

CREATE

C A T A L O G



Artwork - "Apples" by Mary Rowlenson

FALL 2026

CLASSES & WORKSHOPS

For more information about Create classes contact
Keera Swan, Quality of Life Lead:
KSwan@vistalifeinnovations.org
or 860-399-8080, Ext. 209

CLASSES OPEN TO EVERYONE

To register for classes scan the QR code below



Vista Life Innovations

Imagining Possibilities ... Empowering Lives



October - December

Acting Class: Disney Style! - Have you always wanted to bring out your inner Maui, sing about missing home as Belle, go for a magic carpet ride, or embrace your darker side as your favorite Disney villain? In this fun performing arts class, students will practice their craft using brief scenes and songs from their favorite Disney films and stage musicals. Each week offers a chance to shine and learn something new. *Instructor: Lara Morton*

Mondays: October 5, October 12, October 19, October 26,

November 2, November 9

Time: 1:30pm - 2:30pm

Location: Madison Campus

Cost: \$130



1:1 Private Acting Study - These private acting lessons are designed specifically for Vista students and members who enjoy working one-on-one with an encouraging and intuitive coach. Each session is tailored to the individual's interests, strengths, and goals, whether that's building confidence, strengthening verbal and reading fluency, improving communication, exploring emotions, or preparing for a performance. No prior experience is required.

Instructor: Lara Morton - Mondays, Tuesdays, and Wednesdays

Session One - (Mondays) October 5, October 12, October 19,

October 26, November 2, November 9 - Session One Times -

2:45pm - 3:30pm, 3:30pm - 4:15pm

Session Two - (Tuesdays) October 6, (skip October 13), October

20, October 27, November 3, November 10, November 17 -

Session Two Times - 12:00pm - 12:45pm, 2:30pm - 3:15pm, 3:30pm

- 4:00pm **Session Three - (Wednesdays) October 7, October 14,**

October 21, October 28, November 4, November 11 - Session

Three Times - 2:45pm - 3:30pm, 3:30pm - 4:15pm

Location: Madison Campus

Cost: \$275



Glee Club - Join the Glee Club! Glee Club focuses on singing in a choir setting. Participants will select songs weekly to sing as a group. Sing with live guitar and piano, as well as more fun singing activities. *Instructor: Laurel Bennett*

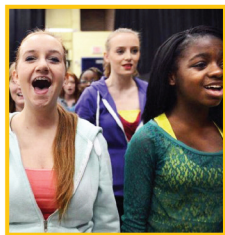
Mondays: October 5, October 12, October 19, October 26,

November 2, November 9, November 16

Time: 3:00pm - 4:00pm

Location: Madison Campus

Cost: \$140



Puppets in Motion: Create and Perform! - Step into a world of creativity and imagination! In this six week class, students and members will design, build, and bring to life their very own personal puppets. Through simple hands-on crafting, storytelling, and performance activities, students and members will develop, fine motor skills, expressive communication, collaboration, and confidence. No prior experience needed.

Instructor: Lara Morton

Tuesdays: October 6, (skip October 13), October 20,

October 27, November 3, November 10, November 17

Time: 1:00pm - 2:15pm

Location: Madison Campus

Cost: \$155



Fan Fiction - Join us for a fun, creative writing class where you'll craft your own stories and characters inspired by your favorite movies, cartoons, TV shows, and anime/manga. Learn how to build interesting characters, exciting plots, and great dialogue. Whether you are new to writing or experienced, this class is a great way to explore your imagination and connect with fellow fans.

Instructor: Jocelyn Ruggiero

Tuesdays: October 6, (skip October 13), October 20,

October 27, November 3, November 10, November 17

Time: 8:50am - 9:50am

Location: Madison Campus

Cost: \$160



October - December

Exploring Meditative Arts - Making art can be a wonderful meditative practice. In this course, students will explore different art activities that can be part of a regular meditative practice. We will incorporate ideas from Zen Arts and other worldwide meditative styles. Participants will learn new artistic skills and interesting ways to incorporate art into their daily self-care routines. *Instructor: Aly Maderson-Quinlog*

Tuesdays: October 6, October 13, October 20, October 27,

November 3 Time: 4:00pm - 5:30pm

Location: Madison Campus **Cost:** \$100



Coil Pottery - This class will provide a structured approach to learning coil pottery, making it accessible and enjoyable for beginners. This class will also offer opportunities to experiment with different techniques and styles, allowing participants to develop their unique pottery-making skills.

