform in the CATA Annual Performance at Shakespeare & Company in May 2024.** 



## Exploring Sounds, Making Music WITH WES BUCKLEY

TUESDAYS | 11:30AM-12:30PM

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. Throughout the workshop, we'll record our original work together and you'll get a copy to take home. **Absolutely no previous experience is required, just a love of music!** 



## **Making Music & Movement**



WITH WES BUCKLEY & BETH LIEBOWITZ WEDNESDAYS | 11:15AM-12:15PM

ALSO LISTED UNDER "DANCE"

In this fun and collaborative workshop, you'll be both a dancer and a music-maker! No experience necessary—everyone can participate. CATA faculty Beth and Wes will encourage you to let your imagination and individuality fly. Participants will learn skills in improvisation and have the opportunity to create their own choreography and even conduct the music! Together, we'll create a dynamic piece of music and dance in a judgment-free environment. Participants will have the opportunity to perform for fellow CATA artists during a fun, informal "sharing."

## PERFORMANCE FOCUSED:

## **CATA Serenaders** with terence murren

THURSDAYS | 10AM-11AM

In this performance-focused singing class, participants will build on their musical talents by learning singing techniques, performance skills, and 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. We recommend that participants first take "Singing & Creative Songwriting" before signing up for The CATA Serenaders. Participants will prepare a group performance for the CATA Annual Performance at Shakespeare & Company in May 2024.

## Singing & Creative Songwriting with terence murren thursdays | 11:15AM-12:15PM

Let's make music—together! In this workshop, we will explore the building blocks of music and dive into the elements that make up the sounds and songs we love. 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!

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

-GEORGE, CATA ARTIST



## **Theater**

## PERFORMANCE FOCUSED:

## Shakespeare's Players

WITH DIANE PRUSHA, GREGORY BOOVER, AND KELLY GALVIN WEDNESDAYS | 10AM-11AM

Storytelling has been part of the human experience since the dawn of time, and Shakespeare's Players is keeping this tradition alive! In this open and welcoming workshop, participants will explore the emotions, ideas, characters, and stories in Shakespeare's beloved plays—and connect those plays to our own experiences. Together, we'll learn the meaning behind Shakespeare's most famous lines, and perform our favorite scenes and monologues. Actors in this workshop will prepare a group performance for the CATA Annual Performance at Shakespeare & Company in May 2024.



**Theater Games** with kirsten peacock and nick nudler fridays | 10am-11am (fall only)



In this fun and playful workshop, we will use our voices, bodies, and imagination to tell stories and express our creativity. Participants will build skills in active listening, problem-solving, critical thinking, and collaboration— all while playing exciting theater games and letting our creativity fly. Join us for this joyful theater class, and let's have fun together!





## Dance, Juggling, & Yoga

## Dance to the Beat with OLIVIA MARTIN

FRIDAYS | 1PM-2PM

A fun, inclusive dance workshop that will get your body moving! Faculty artist Olivia Martin will guide movement exercises to wake up, strengthen, and stretch different parts of the body. In this footloose and fancy free workshop, participants will learn new dance terms and build social and non-verbal communication skills while having fun in a judgment-free zone.



## PERFORMANCE FOCUSED:

## The CATA Groove Collective with Beth Liebowitz

TUESDAYS | 10AM-11AM

Do you enjoy dancing? Have you ever wanted to try creating your own dance or choreography? Join The CATA Groove Collective—a new collaborative dance ensemble—and let's celebrate movement and freedom in our bodies! Together, we will explore different styles of dance, find the natural movements within our own bodies, and express our individuality to create exciting dance performances. Participants will have the opportunity to create their own movement and choreography. No previous experience is required, just a love of dance and movement! This workshop will include repeating and memorizing choreography. Dancers in this workshop will prepare a group performance for the CATA Annual Performance at Shakespeare & Company in May 2024.



