

CREATIVE PURSUITS

FALL 2024 VIRTUAL CLASSES

ALS
ASSOCIATION

Creative Pursuits is a program designed specifically for individuals living with ALS and offers a supportive and inclusive environment where participants can explore various creative expressions. Virtual classes are listed below. Registration is required for all classes.

For registration details and additional information on these virtual classes, along with in-person sessions, please scan the QR code or visit:

www.als.org/creative-pursuits-catalog



SEPTEMBER

- 9/10: Visual Arts Club
- 9/12: Online Walker Art Center Tour
- 9/19: Fun with AI Art
- 9/23: Ekwe/MacPhail Concert Series
- 9/25: Fiction Essentials
- 9/26: Writing Club – The Write Stuff

OCTOBER

- 10/1: Book Club
- 10/2: Fiction Essentials
- 10/4: Art For Healing For Caregivers
- 10/7: Hands Free Digital Art
- 10/8: Visual Arts Club
- 10/9: Fiction Essentials
- 10/16: I'm No Artist, But This Will Be Fun!
- 10/17: Laugh Tracks
- 10/21: Pacing, Plotting, and Picturing for Short Stories
- 10/22: Ekwe/MacPhail Concert Series
- 10/23: I'm No Artist, But This Will Be Fun!
- 10/24: Writing Club – The Write Stuff
- 10/28: Pacing, Plotting, and Picturing for Short Stories
- 10/30: I'm No Artist, But This Will Be Fun!
- 10/31: Make Music Together w/ Ekwe Music App

NOVEMBER

- 11/4: Pacing, Plotting, and Picturing for Short Stories
- 11/5: Book Club
- 11/5: Online Walker Art Center Tour
- 11/6: I'm No Artist, But This Will Be Fun!
- 11/7: Make Music Together w/ Ekwe Music App
- 11/11: Digital Art For Healing
- 11/12: Visual Arts Club
- 11/13: Life Stories in the Flash
- 11/14: Make Music Together w/ Ekwe Music App
- 11/18: Digital Art For Healing
- 11/19: Ekwe/MacPhail Concert Series
- 11/20: Life Stories in the Flash
- 11/21: Make Music Together w/ Ekwe Music App
- 11/25: Digital Art for Healing
- 11/26: Writing Club – The Write Stuff

DECEMBER

- 12/3: Book Club
- 12/9: Poetic Expression
- 12/10: Visual Arts Club
- 12/11: Art For Healing For Caregivers
- 12/16: Poetic Expression
- 12/17: Laugh Tracks
- 12/18: Ekwe/MacPhail Concert Series
- 12/19: Writing Club – The Write Stuff

For more information, contact Liz Stanley: liz.stanley@als.org (651) 237-2723

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ABOUT THE PROGRAM:

The Creative Pursuits program is the vision of **Ken Baltes**, an artist who lived with ALS. His goal was to bring a variety of creative opportunities to people living with ALS so they may live fully as the disease progresses. Ken wanted to improve the quality of life for people living with ALS and their caregivers.



KEN BALTES



“ I felt connected to my soul taking this class. I was not alone in my journey. We all have a different story and are feeling it in our own unique way, but the class brings us together” – Lisa C.

“ I wanted to be a writer since childhood. The practical aspects of life overruled this dream. An ALS diagnosis pushed this goal further away. This project, these classes and most importantly these people have rekindled this dream.” – Mark

CREATIVE PURSUITS AIMS TO:

- Allow self-expression.
- Enhance self-confidence.
- Ease anxiety.
- Enhance social interactions and peer support.
- Provide meaningful diversions from the challenges of living with ALS.
- Provide adaptive tools and techniques to accommodate a wide range of physical limitations.

CREATIVE PURSUITS OPPORTUNITIES:

- Poetry, Fiction and Non-Fiction Writing
- Music Composition, Appreciation, and Therapy
- Visual Arts and Art Therapy
- Comedy
- Museum Tours
- Guided Nature Immersions
- Hands-Free and Non-Verbal Focused Options
- Social Clubs focused on Writing, Photography and Painting

Learn more by scanning the QR Code, or visit:
www.als.org/support/programs/creative-pursuits-program



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