Instructor: Anne-Marie Kidd

Tuesdays: Session One - October 6, (skip October 13), October

20, October 27 Session Two - November 3, November 10,

November 17 Time: 4:30pm - 5:30pm

Location: Madison Campus **Cost:** \$160



Creative Writing - Think of this class as a writing playground, where you can play with whatever you feel like on any given day, be it a personal essay, movie review, fan fiction, or short story. We will hone your writing skills along the way, practicing sense memory exercises and editing your drafts. You will be encouraged to share your work, fostering confidence and presentation skills.

Instructor: Jocelyn Ruggiero

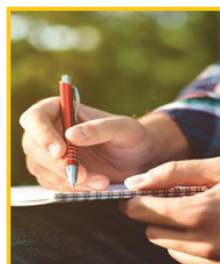
Wednesdays: Session One - October 7, October 14, October

21, October 28, November 4 Session Two - November 11,

November 18, (skip November 25), December 2, December 9,

December 16 Time: 8:50am - 9:50am

Location: Madison Campus **Cost:** \$140



Wonderful Watercolors - In this class participants will be introduced to a new watercolor painting technique each week. Basics such as color mixing, creating different brush strokes, and how to layer colors will also be taught. Participants will be working on ways to use the new methods they are being taught but will also have the opportunity to work independently.

Instructor: Alice Chittenden

Wednesdays: October 7, October 14, October 21, October 28,

November 4 Time: 12:30pm - 2:00pm

Location: Madison Campus **Cost:** \$125



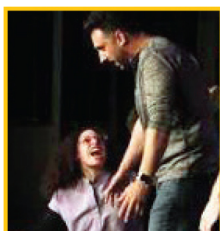
Yes, and...Improvisational Acting - Come as you are and be anything you want! In a relaxed and encouraging small group environment, participants are guided through a variety of fun and hilarious improv and theatre games. Participants can become anything from a cardboard box to a giraffe, to a park ranger!

Instructor: Lara Morton

Wednesdays: October 7, October 14, October 21, October 28,

November 3, November 10 Time: 1:30pm - 2:30pm

Location: Madison Campus **Cost:** \$130



Musical Theatre Dance Lab - Get moving and have fun while learning musical theatre choreography. Participants will explore rhythm, coordination, and simple combinations inspired by stage performances. Each class builds confidence through movement, group routines, and expressive storytelling through dance.

Instructor: Chelsea Dacey

Thursdays: October 8, October 15, October 22, October 29,

November 5 Time: 9:00am - 10:00am

Location: Madison Campus **Cost:** \$120





October - December

Acting: Musicals and TV Shows - An acting class focused on script work from musicals and television, including character development, scene work, audition skills, and performance technique.

Instructor: Chelsea Dacey

Thursdays: October 8, October 15, October 22, October 29, November 5

Time: 10:00am - 11:00am

Location: Madison Campus

Cost: \$100



Private Performing Art Lessons - (30-minute individual sessions)

Individualized private lessons tailored to each participant. Private lessons in voice, acting, or dance will be offered, depending on each participant's interests and goals. Participants should come prepared with their own song(s), monologues, scenes, or type/style of dance they would like to work on. *Instructor: Chelsea Dacey*

Thursdays: October 8, October 15, October 22, October 29, November 5

Time Slots: 11:00am - 11:30am, 11:30am - 12:00pm, 12:00pm - 12:30pm, 12:30pm - 1:00pm, 1:00pm - 1:30pm, 1:30pm - 2:00pm

Location: Madison Campus

Cost: \$165



Vista's Spirit Club (Walk for Vista) - Design your own Vista cheer sign for the Walk for Vista! Spend time with your peers painting signage to cheer on the walkers while we walk to support Vista! Saturdays and Walk for Vista on Sunday. *Instructor: Robyn Spruill*

