

MAY 2016 • BLOOMINGTON, INDIANA



Creative Aging **FESTIVAL**

Celebrating Older Americans Month



City of Bloomington
Community and Family
Resources Department

*Your Creative Aging Festival Guide featuring
a detailed Special Events Calendar*

www.bloomington.in.gov/coa



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 sponsored by the City of Bloomington Commission on Aging (CoA) annually in May, as a city-wide celebration of Older Americans Month. The goal of the CoA in sponsoring the festival is three-fold:

1. To identify & promote best practices 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 older adults by advancing the intersection of research, policy, and practice.

A special thanks to our partners, patrons and contributors!

Festival Partner



Silver Patrons

City of Bloomington Community & Family Resources Department

Jamie Bales, Neurology Specialists P.C.

Julie and Ted Hill

Skip and Alice Oestreich

Sunday, May 1

Collage Art: Exhibit & Workshop

1:30 p.m.

Admission Fee: Free
Bell Trace Senior Living Community
800 N. Bell Trace Circle
Bloomington, IN 47408

This exhibit will feature a montage of photographs recently taken by Mac Fleming during the Art of Chocolate event held in February at Bell Trace. Also on exhibit will be collage work created by Bell Trace Resident Artists. These exhibits will provide a background for inspiration during a two hour collage workshop. Supplies will be provided.

Julie Hill, Life Enrichment Director
812-332-2355
jhill@cardon.us
www.belltrace.com



In the month of April, the Alzheimer's Resource Service's Service and Support group, a group of individuals with early to moderate dementia, met at T.C. Steele State Historic Site. The group viewed paintings and read poems that inspired their own works of art. Together, the group created original poetry based on these works. The fruits of their labor will be displayed alongside the original works throughout the month of May in the T.C. Steele gallery. The public is invited to view their works and the rest of the T.C. Steele collection.

Dayna Thompson, Alzheimer's educator
812-353-9299
DThompson6@iuhealth.org
<http://www.tcsteele.org/>

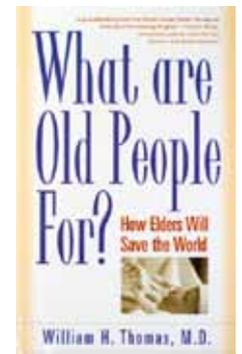
Wednesday, May 4

What Are Old People For?

10:00 a.m.

Admission Fee: Free
(may stay and order lunch afterwards through the Senior Nutrition Project at Area 10 or bring your own)
Sally's Place
111 N. Rogers Street, corner of
Kirkwood and Rogers

Geriatrician Bill Thomas' book, *What Are Old People For?* draws a significant distinction between the life-stages of adulthood and elderhood. In the latter, many of us change our priorities and spend less time pursuing



Tuesday, May 3

Art Inspiring Art

9:00 a.m.

Admission Fee: Mention the "Art Inspiring Art" Exhibit and pay a reduced rate of \$6.50/adult, \$5/senior
T.C. Steele State Historic Site
4220 T.C. Steele Rd.
Nashville

achievement and social networks. We find ourselves focusing on “being” rather than “doing,” on the present rather than the future. At the same time, we aspire to have purpose to our days, whether grand or small.

Many of us have decades of experience and long to put it toward service in the community. Sometimes it’s easy to find a slot that fits just right, but sometimes not. Differences in generational attitudes and less ability to make use of ever-changing technologies are common roadblocks. Physical and mental declines also require adaptation from previously successful patterns.

How can I help? Our panel looks at this question from the points of view of a psychologist with forty years of experience, a nurse practitioner turned elder advocate, a geriatric social worker and home-care expert, and a recently retired administrator.

Sophia Hauserman, board of Sally’s Place
812-332-5556
sofyhaus@sbcglobal.net

Thursday, May 5 Gentle Yoga

2:00 p.m.

Admission Fee: Free
Monroe County YMCA, South East
2125 S. Highland Ave.

The gentle and versatile nature of yoga promotes physical and mental relaxation, increased energy, and enhancement of one’s overall health. Regular practice of yoga develops strength, flexibility, balance, and concentration. Classes emphasize body alignment, spinal extension, muscular balance, and the subtleties of the breath. We will begin with a brief introduction and will then move into an hour of yoga practice. This class will be suitable for beginners, but participants should be able to get up and down from the floor. Yoga mats will be available. Instructor: Lily Kleinlein

Gayle Ebel
Adult Wellness Director
812-961-2171
geb@monroecountyyymca.org
www.monroecountyyymca.org



Friday, May 6

Emeriti House and Indiana University Retirees Association Annual Art Exhibit

5:00 p.m.

Admission Fee: Free
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 in any medium for the Annual Art Exhibit.

Jerry Chertkoff, Co-chair, Art Exhibit Organizing Committee
812-339-9519
chertkof@indiana.edu
www.indiana.edu/~iura

Friday, May 6

Creative Aging Festival Opening Reception

5:00 p.m.

