

May 2015

BLOOMINGTON, IN



Creative Aging **FESTIVAL**

Celebrating Older Americans Month

50+ Expo

**Symposium:
Aging RE-imagined**

RE-Market

Time Travels



City of Bloomington
Community and Family
Resources Department



Center on
Aging
and
Community



Comfort
Keepers





2015 Creative Aging Festival Guide

All events are wheelchair accessible unless otherwise indicated.

“Creativity in later life has been greatly unrecognized ~

both its potential and its prevalence. When we become aware that age does not affect human potential we change the way we prepare for our own future development, and also influence how society nurtures and benefits from its older human resources.”

~ Dr. Gene Cohen

About the Festival

The Bloomington Creative Aging Festival is held annually in the month of May as a city wide celebration of Older Americans Month. It was conceived with the above perspective in mind. The goal of the Bloomington Commission on Aging in sponsoring the festival is threefold:

1. To identify & promote best practice efforts that create opportunities for older persons to explore, discover, and tap their potential.
2. To increase older adults participation in creative and civic activities,
3. To enhance the quality of life for the citizens of our community.

In short, People are living longer and the population is aging, thus this festival, provides an opportunity to engage in conversation about age-related issues, and more importantly supports the development of a work force serving in the older adult population by advancing the intersection of research, policy, and practice.

A special thanks to our partners, patrons and contributors!

Festival Partner



Platinum Patron



City of Bloomington
Community and Family
Resources Department

Gold Patrons

Airtime Acoustics
Bell Trace Senior Living Community
Center on Aging and Community
IU Health Bloomington

Silver Patrons

Area 10 Agency on Aging
City of Bloomington Community &
Family Resources Department
Dermatology Center of Southern Indiana
Gene Arnholt and Sophia Hauserman
Julie and Ted Hill
Susan Snider Salmon

Contributors

Ann Armstrong
Jack and Eunice Kahn
Gail Londergan
Skip and Alice Oestreich

April 30 - May 1
.....

Design for a Small (Aging) Planet

Day 1: 5:00-7:30 p.m.

Day 2: 8:30 a.m.- 3:30 p.m.

Admission Fee: \$60

Friday lecture open to the public

Indiana Memorial Union

This is a public symposium on new thinking about the design of environments for a lifetime - from closet to community. Professional designers, interested citizens, public officials, students and others are invited to this exciting event on the campus of Indiana University, where national experts in the field of architecture and design will discuss key issues in designing environments for vibrant, intergenerational, meaningful, creative aging in place. A special talk on design for dementia and a keynote on the evolution of senior housing will be featured. Seating limited, register flyer at www.iidc.indiana.edu/styles/iidc/defiles/CAC/Small_Planet_flyer.pdf

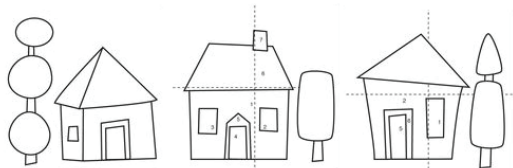


Philip B. Stafford, Director

812-855-2163

staffor@indiana.edu

www.iidc.indiana.edu/?pageid=31



Month of May
.....

Art That Inspires

Tues-Sat 9-5;

Sun 1:00-5:00 p.m.

Free Admission

T.C. Steele State Historic Site

4220 T.C. Steele Rd.

Nashville, Indiana 47448

(Between Bloomington and Nashville)

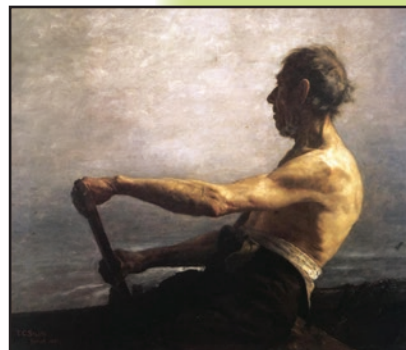
Bloomington's Community Storytelling Circle is a group of individuals with Alzheimer's disease who meet monthly in the community to create stories based on images of their choosing. Over the last several months, they, along with five other groups of individuals with Alzheimer's in Bloomington, have been working using paintings and photographs from the T. C. Steele Historic Site collection as inspiration for a number of new stories. These stories, along with the images which inspired them will be displayed at the T. C. Steele Historic Site throughout the month of May in an exhibit called "Art That Inspires." The storytellers from these groups are proof that no matter the circumstance, we never lose our ability to create works of value worth sharing with others.

