

May 2014
BLOOMINGTON, IN



Creative Aging **FESTIVAL**

Celebrating Older Americans Month

Artside Chat



Memory Art & Aging



Senior Expo



Time Travels



Meaningful Days

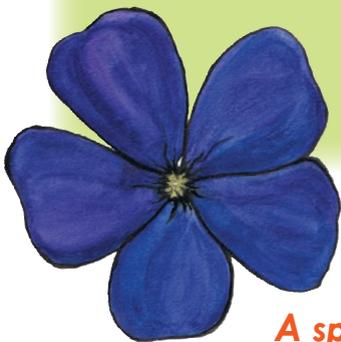
2014 Creative Aging Festival Guide

All events are wheelchair accessible unless otherwise indicated.

About Creative Aging

“Each one of us is endowed with the spirit of creativity, whether we recognize it or not. We see it easily in the young child who turns a bed into a sailing ship and pillows into fortresses. We readily admire it in the brilliant pianist or determined inventor. We celebrate it in the ingenious efforts of survival by those caught in the path of nature’s fury or the storms of war and other human cruelty. But we tend to overlook the same creative energy when, transformed by age and experience, it leads a retired chemist to become an education activist, or prompts a once travel-shy homemaker to take her first vacation abroad. Creative potential is there in all of us, an inner resource, renewable and vibrant, no matter how much or how little it is used. This creative spirit has the power to change our lives at every age, and to do so in quite different ways as we get older.”

~ Dr. Gene Cohen, *The Creative Age; Awakening Human Potential in the Second Half of Life.*



Our annual Creative Aging Festival was inspired by the work of Dr. Gene Cohen, whose research laid the foundation for a growing body of scientific evidence of the healing power of art. Creative expression, defined by Cohen, included creative accomplishment, product, idea or understanding. Please join The Bloomington Commission on Aging in our monthlong celebration of Older Americans Month with the Fourth Annual Creative Aging Festival.

A special thanks to our partners, sponsors and contributors!

Sponsors

Bell Trace Senior Living Community
City of Bloomington Community & Family Resources Department
Comfort Keepers



City of Bloomington
Community and Family Resources Department



Underwriters

Gene Arnholt and Sophia Hauserman
Comedy Attic
William & Georgia Schaich

Contributors

Area 10 Agency on Aging
Julie Hill
Lee & Maria McKinley
Alice and Skip Oestreich
Phil & Linda Stafford



Friday, May 2
.....

Art Quilts by Jacquelyn Chiddister

3-5 p.m.

Free Admission

Endwright Center,

Area 10 Agency on Aging

631 W. Edgewood Dr., Ellettsville

Join us for an art opening and reception celebrating the textile art of Jacquelyn Chiddister. Jacquelyn has many years of experience creating and teaching art in a variety of venues. Her exquisitely-designed, award-winning art quilts have been exhibited locally, regionally and nationally. Jacquelyn is a multi-talented artist; in addition

to textile work, she paints, draws and enjoys designing patterns. The Endwright Center is pleased to feature Jacquelyn's art quilts as our premiere exhibit for our new series of art displays. Light Refreshments will be served. Sponsored in part by Ivy Tech, IAC and NEA. Exhibit will be from May 2 until May 31.

Jaime Sweany, Director, Endwright Center

812.876.3383, ext 582

jsweany@area10agency.org



May 1, 5-8, 12
.....

Traveling Art

9 a.m.-12 p.m.

Free Admission

May 5, 6 and 12 at Comfort Keepers,
4101 E. Third St.

May 1, 7 and 8 at Better Day Club,
4211 E. Third St.

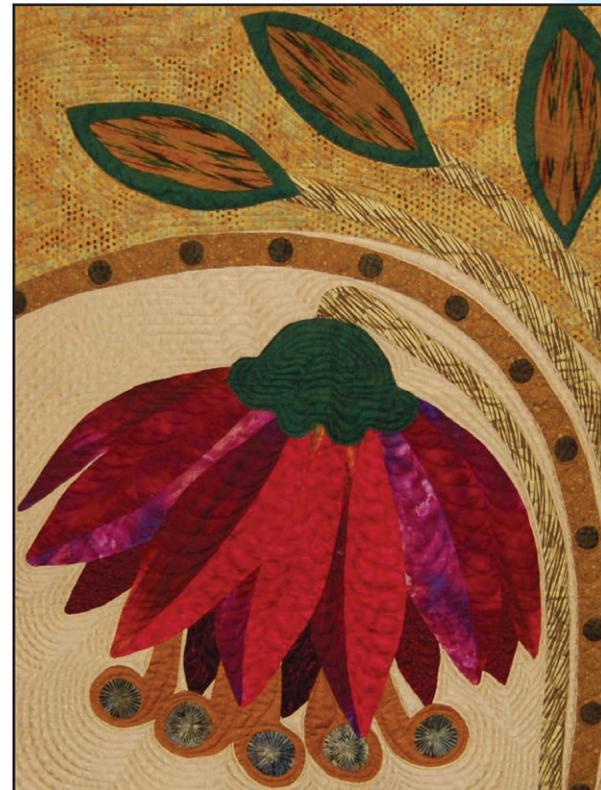
Better Day Club and Comfort Keepers are partnering to showcase the talents and skills of local seniors. The artwork was lovingly created over several months to promote the value of creative engagement and intergenerational understanding through art. Comfort Keepers and Better Day Club are committed to assisting seniors and older adults to maintain their levels of creativity while also exercising their brains.

