

Creative Aging Calgary Society

www.creativeagingcalgary.ca

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.ca

Creative Aging 2014 Symposium

May 1, 2014

Roderick Mah Centre for Continuous Learning

Mount Royal University, Calgary, AB

Supported by



4th Creative Aging Symposium

Hope, Aging and Creative Expression

08:00 – 08:30	Registration
08:30 – 09:00 EC1050	Welcome and Introduction
09:00 – 10:00 EC1050	Keynote Address: <i>Something Funny Happened on the Way to Wrinkles</i> Dr. Ronna Jevne, PhD Psychologist, Author, Professor Emeritus , Millett
Concurrent Workshops 10:30-12:30 (2 hours)	
10:30-12:30 EC2075	<i>Vocal Toning and Sound as Healing Tools</i> Kim Polvi
10:30-12:30 EC1060	<i>Memories to Memoirs: A Writing Toolkit</i> Ronna Jevne, PhD
10:30-12:30 EC2065	<i>Hope Puppets</i> Wendy Passmore
12:30 – 1:30	AGM and lunch (provided)

Concurrent Workshops 1:30-3:30 (2 hours)	
1:30-3:30 EC2075	<i>Chair Yoga: Building Strength and Hope from the Chair</i> Spring Lambrakos, Certified Yoga Teacher & Yoga Therapist
1:30-3:30 EC2065	<i>Look for the Sun: Healing and Hope through Song-writing</i> Cori Brewster, Singer Songwriter
1:30-3:30 EC1060	<i>Engaging in Life's Third Act</i> Judy Steirert, Professional Sageing Leader
3:30-3:45	Nutrition Break
3:45-4:30 EC1050	Closing Activity <i>HOPE Celebration:</i> Simon Billo & John Mungham