Admission Fee: Free
Monroe County History Center
202 E. Sixth St.

Please join members of the City of Bloomington Commission on Aging for the opening reception of the Creative Aging Festival at the Monroe County History Center. Meet members of the Commission and celebrate the launch of the 6th annual Creative Aging Festival.

Sue Owens, Staff Liaison for the Commission on Aging
812-349-3468
owenss@bloomington.in.gov
http://bloomington.in.gov/coa

Friday, May 6

McDoel Yard, End of the Line: Photography by Jim Maire

5:00 p.m.

Admission Fee: Free
Monroe County History Center
202 E. Sixth St.



While a photojournalism student of Wil Counts at IU in the 70's, Jim Maire took a series of remarkable photographs of the workers and equipment in the McDoel Switchyard of the Monon Railroad. Now the terminus of the downtown B-line Trail and the site of the future Switchyard Park, the photos remind us of the influence of the railroad on the character of our town. Jim Maire, now a successful photographer in Utah, will discuss his work at this exhibit opening, which will also kick off the 2016 Creative Aging Festival.

Phil Stafford, Director, Center on Aging & Community
812-855-2163
staffor@indiana.edu
<http://www.iidc.indiana.edu/pages/cac>

Saturday, May 7 **Navigating the Caregiver Challenge Part II**

9:00 a.m.

Admission Fee: Free
Showers Building City Hall Council Chambers and Atrium
401 N. Morton St.

Join us for part two of the Navigating the Caregiver Challenge! This event will bring community members together to discuss the challenges and questions associated with caregiving. Panelists, who have experienced caregiving firsthand, will briefly discuss suggestions for resources and how people in the community can support each other with advice and words of wisdom. Disabled Care (9:10-10:40 a.m.) includes: Building Support, Encouraging Independence, and Self-Care/Respite. Elder Care (10:50 a.m.-

12:20 p.m.) includes: Wellness, Mental Health, and Medicine.

Michael Shermis, Special Projects Coordinator
812-349-3471
shermism@bloomington.in.gov
<http://bloomington.in.gov/cfrd>

Monday, May 9 **Senior Citizen Shopping Day**

2:00 p.m.

Admission Fee: Free
Kroger East
1175 S. College Mall Rd.

The 2nd Tuesday of every month at Kroger East on College Mall Rd. 2-4pm. Senior Citizens can get assistance shopping from our Bloomington Road Show vendors and enjoy many free things like BINGO, card games, free samples, prizes, and so much more thanks to community volunteers. Special checkout lanes will even be open for seniors.

Jennifer Russ, Community Relations Manager
812-272-3024
BloomingtonRoadShow@outlook.com
<http://bloomingtonroadshow.wix.com/healing#!events/tk119>

Monday, May 9 **Guided Meditation**

2:30 p.m.

Admission Fee: Free
Monroe County YMCA, North West
1375 N. Wellness Way

You will have the chance to quiet the body and mind as you experience this unique and powerful mindfulness practice. Benefits of regular meditation include: reduced stress, increased immunity, better sleep, and improved brain functioning, as well as increased feelings of appreciation, connection, peace and happiness. Please dress in comfortable layers. No experience required. Chairs are available.

Instructor: Deb Hackman

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



Wednesday, May 11

Non-Profit Mail

10:00 a.m.

Admission Fee: Free

Monroe County Public Library, Rm. 1 C
303 E. Kirkwood Ave.

This workshop will focus on mail being sent to you or a family member by non-profit organizations. After exploring definitions and differences between the plethora of official charity designations, we will dissect the anatomy of the letters. We will check out organizations looking out for your interests and how best to use their websites.

You may bring any mail you may be receiving, but examples from actual mail received by the presenter's 97 year old mom will be available for our analysis. Arrive early for set up, if you bring your computer to access the various websites.

Gail E. Trout, Consultant; Education Specialist
812-606-1041
troutgail@alumni.iu.edu

Wednesday, May 11

50+ Expo

3:00 – 7:00 p.m.

Admission Fee: Free

Twin Lakes Recreation Center
1700 W. Bloomfield Rd.



The 50+ Expo is a healthy, active, and creative lifestyle event! For more than 40 years, the 50+ Expo has been the community's premier showcase of businesses and organizations whose products and services are geared toward people ages 50 years and up. The event includes a health fair offering free health screenings by local health care professionals, a community area with representatives from recreation, music, art, and other local activity clubs, engaging presentations designed to improve mental, physical, and emotional well-being, and live entertainment.

Bill Ream, Community Events Coordinator
812-349-3748
reamw@bloomington.in.gov
<http://bloomington.in.gov/50expo>

Wednesday, May 11

Community Art Interaction: Roll & Stroll

3:30 p.m.

Admission Fee: Free

Twin Lake Recreation Center
1700 W. Bloomfield Rd.