Dayna Thompson, Alzheimer's Educator

812-353-9299

dthompson6@iuhealth.org

iuhealth.org



Friday, May 1
.....

**First Friday Evening
Science of Art:
Watercolor**

5:00-8:30 p.m.

Members: Free ♦ Nonmembers: \$3.50
(half-price admission)

WonderLab Museum of Science, Health
and Technology, 308 W. 4th Street

Join in an intergenerational exploration of
the connections between art and science!
Meet and talk with Brown County artist
Donna Whitsitt as she demonstrates her



process of creating water-
color paintings depicting
nature and other themes.
In related visitor activi-
ties, you can explore this
medium by experimenting
with absorption properties
of watercolors, creating
a magnet to take home,
and using a microscope
to make a tiny watercolor
painting. Watercolor art
created by residents of

the Bell Trace Senior Living Community will
be on display in the WonderLab cafe, and
their watercolor notecards will be for sale
in the museum gift store.

Andrea Oeding
Science of Art Coordinator
812-337-1337 ext. 23
andrea@wonderlab.org
www.wonderlab.org



Wednesday, May 1
.....

**Emeriti House and
Indiana University
Retirees Association
Annual Art Exhibit**

5:30-7:30 p.m.

Free Admission

Emeriti House, 1015 E. Atwater Ave.

Retirees, spouses and partners from Indiana
University and other universities, who now
live in the Bloomington area, are eligible
to submit art for this event. The organizing
committee welcomes art in any medium, and
especially encourages collage, woodwork,
sculpture, pottery and textiles, since they
have been under-represented in the past.

Jerome Chertkoff
Chair, Art Exhibit Committee
812-339-9519
chertkof@indiana.edu
www.indiana.edu/~emeriti/

Saturday, May 2
.....

Painting Party

9:00-5:00 p.m.

Admission Fee: \$20

be.CAUSE Gallery and Studio
322 E. Kirkwood Ave. #206



We will be hosting still life painting ses-
sions throughout the day. Each session lasts
2 hours. The sessions will be as follows:
9-11pm, 12-2pm, and 3-5pm. Each session

is limited to 8 people and prior registration is required. All participants will receive a coupon to “bring a friend for free” for all private painting lessons booked during the month of May.



Brianne Harness, Owner
812-650-4756
brianne@becausebloomington.com
becausebloomington.com

Saturday, May 2

Gallery Chats:

An Interactive Tour Program for Area Seniors

11-12:00 p.m.
Free Admission
IU Art Museum

Please join us to learn about Gallery Chats, a free, interactive tour program for seniors at the Indiana University Art Museum. Museum entrance and tour program are free. Parking is available at the nearby IMU lots; handicapped parking is available behind the museum.

Edward Maxedon, Education
812-988-0367
gmaxedon@indiana.edu
www.indiana.edu/~iuam/iuam_home.php

Sunday, May 3

End of Life Legal and Family-Important Issues

2:00-4:00 p.m.
Free Admission
Unitarian Universalist Church
Fellowship Hall
2120 N. Fee Ln.

Come and find out how to be in charge of your life at the end. Facilitators: Reverend MaryAnn Macklin, senior minister of the Unitarian Universalist Church and Jim Whitlach, local attorney who specializes in healthcare law. Learn about Advanced Directives, Funeral and Memorial Planning, POST, Durable Power of Attorney, Health Care Representatives, Withdrawal of Treatment, Out of Hospital DNR, and Organ and Tissue Donation. Figure out how to approach these intergenerational topics with your parents or children. You even have the opportunity (if you choose) to fill out the necessary paperwork and have it signed by a witness, ready for you to submit to the hospital, your family and your doctor. Open to the Public Sponsored by the Unitarian Universalist Caring Committee and Elder Focus Task Force.

Barb Backler
Chair of Elder Focus Task Force
812-340-0354
bbackler@gmail.com
uubloomington.org





Sunday, May 3 Cosmos

6:00 p.m.
\$15 reserved seating
18 and under FREE
Buskirk-Chumley Theater

Join Artistic Director Adam Bodony and the Bloomington Symphony Orchestra for an exciting performance of Gustav Holst's masterpiece, *The Planets*. This multi-media event will include images from NASA, narrated by members of Indiana University's Department of Astronomy. Also featured will be a performance of Sibelius' D minor Violin Concerto by the BSO's 2015 Youth Concerto Competition winner Zoie Hightower.

Donna Lafferty
Executive Director
812-327-5056
bso.donna@gmail.com
www.bloomingtonsymphony.com



courtyard garden. Register in advance by calling Annie Segraves at 812-349-3084. Children register at 812-349-3100.

