



**May 2013**  
BLOOMINGTON, IN



# *Creative Aging* **FESTIVAL**

*Celebrating Older Americans Month*

**Senior Expo**



**Places with a Purpose**



**Stroll for Well-Being**



**Cross Train Your Brain**



**Time Travels**

# 2013 Creative Aging Festival Guide

All events are wheelchair accessible

## About Creative Aging

“Creativity in later life has been greatly unrecognized—both its potential & 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.”

~ Gene Cohen

The “graying” of America—being heralded by many as the second American Revolution—promises dramatic changes in the field of aging. Arguably, one of the most profound changes is a new way of seeing older adults: moving from a “deficit” approach that stresses losses to an “asset” approach that stresses strengths, potential and achievements.

~ [www.creativeaging.org](http://www.creativeaging.org)

In order to advance this new understanding of aging and the beneficial link between creativity, culture and aging, the City of Bloomington Commission on Aging coordinates an annual Creative Aging Festival. The festival is a series of community events held during the month of May to celebrate Older Americans Month. Festival objectives are to:

- Showcase the talents and skills of both established and first-time older artists and performers.
- Promote intergenerational understanding through dialogue, sharing traditions and storytelling.
- Enhance awareness about the value of creative engagement to adult health and well being.

Pragmatically, creative aging is living a life of self discovery. It is a journey of lifelong learning, creative expression and community engagement in the pursuit of well-being.



**A special thanks to our partners, sponsors and contributors!**



### Partners

Bell Trace Senior Living Community  
City of Bloomington Community & Family Resources Department  
Comfort Keepers  
Home Instead Senior Care, Klipsch Senior Care, LLC  
Indiana University Center on Aging and Community  
WTIU



### Sponsors

Area 10 Agency on Aging  
Gene Arnholt, Attorney-At-Law  
Brute Squad, LLC  
Ivy Tech Community College - Bloomington  
Mental Health America of Monroe County, Inc.  
Neurology Specialists, PC  
William and Georgia Schaich

### Contributors

Julie & Ted Hill  
Melissa and Richard Hullinger  
Maria and Lee McKinley, MD  
Alice and Skip Oestreich

## Various Times

### Making Memories

Traveling art show!  
At various events  
Free Admission

Comfort Keepers, Autumn Hills and Better Day Club have partnered to showcase the talents and skills of local seniors by creating artwork together. The artwork was created over several months to promote the value of creative engagement and intergenerational understanding through art. Comfort Keepers, Autumn Hills and Better Day Club are committed to assisting seniors and older adults to maintain their levels of creativity whether they are first-time or well-practiced artists. Join us in May as their work is showcased at various events and locations throughout the festival.

Stacey Goffinet, Marketing Director  
812-322-4529

Staceyg@Comfortkeepers.com

www.comfortkeepers.com

JEASeniorliving.com

www.betterdaycounseling.com

## May 1- May 31

Images from the book,

### “Visual Lingua Franca: Photography by Paul Lightfoot”

Library hours:

Thursday 9a.m.-9p.m., Friday 9a.m.-6p.m.,

Saturday 9a.m.-5p.m., Sunday 1-5p.m.

Free Admission

Monroe County Public Library  
303 E. Kirkwood Ave.



My work consists of meticulously composed, close-focus abstract images in which brilliant color vies with form and content for the viewer's attention.

Julia Rademacher

I.U. Speech and Hearing Services

812-856-4727 or julwood@indiana.edu

## Wednesday, May 1

### Senior Expo

10a.m.-2p.m.

Free Admission

Twin Lakes Recreation Center

1700 W. Bloomfield Rd.

Kick off the Creative Aging Festival at the annual Senior Expo, a Bloomington tradition for 39 years! The Senior Expo focuses on today's active adult while providing plenty of information, resources and entertainment for ages 65+. The Senior Expo includes a huge exhibit hall with nearly 70 vendors with products and services just for seniors, their caregivers and families. Live entertainment and demonstrations are an integral part of the Senior Expo, and highlight activity choices offered by the Bloomington Parks and Recreation Department and other Bloomington-area businesses and organizations. A free health fair features a wealth of health screenings and healthy living information from a variety of health care providers.

Bill Ream, Program Coordinator

Bloomington Parks & Recreation

812-349-3748

reamw@bloomington.in.gov

bloomington.in.gov/srexpo





**Friday, May 3**  
 .....  
**Indiana University's  
 Emeriti House and  
 Retirees Association  
 Annual Art Exhibit**

5:30-7:30p.m.  
 Free Admission  
 Emeriti House, 1015 E. Atwater Ave.

