SKID ROW ARTS TV GUIDE

YOUR SKID ROW ARTS "TV GUIDE" IS YOUR WAY TO CONNECT TO MULTIPLE ONLINE OFFERINGS OF DIFFERENT SKID ROW BASED ARTSS ORGANIZATIONS. THE INTENTION IS TO PROMOTE NEIGHBORHOOD BASED CONNECTIVITY BEST AS POSSIBLE IN THE FACE OF COVID-19 AND THE HARDSHIPS OF SOCIAL DISTANCING. ALL PROGRAMS ACCESSIBLE BY EITHER FACEBOOK LIVE, ZOOM AND YOUTUBE.

visit: artstvguide.com for links to all of our online programs
Have a question? CONTACT (323) 412-9770

THE URBAN VOICES PROJECT

LAPD
LOS ANGELES POVERTY DEPARTMENT

STREET SYMPHONY

piece by piece

STUDIO 526

Los Angeles Community Action Network

CREATIVE
COMMUNITY ARTS SPACE

ARTS IN ACTION
a part of USC Visions & Voices

SKID ROW ARTS TV GUIDE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
URBAN VOICES PROJECT		1:00PM - MUSIC EDUCATION LAB JOIN LEEAV SOFER, URBAN VOICES PROJECT'S ARTISTIC DIRECTOR, TO USE MINDFULNESS AND BODY TO BUILD PERFORMANCE SKILLS AND SINGING TECHNIQUES WHETHER YOU ARE AN INDUSTRY, PROFESSIONAL SINGER OR A SEASONED, SHOWER SINGER.		4:00PM - NEIGHBORHOOD SING JOIN BOTH LEEAV AND KATE AND REGULAR GUEST ARTISTS, FOR AN INTERACTIVE EXPERIENCE OF CONSCIOUS BREATHING, POWERFUL SINGING AND INSTRUMENTS JAMMING TO PROMOTE SELF-EXPRESSION, WELLNESS AND CONNECTIVITY.		1:00PM - MUSIC WELLNESS LAB JOIN KATE RICHARDS GELLER, URBAN VOICES PROJECT'S MUSIC WELLNESS DIRECTOR, OFFERING PRACTICAL WAYS TO USE MUSIC TO CREATE CHANGE IN THE MIND AND BODY.	
LOS ANGELES POVERTY DEPT	2PM - OPEN REHEARSALS - WE'RE WORKING ON OUR NEXT PERFORMANCE, SO JOIN US AND BE A PART OF IT!		7PM - OPEN REHEARSALS - WE'RE WORKING ON OUR NEXT PERFORMANCE, SO JOIN US AND BE A PART OF IT!		7PM - OPEN REHEARSALS - WE'RE WORKING ON OUR NEXT PERFORMANCE, SO JOIN US AND BE A PART OF IT!		2PM - OPEN REHEARSALS - WE'RE WORKING ON OUR NEXT PERFORMANCE, SO JOIN US AND BE A PART OF IT!
LOS ANGELES COMMUNITY ACTION NETWORK					5PM- VIRTUAL SING-A-LONG WITH KAYO AND THE FREEDOM SINGERS" ON FACEBOOK LIVE		
CREATIVE I					2PM- 1MAKE2GATHER LET'S MAKE ART TOGETHER AND CHASE AWAY THE QUARANTINE BLUES! WE WILL DO VARIOUS ARTS ACTIVITIES USING WHATEVER SUPPLIES WE HAVE ALREADY, AND IN VARIOUS ARTS DISCIPLINES CONTACT YOUNG MI: YMCHI3@GMAIL.COM FOR ZOOM MEETING ID.		
STUDIO 526	STUDIO 526 (FORMERLY LAMP ARTS PROGRAM) IS A CREATIVE STUDIO PLATFORM IN LA'S SKID ROW NEIGHBORHOOD, ROOTED IN THE CONVICTION THAT EQUITABLE ACCESS TO ARTS AND CULTURAL SPACES IS A FUNDAMENTAL HUMAN RIGHT, ESSENTIAL FOR EVERYONE. ART CLINIC: FOR ART SUPPLY REQUESTS EMAIL HAYK HMAKHMURYAN@THEPEOPLECONCERN.ORG OR CALL: HAYK AT 424 610 1354						