Ann Segraves
Homebound Coordinator
812-349-3084
segraves@mcpl.info
www.mcpl.info



Saturday, May 9 Tai Chi

1:00-2:00 p.m.
Free Admission
Better Day Club, 1240 E. Miller Dr.

This is an introduction to the principles and practice of Tai Chi through a selection of classic movements. Tai Chi nurtures physical health and calmness of mind. Its simple sequences of movements promote strength and agility, improve circulation, and help to reduce stress and improve concentration.

Gayle Ebel
Adult Wellness Director
812-961-2171
gebel@monroecountymmca.org
monroecountymmca.org

Monday, May 4

RAIN DATE: Tuesday, May 5, 2-3:30 p.m.

Intergenerational Gardening

2:00-3:30 p.m.
Free Admission
Monroe Co. Public Library
Children's Courtyard Garden

Love to share your joy of gardening with young ones? If you are 55 or older, join us at the library to help children plant vegetables, herbs and flowers, and create garden crafts. Participants are also invited to join our MCPL Garden Club, an informal group of gardeners who care for our



Saturday, May 9
.....

PBS Documentary Film

Arts & the Mind:

Episode #1 “Creativity”

1:30 p.m.

Free Admission

The Commons at Bell Trace, 800 N Bell Trace Circle

Arts & the Mind, a PBS documentary film by Joe Pollock, explores the vital role the arts play in human development throughout our lifetimes. Episode #1 “Creativity”, features stories and the latest scientific research from experts around the country illuminating how the arts are critical in developing healthy young minds and maintaining them as we age. Showcases innovative arts education programs OrchKids in Baltimore and Get Lit in Los Angeles. Hosted by Lisa Kudrow.

Julie Hill, Life Enrichment Director

812-332-2355

jhill@cardon.us

www.BELLTRACE.com



cial: Participants will select from a variety of plants to create a take home dish garden. Registration Required: [www.successworkonline.com/trainings/Escape into nature](http://www.successworkonline.com/trainings/Escape%20into%20nature) to find healthy answers for mind & body! Healthy snacks and beverages served.

Ladi Terry

President, Success Work

812-219-4493

ladi@successworkonline.com

www.successworkonline.com



Sunday, May 10
.....

PBS Documentary Film

Arts & the Mind:

Episode #2

“The Art of Connectivity”

1:30 p.m.

Free Admission

The Commons at Bell Trace
800 N Bell Trace Circle

Arts & the Mind, a PBS documentary film by Joe Pollock, explores the vital role the arts play in human development throughout our lifetimes. Episode #2 “The Art of Connectivity”, illuminates how art is the brain’s lifeline to empathy, emotion, mental agility and healing. Features stories and experts’ insights into the positive effects of the arts for children in hospitals; veterans suffering from Post-Traumatic Stress Disorder, building community in Appalachia and warding off dementia. Hosted by Lisa Kudrow

Julie Hill, Life Enrichment Director

812-332-2355

jhill@cardon.us

www.BELLTRACE.com



Saturday, May 9
.....

Tending Your Own

Creative Garden

1:30-3:30 p.m.

Admission Fee: \$20

Success Work! & Therapeutic Vine

225 W. Dodds Street

Classroom A Star Center



Learn about the many ways that plants and gardening act as metaphors for tapping into our creative side to overcome life’s small and large challenges. Rene Malone, Horticultural Therapist, will teach the therapeutic aspects of plants and gardening. Ladi Terry, Creative Action Coach, will engage participants in finding new ways to deal with health and aging issues. Mother’s Day Spe-

Wednesday, May 13
.....
50+ Expo
Tropical Paradise

3:00 -7:00 p.m.

Free Admission

Twin Lakes Recreation Center

1700 W. Bloomfield
Rd.

The 50+ Expo, a healthy, active, and creative lifestyle event, is the community's premier showcase of businesses and organizations