Stacey Goffinet, Marketing Manager

812.322.4529

Staceyg@Comfortkeepers.com

<http://www.comfortkeepers.com>



Friday, May 2
.....

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

5:30-7:30 p.m. Opening Reception
for the Annual Art Exhibit
Free Admission
Emeriti House, 1015 E. Atwater Ave.

Retirees and their spouses and partners from Indiana University and those from other universities who now live in the Bloomington area are invited to submit art for the annual Art Exhibit. The art can be in any medium.

Jerome Chertkoff, Chairman,
Art Exhibit Organizing Committee
812.339.9519
cheertkof@indiana.edu
www.indiana.edu/~iura
www.indiana.edu/~emeriti

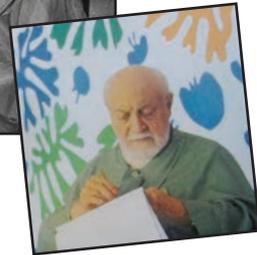
Saturday, May 3
.....

**Living with Ancestors:
A Tour through the
Oceania Collection**

2-3 p.m.
Free Admission
IU Art Museum, Bloomington Campus

This special thematic tour will explore Indiana University Art Museum's collection of art of the Pacific Islands, focusing on the influence of ancestral roles and inter-generational connections in their culture.

Patsy Rahn, Tour Coordinator
prahn@indiana.edu
iuam@indiana.edu



Sunday, May 4
.....

**Artside Chat:
Creativity in the
Golden Years**

3-4 p.m.
Free Admission
IU Art Museum, Bloomington Campus
Special Exhibitions Gallery (first floor)

Presented in conjunction with the IU Art Museum's special exhibition, "Matisse's Jazz and Other Works from Indiana University Collections," this program will be a discussion about artistic creativity and aging with Julie Hill, Life Enrichment Director at Bell Trace Senior Living Community; Robert Soto, Professor of Social and Behavioral Science at Ivy Tech and Rudy Pozzatti, fine artist and Distinguished Professor Emeritus of Fine Arts at IU. Nan Brewer, Lucienne M. Glaubinger Curator of Works on Paper at the IU Art Museum, will also offer insight into artworks on view and the latter years of Henri Matisse's later years' career as a visual artist.

Ann Fields, Curatorial & Educational
Programs Coordinator, 812.856.3138
ankafiel@indiana.edu
iuam@indiana.edu



Monday, May 5
.....

Put Pain in Its Place

1-2 p.m.

Free Admission

South East YMCA, 2125 S. Highland Ave.

“Put Pain in Its Place” is an educational program that was developed by the Arthritis Foundation in conjunction with the National Council on Aging. The primary audience is seniors that have osteoarthritis. The pain associated with the disease can take control of a person’s life if they do not have the tools to manage it. “Put Pain in Its Place” will inspire participants to take action to get their pain under control and to build their life around wellness, not illness.

Gayle Ebel, Wellness Director

812.961.2171

geb@monroecountyyymca.org

monroecountyyymca.org



Tuesday, May 6
.....

Dance For Parkinsons Bloomington

11:30-12:30 p.m., plus

half hour Q & A optional

Free Admission: \$5.00 donation, as desired

Windfall Studio, 1101 N. Dunn St.

Dance class designed for those with Parkinsons and their caregivers, but open to all participants of the Creative Aging

Festival. Come share fun, easy exercises, moving to music, community and creation.

Class includes seated and standing movement. Come as you are, leave a little brighter!

Marie-Louise “Weezie” Smith
812.336.2429 or

Roberta Wong, Adjunct
Lecturer, IU Department
of Theater, Drama, and
Contemporary Dance
rwong@indiana.edu

www.windfalldancers.org



Tuesday, May 6
.....

Generations of Gardening Together

2:30-4 p.m.

(Rain date: Tuesday, May 13, 3:30-5 p.m.)

Free Admission

Monroe County Public Library

Children’s Courtyard Garden

303 E. Kirkwood Ave.

Do you love to garden and share your knowledge with younger generations? If you are 55 or older and would like to join children in the planting of flowers, vegetables and herbs in our Children’s Courtyard Garden, doing a few garden crafts and enjoying some refreshments, we would be happy to have you!