Stop by the Bell Trace booth and add your footprints and/or narrative to the four panel community art project that residents at Bell Trace have created alongside students from the School of Public Health. This community art project commemorates a yearlong service learning project at Bell Trace called Roll & Stroll.

Julie Hill, Life Enrichment Director
812-332-2355
jhill@cardon.us
www.belltrace.com

Friday, May 13

Art Opening- Meadowood Art Gallery

4:30 – 5:30 p.m.

Admission Fee: Free

Meadowood Retirement Community, Art Gallery
2455 Tamarack Trail

Gallery opening of art work by Meadowood resident, Pat Reitemeier. Pat views her life in art as a slow and evolving exploration of traditional media, culminating with the discovery of the medium of hot wax (encaustic) and wax pencils, which she considers her most inspiring means of expression in fine art.

Color, composition, and texture are her principal focus rather than subject matter, thus, much of her work is non-objective. Weaving has been added to her endeavors as she experiments with a similar focus on those same elements. Visit the Art Gallery Monday-Friday 10-5.

Mary Boutain, Activities Coordinator
812-330-4375, x302
mboutain@5ssl.com
www.MeadowoodRetirement.com

Friday, May 13

A Poetry Reading by Tuesday Poets & Friends

7:00 p.m.

Admission Fee: Free

Bell Trace Senior Living Community, Commons
800 N. Bell Trace Circle

The Tuesday Poets have been meeting in the home of Jenny Kander for over 15 years. Join us for an evening of poetry presented by some of Bloomington's finest poets.

Julie Hill, Life Enrichment Director
812-332-2355
jhill@cardon.us
www.belltrace.com

Friday, May 13-14, 19-21, 26-28

**BPP presents
YOU REMIND ME OF YOU**

7:30 p.m.



Admission Fee: \$20 General Admission, \$17 Seniors, \$10 Students.

Tickets at www.newplays.org
Bloomington Playwrights Project
107 W. 9th St.

Adele has abandoned her law school plans and her social life to take care of her addled father – a man who has trouble remembering who she is. A chance encounter with a musician named Vincent might just be the best thing to ever happen to her. The catch: Vincent has a rare neurological condition – he has face blindness. This season's Woodward/Newman Drama Award winning play explores what it's like to love without recognition and how two people might just keep each other from disappearing.

Jessica Reed, Managing Director
812-334-1188
managingdirector@newplay.org
www.newplays.org



Saturday, May 14

Just for You! A Song Bath

2:00 p.m.

Admission Fee: Free

Unity of Bloomington, Sanctuary
4001 S. Rogers St.

Come experience renewal as you relax in a reclining chair and are bathed in soft healing song. The Bloomington Threshold Choir is a small group of women who sing peaceful and soothing chant-like music with the intent to comfort, calm, honor and support the listener, allowing peace, love and positive energy to flow. Each attendee will receive a personal song bath of ten to fifteen minutes

duration, based on attendance. Participants may also remain to enjoy the music while others take their turn.

Penny A. Fisher, Threshold Choir Member
812-336-9025
pfisher@indiana.edu
<http://www.thresholdchoirofbloomington.com/>

Sunday, May 15

Generations Gardening Together

12:30 – 2:00 p.m.

Admission Fee: Free

Monroe County Public Library, Children's Courtyard
303 E. Kirkwood Ave.



What do you get when you combine gardening wisdom and experience with youthful enthusiasm and excitement? A beautiful garden at your Library! Join us for the fourth year of this successful program as community seniors work

with children to plant flowers, herbs, and vegetables. Share the joys of gardening, make a craft, and enjoy lemonade and cookies. Drop in. For all ages. To be a senior volunteer gardener, contact Annie Segraves in advance of program by phone or email listed below. In case of rain cancellation, this program will be rescheduled for May 22, 12:30-2 PM

Annie Segraves, Homebound Service Coordinator
812-349-3084
segraves@mcpl.info
<http://mcpl.info/>

Sunday, May 15

Harmonies of Healing

1:00 p.m.

Admission Fee: \$25.00 suggested donation, shared with the church.

Unity of Bloomington, Sanctuary
4001 S. Rogers St.

In the Harmonies of Healing workshop, participants will learn how to use their Voice as a Healing Instrument; Breathe for Stress Reduction; Communicate Authentically and Reframe Dis-Ease, Don't just Survive, THRIVE!

Lauren Lane Powell, Owner
727-798-3569
singforyoursoul@aol.com
www.harmoniesofhealing.com

Sunday, May 15

1 Million Stars to End Violence Lotus International Star-Weaving Project

1:30 – 3:30 p.m.

Admission Fee: FREE Registration not required, but for large groups, please let us know. Recommended for ages 8 and up, including families and groups.

Light refreshments provided.

Mathers Museum of World Cultures
416 N. Indiana Ave.