whose products and

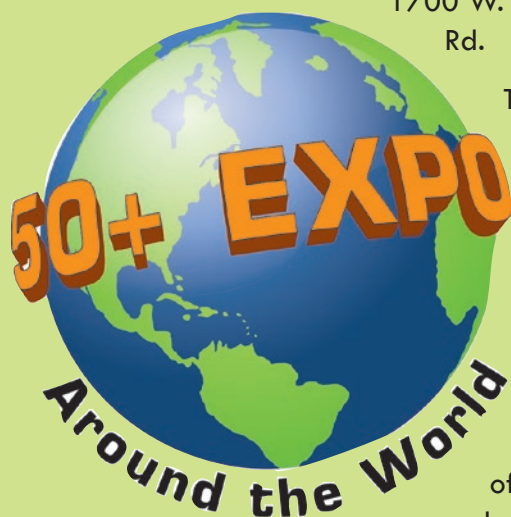
services are geared toward people ages 50 years and over. The event includes engaging presentations and interactive demonstrations designed to improve mental, physical and emotional well-being; a health fair offering free health screenings by local health care professionals; and an expo hall filled with exhibitors, plus representatives from area music, recreation, art, and sports clubs and groups. The 50+ Expo is proudly presented by Bloomington Parks and Recreation and IU Health Bloomington. For more information about the 50+ Expo call (812) 349-3748.

Julie Ramey

Community Relations Manager

812-349-3719

rameyj@bloomington.in.gov



Aging
RE-imagined
SYMPOSIUM
DAY 1

Thursday, May 14
.....
Mind Body Spirit
Connection

10:00 a.m.

The Commons, Bell Trace Senior Community

This one hour session is designed to provide participant with an experience of the Mind Body Spirit Connection. It begins with rudimentary warm up exercises and chair yoga stretches, followed by a series of Tai chi movements synchronized to the breath, and ends with a guided right brain/left brain meditation to strengthen the imagination. This practice will help you reconnect with your body and its energy systems. Taught by Julie Hill, Certified Spiritual Healer and Life Enrichment Director every Tuesday and Thursday at Bell Trace Senior Living Community.

Thursday, May 14
.....
Introduction to
Moving Well

3:30-5:30 p.m.

Free Admission

IU Health Bloomington Hospital

Wegmiller Auditorium

Introduction to Moving Well is a workshop designed for healthcare professionals to introduce the concept of "Choreography of



Care” and to offer some easy tools and techniques to increase individual and community well-being through creative engagement. Professionals in Nursing, Home Health Care, Hospice, Social Work, Memory Care, Education and the Arts are encouraged to attend. **Maria Genne** will offer a lively



interactive and hands-on two hour workshop based on Kairos Alive!’s “Moving Well Program.” It will offer practical opportunities for interactive participatory dance, music, story and theater, to create personal and community health and wellbeing within hospital, long-term care, assisted

living and independent living communities. “Moving Well” offers a practical tool set for engaging family members, colleagues and clients physically, mentally and emotionally through joyful performing arts to affect well-being based on tools and techniques that Genne and her artist colleagues have developed over the years with Kairos Alive! national award winning “Dancing Heart” programs. CEUs will be available.

Dayna Thompson, NICHE Committee
812-353-9299
dthompson6@iuhealth.org
iuhealth.org

Thursday, May 14
.....

Alive Inside Film Documentary and Talk

6:45 p.m.

Free Admission

Monroe County Public Library

Winner of the Audience Award at the 2014 Sundance Film Festival, *Alive Inside* is a joyous cinematic exploration of music’s astonishing ability to reawaken our souls, combat memory loss, and uncover the deepest parts of our humanity. A screening of the documentary directed by Michael Rossato-Bennett will be followed by discussion with Michael Gerhard, Director of Music and Memory - Muncie. The film also includes illuminating interviews with neurologist Oliver Sacks and musician Bobby McFerrin. Sponsored by The Center on Aging and Community at Indiana Institute on Disability and Community, Monroe County Public Library, and The Ryder Film Series. Go to www.artsworkindiana.org/index.php?pageId=203 for more information.

Jane Harlan-Simmons

Research Associate

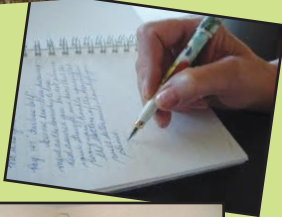
812-855-2167

jeharlan@indiana.edu

www.idc.indiana.edu/



MAY 2015



SUNDAY	MONDAY	TUESDAY
		
3 END OF LIFE LEGAL & FAMILY-IMPORTANT ISSUES 2:00-4:00 pm COSMOS CONCERT Bloomington Symphony Orchestra 6:00 pm	4 INTERGENERATIONAL GARDENING 2:00-3:30 pm	5
10 PBS Documentary Film Arts & the Mind: THE ART OF CONNECTIVITY 1:30 pm MOTHER'S DAY	11	12
17	18	19 CHAIR YOGA 2:00-3:00 pm
24		25
31		26

