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

IU HEALTH

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

Comfort Keepers

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

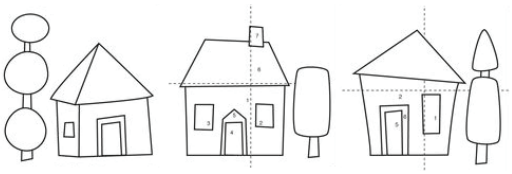
April 30 - May 1

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
Thursday 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 http://www.iidc.indiana.edu/cacdesign

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 watercolor paintings depicting nature and other themes. In related visitor activities, 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 sessions 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

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 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@monroecountyymca.org
monroecountyymca.org

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

Saturday, May 9

Tending Your Own Creative Garden

1:30-3:30 p.m.
Adm
Cancelled
Suc & 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 Special: Participants will select from a variety of plants to create a take home dish garden. Registration Required: www.successworkonline.com/trainings/Escape into nature 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

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

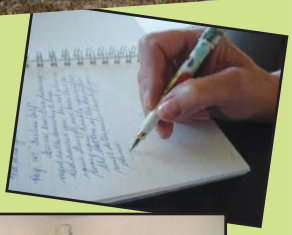
Alive Inside Film Documentary and Talk

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 31	25	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
13 **50+ EXPO** 3:00-7:00pm	CREATIVE AGING SYMPOSIUM: AGING RE-IMAGINED 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	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	21 **AGING: A Most Precious Gift** 11:30 am-1:00 pm	22 **B-FIT and MUSIC** 10:00 am-Noon **WATER YOGA** 10:30-11:30 am	23 **COUNTRY LINE DANCING** 1:00-2:00 pm
27 **Stardusters Little BIG BAND Concert & Dance** 6:00-9:00 pm	28 	29	30

Aging RE-imagined SYMPOSIUM DAY 2

Friday, May 15

Free with entrance to symposium

Main Stage
Bloomington Convention Center

Barbershop Harmony Chorus

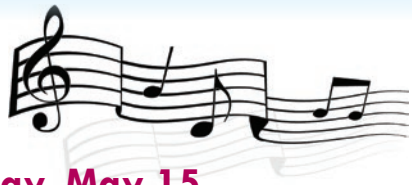
Various times

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 venders 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

Friday, May 15

Reinventing Ourselves as Artists

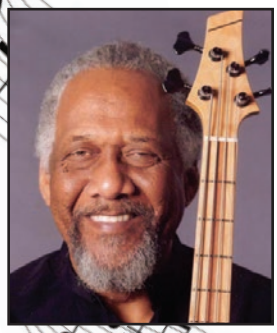
2:00-3:00 p.m.
Duke West, Bloomington Convention Center

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). Panelists 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

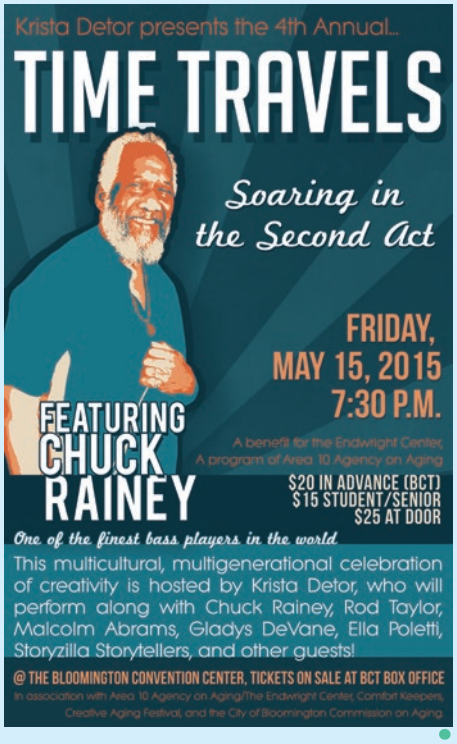
The Bloomington Community Band (BCB) has long been a place where musicians can rediscover their musical talents. BCB members range from 18 to 90 in age, and come from all walks of life. This performance will feature the Hungry Five, a BCB spin-off ensemble, playing German oompah-type music.

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 intergenerational 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

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@monroecountyymca.org
monroecountyymca.org

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

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@monroecountyymca.org
monroecountyymca.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, Gail Londergan, Bill Ream, Jaime Sweeney, Mary Boutain, Allison Sturgeon, Sophia Hauserman, Phil Stafford, Krista Detor, Penny Fisher, Stacey Goffinet, Georgia Schaich, Dayna Thompson, Nathan Dillon, Jozey Hill, Gail Hale, Lauren Cowen, Jeanne May, Jennifer Russ and Susan Snider Salmon

In-Home Care Services

Comfort Keepers® provides compassionate in-home care that helps seniors live safe, happy, and independent lives in the comfort of their own homes. We call our approach *Interactive Caregiving™*, a unique system of care, which keeps our clients mentally and physically engaged while focusing on their safety assurance and nutrition needs.

Companion Care • Alzheimer's Care • Personal Care
Light Housekeeping • In-Home Safety Solutions

Call Us Today
(812) 822-0145
4101 E. Third St.
Bloomington, IN 47401

Comfort Keepers®
a sodexo brand

Most offices independently owned and operated. • ©2015 CK Franchising, Inc.

ComfortKeepers.com

Design by Merridee LaMantia