Opening reception for the Annual Art Exhibit  
 Jerry Chertkoff, Chair, Art Exhibit Organizing Committee  
 812-339-9519  
 chertkof@indiana.edu  
 www.indiana.edu/~emeriti  
 www.indiana.edu/~iura

**Mondays ~ May 6, 13, & 20**  
 .....  
**Living with Alzheimer's Series:  
 Middle Stage**

5:30- 7:30p.m. each night  
 Free Admission  
 St. Marks United Methodist Church  
 100 State Road 46

The three-part middle-stage program will teach the symptoms & care needs associated with the middle-stage of Alzheimer's. You will find out how to maximize safety, prepare for emergencies, and access respite care. You will also learn effective ways to provide personal care and manage challenging behaviors.

Kristi McCann  
 Community Services Liaison  
 812-322-4930  
 kristi.mccann@alz.org  
 www.alz.org



**Tuesday, May 7**  
 .....  
**Dance For Parkinsons  
 Bloomington**

11:30a.m.-12:30p.m.  
 Admission Fee: \$5 suggested donation  
 Windfall Studio, 1101 N. Dunn St.

This event is designed for those with Parkinsons, but open to all participants of the Creative Aging Festival. Come share fun, easy exercises, moving to music, community and creation. Free parking and wheelchair access are available. Class includes seats, standing and movement; come as you are, leave a little brighter and inspired!

Roberta Wong, IU Adjunct Lecturer, teacher  
 Dance For Parkinsons Bloomington  
 812-855-9509 x 3  
 rwong@indiana.edu

**Wednesday, May 8**  
 .....  
**Places with a Purpose:  
 Creative Place-making  
 for Lifetime  
 Communities**

8:30a.m.-4:00p.m.  
 Admission Fee: if having lunch, \$10 (taken at site)  
 Ivy Tech Community College  
 200 Daniels Way

Come for one speaker or stay the day for a series of talks by noted specialists in the design of environments for all ages and abilities. Keynote will be by Jan Hively, winner of the Civic Ventures Purpose Prize. Talks will be by noted architects Zach Bene-



dict and Scott Ball, and Kim Irwin, Director of Health by Design will discuss the environmental determinants of health. Pre-register at 812-855-2150, or lwagers@indiana.edu.

Phil Stafford, Director  
Center on Aging and Community  
812-855-2163  
staffor@indiana.edu

## Friday, May 10

### Creative Storytelling

2:00-3:00p.m.  
Free Admission  
Room 1C, Monroe County Public Library  
303 E. Kirkwood Ave.

The current Creative Storytelling Circle that is held in the community for those with moderate to advanced dementia will present an open house. We will talk about the process of the group, the benefits for those with cognitive impairment and memory loss, and then we will have a 30-minute “mini-session.” During the mini-session those of all ages and abilities are invited to join us in creating their own story. Stories that have been previously created by those in the monthly group will be displayed.

Dayna Thompson, Alzheimer’s Educator  
812-353-9299  
DThompson6@iuhealth.org

## Saturday, May 11

### The Second Annual Old-House Expo and Architectural Cake Contest

11:00a.m.  
Free Admission  
Bloomington City Hall Atrium  
Showers Building, 401 N. Morton St.

The Old-House Expo exists to raise awareness of historic preservation and put owners of old houses in contact with qualified tradespersons and professionals. Exhibitors will include professionals and tradespersons with significant expertise in working on houses that are at least 50 years old. Cake bakers are invited to submit their best rendition of a historic property for display at the event. For contest rules and more, see [cakecontest.wordpress.com](http://cakecontest.wordpress.com).

Nancy Hiestand, Preservation Officer  
Monroe County Historic Preservation Commission  
812-349-3400  
hiestann@bloomington.in.gov



## Saturday, May 11

### Therapeutic Benefits of Pets and Elders

10:00a.m.-Noon  
Free Admission  
Redbud Hills, 3211 E. Moores Pike

Collaborate with the Monroe County Humane Association and pet therapy partners to dialogue and demonstrate during this multi-generational event how pets bring people together, improve physical and



mental well being as well as learn about available community resources. We will have certified therapy dogs on site and potentially a family from the Meals on Wheels program who is participating in the pet food assistance program.