Register in advance by contacting

Annie Segraves,

Homebound Service Coordinator

Monroe County Public Library

812.349.3084

segraves@mcpl.info

www.mcpl.info



Wednesday, May 7

Zumba Gold

5:30-6:15 p.m.
Free Admission
South East YMCA, 2125 S. Highland Ave.

Zumba Gold is an international music and classic dance-based program appropriate for older adults and others with compromised joint stability and body mobility. Designed for cognitive sharpness, this class provides a fun approach to cardio exercise without impact and also includes a balance segment.

Gayle Ebel,
Wellness Director
812.961.2171

gebel@monroecountyyymca.org
monroecountyyymca.org

Thursday, May 8

Music Through the Decades

10:30-11:30 a.m.
Free Admission
Allison-Jukebox Community Center
351 S. Washington St.

Join us for an hour of music making, featuring our favorite songs through the decades. This session will provide opportunities to socialize, sing, dance and explore a variety of rhythm instruments. Exercise your mind, body and spirit with music therapists from Fogerty Music Therapy. No prior musical experience is needed.

Tina de Leeuw, MS, MT-BC
Family and Community Liaison
812.679.6146
deleeuw.tina@gmail.com
www.FogertyMusicTherapy.com

Thursday, May 8

Craig & The Crowdads at the Strawberry Festival

11:30 a.m.-1 p.m.
Free Admission: \$5 for strawberry shortcake with ice cream and whipped cream, optional
Monroe County Courthouse

Craig & The Crowdads will perform on the Courthouse stage in downtown Bloomington at the 2014 Strawberry Festival! Bring your friends, family and co-workers to the festival, brought to Bloomington each year by the Boys & Girls Club Ladies Auxiliary. This fundraiser benefits the Club and is an annual town favorite! The festival itself runs from 10:30 a.m.-2:30 p.m.; Craig & The Crowdads play from 11:30 a.m.-1 p.m.

Craig Brenner, 812.334.0415
craigbrennerboogies@gmail.com
<http://www.craigbrenner.com/>





**Saturday, May 10 and
Tuesday, May 13**
.....

**Memory Art and Aging:
The Life-Story Objects
of Indiana Seniors**

4-5:30 p.m.
Free Admission
401 N. Morton St., City Hall Council Chambers

Folklorist Jon Kay, Director of Traditional Arts Indiana, will address the importance of life review and art making to the successful aging process of seniors based on case studies from his years of working with senior folk artists. From colorful walking sticks and quilts to paintings and hooked rugs seniors make art to reflect upon their lives, record their memories and share their stories with others. Jon will share his observations about the how and why seniors make and use these three distinct aspects of art making, as well as what we can learn from them.

Phillip Stafford, Director, Center on Aging and Community
812.855.2163, staffor@indiana.edu
<http://www.iidc.indiana.edu>



Thursday, May 8
.....

Harmonies of Healing

7-9 p.m.
Admission Fee: \$33
Unity of Bloomington, 4001 S. Rogers St.

When we use our voice as the instrument of peace and creativity that it was designed for, singing on key is only one side effect! When speaking our truth from our core muscles, communication becomes heart-driven and authentic. We will learn how "Toning" can ease pain, reduce stress, release old toxic emotions and create peace in our lives! Harmonies of Healing is a practice of Sound, Singing and Spirituality used to promote Wholeness, Wellness and Inner Peace.

Lauren Lane Powell, Founder/Director
812.825.9597
singforyoursoul@aol.com
www.harmoniesofhealing.com
www.unityofbloomington.org



Saturday, May 10
.....

**Craig & The
Crowdads at the
Exotic Feline
Rescue Center
Run Through
the Jungle 5K**

9:30 a.m.
Admission Fee: \$24
Exotic Feline Rescue Center
2221 E. Ashboro Rd.
Center Point, IN (west of Spencer)

This spring event is a 5k run or walk through the Exotic Feline Rescue Center, with music by Craig & The Crowdads, to raise funds for the center. All ages are welcome. Many

seniors will receive medals for walking and running! Not many people can say they've recently run by lions and tigers and puma! For more information about the Run Through the Jungle, go to: <http://www.junglerun5k.com>

Craig Brenner, 812.334.0415
craigbrennerboogies@gmail.com
<http://www.craigbrenner.com>

Wednesday, May 14

.....

50+ Expo

10 a.m.-2 p.m.

Free Admission

Twin Lakes Recreation Center
1700 W. Bloomfield Rd.

The newly renamed 50+ Expo is in its 40th year of being the community's premier showcase of businesses and organizations whose products and services are targeted to improve the health, activity levels and creative lifestyles of people 50 years and older. Offerings include: A large hall filled with exhibitors, local health care professionals offering various free health screenings and interactive demonstrations and presentations featuring a variety of active and creative activities. Drop by anytime during the day for this free event. Transportation to and from the parking lot will be provided.

