

Ananda Scoop

Class Schedule

TaiChi/Qigong

Sunday
6:00 – 7:30 PM

Yoga

Monday
7 – 8 PM

Belly Dance

Wednesday
6:30 – 7:30 PM

African Healing Dance

Wednesday
7:30 – 8:30 PM

Drumming Circles

Third Saturday of
every month at 7:00
PM

About The Ananda Center

*The Ananda Center is
a non-profit arts
advocacy
organization created
in February of 2005.*

*Now housed at the
Lion's Lincoln
Theatre, The Ananda
Center is committed
to becoming resource
for local artists of all
genres to teach,
learn, network, and
celebrate the arts in
Massillon.*



An Ananda Center Publication

Joining in on the Holiday Cheer

Welcome to the November edition of the Ananda Scoop. Our goal is to keep you posted on class schedules, workshops and other activities affiliated with The Ananda Center.

The Ananda Center has been keeping busy doing the time warp, celebrating First Friday with Arts in Stark, and exposing the arts in conjunction with the YMCA.

The holiday season is kicking into high gear and we at Ananda can't help but get in on the excitement.

As the holiday season moves forward, we continue to offer more workshops and classes bringing the best of the arts in and around the Massillon area.

We hope you will join us during the many holiday festivities in the area and

we wish you a safe and happy holiday season.

In this month's newsletter we will highlight recent and upcoming events, workshops, and schedule and staff changes coming to Ananda.

As always, thank you for your continued support of the Ananda Center. We hope you will take some classes soon and visit us at our upcoming events!

Big Changes Coming to Ananda

November has brought a lot of changes to Ananda. It is with great sadness to announce the teaching hiatus of two of our most beloved colleagues, Shelly Chatterelli and Jerry West.

Shelly can be found teaching an open class at the Rec Center on Monday nights at 5:30 PM. She will also teach chair yoga classes Tuesday and Thursday nights at 9:15 AM at our

holistic health partners Two Visions.

Shelly and Two Visions will also present a workshop called Finding Balance and Harmony~How to release anxiety and worry Thursday, Nov 29th 6:30-8:30. Cost is \$20. The workshop will be use gentle yoga, breathing techniques, meditation and other proven mindfully based techniques to relax the body and quiet the

mind.

When she is not teaching yoga, Shelly collaborates with teachers on how to integrate yoga into the classroom and enjoys quiet work at home with her words, her husband, her dogs, and cat.

Jerry West will be moving to Washington State to pursue a psychologist career and aid in the development of a program focused on helping
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Ananda Center Board of Directors

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Julie Earle Rohr
Pam Smith
Jerry West

We're on the Web!

Visit us at:

www.theanandacenter.org

www.myspace.com/anandacenter

&

www.myspace.com/artsyrcus

Visit our websites frequently for updates on workshops and other exciting activities coming to Ananda.

Ananda Sightings

The Art of Writing

In support of YMCA's Arts week, The Ananda Center hosted an interactive book discussion and signing featuring local authors Beka DeWitt and Charles Seymore.

Canton's First Friday

The Ananda Center Drumming circle was invited to perform during Canton's November First

Friday activities.

Our talented drummers continue to draw large crowds of music and arts lovers happy to join in with our drum circle.

Don't miss us drumming inside the art garage at the December First Friday 7:30-9pm.

Rocky Horror Good Time

The Ananda Center hosted three outrageous

performances of the Halloween cult classic "*The Rocky Horror Picture Show*".

The show drew in die hard Rocky Horror fans and virgins alike. Special thanks goes out to the Lincoln Theatre, director Amy Sima-Dirham, cast, crew and volunteer staff. Thank you again for coming out to support the show and we'll see you next year.

Big changes coming to Ananda (cont)

soldiers returning from tours of duty get back into their lives.

Ananda Center cofounders Jerry and Shelly will not be too far away as they will remain on the Ananda center BOD and continue to have their talented hands in grant projects and workshops at the Center.

We will miss having them during day to day operations,

but we wish them very well in their new endeavors, and are grateful to be some of the many lives they will reach with their good energy." Thank you for our time, spirit, and hard work. You both will be missed.

Do not fret, our Yoga and TaiChi classes will remain at Ananda. The Ananda Center is pleased to welcome instructors Lenora Mowrey and Andrea

Perez. Lenora will lead the TaiChi/Qigong classes Sundays from 6 – 7:30 PM. Andrea will instruct Yoga classes Mondays from 7-8 PM.

The Ananda Center would like to extend a warm welcome to Lenora and Andrea. We will have more information about them in future newsletters.

Breaking Ananda Scoop

ArtSyracus 2007 DVD Now Available!

Order your DVD of ArtSyracus 2007 - shot by Mandy Altimus.

Videos are \$7 each

Contact Nicole at Nicole@theanandacenter.org to place your order today!

Holiday Parade and Open House

Ananda center world drummers, dancers, and friends helped bring the holidays to Massillon during the annual Holiday parade last Saturday, November 17th. Following the parade, The Ananda Center hosted an open house upstairs in the Lincoln giving the public a chance to learn more about our programs and events.

KidScene Event

The entire Lincoln Theatre family comes together for this original production "Once upon a Christmas 1865". Ananda Center drummers and dancers join the KidScene kids, Lincoln Ladies, Lions club members, and other very special guests!

Show is Saturday December 1st @ 7pm. Tickets available at the

