



2025

POLK ARTS GUIDE



POLK ARTS &
CULTURAL ALLIANCE

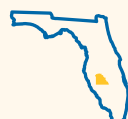
CHAMBER FOR THE ARTS

"Whispers of History" by Connie Roy - reveriedesignfl.com

THE REAL FLORIDA MAGIC IS HERE



Paintings, performances, photography and more. The arts abound in Central Florida, and any chance to see them is truly magical. Plan to take in all of the inspiration they offer at ArtsCentral.org.



MORE THAN
A GREAT SHOW



LAKELAND
COMMUNITY
THEATRE

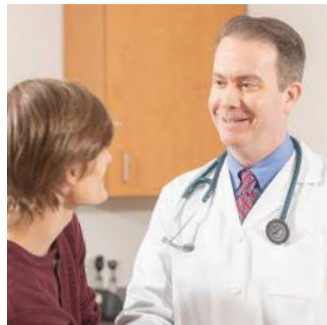


for tickets call (863) 603-PLAY (7529)
or visit us online at
LakelandCommunityTheatre.com





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863-680-7000 | [WatsonClinic.com](https://www.WatsonClinic.com)



Welcome to Polk's Creative HeARTbeat

Greetings Arts & Health Enthusiasts

On behalf of the Watson Clinic Foundation, it is our honor to contribute to this edition of the Polk Arts Guide. At the Foundation, we believe in the transformative power of the arts and their profound impact on health and wellness, making us proud to sponsor this important resource for our community.

The Polk Arts Guide celebrates the incredible cultural tapestry of Polk County. From vibrant visual art exhibitions to captivating live performances, the arts inspire us, unite us, and enrich the fabric of our everyday lives. But beyond their beauty, the arts also serve as a powerful tool for healing and growth. Through our Arts in Medicine program, we witness firsthand how creative expression can ease the challenges of illness, reduce stress, and improve well-being for patients, caregivers, and healthcare professionals alike.

At the Watson Clinic Foundation, our mission is rooted in enhancing wellness through education, integrative programming, and community support. The arts are a vital part of that mission, offering a bridge between science and creativity to foster hope and resilience. Whether it's through a community-wide art project, musical engagements in high-risk areas, or the therapeutic benefits of hands-on creative activities, we are committed to championing the arts as a cornerstone of a healthy, thriving community.

This guide is not just a directory of events and organizations—it is an invitation. An invitation to discover, engage, and immerse yourself in the artistic and cultural wealth of Polk County. Whether you are attending a local performance, visiting an art exhibit, or participating in a creative workshop, you are contributing to the vibrancy and vitality of our region.

We extend our heartfelt gratitude to the Polk Arts & Cultural Alliance for their dedication to promoting the arts and culture that make Central Florida an extraordinary place to live and heal. We also want to recognize the many advertisers and community partners whose support underscores the essential role the arts play in our economy, our well-being, and our shared humanity.

As you explore this guide, we hope you are inspired to experience the profound ways the arts can touch our lives and transform our health. Enjoy the journey.

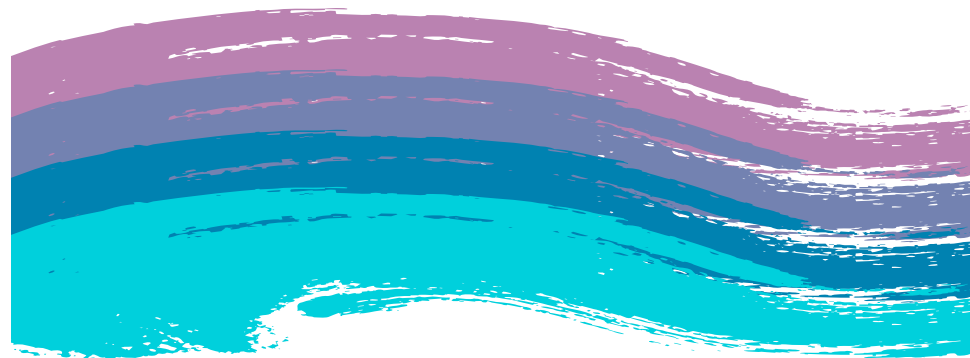
With Artful Healing,

Kim Brunson

Watson Clinic
Foundation
Executive Director

Tiffany Van Wieren

Watson Clinic
Foundation
Arts in Medicine





Polk Arts & Cultural Alliance

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THE BOHRER GALLERY

Founded in 2017 by Betsy Bohrer and her family, The Bohrer Gallery is a privately-owned creative arts organization dedicated to uplifting Florida's vibrant art community. Through scholarships, grants, and exhibition opportunities, the gallery serves as a vital platform for supporting working artists across the state.

SIGNATURE EVENTS AND PROGRAMS

The Bohrer Gallery is best known for its annual event, Fine Art at the Magnolia, a prestigious exhibition held each August at the historic Magnolia Building in downtown Lakeland. This carefully curated showcase features 19 exceptional artists and craftsmen from across Florida, working in a variety of media. The event also highlights the next generation of creatives by awarding the coveted Rising Star Scholarship to college-bound art students pursuing careers in the arts.

Bohrer Gallery programming extends beyond this flagship event. They proudly produce 4 Squared Makers, an inclusive initiative encouraging artists of all skill levels to participate in themed small-works shows, fostering creativity and community engagement. The "One Wall" shows provide a unique platform for individual artists to display their work, while also offering a hardship grant program to support those facing challenges.

COMMUNITY

The Bohrer Gallery thrives thanks to the unwavering support of the community it serves. They are proud to have a co-sponsorship with the City of Lakeland's Parks, Recreation, and Cultural Arts Department, as well as an endorsement from Dr. Alexander Rich of the Ashley Gibson Barnett Museum of Art. Their achievements are made possible by the generosity of patrons, whose belief in the importance of preserving and promoting the fine arts is the cornerstone of their mission. Together with the dedication of exhibiting artists, this collective commitment ensures the success of their events and the continued growth of Florida's art scene.

Betsy Bohrer's artistic philosophy lies at the heart of the Bohrer Gallery's vision. As a board member of the Polk Arts and Cultural Alliance and a member of the Lakeland Mayor's Council on the Arts, Betsy pours her heart into every endeavor. With over 30 years of experience as a mixed-media artist, her work reflects her deep commitment to family, community, and spiritual well-being. Her dedication to fostering connection and healing through art embodies the gallery's mission: to cultivate a supportive and vibrant artistic community.

Consider becoming a supporting patron to help sustain their mission—details on contribution levels can be found in the "Become a Patron" section of the website.

FINE ART AT THE MAGNOLIA - YEAR 9

August 23 & 24, 2025

Fine Art Show & Rising Star Scholarship
Magnolia Building
702 E. Orange Street
Downtown Lakeland, Florida

4 SQUARED MAKERS

October 10 - November 26, 2025

Small Works Art Show
Mulberry Cultural Center
103 E Canal St, Mulberry

"One of the things the exhibiting artists of FAM (Fine Art at the Magnolia) always tell me - 'FAM is more than a fine art show, it is an annual gathering of artists and patrons bonding like a FAMILY.'" Betsy Bohrer

thebohrergallery.com
FB @thebohrergallery
IG @thebohrergallery



HAINES CITY THEATRE

Haines City Theatre has been a cornerstone of community entertainment and culture in Haines City since its founding in 1981. Originally established as a fundraising initiative to help purchase audio/visual equipment for Haines City High School, the theatre's first production was "The Curious Savage," a delightful 1950 comedy by John Patrick.