VISIT: ARTSTVGUIDE.COM FOR LINKS TO ALL OF OUR ONLINE PROGRAMS Have a question? CONTACT (323) 412-9770

THE URBAN VOICES PROJECT

LAPD LOS ANGELES POVERTY DEPARTMENT

STREET SYMPHONY

piece by piece

STUDIO 526

Los Angeles Community Action Network

CREATIVE I COMMUNITY ARTS SPACE

ARTS IN ACTION a part of USC Visions & Voices

Magazine Table of Contents:

-Studio 526

- Creative i

-Street Symphony

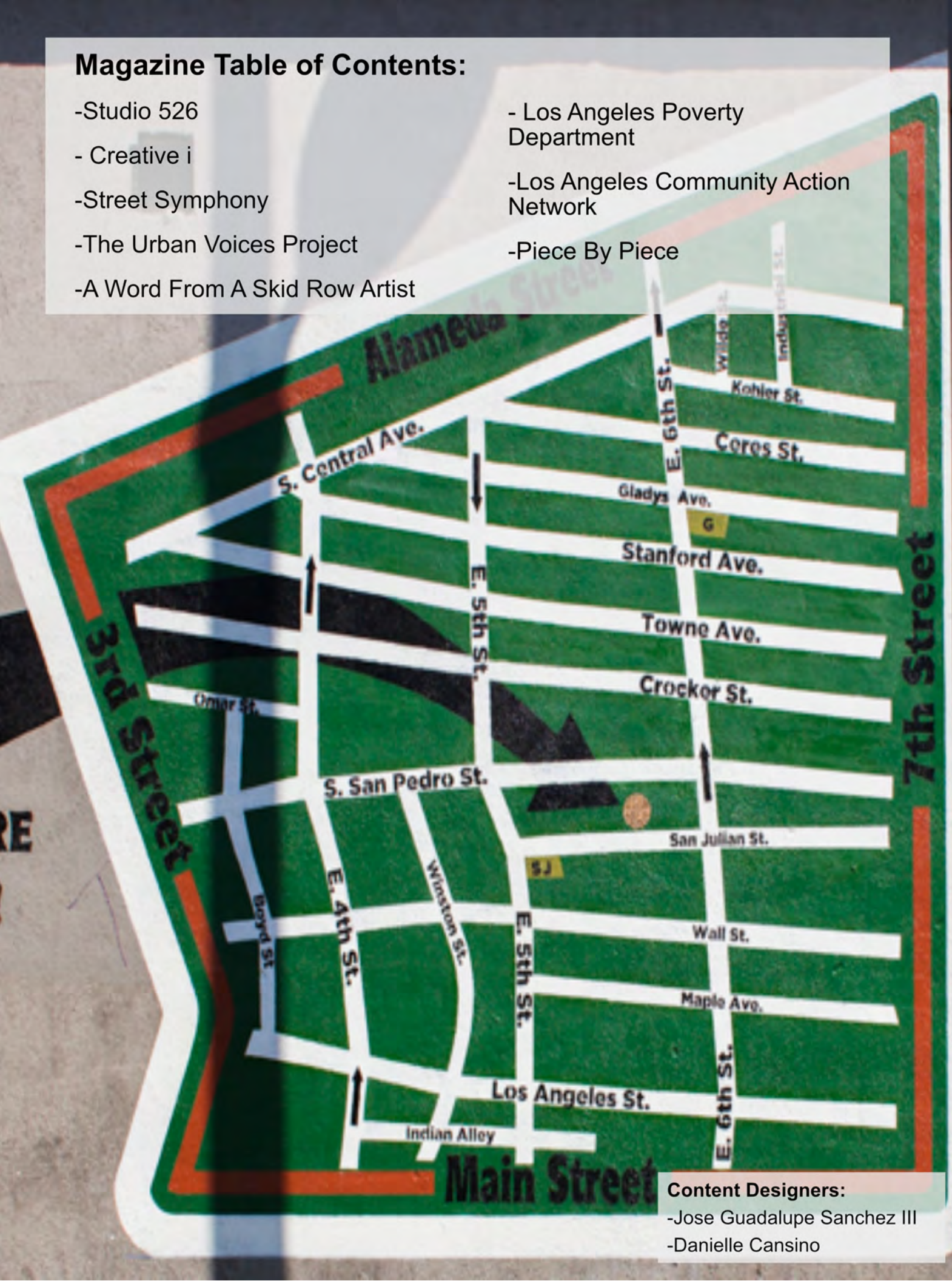
-The Urban Voices Project

-A Word From A Skid Row Artist

- Los Angeles Poverty Department

-Los Angeles Community Action Network

-Piece By Piece



Content Designers:

-Jose Guadalupe Sanchez III

-Danielle Cansino

STUDIO 526

Offerings:

Art Clinic: For Art Supply Requests, email or call Hayk Â 424 610 1354 , hmakhmuryan@thepeopleconcern.org

STUDIO 526 is a creative studio platform in LA's Skid Row neighborhood, rooted in the conviction that equitable access to arts and cultural spaces is a fundamental human right, essential for everyone.

CREATIVE I
COMMUNITY ARTS SPACE

Creative I Community Arts Space is a group of artists in Skid Row dedicated to creating more opportunity for art making in the community.

Offerings:

"We can all use someone to talk to during these times. Free Support and Listening Sessions + Suggestions for artists on how to stay

FREE LISTENING AND SUPPORT SESSIONS

we got this...

WITH A 30 MIN VIDEO OR PHONE CALL, I HOPE TO PROVIDE SOME SUPPORT IN THE FOLLOWING AREAS

- NAVIGATING TIMES OF UNCERTAINTY
- PROVIDING A SAFE SPACE TO SHARE ANY AND ALL THOUGHTS, CONCERNS AND FEELINGS
- REMINDING FOLKS 'YOU'RE NOT ALONE'
- RECOMMENDING DAILY PRACTICES FOR POSITIVITY, CONNECTION AND SELF LOVE
- ANYTHING ELSE I CAN DO TO HELP

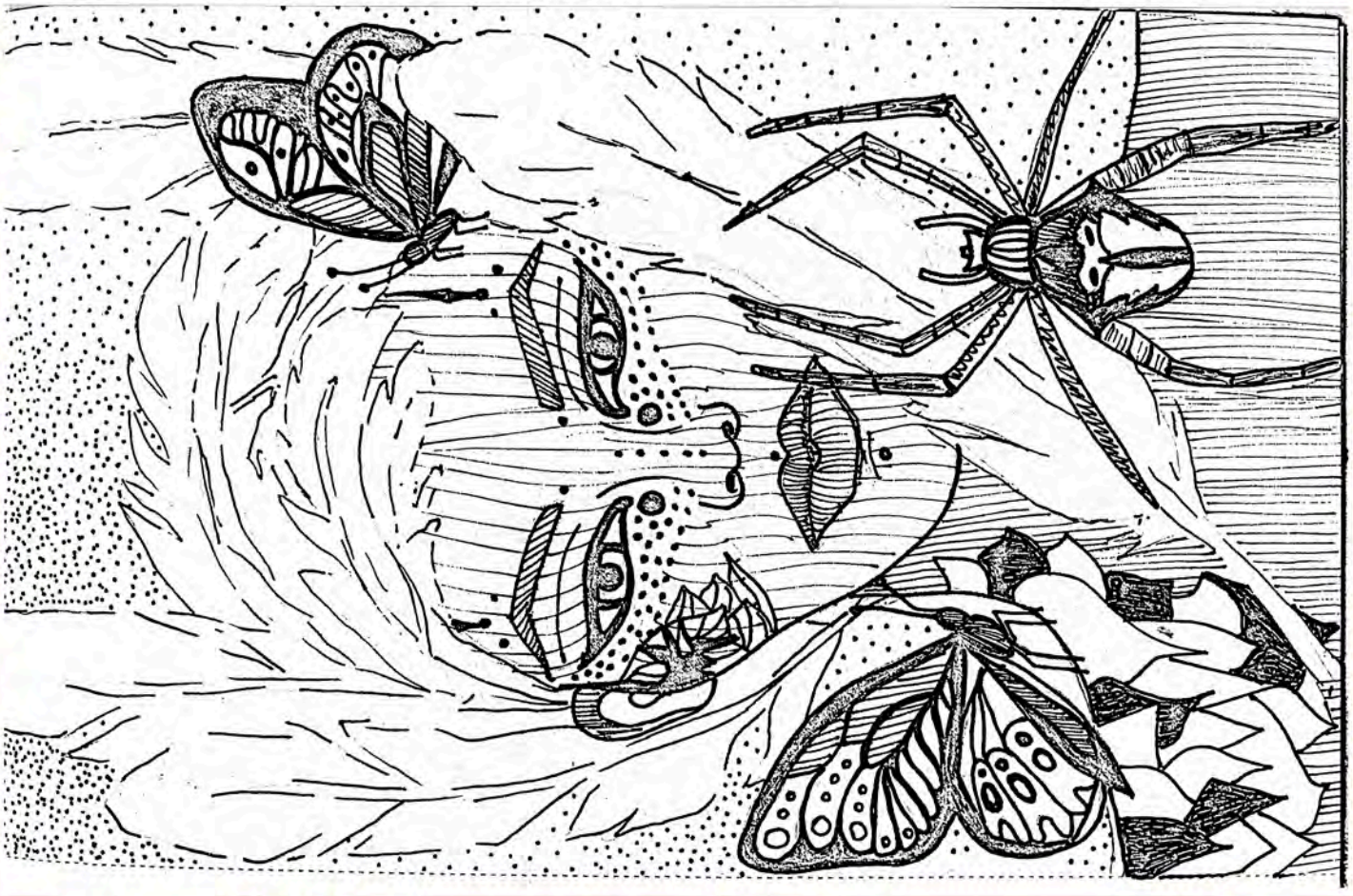
text 310-980-2411 or email clanceyjo@mac.com to set up a time