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	APRIL 30 DESIGN FOR A SMALL (AGING) PLANET Reception 5:00-7:30 pm	1 DESIGN FOR A SMALL (AGING) PLANET 8:30 am-3:30 pm ART THAT INSPIRES TC Steele State Historic Site SCIENCE OF ART: Watercolor 5:00-8:30 pm ART EXHIBIT Open House 5:30-7:30 pm	2 STILL LIFE PAINTING PARTY 9:00 am-5:00 pm GALLERY CHATS 11:00 am-noon
6	7 	8	9 Introduction to TAI CHI 1:00-2:00 pm PBS Documentary Film Arts & the Mind: CREATIVITY 1:30 pm Tending Your Own CREATIVE GARDEN 1:30-3:30 pm
13 50+ EXPO 3:00-7:00pm	CREATIVE AGING SYMPOSIUM: AGING RE-IMAGINED		16 Intergenerational OPEN HOUSE 9:30-11:30 am TAI CHI for Balance 1:00-2:30 pm RIPE WITH AGE Women's Writing Workshop 1:00-4:00 pm CELEBRATE! Five Years of Song 3:00-5:00 pm
20 ADAPTING the GARDEN and the GARDENER 10:30 am-2:00 pm	14 DAY 1 MIND, BODY & SPIRIT CONNECTION 10:00 am Introduction to MOVING WELL 3:30-5:30 pm ALIVE INSIDE movie & discussion 6:45 pm	15 DAY 2 AGING RE-IMAGINED 10:00 am-4:00 pm RE-Market (See Program Guide for details) TIME TRAVELS 7:30 pm	23 COUNTRY LINE DANCING 1:00-2:00 pm
27 Stardusters Little BIG BAND Concert & Dance 6:00-9:00 pm	28	29 B-FIT and MUSIC 10:00 am-Noon WATER YOGA 10:30-11:30 am	30

Aging RE-imagined SYMPOSIUM DAY 2

Friday, May 15
.....

Free with entrance to symposium

Main Stage

Bloomington Convention Center

Barbershop Harmony Chorus

Various times

Multi-Generational Poetry and Prose Reading

11:30-12:00 p.m.

Community Band Ensembles

3:30-4:00 p.m.



Friday, May 15
.....

RE-market

Open from 1:00-5:00 p.m. and 6:30-10:00 p.m.

Bloomington Convention Center

In between sessions, visit Bloomington's first annual RE-market featuring recycled, repurposed, one-of-a-kind items, antiques, hand-painted furniture, vintage wearables, jewelry and more. If you are a junk gypsy who loves shabby chic, this market is for you! Sprinkled among the mix will also be vendors who specialize in helping YOU re-invent your life.

Friday, May 15
.....

The Art of Active Living

10:00 a.m.-4:00 p.m.

Admission: \$10 at the door

No pre-registration

Bloomington Convention Center



Tim Carpenter is the founder of EngAGE and host/producer of the EXPERIENCE TALKS radio show. EngAGE provides a whole-person approach to creative and healthy aging for thousands of seniors by delivering college-level wellness, arts/creativity, lifelong learning, civic engagement and intergenerational programs on-site at dozens of affordable senior apartment communities in Southern California. An Ashoka Fellow and recent winner of the James Irvine Leadership Foundation award, Tim is a leading voice in the movement to enrich the lives of elders and their communities throughout the US.

Currently, Tim collaborates with Meta Housing, Los Angeles, to develop an innovative model for senior housing – “senior artists colonies.” Following the success of the flagship project in Burbank, Senior Artists Colonies are planned for Minneapolis, Portland, San Francisco and St. Louis. *Why not Bloomington?*



Photo: Robert Hanashiro, USA TODAY

Friday, May 15
.....

**Dancing Hearts ~
Vital Elders Moving
in Community**

10:00-12:00 p.m.

Free with entrance to symposium

Duke East, Bloomington Convention Center

Dancing Heart – Vital Elders Moving in Community
– A program for older adults, their caregivers, and intergenerational community members that invites imagination and collaboration through dance, music



and story theater. Physical, cognitive, emotional and social benefits for participants, including: less depression, better balance, maintenance of cognition and increase in activities. Maria Genne and her Kairos Alive! Colleagues have successfully adapted this program for frail elders, including those diagnosed with Parkinson's disease, dementia, and for people with profound developmental disabilities.

Dayna Thompson, NICHE Committee
812-353-9299
dthompson6@iuhealth.org
iuhealth.org



Friday, May 15
.....

**Embodied Writing:
Yoga and Creative Writing**

2:30-4:00 p.m.