For years, the theatre operated out of the old high school building, later known as the Claycut Centre. This historic site provided a home for the theatre until 2012, when the building was unfortunately condemned. Facing an uncertain future, the theatre temporarily went dark. However, through the steadfast support of the City of Haines City and the dedication of its community, a new chapter began in 2014 when the theatre moved to its current location on Ledwith Avenue. This new venue, housed in the original Haines City Public Library building, carries its own legacy, blending history with the vibrant creativity of the performing arts.

The Haines City Youth Program is dedicated to inspiring and nurturing the next generation of performers through engaging programs offered during the summer and holiday seasons. These initiatives provide young participants with a unique opportunity to learn from seasoned actors and industry professionals, gaining valuable insights into the world of theater. With guidance and mentorship, young people can develop their skills and confidence before stepping onto the stage to showcase their talents in live performances. This program not only fosters creativity and self-expression but also helps build a sense of community and teamwork among aspiring young artists. The 2025 summer production is The Wizard of Oz Youth Version.

As a nonprofit organization, the theatre thrives on the passion and support of its patrons, volunteers, and community partners. Through its enduring legacy, Haines City Theatre not only showcases the transformative power of live performance but also upholds its mission to make the arts accessible and meaningful to all.

UPCOMING PERFORMANCES:

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

February 21 – March 16, 2025.

Running for four weekends, this quirky production promises a fun-filled experience for all audiences. The show, with music and lyrics by William Finn, and a book by Rachel Sheinkin, follows six eccentric adolescents as they compete in a fictional spelling bee at Putnam Valley Middle School. The Bee is overseen by three equally quirky grown-ups, adding to the charm of this offbeat comedy.

VANYA AND SONIA AND MASHA AND SPIKE

May 2 – 18, 2025.

New York stage director Mark Graham wowed audiences with his 2022 direction of *Me & Jezebel*. Graham will helm the Christopher Durang comedy *Vanya and Sonia and Masha and Spike*, opening May 2. Auditions for this production will be announced soon, but in the meantime, the theatre is actively seeking tech help, a set designer/builder, and a stage manager to bring this hilarious show to life. You can email HCT@hainescitytheatre.com if you are interested.

hainescitytheatre.com

303 Ledwith Ave, Haines City 33844

FB @HainesCityTheatre

Purchase tickets at HCCT.Booktix.com



BARTOW ART GUILD

Momentum Gallery

Bartow Art Guild, Inc. is a 501(c)(3) charitable organization with a rich history dating back to 1959. What began as a gathering of artists has blossomed into a vibrant community embracing all artistic mediums. Their mission is to foster public awareness and appreciation of the arts while encouraging creative expression throughout Bartow and Polk County.

The Bartow Art Guild was excited to officially name their building at 1242 E Main St "Momentum Gallery." The name was inspired by the feedback they received from many of their members, who often mention the sense of progress and energy they feel when working with them. Momentum Gallery symbolizes the forward motion and growth the space fosters, serving as a hub for creativity, collaboration, and achievement. It's more than just a name—it reflects a commitment to helping everyone reach their full potential and keep moving toward their artistic goals.

Through exhibits, classes, festivals, and public art installations, guild members and community partners bring their passion for the arts to life. With a growing membership, they continue to expand the variety of art displayed in the gallery and the range of techniques taught in the dedicated classroom. Monthly featured exhibitions offer fresh opportunities for the community to engage with the arts, complemented by workshops, classes, and lectures led by experienced artists who inspire others to discover their ideal medium.

UPCOMING EXHIBITIONS:

INTUITIVE DIGITAL COLLAGE: THE WORK OF ERICSON PROPER
February 1 - 22, 2025

PAPER: MATERIALITY AND MANIPULATION
March 4 - 25, 2025.

This exhibition will explore the materiality of paper and its metamorphic qualities whether cast, cut, collaged, folded, twisted, quilled, woven, stitched, or otherwise manipulated.

MEMBERS' SPRING SHOW
April 5 - 26, 2025.

This juried exhibit strives to show the best work of current Bartow Art Guild members and provides cash awards to the top exhibitors.

CULTURE AND ART IN GUATEMALA: THE ART OF WILLIAM ARAUJO
May 3 - 21, 2025

THE ART OF RITA MCINTYRE
June 7 - 28, 2025

THE ART OF BONNIE LISS
July 5 - 26, 2025

STUCK? COLLABORATE!
August 2 - 30, 2025.

This exhibition is the culmination of a two-month collaboration between Bartow Art Guild members.

THE ART OF CANDI CARDENAS
October 2025

CORNUCOPIA: MEMBERS' FALL SHOW
November 20-22, 2025.

It's the return of the annual Cornucopia members' show. Members are invited to show their best and receive cash awards.

THE PHOTOGRAPHY OF TONY GUINN
January 2026

The gallery is open every Saturday from 10 am - 4 pm, and they host receptions for each exhibit on the second Monday of the month from 6 pm - 8:30 pm. These family-friendly exhibits are free and open to the public, creating a welcoming space for everyone to explore and enjoy.

Since 1971, the Bartow Art Guild has also proudly organized the annual Bloomin' Arts Festival, held on the first full weekend of March. This beloved event draws visitors from across the county to celebrate local arts and fine crafts, enjoy live music, and experience the charm of a small-town community.

Momentum Gallery
1242 East Main St., Bartow, FL 33830
bartowartguild.org



THE HISTORIC RITZ THEATRE

Originally constructed in 1925 as The Williamson Theatre, The Ritz Theatre has been a cornerstone of cultural and artistic expression in Winter Haven for nearly a century. Built during the height of the Vaudeville era, it hosted a vibrant array of live musical performances, including an impressive 50-piece orchestra, along with silent films—known in their time as “talkies”—and later, black-and-white movies. The theatre also provided a stage for captivating live performances, concerts, and theatrical productions, making it a beacon for entertainment and creativity in Central Florida.

As the Roaring Twenties gave way to the transformative decades of the 1930s and 1940s, The Ritz Theatre adapted to meet the growing demand for cinematic entertainment. Polk County itself became a hub for the burgeoning film industry, with many productions filmed locally, especially at Winter Haven’s iconic Cypress Gardens. One of the most notable moments in The Ritz’s history was the premiere of “Easy to Love,” a musical featuring the legendary Esther Williams. The film’s debut at The Ritz cemented the theatre’s role as a cultural touchstone in the community, drawing moviegoers and film enthusiasts alike to its grand auditorium.

As Winter Haven and its surrounding areas grew and evolved, so did the demands of the community. By the 1960s and 1970s, the rise of modern cinemas and changing entertainment trends rendered traditional movie houses less viable. The Ritz Theatre fell into decline and eventually went dark, leaving a void in the local arts and culture scene.

In the 1980s, an attempt to repurpose the venue as a teen nightclub brought brief activity to the historic building, but this effort was short-lived. The theatre was soon shuttered and boarded up, its future uncertain.

In 1996, a dedicated group of citizens, united by their love for The Ritz, formed The Ritz Theatre 100, Inc. with a singular mission: to save the historic landmark. Over the next 16 years, their tireless efforts included more than 83,115 volunteer hours devoted to fundraising, restoration, and navigating the challenges of preserving a piece of Winter Haven’s history.

Thanks to their commitment, The Ritz Theatre was meticulously restored to its original 1920s grandeur, becoming a testament to the community’s determination to honor its cultural heritage.