CREATIVE i
COMMUNITY ARTS SPACE

Daily Check in Questions

- What am I GRATEFUL for today?
- How am I taking CARE of myself today?
- Who am I CHECKING IN ON or CONNECTING WITH today?
- What expectation of “normal” am I LETTING GO OF today?
- How am I MOVING MY BODY today?
- What BEAUTY am I either creating, cultivating, or inviting in today?
- Who am I INSPIRED by and why?
- Have I taken a deep BREATH today?

CREATIVE i
COMMUNITY ARTS SPACE



Color Me

STREET SYMPHONY

TAKE WHAT YOU NEED LYRICS

Take What You Need is more than just a piece of music. It is a warm, safe, equitable space, where musicians and community can connect with one another, where stories can come forward, and

Enjoy the headphones we have provided in this package!

Website: www.streetsymphony.org

Email: info@streetsymphony.org

FB: https://www.facebook.com/StreetSymph/

IG: https://www.instagram.com/streetsymph/

commissioned by Street Symphony for Urban Voices Project

Take What You Need

Reena Esmail

Serene (♩=80)

This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License
A project of Street Symphony

One Simple Trick to Improve Your Singing…

ALL YOU NEED IS A STRAW!

Breathing from the bottom of your breath, with very little throat & jaw tension, is essential for developing proper **breathe management** and **breathing technique**. Using straw exercises, you can condition your muscles to support general singing technique, public speaking and the recovery from vocal fatigue.

Use a straw or two coffee stirrer straws put together.
Don't have a straw? Roll up a simple piece of paper.

BEFORE YOU START:

- Don't bite the straw.
- Be sure to seal the area around the straw with the lips.
- Be sure to **not** allow air to escape through your nose.

To check this, sing through the straw while pinching your nose. Your sound should not change. You can block the opposite end of the straw with your finger and your sound should completely stop.

- It helps to imagine that you are singing through the vowel "oo" as in the word, "you".
- Be sure that the tongue is relaxed and the jaw is not tense.
- The abdominals should be lightly supporting as your ribcage feels as if it is pressing open around your waist.
- If you are applying water, be sure **not** to breathe in the water! ((DON'T DROWN!!!!))
- Don't forget maintaining a proper posture.

Mission Statement: Urban Voices Project uses music to create supportive community spaces in Skid Row and the Los Angeles area that bridge vulnerable individuals to a sense of purpose and improved health.

The best music... is essentially there to provide you something to face the world with" - Bruce Springsteen.

THE URBAN VOICES PROJECT

GIVE IT A TRY!

Straw Exercises:

1. Breathe in through the straw for 4 counts and breathe out for 4 counts, then exhale leftover air.

   Gradually add counts to develop your breathe control (6, 8, 10, etc)

2. Breathe normally, then sing through the straw a scale of three notes up and back down: “1 2 3 2 1” or “Do Re Mi Re Do”.

3. Breathe normally, then sing through the straw a scale of five notes up and back down, “1 2 3 4 5 4 3 2 1” or “Do Re Mi Fa So Fa Mi Re Do”.