Bill Ream, Community Events Coordinator
Bloomington Parks & Recreation
812.349.3748
reamw@bloomington.in.gov
bloomington.in.gov/srexpo



Thursday, May 15

.....

The Musical Arts in Bloomington: A Feast for Us All

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

Free Admission
Bell Trace
Senior Living,
800 Bell Trace
Circle

Join the Active Aging Coalition (AAC) for a presentation on arts engagement by Bloomington Arts Commission member, Alain Barker. Alain heads up marketing efforts and programs for IU's Jacob School of Music including the innovative entrepreneurial training program Project Jumpstart. RSVP for included free lunch buffet by May 8 at 332.2355.

Gail Londergan, AAC Steering Committee
londer@indiana.edu
www.activeagingcoalition.org



Friday, May 16

.....

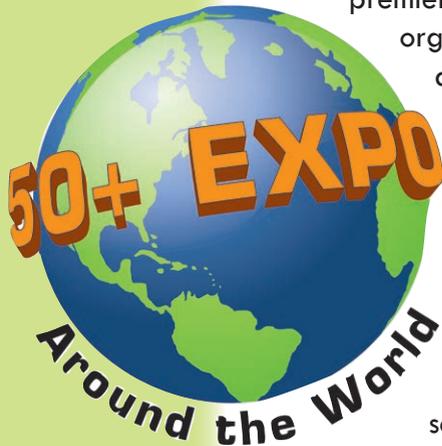
Spring into Salad

11 a.m.-1 p.m.

Admission Fee: \$15

Bloomington Cooking School
115 N. College Ave, Suite 014

This cooking class celebrates spring salad by exploring the great variety of greens, heirloom vegetables, fresh fruit and nuts which can be used on salads. You will create and design a variety of salads from veggie to the Italian classic Caprese, and fruit and nut salads to herbs and edible



flower salads. You'll learn how to make a variety of luscious dressings to accompany any salad and sample everything.

Jan Bulla-Baker

812.333.7100

jan@bloomingtoncookingschool.com

http://bloomingtoncookingschool.com



Friday, May 16
.....

The Healing Powers of Music as We Age

1-3 p.m.

Free Admission: Donations are encouraged and gratefully accepted to support Endwright Center programming
Endwright Center,
Area 10 Agency on Aging
631 W. Edgewood Dr., Ellettsville

Acclaimed musicians Janiece Jaffe and Curtis Cantwell Jackson will sing beautiful, uplifting duets and lead us in conversation about the healing powers of music and the importance of music as we age. Curtis and Janiece are a popular performance duo and have recorded two CD's together, "Songs That Make you Feel This Way" and "Every Day is Christmas." Sponsored

by Area 10 Agency on Aging, City of Bloomington Commission on Aging, the IAC, Ivy Tech, the NEA and Smithville Charitable Foundation.

Jaime Sweany, Director, Endwright Center

812.876.3383, ext. 515

jsweany@area10agency.org

www.area10agency.org

Friday, May 16
.....

The UkeTones

5-7:15 p.m.

Admission Free: Tipping encouraged
Player's Pub, 424 S. Walnut St.

The UkeTones are a fun-loving ukulele band that does covers for all generations. The band is composed of Susan Sandberg, Ellen Campbell, Reina Wong and Kathy Romy, well-seasoned women who will never be too old to rock and roll!

Susan Sandberg, Member, The UkeTones

812.320.8552

sjsandbar@juno.com

http://theplayerspub.com

Saturday, May 17
.....

Intergenerational Open House

9:30-11:30 a.m.

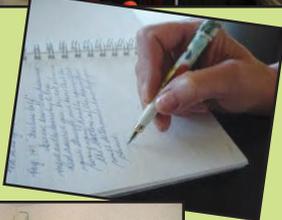
Free Admission

Indiana University Campus Children's Center, 2613 E. 10th St.

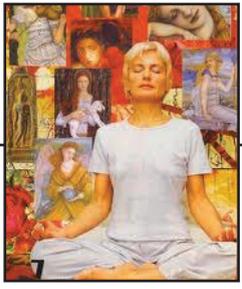
Indiana University Campus Children's Center provides care and education for children from birth to five years old. We strongly value the children's intergenerational relationships, whether with family members or seniors in our