Free with entrance to symposium

Duke West, Bloomington Convention Center

Simple Hatha Yoga techniques such as mindful breathing and movement, stretching, meditation, and visualization are ways in which all of us can access our creative instincts and intuition. Poets, dancers, musicians and other creative artisans for centuries have incorporated sacred practices to enhance their abilities to perceive and create. Workshop introduces participants to basic Hatha Yoga concepts and techniques and gives them an opportunity to experience for themselves how they can enhance body awareness, relaxation, concentration, health, and creative expression.

Michael McColly, Presenter
812-340-1283
crowhill@live.com



Aging RE-imagined SYMPOSIUM

DAY 2 *Continued*

Friday, May 15
.....

Reinventing Ourselves as Artists

2:00-3:00 p.m.

Duke West, Bloomington Convention Center



IU's Emeriti House will host a panel discussion and slide show featuring a few of the many retired IU faculty who have become late-blooming artists: George Malacinski (woodwork), John and Peggy Woodcock (photography), and Jerome Harste (watercolors). Panel-

ists will share their personal stories and discuss examples of their work. They also will reflect together on any philosophical, physical, social, or other questions they addressed while discovering new paths for themselves through their chosen media.

Gail Londergan, AAGB Steering Committee

londer@indiana.edu

bloomingtonarts.org

Friday, May 15
.....

A Conversation on Cross-generational Friendships in the Arts

with **Chuck Rainey and
Rod Taylor**

2:00-4:00 p.m.

Admission Fee: \$10

Duke West Monroe County
Convention Center

In 2011, Chuck had a stroke, which left him initially paralyzed on his left side, and through that trial, a powerful friendship grew as Chuck worked to overcome his paralysis and return to playing bass. Chuck is now back to teaching, recording, and performing internationally. In this session they share the benefits of cross-generational friendships and partnerships.



Friday, May 15
.....

The Beauty of Rust

3:00-4:00 p.m.

Free with entrance to symposium
Duke West

Bloomington Convention Center



Michal Ann Carley is a glass torch worker and artist blacksmith, but she also has been a Professor of Art and Art History, Director and Curator of University Art Museums, and freelance art critic for

numerous national arts publications. This session will focus on Carley's personal journey, and her work. Following a long battle with life-threatening medical challenges, her

work became a celebration of life, building the body, and embracing the beauty of rust. Much of what she creates is fabricated with repurposed steel using tools and machines that are a century old.

Gail Londergan, AAGB Steering Committee
londer@indiana.edu
bloomingtonarts.org

Friday, May 15

Rediscovering Music in Community Band Ensembles

3:30-4:00p.m.

Free with entrance to symposium
Bloomington Convention Center

The Bloomington Community Band (BCB) has long been a place where musicians can rediscover their musical talents. BCB members range from 18 to 90 in age, and come from all walks of life. This performance will feature the Hungry Five, a BCB spin-off ensemble, playing German oompah-type music.

Gail Londergan, AAGB Steering Committee
londer@indiana.edu
bloomingtonarts.org



Friday, May 15

Time Travels: Soaring in the Second Act

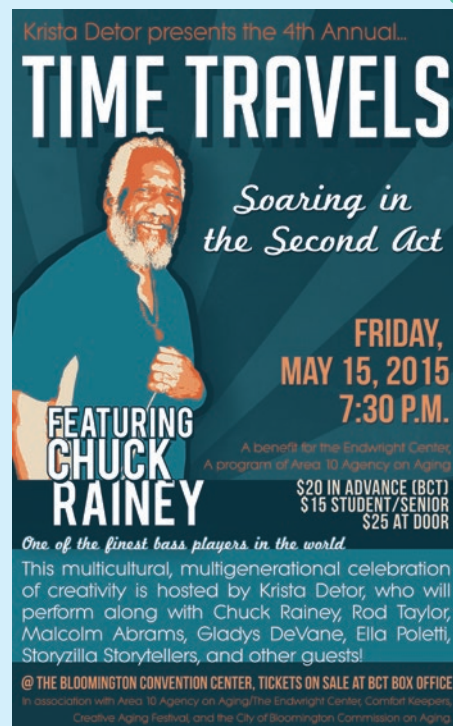
7:30 p.m.

Admission Fee: Advance (BCT box office):
\$20, \$15/senior/student, \$25/door for everyone
Bloomington Convention Center

This multicultural, multigenerational show is in its 4th year. It is the flagship performance event of the Creative Aging Festival which spans the entire month of May (Older Americans Month). Past Time Travels shows have grown in popularity to sell-out capacity. *Time Travels: Soaring in the Second Act* (2015) will be the exciting finale for the festival's first annual symposium and repurpose market, *Aging Re-Imagined*.