October 10, October 17, Sunday, October 25 (Walk for Vista)

Time: 11:00am - 12:30pm

Location: Madison Campus

Cost: \$110



Decoupage Mini Pumpkins Workshop - Transform basic fall mini pumpkins into works of art for décor to last through the autumn season. We'll use faux mini pumpkins, napkins, and tissue paper. *Instructor: Courtney Rosenberg*

Tuesday: October 20

Time: 3:00pm - 4:00pm

Location: Madison Campus

Cost: \$40



Drum to Music! - A beginner class for drumming and hand percussion. Drum along with your favorite songs, learn about drumming techniques, and different kinds of percussion instruments. *Instructor: Laurel Bennett*

Mondays: November 9, November 16, (skip November 23), November 30, December 7, December 14

Time: 4:00pm - 5:00pm

Location: Madison Campus

Cost: \$155



Advanced Art Seminar - For experienced artists who want to work on their portfolio and/or develop a long-term art project. This seminar can also be a chance to learn a new skill like watercolor, figure drawing, screen-printing, or photography with one-on-one support from Aly, the Create Coordinator. Aly will work with each person to develop a project and a 5-week plan tailored to each artist's needs. *Instructor: Aly Maderson-Quinlog*

Mondays: November 9, November 16, (skip November 23), November 30, December 7, December 14

Time: 4:00pm - 6:00pm

Location: Madison Campus

Cost: \$200



Sculpture Projects for All! - In this class we will be making a variety of sculptures. Some will be clay, others cardboard or wood. Here is an opportunity to be quite creative. Come and join us! *Instructor: Alice Chittenden*

Wednesdays: November 11, November 18, (skip November 25), December 2, December 9, December 16

Time: 12:30pm - 2:00pm

Location: Madison Campus

Cost: \$135





October - December

Gelli Printing Class - Gelli printing is a fun and easy way to make monoprints and a great way to expand artistic skills. In this workshop we will explore using botanicals, stencils, and photographs to create one of a kind prints. We will also explore how to use the misprints to make dynamic multi-media collages.

Instructor: Aly Maderson-Quinlog

Wednesdays: November 11, November 18, (skip November 25), December 2, December 9, December 16

Time: 4:30pm - 6:00pm

Location: Madison Campus **Cost:** \$125



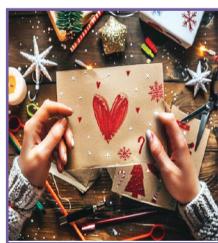
Holiday Craft Workshops - Spend the afternoon with peers while you create your own holiday masterpiece. Share holiday traditions while we get our creative minds flowing to create a fun craft for you to take home or gift to someone you love.

Instructor: Robyn Spruill

Wednesday and Thursday: Session 1- Thursday, November 12 Session 2- Wednesday, December 2

Time: 4:30pm - 5:30pm

Location: Madison Campus **Cost:** \$50



Wood Turkey Disc Décor Workshop - Come make the most adorable Thanksgiving-themed table décor using wood discs and decorative fabric.

Instructor: Courtney Rosenberg

Tuesday: November 17

Time: 3:00pm - 4:00pm

Location: Madison Campus

Cost: \$40



Kindness Craft Club - Each session we will talk about what it means to be kind to ourselves and others. We will make various craft projects to be brought home or given to someone out of kindness. This club will take place in the quiet setting of the 105-art studio, where peers can come together and explore different creative ways to show kindness to all. Be kind. Be you.

Instructor: Robyn Spruill

Saturdays: November 21, (skip November 28, December 5), December 12, December 19

Time: 11:00am - 12:30pm

Location: Madison Campus

Cost: \$85



Beaded Winter Snowmen Ornaments Workshop - We'll transform basic wooden beads into the cutest set of winter ready snowmen. Perfect to hang anywhere or give as a holiday gift.