Today, the Historic Ritz Theatre stands as a beautifully restored jewel in the heart of Winter Haven. Operated through a collaborative partnership between the City of Winter Haven and Theatre Winter Haven, The Ritz continues to serve as a hub for artistic and cultural events. It now hosts a wide range of programming, including live theatre productions, concerts, film screenings, and special events, breathing new life into a venue that has witnessed nearly a century of change. The Ritz Theatre not only preserves the rich history of Winter Haven but also inspires future generations to celebrate and contribute to the arts. It remains a vibrant reminder of the power of collective effort and the enduring value of cultural landmarks.

From high-energy tribute bands that bring beloved music legends to life, to immersive brunch and dinner shows that combine exceptional entertainment with delicious cuisine, there’s always something exciting happening at this historic venue. The lineup also includes theatrical productions, comedy nights, community events, and other special programming designed to engage audiences of all ages. Whether you’re seeking a night of nostalgia, a family-friendly outing, or a unique dining and entertainment experience, The Ritz has something to offer for everyone.

ritzwinterhaven.com

theatrewinterhaven.com

FB @theritzwinterhaven

263 West Central Ave, Winter Haven 33880



"Wading In Wonder" by Connie Roy
Medium: Acrylic on birchwood
reveriedesignfl.com

How To Use This Guide

The following arts and cultural entities are listed by category in alphabetical order. Each listing has its physical location noted as well as contact information. Please check with the individual organizations to confirm specific events or hours of operation. Member organizations of the Polk Arts & Cultural Alliance have enhanced listings with logos and additional information. The listing categories are:

- Arts & Cultural Event Organizers
- Art Councils, Guilds, & Cultural/Historical Societies/Main Street Organizations
- Art Museums & Art Galleries
- Educational Institutions
- Live Music Venues
- Museums & History Centers
- Performing/Cultural Arts Venues
- Performing Arts – Music
- Performing Arts – Theatre & Dance
- Theaters & Theatrical Companies

ART & CULTURAL EVENT ORGANIZERS

863Art
863art.com



Art Crawl, Inc.
Lakeland, FL
artcrawlfl.com

Art Crawl, Inc. is a non-profit organization serving as a catalyst to celebrate the emergence of new and innovative artists in and around Central Florida.

Central Florida Event Vendors
centralfloridaeventvendors.com

Central Florida Tix
(863) 332-2787
centralfloridatix.com



Destroyer Media & Marketing
326 Ave C SW, Winter Haven | (863) 202-9172
destroyermediaandmarketing.com

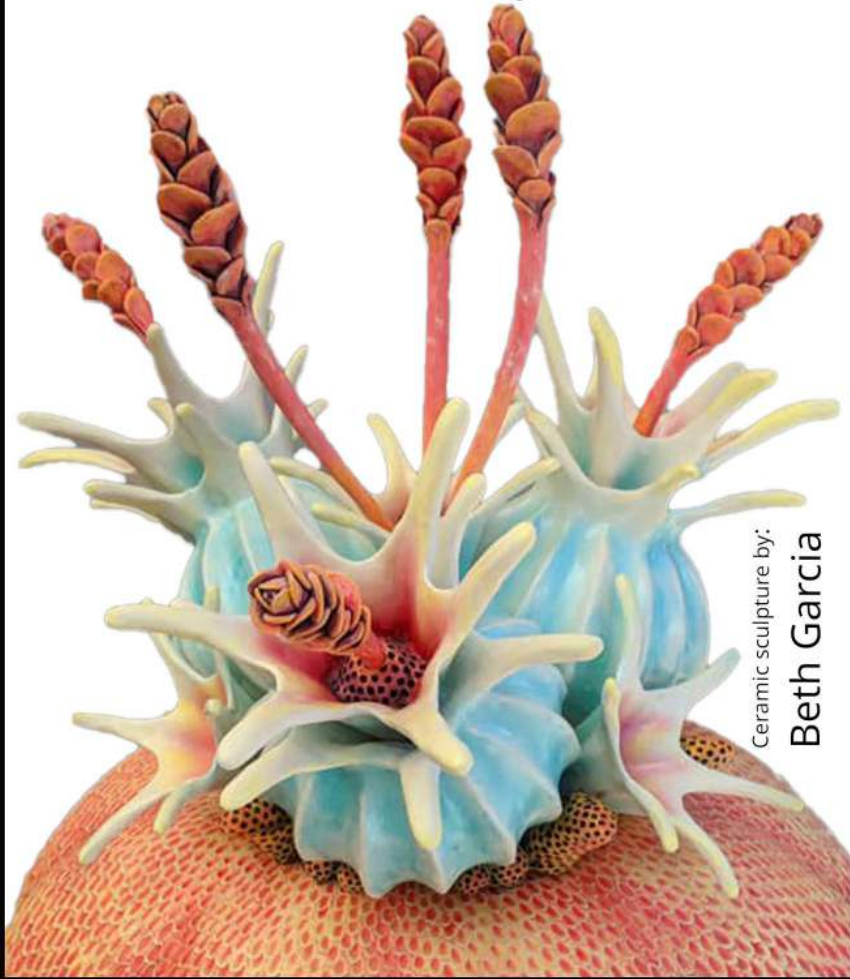
Award-winning, hyperlocal coverage through social media and free, monthly publications. Haven and LKLD are the most awarded magazines in Polk County, with 19 awards from the Florida Magazine Association.



The
Bohrer
Gallery
presents....

Fine Art at the Magnolia
Fine Art Show & Scholarship
Magnolia Building, Lakeland
August 23 & 24, 2025

4 Squared Makers
Small works art show
Mulberry Cultural Center
Oct. 10 - Nov. 26, 2025



Ceramic sculpture by:
Beth Garcia



Dorothy Jean's Dream Initiative
PO Box 538, Fort Meade | (863) 274-3809
dorothyjeansdream.com

Emporium Tattoo, Piercing and Art Collective
4035 Florida Avenue South, Lakeland
(863) 937-9235

We provide opportunities for artists, including exhibitions, galleries, markets & more. Our tattoo shop location also maintains a growing library of art supplies for members.

Lakeland Punk Rock Flea Market
FB: Lakeland Punk Rock Flea Market



Platform Art, Inc.
829 E Palmetto St., Lakeland | (863) 838-2262
platformart.org

Platform Art supports the creation of public art in communities.



The Bohrer Gallery
Lakeland, FL | thebohrergallery.com

The Bohrer Gallery LLC is a privately-owned creative arts business producing signature annual events: Fine Art at the Magnolia & Scholarship, 4 Squared Makers, The Florida Arts Journal, and One Wall / City Gallery Artist Exhibits & Grant Projects.

**ART COUNCILS, GUILDS,
& CULTURAL/HISTORICAL
SOCIETIES, MAINSTREET ORGS.**



Bartow Art Guild
1242 E. Main St., Bartow | (863) 329-9893
bartowartguild.org

Bartow Art Guild advances the cultural arts by providing art exhibits, programs, services, and support for artists and the local community.

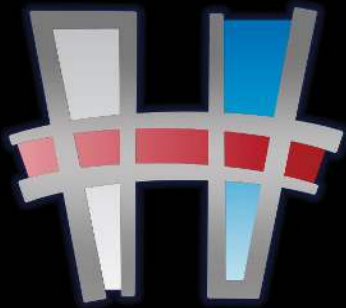


Davenport Historical Society, Inc.
5 South Allapaha Ave., Davenport |
(863) 258-7800 | davenporthistory.org

DHS aims to preserve the city's history and share this heritage by contributing to the records of the state of Florida and the United States of America in an effort that will embrace our past while working toward a brighter future for all of Davenport's citizens.