## Dance Expressions: Hip-Hop, Swing, Salsa, and more! WITH OLIVIA MARTIN

THURSDAYS | 12:30PM-1:30PM

Find your inner beat in this lively and fun dance class for all abilities! In this uplifting class, we'll explore an exciting range of dance styles, from hip-hop and swing, to country line-dance, salsa, and more. Participants will learn about a variety of music and dance styles while building skills in social interaction, coordination, spatial awareness, and muscle memory. Participants will have the opportunity to work with guest artists who will visit the workshop throughout the year. Join us and let's hit the dance floor together!



## **Making Music & Movement**



WITH WES BUCKLEY & BETH LIEBOWITZ WEDNESDAYS | 11:15AM-12:15PM

ALSO LISTED UNDER "MUSIC"

In this fun and collaborative workshop, you'll be both a dancer and a music-maker! No experience necessary—everyone can participate. CATA faculty Beth and Wes will encourage you to let your imagination and individuality fly. Participants will learn skills in improvisation and have the opportunity to create their own choreography and even conduct the music! Together, we'll create a dynamic piece of music and dance in a judgment-free environment. Participants will have the opportunity to perform for fellow CATA artists during a fun, informal "sharing."

"At CATA
I get to
express how
I feel and
what I can do."

-ROMAN, CATA ARTIST

## PERFORMANCE FOCUSED:

## The Moving Company with olivia Martin

FRIDAYS | 11:15AM-12:15PM

The Moving Company is a mixed-ability dance company that creates exciting and expressive performances. The Moving Company provides a deep dive into dance-making for those with a passion for performing and creating original choreography. The Moving Companybuilds on skills introduced in CATA dance workshops (including "Dance to the Beat" and "Dance Expressions"), such as memorization and repetition of choreography, and dancing collaboratively as part of a group. Please let us know if you are interested in joining The Moving Company. Dancers in The Moving Company will prepare a group performance in the CATA Annual Performance at Shakespeare & Company in May 2024.



## Sensory-Friendly Dance with Beth Liebowitz

WEDNESDAYS | 1PM-2PM

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



## Tap Dance with Stefanie Weber

MONDAYS | 10AM-11AM

Come move with us in this one-of-a-kind dance class for all abilities! Tap Dancing is a great way to express yourself while building confidence, coordination, and community. We'll use patterns, sound, movement, emotion, and dance history to explore the wonderful world of Rhythm Tap Dance. Get percussive with your whole body! Find new ways of communicating! This workshop is open to everyone with an interest in music and dance. Movements will be adapted for every individual, including participants with limited mobility. **Tap shoes will be provided. No prior experience is necessary!** Participants will have the opportunity to perform for fellow CATA artists during a fun, informal "sharing."



## PERFORMANCE FOCUSED:

## People's Tap Dance Theater with Stefanie Weber

MONDAYS | 11:15AM-12:15PM

The Peoples Tap Dance Theater is an eclectic dance company that uses the history and art of tap dance as a foundation for creating exciting tap performances. Our company of courageous dancers creates original performance pieces that burst with imagination and wonder. Participants will discover their unique voice as a tap dancer while also working as part of a collaborative group. Dancers in this workshop will prepare a group performance for the CATA Annual Performance at Shakespeare & Company in May 2024.

"CATA is a come-as-you-are place. Everyone is welcome."

-FACULTY ARTIST

## Adventures in Juggling with ROGER REED

TUESDAYS | 1PM-2PM (FALL ONLY)

Everyone can juggle! In this fantastical juggling class, participants 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, develop coordination and fine motor skills, 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!

## Juggling & Circus Arts with JILL FLEMING

TUESDAYS | 1PM-2PM (SPRING ONLY)



Join us for a playful and upbeat class exploring the world of circus arts and games! In each class, we'll learn fun juggling and circus routines for all abilities that boost self-confidence and tap into our creativity. CATA artists will experiment with props like juggling balls, rings, beanbags, and scarves, while honing fine motor skills, muscle memory, handeye coordination, and balance. We'll work individually, in pairs, and all together as a circus community. Come discover your inner circus artist in this joyful and supportive class!