Free visitor parking by the Indiana Ave. lobby entrance and surrounding streets, since metered parking is FREE on Sundays. Access ramp located at the Fess and Ninth



— THE —
*1 Million Stars
to End Violence*
— PROJECT —



entrance. Reserved spaces are available on Ninth between Fess and Indiana. To accommodate most needs for disabled or for assistance, call 812-855-6873.

Learn to weave an 8-pointed star and join a worldwide movement! Lotus Education and Arts Foundation presents its 2016 visual-arts initiative: 1 Million Stars to End Violence Lotus International Star-Weaving Project. Instructors will teach the Samoan star-weaving technique and share this Australian-led initiative inspired by a quote by Dr. Martin Luther King, Jr. Lotus has committed to weaving at least 10,000 stars this year. Stars will be featured at the 23rd Lotus World Music & Arts Festival in September, at an exhibit in City Hall in December, and as part of a worldwide installation of 1,000,000 stars in 2018.

Lorraine Martin, Outreach Director
(812) 336-6599
loraine@lotusfest.org
<http://www.lotusfest.org/>

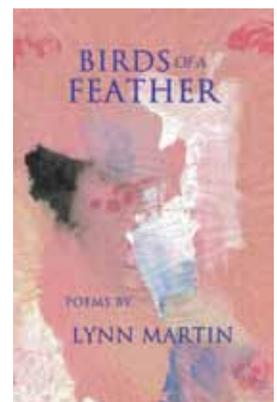
Sunday, May 15
**Five Women Poets: Birds of a Feather,
a poetry reading**

2:00 p.m.

Admission Fee: Free
Monroe County History Center
202 E. 6th St.

A poetry reading by Five Women Poets -- a group that has been active for 41 years -- to introduce their new chapbook, "Five Women Poets: Birds of a Feather." Copies of the book will be available for a donation that will go to Wild Care Inc.

Antonia Matthew, Co-founder with Helen May
812-339-8304
antonia.matthew@gmail.com





Calendar of Events

MAY 2016

SUNDAY	MONDAY	TUESDAY
<p>1</p> <p>Collage Art: Exhibit & Workshop 1:30 p.m.</p>	<p>2</p>	<p>3</p> <p>Art Inspiring Art 9:00 a.m.</p>
 <p>8</p>	<p>9</p> <p>Senior Citizen Shopping Day 2:00 p.m.</p> <p>Guided Meditation 2:30 p.m.</p>	<p>10</p>
<p>Generations Gardening Together 12:30 – 2:00 p.m.</p> <p>Harmonies of Healing 1:00 p.m.</p> <p>1 Million Stars to End Violence Lotus International Star-Weaving Project 1:30 – 3:30 p.m.</p> <p>Five Women Poets: Birds of a Feather, a poetry reading 2:00 p.m.</p> <p>15</p>	<p>16</p>	<p>17</p> <p>I Can See Clearly Now: How Does Our Psychological Type Evolve As We Age? 1:00 – 3:00 p.m.</p>
<p>22</p> <p>Tai Chi for Life Workshop 3:00 p.m.</p>	<p>23</p>	<p>24</p> <p>I Can See Clearly Now: How Does Our Psychological Type Evolve As We Age? 1:00 – 3:00 p.m.</p>
<p>29</p> <p>Last Sunday Poetry Reading & Open Mic 3:00 – 4:30 p.m.</p>	 <p>30</p>	<p>31</p>

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

What Are Old People For?
10:00 a.m.

5

Gentle Yoga
2:00 p.m.

6

Emeriti House and Indiana University Retirees Association Annual Art Exhibit
5:00 p.m.
Creative Aging Festival Opening Reception
5:00 p.m.
McDoel Yard, End of the Line: Photography by Jim Maire
5:00 p.m.

7

Navigating the Caregiver Challenge Part II
9:00 a.m.

11

Non-Profit Mail
10:00 a.m.
50+ Expo
3:00 – 7:00 p.m.
Community Art Interaction: Roll & Stroll
3:30 p.m.



12

Art Opening-Meadowood Art Gallery
4:30 – 5:30 p.m.
A Poetry Reading by Tuesday Poets & Friends
7:00 p.m.
BPP presents YOU REMIND ME OF YOU
7:30 p.m.

13

Just for You! A Song Bath
2:00 p.m.
BPP presents YOU REMIND ME OF YOU
7:30 p.m.

14

18

Bloomington Senior Road Show
12:00 p.m.
Meadowood Singers Spring Concert
7:00 p.m.

19

A Performance Potpourri
11:30 a.m. - 1:00 p.m.
Invitation to Dance
6:30 p.m.
BPP presents YOU REMIND ME OF YOU
7:30 p.m.

20

Optimal Care for Seniors – an Interdisciplinary Geriatric Care Conference 9:00 a.m.
Monroe County Civic Theatre 11:00 a.m.
Memory and Creativity: A Conversation with Elder Folk Artists 11:30 a.m.
Changing Resistance to Care to Participation in Care 6:00 p.m.