Frostproof Historical Society
210 S Scenic Hwy, Frostproof | (863) 635-7865
frostproofmuseum.com

The Frostproof Historical Museum's mission is to preserve, protect, and restore historical artifacts and to share the history of their town and the people who made Frostproof what it is today.



HARRISON

SCHOOL FOR THE ARTS



VISIT
HarrisonArts.com/season
TO VIEW OUR
PERFORMANCE CALENDAR

750 HOLLINGSWORTH ROAD | LAKELAND, FL 33801



Lakeland Arts Association

2607 Orleans Ave, Lakeland | (863) 514-7408
lakelandartsassociation.com

Artists and arts-minded community members working together to create, support, and nurture the visual arts in the greater Lakeland area. The non-profit focuses on visual fine arts through education, exhibitions, and professional development. All are welcome.



Lake Alfred Historical Society

210 N Seminole Ave, Lake Alfred
(863) 224-2792 | lakealfredhistoricalsociety.org

The mission of the Lake Alfred Historical Society is to provide and protect Lake Alfred's history and heritage for present and future generations.



Lake Wales Arts Council

1099 E State Rd 60 E, Lake Wales
(863) 676-8426 | lakewalesartscouncil.org

The LWAC's mission is to enrich the lives of all people in Central Florida by providing innovative arts education programs and world-class performance and visual arts experiences.

Lake Wales Main Street

P.O. Box 4125, Lake Wales | (863) 678-4023
lwmainstreet.com

Main Street Bartow

180 Central Ave., Bartow | (863) 519-0508
mainstreetbartowfl.com

Main Street Winter Haven

254 W Central Ave Suite F, Winter Haven
(863) 295-9422 | mainstreetwh.com



Ridge Art Association

210 Cypress Gardens Blvd. SW, Winter Haven
(863) 291-5661 | ridgeart.org

Ridge Art is a 73-year-old nonprofit competition art gallery giving away over \$25,000 a year in prize money to artists.

ART MUSEUMS & ART GALLERIES



Florida Wildflower Studios

12 E Wall St, Frostproof | (863) 206-9691
floridawildflowerstudios.com

Chip Newton & Jacque Palomaki created Florida Wildflower Studios to provide a place for Florida-based artists to gather, share ideas, and ensure that art education and assistance are available to everyone.

Momentum Gallery

1242 E Main Street, Bartow

Gallery Open Saturdays, 10am-4pm

- CONTINUED ON PAGE 23 -

STOP BY & Stay Awhile



Your new home at Lake Howard Heights is waiting for you, and our family can't wait to meet you.

For a limited time, we'll cover your moving costs!

Imagine how grand life will be:
Sweeping views of Lake Howard
Hassle-free apartments
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Come and meet our Team while enjoying a complimentary lunch.

(863) 293-3171

Let us know if you would like transportation, and we will coordinate a driver for you.

**LAKE HOWARD
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INDEPENDENT LIVING & ASSISTED LIVING



ATLAS
SENIOR LIVING

LakeHowardHeights.com

(863) 293-3171 • 650 N. Lake Howard Dr, Winter Haven

ALF# 5494  



Mulberry Cultural Center

103 E Canal St, Mulberry, FL 33860

(863) 354-6570

mulberryculturalcenter.com

The Mulberry Cultural Center is a municipally-governed gallery and classroom space that seeks to serve the community through exhibitions, programs, and special events promoting the arts and humanities.



Ashley Gibson Barnett Museum of Art

at Florida Southern College

800 E Palmetto St, Lakeland | (863) 688-7743

polkmuseumofart.org

The Ashley Gibson Barnett Museum of Art at Florida Southern College is a teaching museum that enhances lives through inspirational and engaging art experiences for all.

Mitchell's Coffee House

235 N. Kentucky Avenue, Lakeland

(863) 680-2944

mitchellscoffee.com

Pressed LKLD

213 E Bay St, Lakeland | (863) 603-3166

pressedlkld.com

The Loft Art Gallery Downtown

254 W Central Ave D, Winter Haven

(863) 409-5771

loftartgallery.square.site

Ridge Art Association Gallery

210 Cypress Gardens Blvd SW, Winter Haven

ridgeart.org

ARCHITECTURAL & HERITAGE TOURS

Self-Guided or Docent Walking Tour of Historic Downtown Davenport

The tour begins in the downtown area of Davenport, continues to six locations in the city's government center, and finishes with residential areas before returning to City Hall. This tour takes about an hour and covers both the history and architecture of the locations. To schedule a docent guided tour, please call 863-604-5894.

Historic L.B. Brown House Museum

Experience the legacy of former slave, Lawrence Brown who became a self-taught, highly successful business leader. The annual L.B. Brown Heritage Festival is held around the historic home on the second weekend in February. Admission is free. Call 863-330-3122 to schedule a tour. Learn more at www.lbbrown.com.

- CONTINUED ON PAGE 25 -

We're More Than Music

In every performance there's a story, a perspective, and a moment of clarity that speaks to those who truly understand the power of art to shape our community.



LKLDSPHONY.ORG

Lake Wales Architectural & Heritage Tour

Located along the highland ridge of Lake Wales, Florida, the Lake Wales History Museum is housed in the town's original Mediterranean-style 1928 Atlantic Coast Line Railroad station, which is listed on the National Register of Historic Places. The Lake Wales History Museum is an excellent place to begin a walking and/or driving tour of Lake Wales. Learn more about the History Museum, and pick up a Lake Wales tour map at lakewaleshistory.org/historicarchitecture

Frank Lloyd Wright at Florida Southern College

Florida Southern College is home to the largest collection of Frank Lloyd Wright's structures for one client in the world. Tours featuring the architecture go out daily. Visitor Center hours are 9:30-4:30 daily, except Thanksgiving, Christmas, New Year's Day & Easter. Visitor/Tour information: 863-680-4597 or flsouthern.edu/frank-lloyd-wright-home.

Frostproof Heritage Trail: Downtown Tour

This is a guided walking tour of Historic Downtown Frostproof. This walking tour is approximately 1.5 miles and is by appointment only. Minimum of two guests with a maximum of 10 in each tour. Call 863-635-7865 to make a reservation.

Green Hat & White Gloves Lakeland Stories @ Lake Mirror

Offered at 6 pm on second Tuesdays of each month from September-April. Stroll around the Lake Mirror promenade while delving into Lakeland's History with LuAnn Mims, Special Collections Librarian, Lakeland Public Library. The tour begins at the Swan Statue at the foot of Main Street. Registration is required. Contact LuAnn Mims at (863) 834-4269 or LuAnn.Mims@lakelandgov.net

Gene Leedy Lifetime Works Tour

A founding father of the Sarasota School of Architecture, Gene Leedy chose to make Winter Haven his home in 1954 when he was commissioned to build the Sparrow House. Though the scope of his work is globally recognized, Winter Haven boasts more Gene Leedy buildings than any other location. The most advantageous way to see and appreciate the best of Leedy's commercial and residential structures is via an automobile with the accompanying self-guided audio tour. The audio tour is on the web at geneleedy.com.

Polk County History Center Architectural Tour

Discover the neoclassical architectural elements that define this iconic Polk County landmark. Learn about the construction of the building and hear the stories behind the iconic Old Polk County Courthouse. The tour is conducted at 11 am on the third Saturday of each month.



The Ritz

Live Music

Tribute Tuesdays

Dinner and Show

Professional Tours

Dance Parties

Special Holiday Events

AND MORE!