4. Same as before, now sing a octave or what feels like eight notes: “1——>8——>1” or “Do——>Do——>Do”

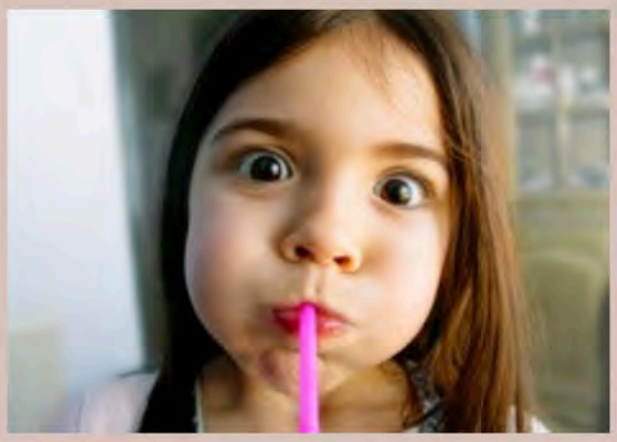
   TIP: Imagine singing “Some-where” from “Somewhere Over the Rainbow” and returning to your starting pitch.

5. Sing a song!

   “Somewhere Over the Rainbow” is a great example!

Add water!

You can apply all of these exercises to a water bottle or cup. Sing through your straw into the water to create a stream of bubbles. Gauge your air pressure by focusing on keeping the bubbles consistent.



A WORD FROM A SKID ROW ARTIST

This weeks guest artist Featuring: Tom Grode

"I'm Tom Grode, an artist and advocate challenged and inspired here in World Famous Skid Row for the past 8 years. I'm part of LAPD and UVP. Hey....I hope these three questions prompt you to write and draw and sing and etc."

AFTER THE RAIN

The sky is the deepest blue. Clouds are sculptures. Water is a mirror.

As folks wrestle with our new reality, one word I'm hearing is reset, as in Mother Earth is pushing the reset button.

Reset is a verb and means "adjust again after an initial failure".

The pressure of a coronavirus response is pushing mindsets and motives into the open. It's revealing new layers of systemic injustice and corruption. What is the role of the artist in our collective coronavirus response?

Elected Officials have a role to play. Doctors and Nurses have a role to play. I believe the role of the artist is to absorb everything for creative expression that takes healing where healing needs to go and confrontation where confrontation needs to go.

Kate Richards is Associate Director (music therapist) of Urban Voices Project and she has a singalong song with simple lyrics: wash your hands, I love you, don't touch your face. It's childlike and joyful.

In this time where so much is being reset and can be reset, this is a time for Skid Row to shine.

This week Tom Grode shares some writing and art prompts. If you would like to contribute to the arts newsletter and submit something for next time, please visit ARTSTVGUIDE.COM or text: (323) 412-9770

A WORD FROM A SKID ROW ARTIST

Choose from the following phrases and draw or write what comes to mind:

- On The Streets
- Look Up To The Sky
- Skid Row Community
- After The Rain
- Waiting
- Here For Each Other
- Not Goin' Nowhere

LAPD

LOS ANGELES POVERTY DEPARTMENT

The **Los Angeles Poverty Department** is a Los Angeles-based performance group closely tied to the city's Skid Row neighborhood.

And if you'd like to join in and make up some more, join our Zoom rehearsals

Description: Open Rehearsals - We're working on our next performance, so join us and be a part of it!

Tuesdays & Thursdays: 7-9pm

Zoom Link:https://zoom.us/j/423698329

Meeting ID: 423 698 329

One tap mobile +16699006833,,423698329#

Saturdays: 2-4pm

Zoom Link: https://zoom.us/j/359886999

Meeting ID: 359 886 999

One tap mobile: +16699006833,,359886999#

Website: https://www.lapovertydept.org/
Email: info@lapovertydept.org

FB: https://www.facebook.com/lapovertydepartment/

And https://www.facebook.com/skidrowhistorymuseum/

We made a Corona song
https://vimeo.com/401922542
https://youtu.be/MDUURWZanRw

Here is an activity you can participate in, do while isolated, or just enjoy reading:

JOKES- Dear Skid Row Artists. We want your jokes.

Make up a joke and send it to us—anyway you can (facebook, email, text, etc.) If you do that we'll send them out in the next Arts Care Package.