Kelli Shannon, Community Liaison  
 Elder Care Connections, Inc.  
 812-361-1854  
 eldercc.kelli@gmail.com  
 www.eldercc.net

## Saturday, May 11

### A View of Aging with SoulCollage®

1:00-4:30p.m.

Admission Fee: \$10 all supplies furnished  
 Roger Williams Room, First United Church  
 2420 E. 3rd St.

Join us for a magical afternoon of creativity and self discovery using SoulCollage®, an intuitive art process using images cut from magazines, photos or, your own art. We make a 5" x 8" card reflecting our personal view on being an elder. Supplies are furnished but participants may bring their own images/magazines. Limited to 15.

Sharon Jungclaus Gould, Facilitator;  
 Georgia Schaich, Assistant  
 Art and Spirit Studio  
 812-343-5285  
 slj41@earthlink.net  
 www.artandspiritstudio.com



## Saturday, May 11

### Stroll for Well-Being

2:00–5:30p.m.

Admission fee: free or donation of your choice to the TMBCC  
 Tibetan Mongolian  
 Buddhist Cultural Center  
 3655 S. Snoddy Rd., Bloomington, IN



The Stroll for Well-Being workshop will present a reflective walking meditation in nature. Research demonstrates that this activity reduces stress, increases resilience and provides an opportunity for life reflection. Participants will learn about the “stroll,” take a reflective walk with their own journals and participate in a general discussion about the experience. Led by Dr. Ruth McCaffrey from Atlantic Florida University, who has

spent the last three years developing an evidence-based program using reflection during garden walking to increase life satisfaction and reduce depression.

Sophia Hauserman, Event Sponsor  
 sofyaus@sbcglobal.net  
 www.tibetancc.com

**Sunday, May 12**  
.....

**European Brunch  
at Oliver Winery  
Celebrating Moms!**

1:00-3:00p.m.

Admission Fee: \$55

Oliver Winery, 8024 Indiana 37



Indulge in the culinary and musical excellence of Europe and bring Mom! This celebration includes a full meal, live classical music, culinary demonstrations, Oliver Winery wines, and flowers for Mom. Classical chamber music complements the decadent menu and invigorates your senses!

Bev Johnson, Recreation Program Manager

812-349-3773

[johnsobe@bloomington.in.gov](mailto:johnsobe@bloomington.in.gov)

[sudioforza.org/bloomington.in.gov/parks](http://sudioforza.org/bloomington.in.gov/parks)



**Tuesday, May 14**  
.....

**Cross Train  
Your Brain**

11:30a.m.-1:30p.m.

Free Admission

Fountain Square Ballroom

101 W. Kirkwood Ave.



Dr. Kevin O'Neil will present a program titled "Cross Train Your Brain," which aims to teach the audience how to enhance brain health and delay dementia. He will discuss the importance of physical, emotional and cognitive health. Lunch will be served, so please contact Dayna Thompson at 812-353-9299 to let us know if you plan to attend.

IU Health Bloomington Hospital

[DThompson6@iuhealth.org](mailto:DThompson6@iuhealth.org)

[www.iuhealth.or](http://www.iuhealth.or)

[www.brookdaleliving.com](http://www.brookdaleliving.com)

**Wednesday, May 15**  
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**Campus Writing Walk**

10:00a.m.-12:00p.m.

Free Admission

Meet at the Sample Gates, Indiana Ave. and Kirkwood Ave.

Join the Writing for a Change Foundation for a leisurely stroll through the beautiful campus of Indiana University.

We will enjoy the gardens, woods and landscaping of spring on campus and reflect on it. We will read po-



etry and write while seated in selected quiet spots. All ages and abilities are welcome. Bring a journal and something with which to write. We will walk in the rain or sunshine.