MAY 2014



Krista Detor

SUNDAY	MONDAY	TUESDAY
		
<p style="text-align: right;">4</p> <p>3:00-4:00pm ARTSIDE CHAT: Creativity in the Golden Years</p>	<p style="text-align: right;">5</p> <p>9:00am-Noon TRAVELING ART</p> <p>1:00-2:00 PUT PAIN IN ITS PLACE</p>	<p style="text-align: right;">6</p> <p>9:00am-Noon TRAVELING ART</p> <p>11:30am-12:30pm DANCE FOR PARKINSON'S</p> <p>2:30-4:00 GENERATIONS GARDENING TOGETHER</p>
<p style="text-align: right;">11</p>  <p>MOTHER'S DAY</p>	<p style="text-align: right;">12</p> <p>9:00am-Noon TRAVELING ART</p>	<p style="text-align: right;">13</p> <p>4:00-5:30pm MEMORY ART & AGING: The Life-Story Objects of Indiana Seniors</p>
<p style="text-align: right;">18</p>	<p style="text-align: right;">19</p> 	<p style="text-align: right;">20</p> <p>10:00am-2:00pm LAKE MONROE WATERSHED ECOTOUR</p>
<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p> <p>9:00am-Noon BALANCING ACT</p>

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p style="text-align: right;">1</p> <p>9:00am-Noon TRAVELING ART <i>(also May 5-8 and the 12th)</i></p>	<p style="text-align: right;">2</p> <p>3:00-5:00pm ART QUILTS by Jacquelyn Chiddister</p> <p>5:30-7:30pm Emeriti House & IU Retirees ART EXHIBIT Reception</p>	<p style="text-align: right;">3</p> <p>2:00-3:00pm LIVING WITH ANCESTORS: A Tour Through the Oceania Collection</p>
<p style="text-align: right;">7</p> <p>9:00am-Noon TRAVELING ART</p> <p>5:30-6:15pm ZUMBA GOLD</p>	<p style="text-align: right;">8</p> <p>9:00am-Noon TRAVELING ART</p> <p>10:30-11:30am MUSIC THROUGH THE DECADES</p> <p>11:30am-1:00pm CRAIG BRENNER & THE CRAWDADS AT STRAWBERRY FESTIVAL</p> <p>7:00-9:00 HARMONIES OF HEALING</p>	<p style="text-align: right;">9</p> 	<p style="text-align: right;">10</p> <p>9:30am-Noon CRAIG & THE CRAWDADS EXOTIC FELINE RESCUE CENTER</p>
<p style="text-align: right;">14</p> <p>10:00am-2:00pm 50+ EXPO</p>	<p style="text-align: right;">15</p> <p>11:30am-1:00pm CULTURE CONNECTS COMMUNITY</p>	<p style="text-align: right;">16</p> <p>11:00am-1:00pm SPRING INTO SALAD</p> <p>1:00-3:00pm THE HEALING POWER OF MUSIC AS WE AGE</p> <p>5:00-7:15pm THE UKETONES</p>	<p style="text-align: right;">17</p> <p>9:30-11:30am INTERGENERATIONAL OPEN HOUSE</p> <p>10:00am-Noon RIPE WITH AGE</p> <p>Noon-4:00pm STERLING HOUSE CRAFT FAIR</p> <p>3:00-5:30pm SEASON OF JOY: Bloomington Peace Choir's Spring Concert</p>
<p style="text-align: right;">21</p> <p>1:00-4:30pm THE STORY OF PLEIN AIR: Finding Composition Around You</p>	<p style="text-align: right;">22</p> <p>9:00am-4:00pm ACTIVE LIVING ACROSS THE LIFESPAN</p> <p>6:00-8:00 Open House ACTIVE LIVING ACROSS THE LIFESPAN</p>	<p style="text-align: right;">23</p> <p>1:00-4:00pm AN AFTERNOON OF PUZZLING ACTIVITIES</p>	<p style="text-align: right;">24</p> <p>1:00-5:00pm INTERGENERATIONAL LABYRINTH WALK</p> <p>7:30-10:30pm TIME TRAVELS: Bloomington's 3rd Annual Intergenerational Song and Story Extravaganza</p>
<p style="text-align: right;">28</p> <p>11:30am-1:00pm MEANINGFUL DAYS FOR OUR ELDERS</p> <p>2:00-3:00pm MAKING SPACE FOR CREATIVITY</p> <p>7:00-10:00pm SOUNDS OF THE BIG BANDS</p>	<p style="text-align: right;">29</p> <p>1:00-2:00pm COOKING FOR ONE: Creativity in the Kitchen</p>	<p style="text-align: right;">30</p> <p>11:00am-2:00pm THAT'S A WRAP!</p>	<p style="text-align: right;">31</p> 

Bloomington community. We believe that these relationships enhance their social and emotional development. The open house will showcase the artistic skills of seniors, so that their talents and passions might be passed on to the younger generation. There will also be hands-on exploration of art and crafts. All generations are welcome!

