

The Creative Aging Calgary Society

Vision

Vibrant and positive aging

Mission

To increase awareness of the positive physical and psychological impact that arts participation can have on older adults

Objectives

- promote participatory arts and aging programs with a variety of stakeholders
- host an annual Creative Aging Symposium
- conduct professional development seminars
- offer a resourceful website

Membership in the Creative Aging Calgary Society is free and has many benefits!

For more information:
www.creativeagingcalgary.ca



The Creative Aging Calgary Society presents ...

2nd Annual Creative Aging Symposium

Saturday, September 18, 2010

Mount Royal University

Roderick Mah Centre for Continuous Learning

8:30 am – 4:30 pm

Program



8:30 – 9:00 am **Registration Check-in for Morning Workshop / Refreshments** (Session fee \$119)
Location: Ross Glen Hall (Room EC 1050)

9:00 am – 12:00 noon **Workshop: Arts and Aging: How to Develop Creative Expression Programs for Seniors**

Location: Ross Glen Hall (Room EC 1050)

Creativity matters! In this interactive workshop, **Susan Perlstein**, MSW, Director of Special Projects, National Centre for Creative Aging, Washington, D.C., will present an overview of the field and current research findings that have provided evidence of positive health benefits associated with involvement in arts and cultural programs. Participants will engage in exercises demonstrating the three developmental currents in the field of arts and aging: principles of lifelong learning through the arts, fundamentals of arts and community engagement (intergenerational connections), and use of the arts in social service and health care settings. Susan will conclude with best practice examples of creativity and aging programs.

12:00 noon – 1:00 pm **Lunch Break** (Lunch will not be provided. Please supply your own food or purchase lunch from campus vendors)

Visit the Display Booths

Registration Check-in for Afternoon Mini-Workshops (Sessions are free)

1:00 – 1:30 pm **Welcome - Gail Hinchliffe, President, Creative Aging Calgary Society**

Introduction – Susan Perlstein, MSW, Director of Special Projects, National Centre for Creative Aging, Washington, D.C.

Location: Ross Glen Hall (Room EC 1050)

1:30 – 4:00 pm **Concurrent Sessions - Express Yourself Mini-Workshops — Choose only one to attend**

Drama – David Barnett BA, 3M National Teaching Fellow

Location: Room EC 1055

Experience a typical theatre workshop conducted with seniors and intergenerational groups. Games, songs and improvisation will lead to stories, and these will transform into moments of theatre that can be shared with others. Expect fun, laughter, spontaneity and reflection: absolutely no drama experience is required! Conclude with a discussion of the principles involved in teaching/directing drama with seniors. A list of theatre resources and websites will be available.

Art – Straja Linder King BFA, MA

Location: Room EC 1050

Celebrate the wisdom of harvest and the colours of change through an art workshop. Use seasonal elements from the natural world to celebrate your inner wisdom. Art experience is not necessary to enjoy this workshop. Relaxing music will facilitate participants' creative spirits to unfurl. The mandala, or sacred circle, will be used to connect body, mind and spirit. Time will be allotted for reflection and discussion on art as creative expression. Tumbra, Straja's therapy dog, will be present.

Music – Jennifer Buchanan BMT, MTA

Location: Room EC 1065

Experience a passionate musical workshop that will capture your heart and mind. Reflect on personal music preferences and musical histories and explore how music helps you recall positive memories, find inspiration, concentrate, de-stress and fall sleep. This workshop is an inspirational and reflective presentation that weaves stories and songs together.

4:00 – 4:30 pm **Endnote: Creativity Matters**

Location: Ross Glen Hall (Room EC 1050)

Susan Perlstein will conclude the day's sessions with a dialogue of the benefits of creative expression and next steps in incorporating arts programs in the lives of older adults. Participants will be encouraged to share their insights based on their personal and professional experience, as well as new ideas sparked by today's involvement.