Amy Cornell, Outreach

Writing for a Change Foundation

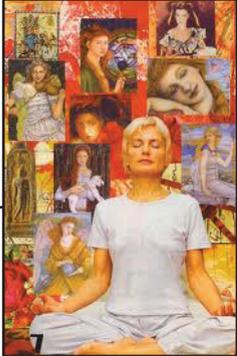
812-360-9055

[amy@womenwritingbloomington.org](mailto:amy@womenwritingbloomington.org)

[wfacfb.org](http://wfacfb.org)

# MAY 2013



<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>
	<p><i>All month</i> <b>MAKING MEMORIES</b> Traveling art show at various events</p>	<p><i>All month</i> <b>VISUAL LINGUA FRANCA</b> Photography by Paul Lightfoot Monroe Co Public Library Gallery</p>
<p><b>5</b></p> <p>5:30 – 7:30 pm <b>CARING FOR MIDDLE STAGES OF ALZHEIMER'S</b> St. Mark's United Methodist Church</p>	<p><b>6</b></p> <p>11:30 am – 12:30 pm <b>DANCE FOR PARKINSON'S</b> Windfall Dance Studio</p> <p>4:30 – 6 pm <b>COMMISSION ON AGING</b> Public meeting Showers Bldg. Rm. #245</p>	<p><b>7</b></p>
<p>1 – 3 pm <b>EUROPEAN BRUNCH CELEBRATING MOMS</b> Oliver Winery</p> <p><b>12</b></p> <p><b>MOTHER'S DAY</b></p>	<p>5:30 – 7:30 pm <b>CARING FOR MIDDLE STAGES OF ALZHEIMER'S</b> St. Mark's United Methodist Church</p> <p><b>13</b></p>	<p>10 am – 12 pm <b>CAMPUS WRITING WALK</b> Meet at the Sample Gates</p> <p>11:30 am – 1:30 pm <b>CROSS TRAINING YOUR BRAIN TO DELAY DEMENTIA</b> Fountain Square Ballroom</p> <p><b>14</b></p>
<p>11 am – 1 pm <b>A TOAST TO SPRING BRUNCH</b> T.C. Steele Historic Site</p> <p><b>19</b></p>	<p>10:30 – 11:30 am <b>NIGHTINGALES CONCERT</b>, Endwright Center</p> <p>5:30 – 7:30 pm <b>CARING FOR MIDDLE STAGES OF ALZHEIMER'S</b> St. Mark's United Methodist Church</p> <p><b>20</b></p>	 <p><b>21</b></p>
<p>9 am – 5 pm <b>HALL OF HONOR EXHIBIT</b> Meadowood Retirement Center</p> <p><b>26</b></p>	<p>9 am – 5 pm <b>HALL OF HONOR EXHIBIT</b> Meadowood Retirement Center</p> <p><b>27</b></p>	<p>9 am – 5 pm <b>HALL OF HONOR EXHIBIT</b> Meadowood Retirement Center</p> <p>3 pm <b>INTERGENERATIONAL SCREEN PRINTING EVENT</b> Rhino's All-Ages Club</p> <p><b>28</b></p>

<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<p>10 am – 2 pm <b>SENIOR EXPO</b> Twin Lakes Recreational Center</p> <p style="text-align: right;"><b>1</b></p>	 <p style="text-align: right;"><b>2</b></p>	<p>5:30 – 7:30 pm IU Retirees Association <b>ART EXHIBIT</b> IU Emeriti House</p> <p style="text-align: right;"><b>3</b></p>	 <p style="text-align: right;"><b>4</b></p>
<p>8:30 am – 4 pm <b>PLACES WITH A PURPOSE:</b> Creative Place-making for Lifetime Communities Ivy Tech Community College</p> <p style="text-align: right;"><b>8</b></p>	<p>10:30 am – 12 pm <b>A GATHERING PLACE</b> Fairview United Methodist Church</p> <p style="text-align: right;"><b>9</b></p>	<p>2 – 3 pm <b>CREATIVE STORYTELLING</b> Monroe Co. Public Library</p> <p style="text-align: right;"><b>10</b></p>	<p>11 am <b>OLD HOUSE EXPO...</b></p> <p>10 am – Noon <b>THERAPY PETS &amp; ELDER</b></p> <p>1 – 4:30 pm <b>A VIEW OF AGING...</b></p> <p>2 – 5:30 pm <b>GARDEN WALKING...</b></p> <p style="text-align: right;"><b>11</b></p>
<p>11:30 am – 12:30 pm <b>PEOPLE'S POTLUCK</b> Endwright Center</p> <p>1 – 2 pm <b>GARDENING FOR BUTTERFLIES</b> Endwright Center</p> <p style="text-align: right;"><b>15</b></p>	<p>11:30 am – 1:00 pm <b>LAUGHTER YOGA</b> (AAC meeting) Bell Trace</p> <p>7 pm <b>GOTTA DANCE</b> film Monroe Co. Public Library Auditorium</p> <p style="text-align: right;"><b>16</b></p>	<p>9:30 – 11:30 am <b>CARING FOR THE CAREGIVER</b> Panache Dance Studio</p> <p>7:30 – 10 pm <b>TIME TRAVELS</b> John Waldron Arts Center</p> <p style="text-align: right;"><b>17</b></p>	<p>7 am – 4 pm <b>FESTIVAL OF FLOWERS PAINT OUT</b></p> <p>10 am <b>TAI CHI DEMONSTRATION</b></p> <p>1:30 – 3:00 pm <b>POWER OF PATTERN</b></p> <p>2 – 7 pm <b>RAINBOW ELDER</b> OPEN MIC</p> <p style="text-align: right;"><b>18</b></p>
<p>2 – 4 pm <b>GENERATIONS GARDENING TOGETHER</b> Monroe Co. Public Library</p> <p>5:45 – 6:45 pm <b>OPEN HOUSE</b> Campus Children's Center</p> <p style="text-align: right;"><b>22</b></p>	 <p style="text-align: right;"><b>23</b></p>	<p>9 am – 5 pm <b>HALL OF HONOR EXHIBIT</b> Meadowood Retirement Center</p> <p style="text-align: right;"><b>24</b></p>	<p>9 am – 5 pm <b>HALL OF HONOR EXHIBIT</b></p> <p>10 am – NOON <b>END OF LIFE CONVERSATIONS</b></p> <p>1 pm <b>DANCE THROUGH LIFE WORKSHOP</b></p> <p style="text-align: right;"><b>25</b></p>
<p>5 – 6 pm <b>ART BY BIKE</b> Meet at City Hall Plaza</p> <p style="text-align: right;"><b>29</b></p>	 <p style="text-align: right;"><b>30</b></p> <p><i>Nell Weatherwax</i></p>	<p>7 pm <b>EARLY DRAFTS PERFORMANCE</b> Windfall Dance Studio</p> <p style="text-align: right;"><b>31</b></p>	