21

The Art of Aging: Life Enrichment through the Arts
9:00 a.m.
Intergenerational Open House
9:30 a.m.
Tai Chi Demo
12:00 p.m.
Bloomington Peace Choir Concert
3:30 p.m.
BPP presents YOU REMIND ME OF YOU
7:30 p.m.

25

Painting in the Park
11:00 a.m. transport;
Guided Meditation
12:45 p.m.
Stardusters at Players Pub
6:00 p.m.

26

Meadowood Resident Art & Craft Fair
4:00 – 7:00 p.m.
BPP presents YOU REMIND ME OF YOU
7:30 p.m.

27

Memory Paintings: Gustave Potthoff's Creative Aging Practice
3:00 p.m.
The UkeTones at the Players Pub
5:00 p.m.

28

Intergenerational Music Making
9:30 a.m.
BPP presents YOU REMIND ME OF YOU
7:30 p.m.



Tuesday, May 17 and 24

I Can See Clearly Now: How Does Our Psychological Type Evolve As We Age?

1:00 – 3:00 p.m.

Admission Fee: Free, but registration is required and limited

Meadowood Retirement Community, Terrace Room
2455 Tamarack Trail

Do we change or just get clearer about who we are and how we relate to our world? Many adults are familiar with the Myers-Briggs Type Indicator, the most widely researched and applied instrument of its kind. New research is coming out about how we evolve our sense of who we are as we move into the uncharted water of getting older. Co-facilitators, Dan & Sharon Wiseman, have devoted more than 30 years as practitioners to studying and applying the MBTI to people of all ages and organizations. Contact Mary Boutain to register.

Mary Boutain, Activities Coordinator
812-330-4375, x302
mboutain@5ssl.com
www.MeadowoodRetirement.com

Wednesday, May 18

Bloomington Senior Road Show

12:00 p.m.

Admission Fee: Free

Kroger East
1175 S. College Mall Rd.

The 3rd Wednesday of every month from 12 - 2pm we bring a free health fair for residents in our local areas. Seniors can win free gift baskets, get free health screenings, and find out about local resources. Come and meet up to 30 of the health care volunteers in your local community!

Jennifer Russ, Community Relations Manager
812-272-3024
BloomingtonRoadShow@outlook.com
<http://bloomingtonroadshow.wix.com/healing#!events/tk119>

Wednesday, May 18

Meadowood Singers Spring Concert

7:00 p.m.

Admission Fee: Free

Meadowood Retirement Community, Terrace Room
2455 Tamarack Trail

Join us for a Spring Concert by the Meadowood Singers directed by Tim Reed. You'll hear many favorite melodies and enjoy the spirit of people singing their hearts out!

Mary Boutain, Activities Coordinator
812-330-4375, x302
mboutain@5ssl.com
www.MeadowoodRetirement.com

Thursday, May 19

A Performance Potpourri

11:30 a.m. - 1:00 p.m.

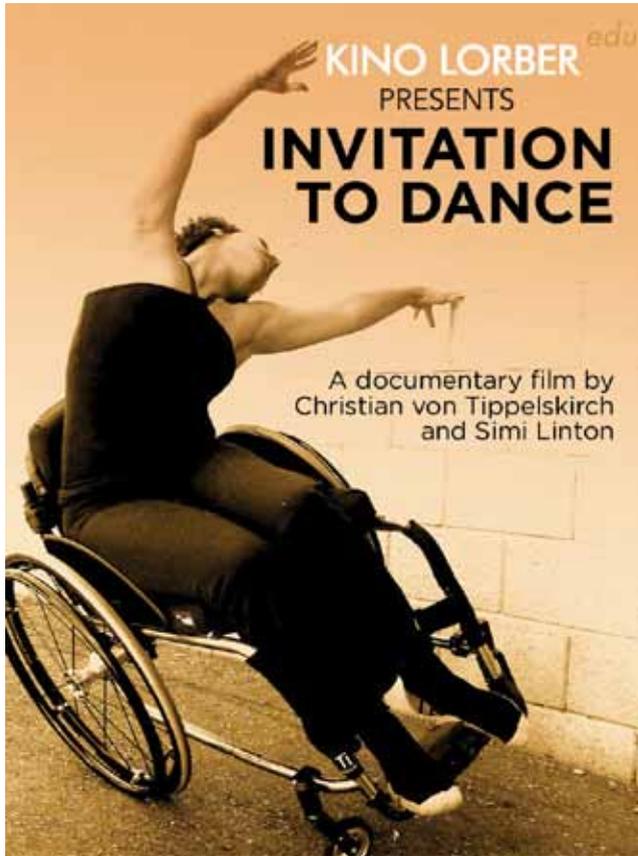
Admission Fee: Free, Lunch included

Bell Trace Senior Living Community, Commons
800 N. Bell Trace Circle

Come and be entertained by a dynamic, creatively aging senior who has always made adventurous and unique career choices!! Joe Lee was a 1976 graduate of Ringling Bros, Barnum & Bailey's Clown College and has worked professionally as a clown for years. He also is a street performer, an illustrator, a cartoonist, a writer, and a proud public employee! Hear his story and see his talents! This will be a real treat for all!