Here's a few we made up to get you started. LA Poverty Dept members made up Jokes during Zoom video rehearsal on March 28, 2020

Here are 2 ways for you to make up a joke.

1. You can make up a joke any way you want.
2. BUT also: you can make up a joke that starts with:

"A man (or woman) walks into a grocery store…."

1. Free form jokes:

Q.: What did the Buddhist say to the hotdog vendor?

A.: Make me one with everything.

Q.: What did one snowman say to the other snowman?

A.: "Hey, do you smell carrots?"

Q.: How do you create social change in this world with vegetables?

A.: "Lettuce turnip and have some peas."

LAPD

LOS ANGELES POVERTY DEPARTMENT

Website: https://www.lapovertydept.org/

Email: info@lapovertydept.org

FB: https://www.facebook.com/lapovertydepartment/

And https://www.facebook.com/skidrowhistorymuseum/

A multiple-choice joke:

Q.: How many Americans does it take to stop the corona virus?

A. One: Donald J Trump.

B. 300 million from sea to shining sea.

C. You mean there's still people in America?

2. Man/woman walks into a grocery store Jokes:

· A woman walks into a grocery store. At checkout, she says to the clerk, "I can't talk to you because I'm afraid I'm going to spit in your face— and I don't want you to get infected." The clerk answers, "It's too late for that."

· A woman walks into a grocery store. She says to the clerk, "I need 144 rolls of toilet paper for a 14 day quarantine. The clerk looks at her and says: "If you need that much toilet paper for 14 days – you better see a doctor.

· A woman walks into the grocery store and she says, "Excuse me sir, I need to use the bathroom. Can you direct me to the bathroom?" The man looks at her and says, "Sorry but I don't work here."

· A man walks into a grocery store in Skid Row. He says to a clerk: "Please, please can I use the bathroom." The clerk answers, "No we don't have bathrooms for our customers." The customer says, "Ok, no problem." A few minutes later he passes through the checkout line on his way out of the store. The clerk looks at him and seeing his empty arms says, "What? You're not buying anything?" The customer indignantly answers: "Buy anything. Are you kidding, you couldn't pay me to buy something here! This place is filthy. And by the way there's a piece of shit on the floor in the produce section. You should get someone to clean it up."

LACAN's Arts and Culture committee features incredible artists from in and around the LA area…all of whom have a deep passion for community and social justice. Our artists are diverse, creative and represent a broad swath of arts achievement in our community! Visual and performing arts, Theatre and many music genres serve as the backdrop for these amazing creations.

General info:

https://cangress.org

Email: KayoA@cangress.org

Phone: 213-228-0024

FB: https://www.facebook.com/lacanetwork/

Youtube: https://www.youtube.com/channel/UCQ3j85cxuTzfMvlzjVBWn4A

PROGRAMS

"Virtual Sing-a-long with Kayo and the Freedom Singers"

Thursdays: 5-6 pm

https://m.facebook.com/kayo.anderson.165

AND : HANDWASHING MAP (INFO HERE:)

http://skidrowpower.com/handwashing/?fbclid=IwAR1YpnAKzaAaD3DGrMOJ8pVfm17wDgBoJYcw2AAhVk8NWfkx-mQZDsE4V4Y

LACAN is building a bottom-up grassroots network for Handwashing. We rely on our friends and supporters to make DIY handwashing stations. We place these handwashing stations with street community leaders. We call on their housed neighbors to back them up, let them take water to refill the stations and keep supplies like liquid soap and sanitizer. Our community members will be staying #SaferAtHome, but their home is right there on the street, where they can maintain the stations, explain how they work, share knowledge about safe practices in the face of #covid19, and generally support their community.

This Handwashing Station Campaign is a collaboration with USC's COMM653 class "Research, Practice and Social Change".

Los Angeles Community Action Network

General info:

https://cangress.org

Email: KayoA@cangress.org

Phone: 213-228-0024

FB: https://www.facebook.com/lacanetwork/

Youtube: https://www.youtube.com/channel/UCQ3j85cxuTzfMvlzjVBWn4A

VISIT : http://skidrowpower.com/handwashing/?fbclid=IwAR1YpnAKzaAaD3DGrMOJ8pVfm17wDgBoJYcw2AAhVk8NWfkx-mQZDsE4V4Y To learn more and find a hand washing station near you!