## PERFORMANCE FOCUSED:

## Juggling Connection with gregory Boover

TUESDAYS | 2:15PM-3:15PM (SPRING ONLY)

Participants in *The CATA Juggling Connection* will continue to hone their juggling and performance skills in a supportive, upbeat environment. Jugglers will learn new muscle memory patterns and strengthen fine motor skills using juggling balls, rings, scarves, and more. Juggling techniques will be adapted for every ability. Props and adaptive tools will be provided. We recommend that participants first take Adventures in Juggling before signing up for The Juggling Connection. *Participants in this workshop will prepare a group piece to be performed in the CATA Annual Performance at Shakespeare & Company in May 2023.* 



## Yoga with paula boyajian

THURSDAYS | 2PM-3PM

In this inclusive and gentle yoga class, we'll tap into our breathing, learn poses to release tension, strengthen our bodies and postures, and build confidence while boosting our spirits. Each workshop begins with a calming exercise focusing on our breath, then we'll learn fun, restorative yoga poses designed to relieve stress and promote wellbeing. Postures will be adapted for all abilities and those staying in chairs. Join us for uplifting and judgment-free yoga!

"CATA is a happy and fun place. It gets me busy and trying new things."

-KAMBREE, CATA ARTIST



## Visual Arts & Creative Writing

## **ARTiculations**

WITH MARLENE MARSHALL (FALL) AND JANICE SHIELDS (SPRING) WEDNESDAYS | 11:15AM-12:15PM (MORNING CLASS) 1PM-2PM (AFTERNOON CLASS)

In this inclusive art-making workshop, we'll explore an exciting variety of 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-D projects. Together, we'll learn how to express our ideas through art and bring our creative vision to life. Throughout the workshop, we'll engage in thoughtful group discussions and support each other's 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.



## **Adaptive Painting: Artistic Realization Technologies**

Artistic Realization Technologies (A.R.T.) is an adaptive painting workshop designed for people with significant physical disabilities, aiding their ability to apply and maneuver a paintbrush on canvas. Artists use a laser pointer and work one-on-one with a faculty artist who acts as the artist's hands. Through this innovative technique, developed by artist Tim Lefens, CATA artists make each creative decision as they bring their artistic vision to life. Please let us know if you are interested in this opportunity and we will work with you on scheduling.

## "Your art is in your imagination, it's your interpretation"

-ERIC, CATA ARTIST

## Building 3-D Art & Sculpture with Janice shields

MONDAYS | 10AM-11AM

Connect with your sense of touch and let your creativity flow in this hands-on sculpture and 3-D arts workshop. Participants will create exciting art projects, working with a variety of 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—and more! 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. Adaptive tools will be available to meet the needs of all participants. Participants will have the opportunity to have their artwork included in one of CATA's art shows.



## **VISUAL ARTS & CREATIVE WRITING**

# "CATA allows me to express myself and be creative, it's very freeing."

-PAT, CATA ARTIST

## **CATAdirect Craft Cooperative**

TUESDAYS | 10AM-11AM (SESSION 1) | 11:30AM-12:30PM (SESSION 2)

A community-centered craft cooperative where artists with disabilities work side-by-side with community members to create beautiful, handmade products. Participants learn skills in collaboration, as well as product design and packaging. CATA artists have a hand in designing and packaging each product, including greeting cards and magnets, housewares like tea towels, napkins, dryer balls, and coasters, and wearable items like tie-dyed bandanas, jewelry, and more. Products are sold online and in stores across the Berkshires, sharing CATA's mission of inclusion with the wider community.

## Creating Comics WITH ADAM GUDEON



THURSDAYS | 11:30AM-12:30PM

Everyone can create comics! In this hands-on workshop, we'll create our own characters and explore ways of telling stories through pictures and words. Participants will make original comics using traditional comic-making art supplies and experiment with other media such as painting, collage—and even 3-D/sculptural comics! At the end of the class, participants will have made individual comics and "zines" which will be included in an all-class comic book for everyone to take home! Activities will be adapted for all abilities—all are welcome.