**For more information, please visit our
website
www.theatrewinterhaven.com or call
our box office
at 863-294-7469 ext.1.**

Polk History Center Cemetery Tours

Join History Center staff on alternating tours of Oak Hill Cemetery and Evergreen & Palm Cemeteries on the first Saturday of each month from October through April. Serving as Bartow's first cemeteries, each site is the resting place for pioneering families and legendary leaders. Oak Hill Cemetery is featured in November, January and March. Evergreen & Palm Cemeteries are featured in October, December, February and April. Please call (863) 534-4386 for additional information.

Polk History & Heritage Trail and Citrus Label Tour

A great place to begin your journey along the Polk County History and Heritage Trail is at Polk County History Center. Stops include historic homes, vintage hotels, museums and more. From Frank Lloyd Wright to Civil War battles, there are many stories to uncover. Devote a day or several days to the Heritage Trail. To honor Polk's historic tradition as epicenter for the citrus industry, the Citrus Label Tour was created. This driving tour, a partnership between the Florida Citrus Hall of Fame, Visit Central Florida and the Polk County History Center, is a series of historic crate label signs that enhance Polk's Heritage Trail. A map of the Heritage Trail and Citrus Label Tour is available from the Polk County History Center, or online at polk-county.net/history-center/history-and-heritage-trail.

EDUCATIONAL INSTITUTIONS



Auburndale High School Fine & Performing Arts Departments

1 Bloodhound Trail, Auburndale
(863) 965-6200 | auburndalehighschool.com

Auburndale High School's Fine and Performing Arts Departments offer students high-quality artistic instruction in visual arts, music, digital media, and theatre.



Davenport School of the Arts

4751 County Rd 547, Davenport
(863) 420-2557
davenportschoolofthearts.com

Davenport School of the Arts is a Polk County Magnet/Choice school that excels in the fine arts and leadership.



Dr. J. Owens Academy of Fine Arts, Inc.

1708 2nd St NE, Winter Haven
(863) 604-5415
drjowensacademyoffineartsinc.org

The Academy is a non-profit organization that provides music education to low-income, disadvantaged youth and adults throughout Polk County.

**NEW GALLERIES. NEW EXHIBITIONS.
ALWAYS FREE.**



**EXPERIENCE
THE EXPANSION**

YOU CAN'T MISS THE 2025 SEASON

- *Dutch Impressionism: The Hague School, 1860 - 1930*
- *American Art Since the 1960s*
- *Hair & Newton: The Rise of the Highwaymen*
- *Rodin at The AGB*
- *Above All, Enjoy The Music: Photographs by Herman Leonard*
- *Before & After: Giulio Carpioni's Four Seasons of Man*
- *Matters of Scale: On the Intimate and the Sublime*
- *Surface, Service, and Splendor: Decorating History in Clay*
- *Warhol Condensed: From Marilyn to Soup and Back Again*
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750 Hollingsworth Rd, Lakeland
(863) 499-2855 | harrisonarts.com

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Integrity School of the Arts

818 E. Lemon Street, Lakeland | (863) 777-3710
integrityfinearts.com

Integrity School of the Arts is a homeschool enrichment center. Integrity provides the flexibility of a homeschool co-op with the quality instruction of a traditional school. ISA is also a space for local teaching-artists to practice and educate students in their chosen craft.



Polk State College

999 Avenue H N.E., Winter Haven
(863) 297-1000 | polk.edu

PSC is a multi-campus institution serving over 20,000 students with Bachelor of Applied Science, Bachelor of Science, Associate in Arts, and Associate in Science degrees and a wide range of certificate and workforce training options.

Rochelle School of the Arts

1501 Martin L King Jr Ave, Lakeland
(863) 499-2810
rochellearts.polkschoolsfl.com



Southeastern University School of Music

1000 Longfellow Blvd, Lakeland
(800) 500-8760 | seu.edu/academics/music

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(863) 275-1044

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FB: 1845TapHouse

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(863) 424-4560
FB: wheelhousebar19thhole

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FB: frostproofcoffee

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balmoralbarandgrill.com/events-2

Ducky's Dockside Bar & Grill

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(863) 353-5295
FB: DuckysDockside

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(863) 838-2132
FB: lasmidwaysaloon

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(863) 676-5759

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- CONTINUED ON PAGE 33 -



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FB: DukeBrewhouseLakeland

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hillcrestcoffeefl.com

FB:hillcrestcoffee

La Gran Muralla

2810 Lakeland Highlands Rd, Lakeland

(863) 608-8639

Lakeland Loft

108 S Tennessee Ave, Lakeland

(863) 210-5327

FB: Lakeland Loft

Leo's Live

5263 S Florida Ave, Lakeland | (863) 619-6799

leosloungefl.com

Lucky's Sports, Oyster, and Tiki Bar

4318 US Hwy 98 N, Lakeland

(863) 859-6830

FB: LuckysLakeland

Molly McHugh's Irish Pub

111 S Kentucky Ave, Lakeland | (863) 686-6231

mchughspubs.com

Music Ranch

1920 Banana Rd, Lakeland | (863) 815-2293

musicranch.org

Pink Piano

1015 S Florida Ave, Lakeland | (863) 937-8885

thepinkpiano.club

Swan Brewing

115 W Pine St, Lakeland | (863) 703-0472

swanbrewing.com

FB: swanbrewingco

Union Hall

1023 S Florida Ave, Lakeland | (863) 288-0372

unionhallevts.com

WINTER HAVEN

Apple Lounge & Grill

2803 Recker Hwy, Winter Haven

(863) 291-0340

appleloungewh.com

Bowen Yard

308 4th Street SW, Winter Haven

(863) 299-1195

bowenyardwh.com

FB: bowenyardwh

- CONTINUED ON PAGE 35 -

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(863) 326-9506

FB: cypresswoodpub

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(863) 576-9464

FB: Dukebrewhousewinterhaven

Gram Parsons Derry Down

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gpderrydown.com

Grove Roots Brewing Company

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groveroots.com

FB: groverootsbrewing

Hotshots Downtown

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FB: HotShotsDowntown

Jensen's Corner Bar

100 3rd St SW, Winter Haven

FB: JensensWinterHaven

Jessie's Lounge

118 3rd St SW, Winter Haven | (863) 298-9815

jessieslive.com

Kimber's Bar & Grill

6000 State Road 544 Ste 9 & 10, Winter Haven

(863) 299-2233

FB: KimbersBarandGrill

Old Man Frank's

1005 Lake Howard Dr SW, Winter Haven

(863) 294-9179

oldmanfranks.com

The Social Cocktail Lounge

356 3rd St NW, Winter Haven | (863) 229-7453

FB: thesocialwh

Somewhere Sports Bar

5638 Cypress Gardens Blvd, Winter Haven

(863) 324-7524

Tanners Lakeside

1006 Lake Howard Dr SW, Winter Haven

tannerslakeside.com

The Twisted Prop Bar & Grille

615 7th St SW, Winter Haven

(863) 293-1937

Union Taproom

245 West Central Ave, Winter Haven

(863) 268-4921

FB: uniontaproom

- CONTINUED ON PAGE 37 -



"Orange Slices" by Margaret Wilson
 Medium: Acrylic on canvas
margretwilsonart.square.site

MUSEUMS & HISTORY CENTERS

Bartow Airbase History Museum

5993 Airport Blvd, Bartow | (863) 533-1195
bartow-airport.com/history

Florida Air Museum

4175 Medulla Rd, Lakeland | (863) 904-6833
floridaairmuseum.org



Florida Children's Museum

600 Bonnet Spgs Blvd, Lakeland
 (863) 687-3869
explorefcm.org

As a 501c3 nonprofit organization, the Florida Children's Museum serves as a center of the community. They hope to inspire the next generation and equip them with confidence, creativity, and a love of learning.

