

CREATIVE PURSUITS

ALS
ASSOCIATION

WINTER 2025 VIRTUAL CLASSES

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-winter-2025-catalog



JANUARY

- 1/7: Book Club
- 1/14: Visual Arts Club
- 1/15: Observations & Insight: Fiction Essentials
- 1/21: Online Walker Art Center Tour
- 1/22: Observations & Insight: Fiction Essentials
- 1/23: Writing Club – The Write Stuff
- 1/27: Building Your Writer’s Notebook for Caregivers
- 1/29: Observations & Insight: Fiction Essentials
- 1/30: Creative Impulse: Why Do We Create Art?

FEBRUARY

- 2/3: Let Me Tell You a Story
- 2/4: Book Club
- 2/5: Art for Healing for Caregivers
- 2/6: Creative Impulse: Why Do We Create Art?
- 2/10: Let Me Tell You a Story
- 2/11: Visual Arts Club
- 2/12: Hands Free Music
- 2/13: Creative Impulse: Why Do We Create Art?
- 2/18: Laugh Tracks
- 2/20: Creative Impulse: Why Do We Create Art?
- 2/24: Building Your Writer’s Notebook for Caregivers
- 2/25: A Journey with the South American Harp
- 2/26: Fun with AI Art
- 2/27: Writing Club – The Write Stuff

MARCH

- 3/4: Book Club
- 3/5: Life Stories in a Flash
- 3/6: Hands Free Digital Art
- 3/11: Visual Arts Club
- 3/12: Life Stories in a Flash
- 3/18: Online Walker Art Center Tour
- 3/19: Life Stories in a Flash
- 3/24: Building Your Writer’s Notebook for Caregivers
- 3/25: Basics of Photography Composition
- 3/27: Writing Club – The Write Stuff
- 3/31: Finding the Poet Within

APRIL

- 4/1: Book Club
- 4/3: Digital Art for Healing
- 4/7: Finding the Poet Within
- 4/8: Visual Arts Club
- 4/10: Digital Art for Healing
- 4/14: Finding the Poet Within
- 4/15: Laugh Tracks
- 4/17: Digital Art for Healing
- 4/24: Writing Club – The Write Stuff
- 4/28: Building Your Writer’s Notebook for Caregivers

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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