Instructor: Courtney Rosenberg

Tuesday: December 1

Time: 3:00pm - 4:00pm

Location: Madison Campus

Cost: \$35



Holiday Card Making Workshop - Come make beautiful water color cards for the holidays. Learn how to use watercolors in unique ways to create fantastic cards for your friends and family. We will use metallic watercolors and inks to add extra bling to our creations!

Instructor: Aly Maderson-Quinlog

Saturday: December 5

Time: 11:00am - 2:00pm

Location: Madison Campus

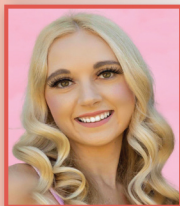
Cost: \$40



Vista Provides training, support, and resources that empower individuals with disabilities to achieve personal success and belonging throughout their lives.



Alice Chittenden earned her BFA and MALS from the University of Hartford and Wesleyan University, respectively. She went to Haystack Mountain School of Crafts, Penland School of Crafts, and Alfred University, among other places. Her work can be found in private collections in the United Kingdom, Australia, China, and the United States. She runs her own studio and is an active member and advocate for the Shoreline Arts Trail.



Chelsea Dacey, whom Vista first met as Elle Woods in *Legally Blonde*—is a seasoned theatre instructor with professional credits Off-Broadway and in regional theatre. For over a decade, she has shared her expertise in music, dance, acting, and theatre, inspiring performers of all ages to grow in skill and confidence.



Anne-Marie Kidd has been creating pottery for over 30 years, a passion that started in her native country of South Africa and has continued in Connecticut. Anne-Marie has participated in many pottery courses under the incredible instructors at The Creative Arts Workshop. She is also a member potter at the Clay Date Studio in New Haven. Her interest is in creating functional pottery, working both on the pottery wheel, as well as hand building.



Aly Maderson Quinlog is a visual artist, poet, musician, and educator. They began teaching arts throughout New England after receiving their Master of Arts in Teaching & Learning in Art & Design from Rhode Island School of Design in 2016. They opened their community arts studio Magik Press in New London in 2019. Magik Press hosts art experiences and workshops throughout the year. Aly specializes in book arts, photography, and social practice arts.



Lara Morton, Director of *A Shared Stage Productions* musical, “Footloose,” brings acting and theatre arts training back to Vista with group classes and private lessons. Lara co-founded the award-winning FUSE Theatre of CT (fusetheatrect.org), serving as Artistic Director, Creative Producer, and Board Director. Lara has directed plays and musicals and taught acting technique to students of all ages and abilities for 30 years. She currently works as a Simulated Participant actor for Yale School of Medicine and teaches adult acting at the New Haven Academy of Performing Arts.



Laurel Bennett is a music educator, performing pianist, and interning music therapist. She graduated from Southern Connecticut State University with a degree in Music Therapy and Psychology with experience running group classes in music exploration, songwriting, and music lessons. She is very involved in the local music scene, and you can catch her performing piano with her bands. She hopes to bring the joy of music to Vista's Create classes with an emphasis on emotional expression, creativity, and teamwork. and fun for all.



Courtney Rosenberg, founder of Re-Loved Designs, LLC, holds a Master's in Social Work from Fordham University and has been passionate about crafting for over 30 years. Combining her professional background and creative expertise, she specializes in teaching classes that inspire creative expression and celebrate individuality. Whether you're a beginner or experienced crafter, Courtney's workshops make creativity accessible and fun for all.



Jocelyn Ruggiero is an award-winning writer whose work has appeared in *The Washington Post*, *The Boston Globe*, *Saveur*, *Food & Wine*, *Parade*, and *Yankee Magazine*. An experienced arts instructor, she has taught in the Vista Life Innovations Discover Program for over 11 years, where she leads creative writing and memoir classes that foster self-expression, confidence, and positive connections with peers. She studied literature and theatre at Sarah Lawrence College.



Robyn Spruill has been employed with Vista Life Innovations for eight years having various roles during her time here. She enjoys crafting in all varieties during her free time and is incredibly excited to share that passion with our students and members. Crafting can provide a relaxing and safe space for folks to be creative and let some of their inner sparkle show!