Florida Natural Grove House

20160 Highway 27, Lake Wales, FL 33853
 (863) 679-4110
floridasnaturalgrovehouse.com

Frank Lloyd Wright Visitor Center

840 Johnson Ave, Lakeland | (863) 680-4597
flsouthern.edu/frank-lloyd-wright/home.aspx

Frostproof Historical Museum

210 South Scenic Highway, Frostproof
 (863) 635-7865
frostproofmuseum.com

Ft. Meade Historical Society & Museum

1 N. Tecumseh Ave., Fort Meade, FL 33841
 (863) 285-7474
fortmeadeflmuseum.com

Haines City Historical Museum

1001 Ingraham Ave, Haines City
 FB: Haines City Historical Museum

The Historic Baynard House

208 W. Lake Ave., Auburndale

Lakeland History & Culture Center at the Lakeland Public Library

100 Lake Morton Drive Lakeland, FL 33801
 (863) 834-4269
lakelandgov.net/departments/library/lakeland-history-culture-center

Lake Alfred Historical Society Museum

210 N Seminole Ave, Lake Alfred
 (863) 287-3093
lakealfredhistoricalsociety.org



Lake Wales History Museum

325 S Scenic Hwy, Lake Wales | (863) 676-1759
lakewaleshistory.org
 FB: lakewaleshistorymuseum

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Luster African American Heritage Museum
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laahm.org

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Museum Of Winter Haven History
660 Pope Ave NW, Winter Haven
(863) 206-6855
FB: Museum of Winter Haven History



Polk County History Center
100 E Main St, Bartow | (863) 534-4386
polk-county.net/history-center

The museum serves Polk's community through educational programs, special events, and volunteer opportunities.

Polk County Sports Hall of Fame
2701 Lake Myrtle Park Rd, Auburndale
(863) 551-4750
centralfloridasports.com/local-sports/halls-of-fame/
polk-county-sports-hall-of-fame

The L.B. Brown House
470 S L.B. Brown Ave, Bartow
(863) 944-6136 | lbbrown.com

The Brown house was built in 1892 by Lawrence Bernard Brown, who was born into slavery in Wacahoota. Brown moved to Bartow during the 1880s and built many dwellings, including the L.B. Brown House, now on the National Register of Historic Places.

The Mulberry Phosphate Museum
101 SE 1st St, Mulberry | (863) 425-2823
cityofmulberryfl.org/phosphate-museum

**USA Water Ski & Wake Sports
Foundation Hall of Fame Museum**
101 Adventure Ct, Davenport | (863) 324-2472
usa-wwf.org

The Wonder House – Bartow
1075 Mann Rd, Bartow, FL 33830
wonderhousebartow.squarespace.com

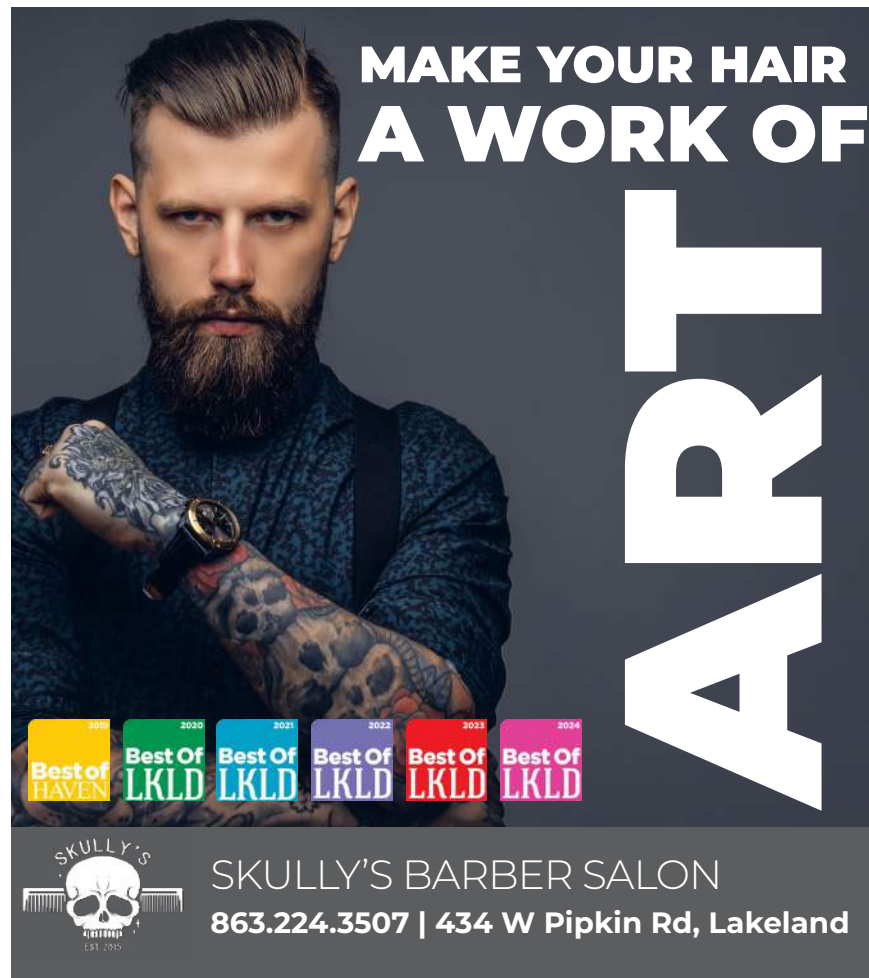
PERFORMING/CULTURAL ARTS VENUES



Bok Tower Gardens
1151 Tower Blvd, Lake Wales | (863) 676-1408
boktowergardens.org

Through its historic landscape gardens, unique Singing Tower carillon, magnificent 1930s Mediterranean-style mansion, and 3 acres of nature-inspired play Children's Garden, the Gardens offer unparalleled opportunities for artistic, cultural, personal, and spiritual enrichment.

- CONTINUED ON PAGE 41 -



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githensinsurance.com

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State Farm

Bonnet Springs Park
400 Bonnet Springs Boulevard, Lakeland
(863) 732-7000 | bonnetspringspark.com

GEM Theater

GEM Theater - Mulberry
118 NW 1st Ave, Mulberry | (863) 354-6570
gemtheatermulberry.org

Beautifully restored in downtown Mulberry, the Gem Theater sparkles as a performing arts and film screening venue for residents and guests to enjoy.

Historic Ritz Theatre
263 W Central Ave, Winter Haven
(863) 937-1414
ritzwinterhaven.com

The Ritz Theatre has been downtown's stage since 1925. The theater was beautifully restored and renovated in 2024. Today the Ritz is home to concerts, film screenings, community events, and more.

Laugh Out Lounge
19 3rd St NW, Winter Haven
winterhavenlol.com/calendar

Ramon Theater
11 E Wall Street, Frostproof | (863) 635-7222
theramontheater.com



RP Funding Center
701 W Lime St, Lakeland | (863) 834-8100
rpfundingcenter.com

PERFORMING ARTS – MUSIC

Bartow Adult Concert Band
Bartow, FL | FB: Bartow Adult Concert Band

The Bartow Adult Concert Band is an ensemble of 60+ players who perform six concerts yearly.