## **VISUAL ARTS & CREATIVE WRITING**

## Creative Art Projects with KARA SMITH

FRIDAYS | 10AM-11AM

Get ready to create your own one-of-a-kind works of art! CATA artists in this workshop 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. Throughout the year CATA artists will visit a variety of cultural organizations such as Mass Audubon's Pleasant Valley Wildlife Sanctuary, Berkshire Botanical Gardens and TurnPark Art Space 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.



## Through the Lens: Photography, Video and More

WITH THAD KUBIS THURSDAYS | 10AM-11AM

Lights, camera, action! Join us for this interactive workshop where we'll learn all about using the camera on an iPad (provided by CATA), explore the world of digital photography, and learn how to use photos and video to express your creativity. Throughout the class, we'll take trips to nearby nature preserves where we'll put our photography skills into practice. CATA artists will also have the opportunity to visit the CTSB-TV studios, learn about film and video editing, and help film and edit CATA's Annual Performance at Shakespeare & Company in May. iPads will be provided. Participants will have the opportunity to have their photography included in one of CATA's art shows.

## Writers' Workshop with janet reich elsbach

WEDNESDAYS | 2:30PM-3:30PM

Everyone has a story to tell! Join us in the CATA Writers' Workshop and let's share our stories together. Participants will tap into their creative voice and explore a range of writing forms including poetry, prose, short story, interviews, and more. CATA writers develop cognitive and communication skills to help them express their perspectives and experiences. We'll use a variety of art forms and media to inspire our writing—including painting, sculpture, music, video, and more. Participants do not need to be able to physically write. Volunteer scribes are available to work one-on-one with CATA writers. Participants will have the opportunity to work with guest artists who will visit and lead the workshop throughout the year. CATA writers will have the opportunity to have their writing featured in a CATA Reading or Sharing.





## **Studio Workshop Schedule**

## Sign up for workshops today!

Contact Kara Smith, CATA Program Director, at Kara@CATAarts.org or (413) 528-5485 to learn more and join our programs.

New to CATA? You can also start the sign-up process online at CATAarts.org/JoinCATA

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. Call (413) 528-5485 or email kara@CATAarts.org for information.

Monday	CATA's studio workshop	schedule may change. Please contact our office for an up-to-date sch	redule.
VISUAL ARTS STUDIO	10am-11am	Building 3-D Art & Sculpture with Janice	Pg. 9
PERFORMING ARTS STUDIO	10am-11am 11:15am-12:15pm 1pm-2pm 2:15pm-3:15pm	Tap Dance with Stefanie People's Tap Dance Theater with Stefanie PF Joy of Drumming with Aimee & Dan The CATA Beat with Aimee & Dan PF	Pg. 7 Pg. 7 Pg. 1 Pg. 1
Tuesday			
VISUAL ARTS STUDIO	10am-11am 11:30am-12:30pm	CATAdirect Session 1 CATAdirect Session 2	Pg. 10 Pg. 10
PERFORMING ARTS STUDIO	10am-11am 11:30am-12:30pm 1pm-2pm 1pm-2pm 2:15pm-3:15pm	The CATA Groove Collective with Beth PF Exploring Sounds, Making Music with Wes Adventures in Juggling with Roger (fall) Juggling & Circus Arts with Jill (spring) Juggling Connection with Greg (spring) PF	Pg. 5 Pg. 1 Pg. 7 Pg. 7 Pg. 8
Wednesday			
VISUAL ARTS STUDIO	11:15am-12:15pm 1pm-2pm 2:30pm-3:30pm	ARTiculations (morning class) with Marlene (fall) and Janice (spring) ARTiculations (afternoon class) with Marlene (fall) and Janice (spring) Writers' Workshop with Janet	Pg. 9 Pg. 9 Pg. 11
PERFORMING ARTS	10am-11am 11:15am-12:15pm 1pm-2pm	Shakespeare's Players with Diane, Greg, and Kelly PF Making Music & Movement with Wes & Beth Sensory-Friendly Dance with Beth	Pg. 3 Pg. 2,6 Pg. 6
Thursday			
VISUAL ARTS STUDIO	10am-11am 11:30am-12:30pm	Through the Lens: Photography, Video, and More with Thad Creating Comics with Adam	Pg. 11 Pg. 10
PERFORMING ARTS STUDIO	10am-11am 11:15am-12:15pm 12:30pm-1:30 pm 2pm-3pm	CATA Serenaders with Terence PF Singing & Creative Songwriting with Terence Dance Expressions with Olivia Yoga with Paula (NEW TIME!)	Pg. 2 Pg. 2 Pg. 5 Pg. 8
Friday			
VISUAL ARTS STUDIO	10am-11am	Creative Projects with Kara	Pg. 11
PERFORMING ARTS	10am-11am	Theater Games with Kirsten & Nick (fall)	Pg. 3