Penny A. Fisher, Active Aging Coalition, Steering Committee
812-336-9025
pfisher@indiana.edu
<https://sites.google.com/site/activeagingcoalition/>



Thursday, May 19
Invitation to Dance

6:30 p.m.

Admission Fee: Free
 Monroe County Public Library, Auditorium
 303 E. Kirkwood Ave.

In this film, a wheelchair-riding social activist takes us out dancing with the avant-garde of disabled artists and radical thinkers—unstoppable in their quest for “equality, justice, and a place on the dance floor!” We are also joined by guest speaker Elizabeth Shea, Associate Professor and Director of Contemporary Dance, Indiana University. Co-sponsored by the Center on Aging and Community at Indiana Institute on Disability and Community, ArtsWORK Indiana, and the Indiana Governor’s Council for People with Disabilities

Chris Jackson, Special Audiences Strategist
 812-349-3050, ext. 2059
 cjackson@mcpl.info
 www.mcpl.info



Friday, May 20
Optimal Care for Seniors – an
Interdisciplinary Geriatric Care
Conference

Presented by Indiana University Health



Indiana University Health

9:00 a.m.

Admission Fee: \$15 - IU Health/Southern Indiana Physicians employees, students, adults 65+; \$25 - all others

Registration: Call 812.353.5252 or visit iuhealth.org/bloomington and click “Events and Classes” to register. Boxed lunch included. CEUs available.

Group registration: Contact Joy Heller - 812.353.9300 or jheller1@iuhealth.org
 IU Health Bloomington Hospital, Wegmiller Auditorium
 601 W. 2nd St.

This day-long conference focusing on optimal care for seniors will feature Teepa Snow, occupational therapist, author, and national speaker, who will deliver a presentation entitled “Improving Our Care in Hospital Settings: From ER to Discharge.”

Regional expert, Dr. Rob Stone will also be presenting on Palliative Care. Topics also include polypharmacy, falls prevention, and much more.

Dayna Thompson, Alzheimer’s Educator
 812-353-9299
DThompson6@iuhealth.org
<http://iuhealth.org/bloomington/>

Friday, May 20

Monroe County Civic Theatre

11:00 a.m.

Admission Fee: Free
Monroe County Public Library,
Auditorium
303 E. Kirkwood Ave.



Monroe County Civic Theater was founded in 1986 by a group of local artists dedicated to the goal of providing positive theater-making experiences for all members of the Bloomington community. Now, thirty years later, MCCT is Bloomington's only all-volunteer, amateur community theater organization. We remain devoted to providing opportunities for individuals — no matter what their experience or background — to know the many challenges and rewards of creating live theater.

Maryann Iaria, Board of Directors
812-855-2218
miaria@indiana.edu
<http://www.mcct.org/>

Friday, May 20

Memory and Creativity: A Conversation with Elder Folk Artists

11:30 a.m.

Admission Fee: Free
Mathers Museum of World Cultures
416 N. Indiana Ave.

This program highlights the art-making practices of elders as a successful aging strategy. The program includes demonstrations by elder folk artists, and “narrative stage” with the elders hosted by Mathers Museum curator Jon Kay. Come watch the artists work, talk with them about their creative pursuits, and then stay for the narrative stage to hear artists discuss the benefits of the arts for older adults.

Jon Kay, Curator of Folklife and Cultural Heritage
812-855-0418
Jkay@indiana.edu
<http://www.indiana.edu/~mathers/>

Friday, May 20

Changing Resistance to Care to Participation in Care

6:00 p.m.

Admission Fee: Free
IU Health Bloomington
Hospital, Wegmiller
Auditorium
601 W. 2nd St.

Teepa Snow, occupational therapist, author, and nationally known speaker visits Bloomington to share her wisdom on connecting to those with Alzheimer's disease and other dementias in a meaningful and humanizing way.

Family and professional caregivers are invited to attend this helpful presentation on “Changing Resistance to Care to Participation in Care.”

Dayna Thompson, Alzheimer's Educator
812-353-9299
DThompson6@iuhealth.org
<http://teepasnow.com/>



Saturday, May 21

The Art of Aging: Life Enrichment through the Arts

9:00 a.m.

Admission Fee: \$25.00 pre-registration at the website below.

CEU's will be provided in several disciplines, including activity professionals working in long term and community senior care.

Indiana Memorial Union, Indiana University
900 E. Seventh St.



This creative and energizing daylong workshop for artists, senior service professionals and the general public will feature nationally known artists who work with older adults in long term care and community settings: Kareen King, Kansas drama therapist; Gary Glazner, Brooklyn, founder of the Alzheimer's Poetry Project; Julie Hill, certified teaching artist, and local recording artist, Krista Deter.