Florida Philharmonia Orchestra, Inc.
PO Box 2142, Lakeland | (863) 399-7998
floridaphilharmonia.org

We are an all-volunteer orchestra, presenting four concerts each year. Musicians are drawn from Polk County and other neighboring counties.

Harmony Central Chorus
P.O. Box 2525, Winter Haven | (863) 455-9548
harmonycentralchorus.com

The Hollingsworth Winds
2138 Greenleaf Blvd, Winter Haven
hollingsworthwinds.org



Lakeland Choral Society
lakelandchoralsociety.org

The Lakeland Choral Society, is an auditioned chorus with a history of singing classics, show tunes, spirituals, hymns, and anthems. They host concerts and participate in numerous events including performances with the Lakeland Symphony Orchestra and the Lakeland Community Band.

- CONTINUED ON PAGE 43 -


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1425 W. Main St., Bartow

(863) 533-0793



Lakeland Concert Band
PO Box 24238, Lakeland | (813) 716-2577
lakelandconcertband.org

Lakeland Symphony Orchestra
111 Lake Hollingsworth Dr, Lakeland
(863) 688-3743
lkdsymphony.org

The LSO is an arts organization that produces and presents symphonic performances, ensemble concerts, school-based outreach, interactive family events, and an annual opera.

Lake Wales Chorale
1099 E State Rd 60 E, Lake Wales
(863) 676-8426
lakewalesartscouncil.org



Swan City Piano Festival
Lakeland, FL | swancitypianofestival.com

The Swan City Piano Festival aims to engage the vibrant arts culture of Lakeland through a multi-day celebration of pianists and piano repertoire, past and present.



The Lakeland Music Club
1515 Williamsburg Square, Lakeland
lakelandmc.com

The Lakeland Music Club fosters, supports, and promotes music in all forms, and encourages an appreciation for music in the home, school, and the community.

PERFORMING ARTS - THEATRE



Haines City Theatre
303 Ledwith Ave, Haines City | (863) 421-1893
hainescitytheatre.com

A group created to entertain, enrich, and educate the community by providing an intimate live theatre experience at a reasonable price.



Lakeland Community Theatre
121 S Lake Ave, Lakeland | (863) 603-7529
lakelandcommunitytheatre.com

LCT aims to provide an affordable, high quality theatre experience for the people of Lakeland and its surrounding areas and to create an opportunity for individuals of all ages to develop and showcase their talents in a safe, nurturing, educational environment.

Lake Wales Little Theatre
411 N 3rd St, Lake Wales | (863) 676-1266
lwlt.org

- CONTINUED ON PAGE 45 -

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Theatre Winter Haven

210 Cypress Gardens Blvd, Winter Haven
(863) 294-7469 | theatrewinterhaven.com

Since its founding, TWH has worked to fulfill its mission to inspire, challenge, entertain, and educate our community by creating exceptional theatrical experiences.

Out of the Box Improv

FB: Out of the Box Improv

Polk Theatre

121 Florida Ave S, Lakeland | (863) 682-7553
polktheatre.org

Swan City Improv

swancityimprov.com

MOVIE THEATERS

Polk County IMAX

5500 Grandview Pkwy, Davenport
(863) 547-0480
cinopolisusa.com

Polk Theatre

121 Florida Ave S, Lakeland | (863) 682-7553
polktheatre.org

Cinemark Lakeland Square Mall and XD

3800 US Hwy 98 N Suite 910, Lakeland
(863) 859-3140
cinemark.com/theatres/fl-lakeland/cinemark-lakeland-square-mall-and-xd

CMX Cinemas Lakeside 18 & IMAX

1650 Town Center Dr, Lakeland
(863) 937-0555
cmxcinemas.com

CMX Grand 10 Cinemas

920 Spring Lake Plaza, Winter Haven
(863) 292-2466 | cmxcinemas.com

Regal Cinemas Eagle Ridge Mall 12

955 Eagle Ridge Drive &, US-27, Lake Wales
(844) 462-7342
regmovies.com/theatres/regal-eagle-ridge-mall

Silver Moon Drive-In Theatre

4100 New Tampa Hwy, Lakeland
(863) 682-0849 | silvermoondrivein.com

*Every effort has been made to make this an inclusive guide for patrons looking for arts and cultural experiences. It is possible, however, that organizations have been overlooked. The Polk Arts & Cultural Alliance apologizes in advance for any unintentional omissions or inaccurate information.

PACA Member Artists

Scott Audette

Visual Arts - Photography
scottaudetteunderwater.com

Karen Moore

Visual Arts - Photography
pezgirl1955@gmail.com

Betsy Bohrer

Visual Arts - Painting
thebohrergallery.com

Robert Phillips

Performing Arts - Music
robert-phillips.com

Lisa Ciccio

Visual Arts - Mixed Media, Painting
leesahciccio.wixsite.com/
lisaciccioportfolio

Karla Pirona

Visual Arts - Painting
karlapironapainter.com

Samuel Ciccio

Visual Arts - Mixed Media, Painting
sam520@tampabay.rr.com

Denise Settles

Visual Arts - Drawing, Mixed
Media, Painting
denisesettles.com

Craig S. Collins

Visual Arts - Photography
admin@sterlingcreative.com

Holly Scoggins

Visual Arts - Painting
colorcurio.com

Toni Doku

Visual Arts - Mixed Media,
Stained Glass
toniwithaney.com

Maegan Carroll-Simmons

Visual Arts - Graphic Design,
Painting, Photography
carrolldesign.co

Heather Earl

Visual Arts - Photography
3-heather-earl.pixels.com

Gretchen Suárez-Peña

Performing Arts - Theatre
gretchensuarezpena.com

Andy Glogower

Visual Arts - Photography
andyglogower.com

Sharon Surrency

Visual Arts - Painting
sharonssurrency@gmail.com

George D. Gordon, III

Visual Arts - Photography
gdg3.com

Meg Wallace

Visual Arts - Painting
Wallacemeg@live.com

John Guiseppi

Visual Arts - Drawing
johnguiseppi.com

Daryl Ward

Visual Arts - Photography
wardworldphotos.com

Stephen Koury

Visual Arts - Painting
skoury.com

Calise Weber

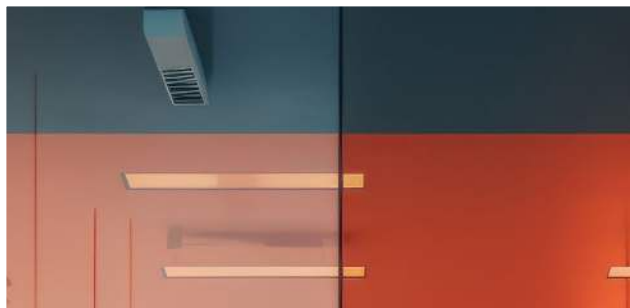
Visual Arts - Drawing, Mixed
Media, Painting
calisse.weber@gmail.com

Michael Laurino

Performing Arts - Theatre
michaellaurino.com



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Florida Southern College's Festival of Fine Arts continues to be a cultural cornerstone in Central Florida, offering a platform for artistic excellence and cultural enrichment, including concerts and theatrical performances by the College faculty and students, as well as outside guests.



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TREE SWALLOW GALLERY

Nestled in the heart of Downtown Winter Haven, Tree Swallow Gallery is a pop-up art destination dedicated to celebrating the unique spirit and creativity of Central Florida's local artists. Curated by Amanda McCallister, the gallery focuses on hyper-local talent, showcasing carefully selected fine art that reflects the beauty, history, and culture of Polk County.