**Wednesday, May 15**  
 .....

**People's Potluck**

11:30a.m.-12:30p.m.  
 Free Admission  
 The Endwright Center  
 631 W. Edgewood Dr., Ellettsville, IN

Please plan to join us for good food and conversation! Bring something for the feast if you can, but no matter, just come to join us! All are welcome for this fun social time (with no agenda!).

Jaime Sweany, Caring Companions  
 Coordinator  
 812-876-3383, ext 580  
[jsweany@area10agency.org](mailto:jsweany@area10agency.org)  
[www.area10agency.org](http://www.area10agency.org)

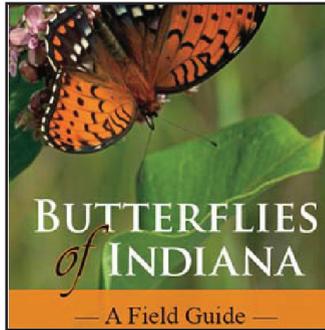
**Wednesday, May 15**  
 .....

**Gardening for Butterflies**

1:00-2:00p.m.  
 Free Admission  
 Area 10 Agency on Aging  
 631 W. Edgewood Dr., Ellettsville



Naturalist Sandy Belth, (Monroe Co. Parks & Rec) and author Jeff Belth (*Butterflies of Indiana: A Field Guide*) will give a presentation about making our yards more inviting to butterflies.



These gardens have positive benefits as we age. Reduce stress, increase calm and relaxation, and foster a sense of accomplishment as we enjoy the calming benefits of nature's color and beauty.



Jaime Sweany, Caring Companions  
 Coordinator  
 812-876-3383, ext 580  
[jsweany@area10agency.org](mailto:jsweany@area10agency.org)  
[www.area10agency.org](http://www.area10agency.org)

**Thursday, May 16**  
 .....

**Gotta Dance**

7:00p.m.  
 Free Admission  
 Monroe County Library Auditorium  
 303 E. Kirkwood Ave.

"GOTTA DANCE"—a fun, heart-warming documentary of the New Jersey Nets' first-ever SENIOR hip hop dance team. As smooth dance moves are perfected and performed in front of thousands, aging myths and misperceptions are blown away! This movie is free, open to the public, and sponsored by The Ryder Film Series!

Melissa McReynolds, volunteer  
 The Ryder Film Series, 402-770-0265  
[galfriday07@hotmail.com](mailto:galfriday07@hotmail.com) or [theyryder.com](http://theyryder.com)



**Friday, May 17**  
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## **Caring for the Caregiver**

9:30-11:30a.m.