Phil Stafford, Director, Center on Aging & Community
 812-855-2163
 staffor@indiana.edu
<http://www.iidc.indiana.edu/pages/cac>

Saturday, May 21
Intergenerational Open House

9:30 a.m.
Admission Fee: Free
 Indiana University Campus Children's Center
 2613 E 10th St., on Range Road

Please join us for our 4th 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 RSVP Volunteers who help in the classrooms during school hours. 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, teacher
 812-855-0789
 mioleson@indiana.edu
<http://www.indiana.edu/~ccc/>

Saturday, May 21
Tai Chi Demo

12:00 p.m.
Admission Fee: Free
 Better Day Club
 1240 E. Miller Dr.



Join us for an introduction to the principles of Tai Chi through demonstrations of the short and sword forms. Participants will have the opportunity to try some of the Tai Chi movements that promote strength, balance, improved circulation and overall wellbeing. Tai Chi is known to nurture physical health and calmness of mind and is ideal for anyone looking for a low impact exercise that engages the mind and improves overall health.

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

Saturday, May 21

Bloomington Peace Choir Concert

3:30 p.m.

Admission Fee: Free

Bell Trace Senior Living Community, Commons
800 N. Bell Trace Circle

The Bloomington Peace Choir is a non-audition choir open to members of all ages. We will sing songs of peace that promote multi-cultural understanding and the joy of singing through audience participation.

Amy Lifton, Board member
812-322-6590
amylifton@gmail.com

Sunday, May 22

Tai Chi for Life Workshop

3:00 p.m.

Monroe County YMCA, South East
2125 S. Highland Ave.

Tai Chi is an ancient Chinese art of movement that is used to nurture physical health and calmness of mind. Its simple sequence of movements promotes strength and agility, improves circulation and heart-lung function, and helps to reduce stress and improve concentration. This workshop will introduce the principles and practice of Tai Chi through a selection of classic movements. No prior experience is necessary. Please wear loose, comfortable clothing.

Instructor: Madeleine Gonin

Gayle Ebel, Adult Wellness Director
812-961-2171
gebel@monroecountyyymca.org
<http://monroecountyyymca.org/>



Wednesday, May 25

Painting in the Park

11:00 a.m. transport;

Painting Workshop 1:00 – 3:00 p.m.

Admission Fee: Free, but limited registration

Free transportation from Bloomington is provided by Meadowood Retirement Community at 11:00 a.m.

Lunch on your own at the Abe Martin Lodge Brown County State Park, Abe Martin Lodge Nashville, IN

Join Brown County artist Anabel Hopkins in an afternoon of acrylic painting in Brown County State Park! Painting workshop is held on the back porch of the Lodge from 1:00-3:00 PM. Bring sunscreen, hat or other protection. Art supplies are provided through a grant from the Indiana Arts Commission and the DNR Arts in the Parks Project. Contact Mary Boutain to register.

Mary Boutain, Activities Coordinator
812-330-4375, x302
mboutain@5ssl.com
www.MeadowoodRetirement.com



Wednesday, May 25

Guided Meditation

12:45 p.m.

Admission Fee: Free

Monroe County YMCA, South East
2125 S. Highland Ave.

You will have the chance to quiet the body and mind as you experience this unique and powerful mindfulness practice. Benefits of regular meditation include: reduced stress, increased immunity, better sleep, improved brain functioning, increased feelings of appreciation and connection, and increased feelings of peace and happiness. Please dress in comfortable layers. No experience required. Chairs are available.

Instructor: Deb Hackman

Gayle Ebel, Adult Wellness Director
812-961-2171
gebel@monroecountyyymca.org
<http://monroecountyyymca.org/>





Wednesday, May 25

Stardusters at Players Pub

6:00 p.m.

Admission Fee: \$7.00 cover charge

Players Pub

424 S. Walnut St.

The Stardusters “little BIG Band” will present swing music from the 30’s 40’s and 50’s. This 9 piece ensemble and its talented vocalists will take you back to an era when the big bands were the entertainment of the day and big band music was the pop music of the time. Performing at Players Pub the 4th Wednesday of each month, the month of May will be dedicated to the Creative Aging Festival. The band is made up of many “seniors” who have been performing for many years.

Jerry Jerome, Owner

812-935-7441

jerry@stardustersmusic.com

www.stardustersmusic.com

Thursday, May 26

Meadowood Resident

Art & Craft Fair

4:00 – 7:00 p.m.

Admission Fee: Free

Meadowood Retirement Community, Terrace Room

2455 Tamarack Trail

Residents of Meadowood Retirement Community will display their own creative work. Fiber art, painting, fine wood

carving, calligraphy and other media will be on display. Some items will be for sale.

Mary Boutain, Activities Coordinator

812-330-4375, x302

mboutain@5ssl.com

www.MeadowoodRetirement.com

Friday, May 27

Memory Paintings:

Gustave Potthoff’s Creative Aging Practice

3:00 p.m.