Tree Swallow Gallery embraces its pop-up nature, offering a dynamic experience with curated exhibitions, flexible hours tailored to downtown events and foot traffic, and unique opportunities to connect with both the art and the artists. From stunning landscapes and evocative photography to thought-provoking mixed media, the gallery provides a platform for authentic storytelling through art.

With its focus on community engagement and accessible artistry, Tree Swallow Gallery is more than just a space for viewing art—it's a celebration of the people, places, and stories that make Polk County unique. Whether you're a lifelong resident, a curious visitor, or an art enthusiast, Tree Swallow Gallery invites you to explore the heart of Florida through the lens of its most talented artists.

BEACH BLANKET BINGO

Dive into the world of art and leisure with the Beach Blanket Bingo exhibition at Tree Swallow Gallery. This vibrant showcase transforms beach essentials into canvases for local artists, bringing a burst of creativity to Spring Break essentials. From beach blankets and towels to totes and chairs, each item becomes a masterpiece, featuring the unique fine art styles and imaginative designs of our community's talented artists. Each piece, from sunshades to beach reads by local authors, is designed to add a touch of artistry to any beach outing.

Join us for the opening reception on March 6th, where you can meet the artists and local authors, enjoy the art, and perhaps find the perfect artistic beach accessory to take home or Spring Break beach read. Experience how art can transform the ordinary into something extraordinary at the Beach Blanket Bingo exhibition.

Exhibit Run March 6th through March 29th.

Opening Reception March 6th from 5 to 8 pm

LEVEL UP: ART BOSS ACADEMY

A six-part series designed for student artists with ambitions and a drive to master the business side of art. This isn't about creating art—it's about building a future with art. Gain insider strategies and actionable insights, from growing your online empire to making a lasting impression in real-world spaces. This series is packed with hands-on guidance to help you stand out, connect with your audience, and start seeing real results.

Bag the Merch: POD Basics: February 22, 2 pm to 3:30 pm

IRL Vibes: Gallery Cheat Codes: March 1, 2 pm to 3:30 pm

ON SATURDAYS WE MAKE ART

More than just a series of art classes—it's a creative movement. Rooted in fun, self-expression, and empowerment, this series is all about tapping into your artistic side in a space where we listen, we don't judge.

These sessions are a fearless exploration of creativity for people who are ready to create, connect, and let their imaginations run wild.

Whether you're snapping pics on your phone or diving into hands-on projects, every class is designed to inspire, uplift, and help you embrace your inner artist. Saturdays are for more than just making art—they're for building confidence, friendships, and a creative community that celebrates your unique vibe. Come as you are, and let's make something unforgettable.

- CONTINUED ON PAGE 53 -

FRANK LLOYD

WRIGHT

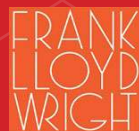
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HOW CAN PEOPLE GET INVOLVED WITH TREE SWALLOW GALLERY?

Tree Swallow Gallery offers several ways to engage with our creative community:

ATTEND EXHIBITIONS AND EVENTS: Visit the gallery during our curated exhibitions and special events to experience the incredible work of local artists and connect with the community.

BECOME A FEATURED ARTIST: If you're a local artist with work that reflects the spirit of Winter Haven and Central Florida, reach out to discuss opportunities to showcase your art in one of our upcoming pop-up exhibitions. Contact Amanda at amanda@mccallisterventuresllc.com

VOLUNTEER: We're always looking for passionate art lovers to help with events, installations, or day-to-day operations. Your support helps us bring art to life for our community. Contact Amanda at amanda@mccallisterventuresllc.com

FOLLOW US ONLINE: Stay updated on gallery events, operating hours, and artist features by following us on social media or subscribing to our newsletter.

SPREAD THE WORD: Share the gallery with friends and family! Help us grow by inviting others to explore the art and stories that make Winter Haven unique.

Tree Swallow Gallery welcomes everyone—whether you're an artist, collector, or simply someone who loves the arts—to be part of Tree Swallow Gallery's vibrant community. For more information, feel free to visit during gallery hours or reach out to them directly!

PLANNED HOURS OF OPERATION:

Tuesdays & Wednesdays 11 am to 2 pm

Thursdays & Fridays 5 pm to 8 pm

Saturdays 11 am to 8 pm

By special appointment (call 863-225-0520)

and extended hours for Downtown Events

treeswallowgallery.com

337 W Central Ave, Winter Haven 33881

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WATSON CLINIC FOUNDATION ARTS IN MEDICINE STUDIO

“Art washes from the soul the dust of everyday life.” - Pablo Picasso

Arts in Medicine (AIM) is a nationwide movement that brings expressive arts into healthcare settings, offering creative outlets for patients, caregivers, and staff. Research demonstrates that engaging in creative activities can reduce anxiety, promote physical and psychological healing, and activate the body’s natural “relaxation response” by increasing the circulation of endorphins.

At the Watson Clinic Cancer & Research Center, the AIM Program, established in 2008, provides a wide range of therapeutic creative arts and activities to support individuals during challenging times. These offerings are designed to inspire, comfort, encourage, and empower, strengthening an individual’s ability to cope with illness and treatment.

AIM services include access to the AIM Studio for creative arts and activities, live musical performances in the lobby, and a regularly rotating display of artwork throughout the center. Additionally, the AIM experience fosters a sense of community by connecting individuals facing similar struggles—patients, survivors, caregivers, and care providers alike.

When our minds are at ease and focused on the present moment, our body triggers the relaxation response. This process prompts the brain to send signals that reduce stress hormone levels, release endorphins (natural painkillers and mood enhancers), and boost the production of dopamine, the “feel-good” neurotransmitter. Engaging in creative arts is one of the easiest ways to activate this response.

Our bodies are naturally designed to maintain a state of well-being, often referred to as Remembered Wellness. For example, when we have a cut, our body heals it without

conscious effort. However, various degrees of illness and stress can disrupt this function, making it harder for the body to return to its natural state of balance. When our minds are at ease and focused on the present moment, our body triggers the Relaxation Response. This prompts the brain to send signals that reduce stress hormone levels, release endorphins, and boost the production of dopamine, the “feel-good” neurotransmitter. Research shows that participating in creative arts or activities not only activates the Relaxation Response but also helps the body reset and supports its return to Remembered Wellness.

Stress can significantly impact how our brains function. The regions responsible for clear thinking become suppressed, which is why we often feel like we’re “walking around in a fog.” Engaging in creative arts or activities can quickly break the cycle of repetitive thoughts and enhance mental clarity. These activities engage both sides of the brain, drawing our focus back to the present moment and helping us regain a sense of balance and awareness.

The Watson Clinic AIM program thrives thanks to the generosity and talents of its volunteers. If you’re passionate about sharing your skills to make a difference in the lives of others, they would love to welcome you to their team. You can contribute as a guest artist or as a regularly scheduled volunteer. The AIM Coordinator will work closely with you to seamlessly integrate your talents into a meaningful and rewarding volunteer experience.

watsonclinic.com
FB: watsonclinicfl



WATSON CLINIC
Foundation inc.
ARTS *in* MEDICINE

UNITED *in Healing*



The Watson Clinic Foundation has been building the foundation for a healthier community since 1960. Our mission continues with **Arts in Medicine**. This innovative program is designed to promote healing through engagement in the creative arts and is housed in the Watson Clinic Cancer & Research Center.



For more information on the Foundation visit **WatsonClinic.com/Foundation** or scan the QR code to contribute to our cause.

The
Arts
can touch lives
and transform health.

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