Michiru Oleson, Teacher
812.855.0789, mioleson@indiana.edu
www.indiana.edu/~ccc



Saturday, May 17
.....
Ripe with Age

10-Noon
Admission Fee: \$25
Poplar Grove School, 4638 E. State
Road 45, Bloomington, IN 47408

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
rebekahspivey@gmail.com
Writing for a Change Foundation
Bloomington
<http://www.wfacfb.org>



Saturday, May 17
.....
Sterling House Craft Fair

12-4 p.m.
Free Admission
Sterling House, 3802 S. Sare Rd.

The Sterling House Craft Fair is going to showcase the crafting talents of our residents, as well as local artists. Entertainment and refreshments will be provided. Proceeds will benefit the Sterling House Programming Department and the Alzheimer's Association.

Erica Nicholson, Resident Programs
Coordinator, 812.330.0885
enicholson@brookdaleliving.com
<http://www.brookdaleliving.com>

Saturday, May 17
.....
**Season of Joy:
Bloomington Peace
Choir's Spring Concert**



3 p.m. *Reception following*
Admission Fee: One canned/boxed food
donation for Hoosier Hills Food Bank.
Donations are accepted and are tax-
deductible.
St. Mark's United Methodist Church
100 N. St. Rd. 46

The Bloomington Peace Choir invites you to celebrate Spring with its Season of Joy Concert. Songs will be presented that celebrate peace and harmony both from around the world and from the American popular song genre.

Beth Sluys, Executive Director
812.935.5065
bloomingtonpeacechoir@gmail.com
<http://www.bloomingtonpeacechoir.org>



Tuesday, May 20

Lake Monroe Watershed Ecotour

10 a.m.-2 p.m.
Admission Fee: \$25 – Reservations required, box lunch provided
Meet at The Endwright Center, Area 10 Agency on Aging
631 W. Edgewood Dr., Ellettsville.

Join us for a Natural Bloomington Ecotours & More tour of Lake Monroe’s scenic watershed areas! Destinations will include Moore’s Creek, Hardin Ridge, Allen’s Creek, Paynetown State Recreation Area, Lake Monroe Dam and North Fork Waterfowl Resting Area. We’ll discuss the historical importance of these areas and environmental sustainability in general. We will also enjoy strolls, accommodating different levels of mobility, that offer opportunities for nature photography. Journals will be provided in order to reflect on our experience. We will be touring in a Rural Transit bus. Sponsored by Area 10 Agency on Aging, The Endwright Center, Natural Bloomington, Rural Transit, City of Bloomington Commission on Aging, Garden Villa and the Smithville Charitable Foundation.

Jaime Sweany, Director, Endwright Center
812.876.3383, ext. 515
jsweany@area10agency.org
www.area10agency.org

Wednesday, May 21

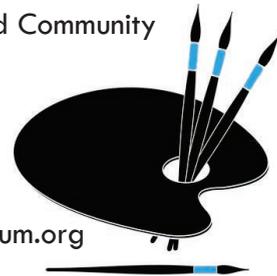
The Story of Plein Air: Finding Composition Around You

1-4:30 p.m.
Free Admission
Hinkle-Garton Farmstead, 2920 E. 10th St.

Learn about local historical treasures and enjoy the restorative experience of a spring day art activity with local artist, Betty Wagoner! Weather permitting we will work en plein air! After a brief instruction on watercolor pencil techniques and basics in finding composition, we will select a flower, garden, building or landscape and create our own artistic expression! No previous art experience required. Supplies provided by T.C. Steele SHS. Limited to 12 participants. Registration is required

on first-come, first-serve basis by calling 812.988.2785 or emailing mrichards@indianamuseum.org. Co-Sponsored by the T.C. Steele State Historic Site and the Hinkle-Garton Farmstead Community Historic Site.

Megan Richards
Arts Program Developer
812.988.2785
mrichards@indianamuseum.org
www.tcsteele.org





Thursday, May 22

Active Living Across the Lifespan

9 a.m.-4 p.m.

6-8 p.m. Open House & Presentation of the walkability survey results
Free Admission: Lunch included
Landmark Church, 2429 S. Ford Ave.

With support from the CDC and the State Department of Health, this day-long public conference will help Bloomington neighborhoods and government partners plan a healthier city through improvements in the built environment and services. A walkability audit will reveal best practices and needs for improvement in a selected Bloomington neighborhood and help others learn how to do the audit. A joint program of the Monroe County Active Living Coalition and Active Aging Coalition.

Pre-registration required
Phillip Stafford, Director,
Center on Aging and Community
812.855.2163
staffor@indiana.edu
www.lifetimecommunities.org

Friday, May 23

An Afternoon of Puzzling Activities

1-4 p.m.

