

Creative Aging Calgary Society

www.creativeagingcalgary.com

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

- advocate for participatory arts and aging programs with a variety of stakeholders
- host a regular Creative Aging Symposium
- conduct professional development seminars
- offer a resourceful website

For any questions regarding CACS or membership benefits, please contact:

CACS Director of Membership

email: info@creativeagingcalgary.com



5th Creative Aging Symposium

WELLNESS, AGING & CREATIVE
EXPRESSION SYMPOSIUM

May 16, 2016

Roderick Mah Centre for Continuous Learning
Mount Royal University, Calgary, AB

Sponsored by



Intercare Corporate Group

Pharmacare Pharmacy

Curves~Beddington

5th Creative Aging Symposium

WELLNESS, AGING & CREATIVE EXPRESSION SYMPOSIUM

08:00 – 08:30	Registration & Light Breakfast
08:30 — 09:00 EC1050	Welcome and Introduction Dianne McDermid, CACS President
09:00 – 10:00 EC1050	Keynote Address: <i>Why Being Engaged in Creative Expression is Important as We Age.</i> Dalia Gottlieb-Tanaka PhD
10:00—10:30	Break
Concurrent Workshops 10:30-12:30 (2 hours)	
EC1040	"This is what I want to tell you" A Life Writing Workshop D. Hyttenrauch PhD*, R. Harrison*, E. Bloedorn**, A. Daignault**, L. Pollon**, M. Fenwick***, L. Tyler***, and K. Coulter**** MRU Staff* & Students**, UAL Garrison Green Residents*** & UAL Staff****
EC1050	"I remember better when I paint" (French Connection Films & the Hilgos Foundation) Blythe Bohonos, Art Therapist
EC1060	View from the Inside Shannon Jones & Glenn Taylor WP Puppet Theatre
ED1015	Intuitive Painting Tina Thrussell
12:30 — 1:30 EC1050	AGM and lunch (provided for full day registrants)

Concurrent Workshops 1:30-3:30 (2 hours)	
EC1040	Fun with Ukuleles Marsh & Donna Kennedy
EC1050	The Creative Expression Activity Programs & CEAA Tool Dalia Gottlieb-Tanaka PhD
EC1060	Belly Dancing: Exercise, Fun and Brain Training Angela Grell
ED1015	Intuitive Painting (Repeat Workshop) Tina Thrussell
3:30-3:45	Nutrition Break
3:45-4:30 EC1050	Creative Expression Showcase ~ Ukulele & Dance Presentations Creative Aging Panel Discussion Panel: Gail Hinchliffe, United Active Living; Carol Henkel, AgeCare; Zabin Jadavji, Right at Home Canada Moderator: Elaine Danelesko, Mount Royal University Farewell: Carol Henkel, CACS Board Member