Admission Fee: \$40

Panache Dance Studio, 325 E. Winslow Rd.

Wake up the vibrant, sexy and alive YOU with Global Dance Movement & Personal Life Coaching! This class is designed for individuals who find themselves in care-giving situations. Take a break from your care-giving and give yourself the gift of dance, FUN, and gain fresh insight into your life.

Nancy Kalina, Owner, Safe Space Life Coaching  
812-334-7868 or lifecoach@nancykalina.com

**Friday, May 17**  
.....

## **Time Travels: Bloomington's 2nd Annual Intergenerational Song and Story Extravaganza**

7:30p.m.

Admission Fee: \$20 day of show,  
\$15 student/senior/child,  
\$18 advance

Ivy Tech John Waldron Auditorium  
122 S. Walnut St.

Following the wonderful 2012 debut, the intergenerational collaboration continues. Come celebrate lifetime creativity with national, regional, & local performers of all ages! Hosted by Krista Detor, with special appearances by performing artist Nell Weatherwax and Carrie Newcomer.

Tickets on sale at Sunrise Box Office  
[www.facebook.com/](http://www.facebook.com/)

TIMETRAVELSMINIFEST  
Krista Detor, Tightrope, Inc.  
[kristadetor.com](http://kristadetor.com)



**Saturday, May 18**  
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## **Festival of Flowers PaintOut**

7:00a.m.-4:00p.m.

Contest registration: Adult: \$10 (\$9 for members); child: \$5 (\$4 for members), \$2 parking fee for general public.

T.C. Steele State Historic Site, 4220 T.C. Steele Rd., Nashville, IN

Pre-registered artists create artwork outdoors and visitors observe the process of creation. All work submitted for judging must be created the day of contest. Mention "Creative Aging Festival" and receive a member discount or free parking. Visit [www.tcsteele.org](http://www.tcsteele.org) for more information.

Megan Richards, Arts Program Developer  
T.C. Steele State Historic Site  
812-988-2785  
[mrichards@indianamuseum.org](mailto:mrichards@indianamuseum.org)  
[www.tcsteele.org](http://www.tcsteele.org)



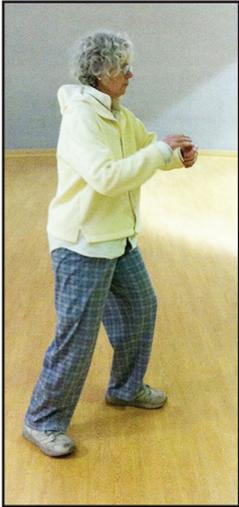
**Saturday, May 18**  
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## Tai Chi demonstration

10:00a.m.

Free Admission

Farmer's Market, Showers Plaza



The YMCA Tai Chi program and the IU T'ai Chi Ch'uan club will demonstrate the graceful empty hand and sword forms, as well as the interactive exercises that emphasize alignment, balance and concentration. Tai Chi is an excellent low-impact exercise that has been reported to help those with arthritis and other special needs.

Madeleine Gonin, Instructor  
812-320-2825  
mgonin@indiana.edu  
www.indiana.edu/~iutaichi

**Saturday, May 18**  
.....

## Rainbow Elders: Mic Night

2:00-7:00p.m.

Free Admission with donations to LGBT Aging and Caring Network  
Rachael's Café, 300 E. Third St.

We are planning an open mic. It is our hope to engage a variety of creative venues to include poetry, music, and other art forms.

Deandra Wallace, Event Chairperson  
LGBT Aging and Caring Network  
812-345-2274  
Cdwallace53@comcast.net

**Saturday, May 18**  
.....

## Power of Pattern: Simple Block Carving

1:30-3:00p.m.

Free Admission, registration is limited to the first 12 people; ages 12 and older only  
Mathers Museum of World Cultures  
416 N. Indiana Ave.



The Lotus Education & Arts Foundation and the Mathers Museum of World Cultures are hosting this free workshop in conjunction with Lotus' arts outreach project, the Power of Pattern. Carving materials will be provided for 12 attendees on a first-come, first-served basis. Register by emailing [museumed@indiana.edu](mailto:museumed@indiana.edu) or calling 812-855-0197. What we'll do: learn some basic techniques for designing and carving simple block/stamps.