Free Admission: Donations accepted
Endwright Center,
Area 10 Agency on Aging
631 W. Edgewood Dr., Ellettsville

Enjoy an afternoon of puzzling activities as Marc Tschida of Press Puzzles demonstrates crafting jigsaw puzzles out of recycled wood with a scroll saw. Marc cuts each well-crafted, one-of-a-kind puzzle piece in a variety of shapes and styles. Festivities include learning how to make your own puzzle out of everyday items and communal tables for working on pre-cut jig-saw puzzles, as well as information on the history of jigsaw puzzles. Light refreshments will be served. Watch as a unique puzzle emerges during this afternoon of puzzling activities!

Jaime Sweany
Director, Endwright Center
812.876.3383, ext. 515
jsweany@area10agency.org
www.area10agency.org
www.presspuzzles.com





Saturday, May 24
.....

**Walk in Wonder:
Labyrinth Walking
for All Ages**

1-5 p.m.

Free Admission

First United Church, 2420 E. Third St.

The outdoor Walk in Peace Labyrinth at First United Church will be open to walk and explore how the labyrinth can contribute to well-being and creative living. Brief introductions to walking the labyrinth will be presented at 1 p.m., 2:30 p.m. and 4 p.m. for those who may be new to the practice. It is not necessary to attend a presentation in order to walk. You may begin your walk anytime between 1 p.m. and 5 p.m. Facilitators will be present to answer questions and provide support materials and activities as needed. A second canvas labyrinth will be available to walk indoors. Art materials will be supplied for creative response and for making personal finger labyrinths to take home. A free will donation for supplies accepted.

Dawna Petersen, Spiritual Director

812.334.2926

spiritual.director@firstuc.org

First United Church

firstuc.org

Saturday, May 24
.....

Ivy Tech John Waldron Auditorium, 122 S. Walnut St.

Krista Detor presents
the 3rd Annual...

Time Travels

Following the Footprints
An Intergenerational
Song, Story & Dance
Celebration

Price:
\$15 for student/senior
\$20 in advance
\$25 at the door

Saturday, May 24, 2014 - 7:30 p.m.
@ Ivy Tech John Waldron Arts Center
Tickets on sale at Sunrise Box Office

A benefit for the Endwright Center,
A program of Area 10 Agency on Aging
Sponsored in educational partnership with Ivy Tech Community College

This multi-cultural, multi-generational celebration of creativity is hosted by Krista Detor, who will perform along with the acclaimed vocal ensemble, Kaia; the wonderful weaver of words, Arbutus Cunningham; extraordinary vocalists, Janiece Jaffe and Amanda Biggs; the Windfall Dancers Youth Ensemble (under the direction of Celina Jaffe); Boys & Girls Club, Inc., plus more surprise guests! Proceeds benefit the Endwright Center (a program of Area 10 Agency on Aging) which provides a welcoming, safe and supportive environment where older adults enhance their wellbeing through friendship, fitness and free/affordable quality creative arts programming. Tickets on sale at the Sunrise Box Office.

Krista Detor, Producer, www.kristadetor.com

Tightrope, Inc., www.facebook.com/TIMETRAVELSMINIFEST



Tuesday, May 27
.....
Balancing Act

9 a.m.-12 p.m.
Free Admission
North West YMCA, 1375 N. Wellness Way

A Tai Chi based workshop for physical and emotional balance and wellness for all ages. Tai Chi is a practice utilizing slow, flowing movements that promote integration of the body, mind and spirit. Having been validated as one of the best practices for fall prevention, it also provides direct functional applications to daily living activities. Jody Curley has a background in geriatric social work, occupational therapy, counseling psychology and dementia care. She specializes in adapting Tai Chi movements to people who have limitations or special needs.

Gayle Ebel, Wellness Director
812.961.2171
gebel@monroecountyyymca.org
monroecountyyymca.org

Wednesday, May 28
.....
Meaningful Days for Our Elders

11:30 a.m.-1 p.m.
Free Admission
North West YMCA
1375 N. Wellness Way

As life narrows, as it does for us all, days filled with meaning are even more important. Adult day health centers fill that gap, while simultaneously providing the caregiving support so essential to family and friend care partners. We have a long way to go to fill that need. Come hear about the history and the promising future of adult day health programming in our area with a panel of outstanding experts in the field. Bring your brown-bag lunch, if you like.

Gayle Ebel, Wellness Director
812.961.2171
gebel@monroecountyyymca.org
monroecountyyymca.org





Wednesday, May 28
.....

Making Space for Creativity

2-3 p.m.

Free Admission: Donations gratefully accepted

Endwright Center,
Area 10 Agency on Aging
631 W. Edgewood Dr., Ellettsville

Jaime Sweany will discuss our enhanced potential for creativity as we age, and the positive effect the arts can have on our sense of self. Research finds that creativity can make retirement satisfying and rewarding.

As we enter this time of increased creative potential, we may have relocated to a smaller space or have more possessions than comfortably fit into our home. Min Gates will share simple, manageable and incremental steps toward creating a healthy, orderly environment that will allow our self-expression and creativity to flow. To learn more, visit Min Gates' website, www.downsizemaven.com.