Check out the map below to find some stations available right now.

Community-provided
- LA CAN
- LAStreetWatch

LAHSA-provided
- Functional
- Water, but Some Problem
- No Water
- Unconfirmed
- Showers & Refresh Spots

On the map below, we show handwashing stations :

- provided by the community
- LAHSA-provided stations: not all of these have yet been deployed. When we receive a field report, we color them green if fully functional, red if there is no water, or yellow if there is water but some other problem limits their use. We leave them blue if we haven't received a field report.

Click on the markers to see the latest status and watch a field report.

This Handwashing Station Campaign is a collaboration with USC's COMM653 class "Research, Practice and

Providing low-income and formerly homeless people free mosaic art workshops using recycled materials to develop marketable skills, self-confidence, earned income and an improved quality of life.

Website: https://www.piecebypiece.org/

Email: info@piecebypiece.org

FB: https://www.facebook.com/piecebypiecela/

IG: https://www.instagram.com/piecebypiecela/

Blog: https://www.piecebypiece.org/blog

PxP Online Programs

"Mosaic 101", Date/Time TBD on Facebook Live

“Open Studio” - Date/Time TBD on Zoom

“Directed Studio” - Wednesday at 12:30pm on PxP Facebook Group (Closed to only PxP Participants)

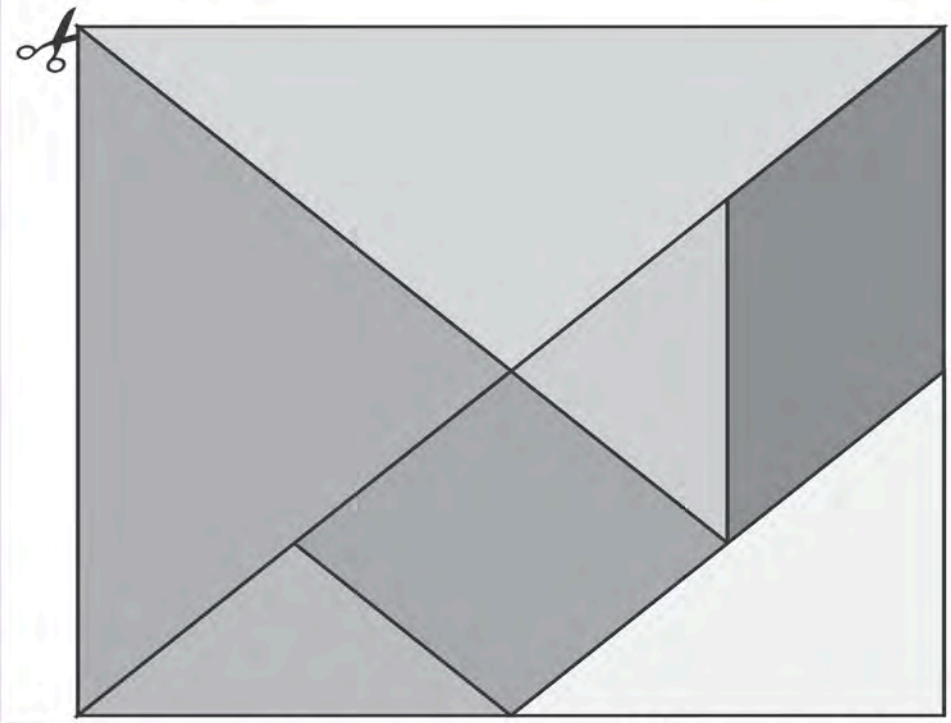
Nonprofit Mosaic Art Program: www.piecebypiece.org
Follow us: @piecebypiecela • Email: info@piecebypiece.org
This document from myhomeschoolmath.com

TANGRAM

The ancient Chinese art of tangram puzzles is a popular mathematical problem solving activity. The tangram puzzle consists of 7 geometric pieces, known as tans, which are normally boxed in the shape of a square. There are two small, one medium and two large triangles, one parallelogram and one square.

The objective of the puzzle is to form a specific shape (given only an outline or silhouette) using all seven pieces, which may not overlap.