Admission Fee: Free

Meadowood Retirement Community, Terrace Room

2455 Tamarack Trail

Jon Kay, Director of Traditional Arts Indiana, will talk about the exhibit and the life of Gustav Potthoff. Gustav Potthoff paints to remember his fellow prisoners of war who built the Bridge over the River Kwai and the Hellfire Pass during World War II. This program shares his incredible story, and explores his life-review practice as a strategy for creative aging.

View 8 free-standing reproductions of Potthoff’s work. The Traditional Arts Indiana exhibit is sponsored by the Indiana Arts Commission and the National Endowment for the Arts. Exhibit dates May 27 – 31. Open to the Public 10:00 – 5:00 p.m. daily.

Mary Boutain, Activities Coordinator

812-330-4375, x302

mboutain@5ssl.com

www.MeadowoodRetirement.com

Friday, May 27

The UkeTones at the Players Pub

5:00 p.m.

Admission Fee: No cover charge for happy hour performances at the Players Pub, The UkeTones play from 5:00 – 7:00 p.m. for tips.

Players Pub
424 S. Walnut St.

The UkeTones are a ukulele/vocal band made up of “women of a certain age who all wear glasses” and who perform covers of intergenerational music. Fun for all ages and the young at heart!

Susan Sandberg, Booking manager and UkeTone
812-320-8552
sjsandbar@juno.com

Saturday, May 28

Intergenerational Music Making

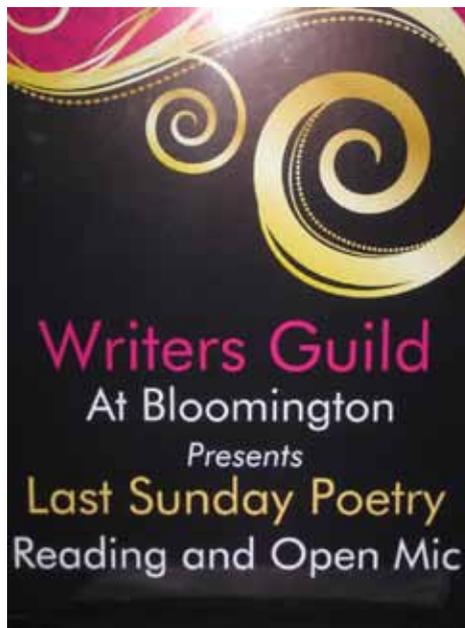
9:30 a.m.

Admission Fee: Free
Fogerty Music Therapy Clinic
515 S. Woodscrest Dr.



Fogerty Music Therapy invites you to an intergenerational musical experience. Come share your love of music with young children by exploring rhythm instruments, moving to music, and singing. Our music therapists will lead active music making, improvisational movement experiences, and musical story telling. Bring your creativity and silliness to this event! Information about the field of music therapy will also be available. Learn how board certified music therapists use music as a tool to help support wellness, elevate mood, and assist with symptoms of illness. We hope to see you there!

Tina de Leeuw, MS, MT-BC, Assistant Director
812-679-6146
deleeuw.tina@gmail.com
<http://www.fogertymusictherapy.com/>



Sunday, May 29

Last Sunday Poetry Reading & Open Mic

3:00 – 4:30 p.m.

Admission Fee: Free
Bloomington & Monroe County Convention Center, Rogers Room
302 S. College Ave.

The Last Sunday Poetry Reading & Open Mic is a monthly event presented by the Writers Guild at Bloomington in partnership with the Bloomington and Monroe County Convention Center. The May event is dedicated to an Open Mic honoring the elders we are, the elders we know, and the creative aging process of living.

You are welcome to come and read a piece based on this theme written by yourself or by someone else, or to sit back and enjoy the diversity of voices celebrating the creative spirit we all carry within us.

Patsy Rahn, Writers Guild at Bloomington Chair Emerita
812-334-2895
prahn@indiana.edu
www.writersguildbloomington.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.

2016 Creative Aging Festival Guide

A special thanks to our volunteers and planning committee members;

Julie Hill, Alice Oestreich, Sue Owens, Dennis Laffoon, Gail Londergan, Bill Ream, Mary Boutain, Phil Stafford, Penny Fisher, Stacey Goffinet, Dayna Thompson, Lauren Cowen, Jeanne May, Susan Snider Salmon, Lesa Huber, Barbara Carroll and Leslie Ward Miller

Center on Aging & Community • 1905 N. Range Road • Bloomington, IN 47408
Phone: 812-855-6508 • Fax: 812-855-9630 • Web: www.iidc.indiana.edu/cac



Center on Aging and Community



The Center on Aging and Community is part of the Indiana Institute on Disability and Community, which is located at Indiana University in Bloomington. The Institute is Indiana's University Center for Excellence in Developmental Disabilities.



We are appreciative of each of the following advertisers and hope that you would consider the products and services that they each provide.



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