PF: PERFORMANCE FOCUSED WORKSHOP

# "CATA workshops make me feel happy inside. I love to make things with my hands and be with my friends."

-BETSY, CATA ARTIST



**420 Stockbridge Rd, Suite 2 Great Barrington, MA 01230**(413) 528-5485 • CATAarts.org
info@CATAarts.org

## CATA FACULTY ARTISTS

## **ART CART**

Wes Buckley JoAnne Spies

## THEATER & ACTING

Gregory Boover Kelly Galvin Nick Nudler Kirsten Peacock Diane Prusha

## **CREATIVE WRITING**

Janet Reich Elsbach

## DANCE

Beth Liebowitz Olivia Martin Stefanie Weber

## **JUGGLING & CIRCUS ARTS**

Gregory Boover Jill Fleming Roger Reed

## MUSIC

Wes Buckley Dan Cohen Aimée Gelinas Terence Murren JoAnne Spies

## **VISUAL ART & PHOTOGRAPHY**

Selina Bank
Jody King Camarra
Jeff Gagnon
Adam Gudeon
Pat Hogan
Elizabeth Kick
Thad Kubis
Marlene Marshall
Courtney Maxwell
Chalice Mitchell
Janice Shields
Kara Smith
Hilary VanWright

## **YOGA**

Paula Boyajian

## A.R.T. TRACKERS

Pat Hogan Stefanie Weber

## **CATA STAFF**

Margaret Keller, Executive Director

## **PROGRAM**

Jeff Gagnon, Program Director (school programs)
Kelly Galvin, Program Director (agency programs)
Kara Smith, Program Director (studio programs)
Courtney Maxwell, Program Associate
Shawn Mille, Program Associate
Beth Liebowitz, Dance Faculty &
Performance Projects Manager
Wes Buckley, Resident Music Faculty Artist

## **COMMUNICATIONS & DEVELOPMENT**

Chris Watford, Communications Director
Alex Heddinger, Development Director
Kate Harding (CFRE), Development Coordinator
David Dashiell, Development Associate

## **ADMINISTRATIVE**

Katie Clarke, Administrative Director James Totten, Office Manager

Heather Wells Heim, President

## **CATA BOARD**

Emily Rechnitz, Vice President Eva Sheridan, Vice President Ira Grossman, Treasurer David Rice, Secretary Sandra Baron Judy Boomer Kate Burdsall Liz Costley Carol Glazer Sarah Hunter Mindi Morin Rich Petrino **Elaine Radiss** Carol Riordan Stephen Shatz Ben Silberstein Linda Smothers John Whalan

Sandra Newman, Founder

Chris White

## **MISSION STATEMENT:**

Community Access to the Arts (CATA) nurtures and celebrates the creativity of people with disabilities.