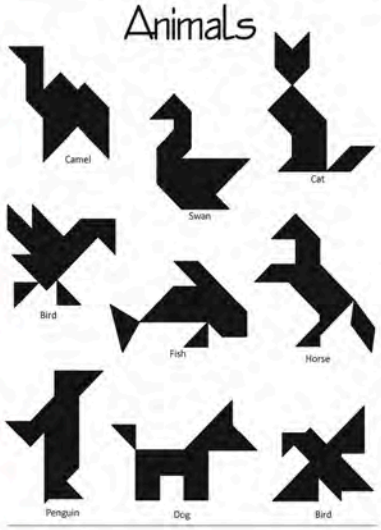
Cut out 7 tangram pieces and use them to solve the puzzles by creating the shapes on these activity sheets.



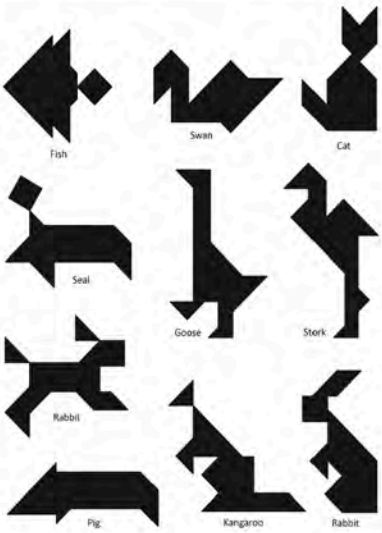
Nonprofit Mosaic Art Program: www.piecebypiece.org
Follow us: @piecebypiecela • Email: info@piecebypiece.org
This document from myhomeschoolmath.com

TANGRAM

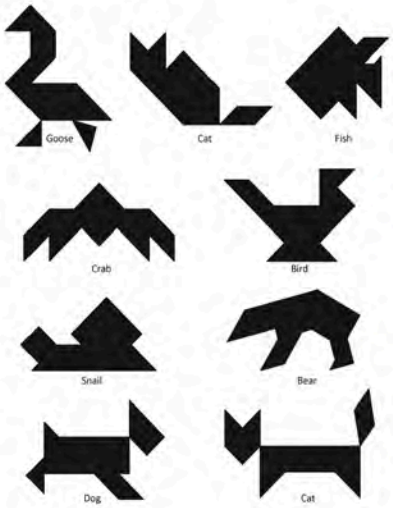
Animals



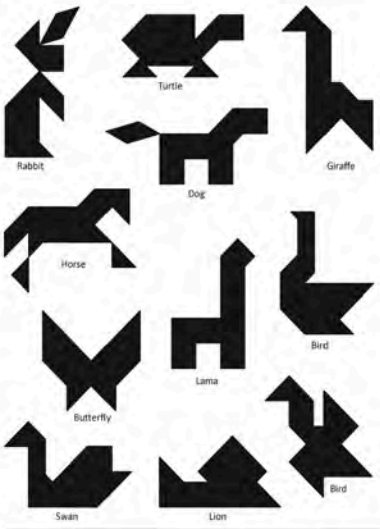
TANGRAM



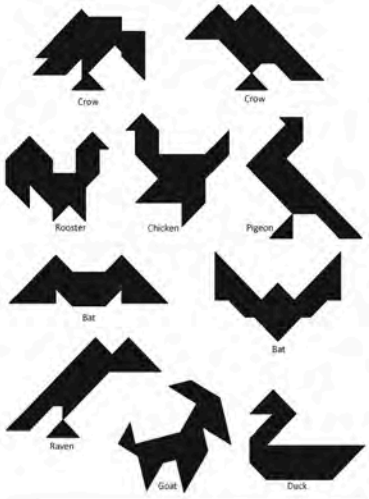
TANGRAM



TANGRAM

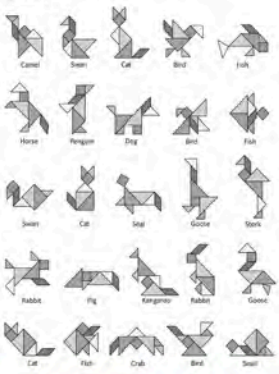


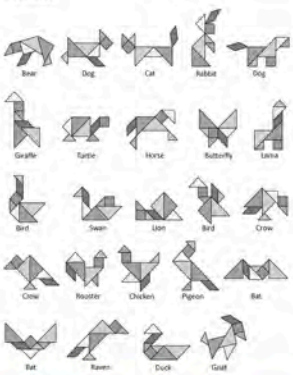
TANGRAM



TANGRAM

Solutions



TANGRAM

Solutions