Krista Detor hosts this celebration of creativity and will perform along with special guests, Chuck Rainey (one of the finest bass players in the world), Rod Taylor, Malcolm Abrams, Gladys DeVane, Ella Poletti, the Storyzilla Storytellers, and more! Time Travels is an annual benefit for Area 10 Agency on Aging's Endwright Center.

Rebecca Ball, Director, Endwright Center
812-876-3383, ext. 582
rball@area10agency.org
www.area10agency.org



Saturday, May 16
.....

Intergenerational Open House

9:30a.m.-11:30a.m.

IU Campus Children's Center
2613 E. 10th

Please join us for our 3rd inter-generational open house where local seniors will be hosting hands-on art and craft booths for all generations to enjoy. At the booths, you can revisit what you enjoyed as a young child or you can experience what today's young children love. Many of the booths will be hosted by our senior volunteers who help in the classrooms. Both the children and senior volunteers gain so much through meaningful interactions. We'd like you to get a taste of this wonderful relationship at our open house.

Michiru Oleson
812-855-0789
mioleson@indiana.edu



Saturday, May 16
.....

Ripe With Age

1:00-4:00 p.m.

Admission Fee: \$40
The Poplar Grove School
4638 E. SR 45 (10th St.)

One of our most popular offerings in collaboration with the Creative Aging Festival, this workshop is geared toward women

who wish to use writing as a tool for creative aging, saging, and ripening with the possibilities that



coming into our own offers us. We will use poetry, myth, visual, and written prompts in a rich and enlivening community experience for writers of all abilities.

Rebekah Spivey, Facilitator
812-327-7235
rebekahsivey@gmail.com
www.wfacfb.org/Adult_Programs.html

Saturday, May 16
.....

Celebrate! Five Years of Song

3:00 p.m.

Free Admission

***Please bring canned goods to donate to
Hoosier Hills Food Bank**

St. Mark's United Methodist Church
100 N IN 46

The Bloomington Peace Choir invites the community to join in the celebration of their fifth year of singing together. The choir will

Saturday, May 16
.....

Tai Chi for Balance

1:00-2:30 p.m.

Free Admission
Northwest YMCA
1375 N. Wellness Way
Group Exercise Rooms A and B



Basic Tai Chi sequences of movement practiced for physical and emotional balance, leg strengthening and enhanced breath and energy flow. A great introduction to this mind/body practice.

Gayle Ebel, Adult Wellness Director
812-961-2171
gebel@monroecountyyymca.org
monroecountyyymca.org



be singing a variety of music and as always, will invite the audience to join in the fun of singing.

Barb Qualls, 812-327-5124
bbq@bluemarble.net



Tuesday, May 19

Chair Yoga

2:00-3:00 p.m.
Free Admission
Southeast YMCA, Yoga Studio
2125 S. Highland Ave.

This is an opportunity to experience the full benefits of yoga while seated in a chair. Focus of the practice is on intentional breath, slow, controlled movements that invite openness, and creating a sense of calm.

Gayle Ebel, Adult Wellness Director
812-961-2171
gebel@monroecountyyymca.org
monroecountyyymca.org



Wednesday, May 20

Adapting the Garden & the Gardener

10:30 a.m.-11:30 a.m.
11:30 a.m.-1:00 p.m. Potluck lunch
1:00-2:00 pm (optional garden visit)
Free Admission
Endwright Center
631 W. Edgewood Dr., Ellettsville

Although gardening may still be your fondest activity, as we advance in age, the tasks can become increasingly challenging. Garden maintenance (pulling weeds, toting dirt/mulch in a wheelbarrow, using a spade/shovel) can become daunting chores.

For most lifelong gardeners, the thought of giving up this hobby is simply unthinkable. Laura Kray will lead a presentation about alternative gardening, and give a brief tour of the Area 10 vegetable beds. Afterwards, we will enjoy the People's Potluck at the Endwright Center, then those interested may carpool to a near-westside (Bloomington) residence to view the adaptations made to better suit elder gardening abilities. Learn creative ways to continue to participate in the rewarding and enlivening art of gardening!

