



The Eclectic Chic Boutique

547 Bloomfield Ave, Montclair, NJ 07042

(862) 221-0644

Senior Arts Programs



The Eclectic Chic Boutique is dedicated to enriching the lives of seniors through the power of the arts. Our comprehensive catalog features a diverse range of engaging and enriching programs designed specifically for senior centers, including jewelry making, soap making, crocheting, meditation, and much more. Our experienced instructors guide participants through a variety of creative endeavors, fostering a sense of accomplishment, boosting self-esteem, and providing opportunities for social interaction and community building. Whether you're looking to introduce a new creative outlet, enhance existing programs, or simply bring a touch of joy and inspiration to your center, The Eclectic Chic Boutique has the perfect arts program for you.

Pricing

- 4 Week Sessions \$300 per participant
- 6 Week Sessions \$450 per participant
- 8 Week Sessions \$600 per participant

PROGRAMS



Jewelry Making

Our engaging jewelry making program offers seniors the opportunity to explore their creativity and craft stunning wearable art pieces. Choose from either our Beading or Kumihimo braiding jewelry making programs. Under the guidance of experienced instructors, seniors will learn fundamental skills, experiment with various materials and colors, and create unique and meaningful jewelry to cherish or gift. Some of the items participants can make are bracelets, earrings, necklaces, keychains and more.



Fizz, Foam, Fun: Self Care Crafts

This workshop offers seniors the opportunity to craft their own relaxing self-care craft workshops. Each week, participants will learn to create a variety of soothing and luxurious products, including homemade scrubs, fragrant bath oils, and easy-to-make melt and pour soaps and more. These hands-on sessions provide a therapeutic outlet, fostering creativity and a sense of well-being while learning valuable skills and creating personalized gifts for loved ones.

Important: Some of the processes involve the instructor using a microwave or hotplate. If a participant has any skin sensitivities or allergies, we will adapt projects accordingly



Crocheting

Discover the therapeutic art of crocheting in our welcoming and supportive program designed specifically for seniors. Seniors will learn fundamental stitches and techniques from experienced instructors while creating a variety of charming projects, from eye glass cases to coasters to scarves. These engaging sessions provide a wonderful opportunity to develop fine motor skills, enhance cognitive function, and connect with fellow crocheters in a relaxed

and enjoyable atmosphere.



Round Loom Knitting

Discover the ease and joy of round loom knitting in our fun and engaging program designed specifically for seniors. Seniors will learn to knit beautiful and practical items like scarves and hats using a round loom, a unique tool that makes knitting more accessible and enjoyable. No knitting needles needed. Our experienced instructor will provide step-by-step guidance and support, creating a relaxed and social environment where seniors can develop fine motor

skills, enhance cognitive function, and connect with fellow knitters while creating beautiful and unique pieces.



Finger Knitting

Experience the meditative and rewarding art of finger knitting in our friendly and supportive classes designed specifically for seniors. This technique utilizes your fingers to create beautiful projects like blankets, scarves and hats using thick chunky yarn. Our experienced instructor will provide step-by-step guidance and support, fostering a relaxed and enjoyable learning environment where seniors can improve hand-eye coordination, enhance cognitive function, and

connect with fellow crafters while creating beautiful and unique pieces.



Origami

In this program, seniors learn the ancient Japanese art of paper folding, transforming simple sheets of paper into stunning creations such as flowers, birds, and boxes. Our experienced instructors provide clear and patient guidance, fostering a relaxed and enjoyable learning environment where seniors can improve fine motor skills, enhance cognitive function, and experience the satisfaction of creating beautiful and unique works of art.



Painting

Discover your passion in our inspiring painting classes designed specifically for seniors. Choose your preferred medium – explore the bold colors and versatility of acrylics or the delicate beauty of watercolors. Under the guidance of experienced instructors, you'll learn fundamental techniques, experiment with different styles, and create beautiful works of art that reflect your unique vision. These classes provide a joyful and social environment where seniors can express their creativity, enhance cognitive function, and experience the therapeutic benefits of artistic expression.



Meditation & Mindfulness

Discover the profound benefits of mindfulness and meditation in our welcoming and supportive classes designed specifically for seniors. Through guided practices, gentle movement, and mindful breathing exercises, participants will learn to cultivate inner peace, reduce stress, improve focus, and enhance overall well-being. These classes provide a safe and nurturing space for seniors to connect with their inner selves, develop valuable coping mechanisms, and experience the transformative power of mindfulness in everyday life.



Journaling for Selfcare

Seniors will uncover the therapeutic power of journaling in our supportive and engaging program. Through guided prompts, quotes, and reflective exercises, participants will learn to express their emotions, explore their thoughts, and cultivate a deeper understanding of themselves. Journaling offers a valuable tool for stress reduction, improved mood, and increased self-awareness. These classes provide a safe and encouraging space for seniors to connect with their inner selves, develop valuable coping mechanisms, and cultivate a sense of peace and well-being.

About The Eclectic Chic Boutique

The Eclectic Chic Boutique is a gift shop nestled in the heart of downtown Montclair, NJ. This vibrant space serves as a collective for local artists and small businesses, showcasing a curated selection of unique and handcrafted treasures. Founded in 2018 by Kristen Zachares, the boutique offers a one-stop destination for creative gifts while also hosting engaging arts and crafts classes. Kristen's vision is to create a welcoming and inclusive environment where everyone feels inspired and empowered to explore their creativity, fostering a genuine appreciation for the work of local artisans.

Contact Us

If you have any questions or would like us to be part of your schools after school program, contact us and get connected.

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