Bring a design of your own (no larger than 4" x 5") or wait to create a design at the workshop. What you'll come away with: a stamp of your own, with ideas for making more and how you might develop symbol designs and combine them into patterns. For design inspiration, see our resources page at [www.lotusfest.org/pattern-power](http://www.lotusfest.org/pattern-power).

Lorraine Martin, Outreach Director  
Lotus Education & Arts Foundation  
812-336-6599 or [loraine@lotusfest.org](mailto:loraine@lotusfest.org)  
[lotusfest.org](http://lotusfest.org)



**Sunday, May 19**  
.....

## **A Toast to Spring**

11:00a.m.-1:00p.m.

Admission Fee: \$50 per person

T.C. Steele State Historic Site

A Champagne Brunch welcoming spring will be held in Selma Steele's beautiful Formal Gardens. This 'kick-off' fundraising event and silent auction supports aesthetic and accessibility garden improvements and features fine flavors, favors and music in a beautiful setting. Presentation on Selma Steele's gardening ideas and ideals. Tour of historic home and studio included.

Davie Kean, Maintenance Supervisor

812-988-2785

dkean@indianamuseum.org

tcsteele.org

**Monday, May 20**  
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## **Nightingales singing group rehearsal**

10:30a.m.

Free Admission

The Endwright Center

631 W. Edgewood Dr., Ellettsville

The Nightingales singing group practice at The Endwright Center every Monday from 10:30-11:30a.m. These rehearsals are in preparation for their performances at nurs-



ing homes, assisted living facilities, churches and various organizations throughout different months of the year. This group is made up of men and women volunteers who enjoy singing for other people.

Sharol Laczkowski, Director

The Endwright Center

Area 10 Agency on Aging

812-876-3383 ext.515

slaczkowski@area10agency.org

www.area10agency.org

**Tuesday, May 22**  
.....

## **Generations Gardening Together**

3:00-4:30p.m.

(Rain date: May 23, 3:00-4:30p.m.)

Free Admission

Ages 4 through 12 participants may drop in

Grant Street Children's Courtyard Garden,

Monroe County Public Library

303 E. Kirkwood Ave.

Celebrate and plant with us! This year we are combining wisdom and experience with youthful enthusiasm, energy and excitement! The MCPL Children's Department is teaming up with the Creative Aging Festival to produce a beautiful and meaningful garden. Community Senior Citizens will be joining in this annual event! Join us to plant flowers, vegetables and herbs, make a few seed bombs and enjoy lemonade and cookies. Seniors wanting to assist in the program, please call Annie Segraves at 812-349-3084.

Annie Segraves,

Homebound Service Coordinator

Monroe Co. Public Library

812-349-3084

segraves@mcpl.info

www.mcpl.info



## Wednesday, May 22

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### After School Open House

5:45-6:45p.m.  
Free Admission  
Indiana University Campus  
Children's Center, 2613 E. 10th St.

Community elders are invited to the IU Campus Children's Center for an After School Open House. Come with your grandchild or friends to our center to enjoy the display of children's art work. You can also work on your own art using the materials the children use and build with big blocks. How is it the same or different from when you were a young child?

Michiru Oleson, Teacher  
812-855-0789  
mioleson@indiana.edu  
www.indiana.edu/~ccc

## May 24-28

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### Hall of Honor

9:00a.m-5:00p.m. daily  
Free Admission  
Meadowood Retirement Community  
2455 Tamarack Trail

Meadowood's Hall of Honor is a long-standing joint project between the residents of Meadowood and the Binford-Rogers 8th grade class. Veteran Meadowood Residents go to the school to talk about their experiences during war time. The students, with help from the residents, put together an exhibit of sketches, writings, and paintings based on what they've learned. These are incorporated into a large display of uniforms, medals, photographs and other wartime memorabilia from Meadowood Residents. It is displayed throughout the

hallways in the main administration building of the Meadowood campus for a week surrounding the Memorial Day holiday.

Bill Bennett, Marketing Director  
812-336-7060  
bbennett@5sqc.com  
www.meadowoodretirement.com

## Saturday, May 25

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### End of Life Conversations

10:00a.m.-noon  
Free Admission  
Fellowship Hall, Unitarian Universalist Church, 2120 N. Fee Lane

Why do you think such a disparity exists between the way people say they want to die and the reality of how most people actually die? This is the question that the creators of the documentary "Consider the Conversation" had in mind when they set out to present a video that would inspire and encourage people to talk to their family, friends and medical professionals about their visions of the end-of-life. We do not have to view end-of-life as a failed medical event. Rather we could see it as a normal process, rich in opportunity and possibility for human development. Join us to watch the documentary, "Consider the Conversation." Discuss your response to the documentary and find out how we can assure that our end-of-life wishes are honored.