Rebecca Ball, Director, Endwright Center
812-876-3383, ext. 582
rball@area10agency.org
www.area10agency.org
or Laura Kray, Nutrition Program Manager
812-876-3383, ext. 553
lkray@area10agency.org
www.area10agency.org





Thursday, May 21 **Aging: A Most Precious Gift**

11:30-1:00 p.m.
Free Admission
Bell Trace
800 N Bell Trace Circle

Blue Butterfly Woman is a storyteller who repurposed her life after her transformative encounter with the Indian guide, Joseph Many Horses Davis, of the Peoples Tribe in Chicago whose teacher was a Ute Elder. It gave her the courage to change the course of her life and the opportunity to change her name. She has used storytelling as a way to nurture and heal herself and others. Through story and song, she will share with us her love of life, her view of aging as an equalizer, and how she is learning to age without fear.

Mela Hatchett, Active Aging Coalition
Steering Committee Member
812-276-3655
activeagingcoalition@gmail.com
www.activeagingcoalition.org



Friday, May 22 **B-Fit and Music**

10:00 a.m.-12:00 p.m.
Free Admission
Sterling House
3802 South Sare Road 47401

Start off the morning with a little exercise!! Then, enjoy the wonderful musical entertainment of Matt DeMars. Refreshments will be provided. Come have fun!!

Erica Nicholson
Resident Programs Coordinator
812-330-0885
enicholson@brookdale.com
brookdaleliving.com

Friday, May 22 **Water Yoga Workshop**

10:30-11:30 a.m.
Free Admission
Owen County YMCA
1111 W St Hwy 46, Spencer

For those looking for gentle exercise, easy on the joints, water yoga offers a range of benefits, including improved strength, range of motion, flexibility and relaxation. With the support and gentle resistance of the water, we will explore a variety of movements to benefit mind, body and spirit,

along with breathing exercises to invite calm. The hope is to leave you feeling restored and inspired, with new resources for gentle movement to continue on your own. Certified yoga instructor, Lee-Ann Assalone, will lead this one hour relaxing yoga session at the Owen County YMCA. Participants sign in at front desk; lockers available (bring lock). FREE! Sponsored by Area 10 Agency on Aging.

Rebecca Ball, Director, Endwright Center
812-876-3383, ext. 582
rball@area10agency.org
www.area10agency.org



Saturday, May 23

Country Line Dancing

1:00-2:00 p.m.
Free Admission
Southeast YMCA, 2125 S. Highland Ave.
Fitness Room 1

A basic beginner line dance class will demonstrate correct footwork and techniques in a fun, entertaining format. Low impact, great music, easy dances taught. Please wear comfortable clothing and smooth soled (not tennis shoes), if possible.

Gayle Ebel, Adult Wellness Director
812-961-2171
gebel@monroecountyymca.org
monroecountyymca.org



Wednesday, May 27

Stardusters Little BIG Band



6:00-9:00 p.m.
Admission Fee: \$7
Player's Pub 4, 424 S. Walnut St.

Stardusters Little BIG Band is an all age's organization, ranging in age from 18-78 and everything in between. The band will be playing the wonderful swing music of the big band era, as well as some of the more recent big band sounds. Performing at Player's Pub for more than ten years, The Stardusters will be making the May performance special in keeping with the Creative Aging Festival.

Jerry Jerome
812-935-7441
jerry@stardustersmusic.com
www.stardustersmusic.com





About the Commission on Aging

The City of Bloomington Commission on Aging serves as a catalyst for improving public awareness of issues facing the aging community. We work in collaboration with diverse community members and organizations to build bridges, open dialogue, celebrate accomplishments, encourage programming and explore issues and concerns of older adults. Our intent is to promote solutions to the challenges of an increasing older adult population and celebrate the contributions of our older citizens.

The demographic landscape of the United States—and the world—is shifting dramatically. By 2060, the number of people 65 and older in the U.S. will have more than doubled, from 43.1 million to 92 million. This “age wave” is the beginning of the new normal: more than a quarter of children born today will reach their 100th birthday. How we plan for and embrace this reality is a primary focus of the Commission on Aging. You may not consider yourself as an elder but you will one day, and your children will also be an elder one day. Leave a legacy and help us make Bloomington and the surrounding communities an exceptional place to grow, to live and to be old. Donations are accepted anytime of the year.

Please make checks payable to:

**City of Bloomington
Commission on Aging**

Mail to:

Community and Family Resource Department
Showers City Hall, 401 N. Morton Street
Bloomington IN 47402

2015 Creative Aging Festival Guide

A special thanks to our volunteers and planning committee members;

- Julie Hill, Alice Oestreich, Sue Owens, Merridee LaMantia,
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- Jeanne May, Jennifer Russ and Susan Snider Salmon

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