Jaime Sweany, Director, Endwright Center
812.876.3383, ext 582
jsweany@area10agency.org
<http://www.area10agency.org>



Wednesday, May 28
.....

Sounds of the Big Bands

7-10 p.m.

Admission Fee: \$7 at the door
Players Pub, 424 S. Walnut St.

This will be a live musical performance by the Stardusters "little BIG Band" presenting music of the big band era which will be enjoyed by all but particularly by the more mature, senior generation. Some members of the band are seniors. The show, Sounds of the Big Bands, will feature the music of the big bands of the 40's and 50's.

Jerry Jerome, 812.935.7441
jerry@stardustersmusic.com





Thursday, May 29

.....

Cooking for One: Creativity in the Kitchen!

1-2 p.m.
Free Admission: Donations gratefully
accepted
Endwright Center,
Area 10 Agency on Aging
631 W. Edgewood Dr., Ellettsville

Our guest chef will teach you how to
enhance old favorites or experience new
recipes using a more creative approach to
seasonings and ingredients. You'll enjoy the
delicious results and the healthy nutrition
that a little variety and experimentation
can bring to your meals!

Jaime Sweany, Director, Endwright Center
812.876.3383, ext. 515
jsweany@area10agency.org
<http://www.area10agency.org>

Friday, May 30

.....

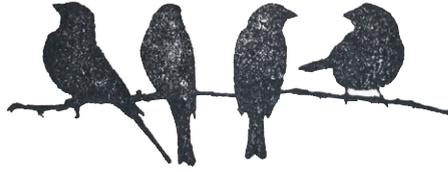
That's a Wrap!

11 a.m-2 p.m.
Free Admission
Better Day Club, 4211 E. 3rd St.

Comfort Keepers is holding a reception
at Better Day Club to thank the sponsors,
participants, attendees and Creative Aging
Festival Committee, all of whom made the
Creative Aging Festival a huge success for
2014! Everyone is welcome!!

Stacey Goffinet, Marketing Manager
812.322.4529
Staceyg@Comfortkeepers.com
<http://www.comfortkeepers.com>





Commission on Aging

Introduction

The Commission on Aging advocates for and advises the Mayor, City Council and others about the status and needs of older adults in Bloomington. The Commission on Aging serves as a catalyst for improving public awareness of issues facing the senior and 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.

Members of the Commission on Aging are Mary Boutain, Lauren Cowan, Sophia Hauserman, Julie Hill, Jack Kahn (Vice-Chairperson), James McLary, Alice Oestreich (Chairperson), Georgia Schaich and Susan Salmon Snider.

Meetings are generally held on the second Tuesday of each month from 4:30 to 6 p.m. in City Hall, 401 N. Morton St. These meetings are open to the public and agendas/minutes are posted on our website at www.bloomington.in.gov/coa. For more information, please contact City Liaison Sue Owens at owens@bloomington.in.gov or 812.349.3468.

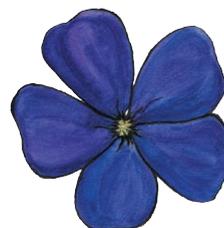
Current Initiatives

Creative Aging works to:

- promote a more positive perception of aging by highlighting organizations and events that create opportunities for older persons to explore, discover and tap their potential;
- increase older adult participation in creative and civic activities; and
- enhance the quality of life for the citizens of our community by advancing the skill sets of the workforce serving our elder citizens.



Photo: Dennis DeLoria



Through our annual Creative Aging Festival, we assist the development of community events and collaborations that showcase the talents and skills of both established and emerging older artists, writers and performers; promote intergenerational understanding; and enhance awareness about the value of creative engagement to adult health and well-being.

Building a Community for a Lifetime

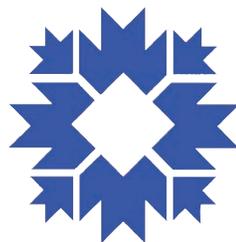
advocates for policy change, systems development and programming that makes Bloomington a great city for all ages and abilities. We are working to build a community that is not only a great place to grow up but also a great place to grow old.

Current projects include:

- Sharing of information with city council members, city staff and the general public of proposed policy changes, aging issues and concerns. We are collaborating with other city commissions and coalitions to further advance initiatives such as affordable housing, accessibility in the built environment and home construction and increased accessible transportation options.
- Investigating the establishment of a community center which fosters creative engagement for all ages.
- Educating and encouraging all citizens, including older adults, to prepare for natural disasters and other emergencies. We are working with several agencies and neighborhood associations to increase understanding about how to be prepared.

2014 Creative Aging Festival Guide

Courtesy of



CITY OF BLOOMINGTON
commission on aging
www.bloomington.in.gov/coa