Barbara Backler, Chair of  
Elder Focus Task Force  
812-340-0354  
bbackler@indiana.edu  
uubloomington.org





## Saturday, May 25

### Dance through Life Workshop

1:00p.m.

Admission Fee: \$5; \$10 per family  
Windfall Dance Studio, 1101 N. Dunn St.

Join members of the Windfall Dance Company as we explore the joy of movement across generations and abilities! Movement developed at this workshop may be presented as part of the Early Drafts event May 31 for participants wishing to do so. This is an all ages/all abilities event.

Kay Olges  
President, BOD  
812-334-0506  
school@windfalldancers.org  
www.windfalldancers.org

## Wednesday, May 29

### Art by Bike

5:00-6:00p.m.

Free Admission  
Meet at City Hall Plaza  
401 N. Morton St.

Take a fun and leisurely tour of Bloomington's thriving arts scene. Along the way, experience why Bloomington is recognized by the League of American Bicyclists as a 'Bicycle Friendly Community.' The evening will be led by both the City's Assistant Director for the Arts and its Bicycle and Pedestrian Coordinator.

Miah Michaelson, Assistant Director for the Arts, City of Bloomington Department of Economic and Sustainable Development, 812-349-3418  
michaelm@bloomington.in.gov  
www.bloomington.in.gov/bike



## Tuesday, May 28

### Intergenerational Screen Printing Program

3:00p.m.

Free Admission, \$5 for Shirt with Creative Aging Festival logo  
Rhino's Youth Center, 325 1/2 S. Walnut St.

People of all ages are invited to Rhino's Youth Center to try their hand at screen printing. No experience is required to par-

ticipate; we hope seasoned and fledgling artists alike can join us. All materials will be provided. Screens will be designed with the Creative Aging Festival's logo for those who

would like to purchase a souvenir to commemorate this year's festival!

Brad Wilhelm, Director  
Rhino's Youth Center  
812-333-3430  
rhinosdirector@ameritech.net  
www.rhinosyouthcenter.org



Photo: Dennis Deloria

**Friday, May 31**

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**Early Drafts**

7:00p.m.

Admission Fee: donation  
Windfall Dance Studio,  
1101 N. Dunn St.

Area artists are encouraged to participate in another popular Early Drafts performance! All submissions must adhere to the themes of the Creative Aging Festival. If desired, feedback will be available from audience members to the participating artists. This is an all ages event!

Neil Parsons,  
Event Coordinator  
Windfall Dancers, Inc.  
812-334-0506  
school@windfalldancers.org  
www.windfalldancers.org

## Commission on Aging Mission Statement

The Commission serves as a catalyst for improved public awareness of the senior and aging community and works in collaboration with diverse community members and organizations to build bridges, open dialogue, celebrate accomplishments, encourage programming, and explore issues and concerns to assist in promoting solutions to the problems and challenges of our older citizens.

### Our Initiatives

**Creative Aging** works to promote a more positive perception about aging by highlighting and celebrating the many contributions that older adults give to our community. Our goal is to enhance community engagement, cultivate intergenerational understanding and increase public awareness of the positive effect of creative engagement on adult health and well-being.

**Staying in Place** investigates the needs of our aging citizens who wish to remain in their own homes and works to expand housing options, improve transportation, enhance community-based programs and increase the sustainability of our community.

### Commission on Aging Members

Alice Oestreich, Chair; Jack Kahn, Co-Chair; Sophia Hauserman, Secretary; Mary Boutain, Lauren Cowan, Julie Hill, Connie Pepler, Georgia Schaich, and James McLary; Staff Liaison: Sue Owens, City of Bloomington Community & Family Resources Department

**Please join us!** Meetings are open to the public on the second Tuesday of every month at 4:30pm at City Hall, 401 N. Morton St. Contact: Sue Owens, owenss@bloomington.in.gov

**2013 Creative Aging Festival Guide** • Design by Merridee LaMantia  
Courtesy of City of Bloomington Commission on Aging  
<http://www.bloomington.in.gov/coa>

**City of Bloomington**  
Community and Family  
Resources Department

