



MESA
ARTS
CENTER

Media Contact:

Casey Blake, 480-644-6620, casey.blake@mesaartscenter.com

Mesa Arts Center's Free Creative Aging Program to Offer Social and Creative Outlets for Adults 55 and Over

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Mesa, AZ – To thwart stress and depression as we age, studies have shown that participation in arts activities can boost mood and support an overall sense of well-being. Now in its third year, Mesa Arts Center's **Creative Aging Program** offers three unique workshops in storytelling, movement and sculpture. Each of the three workshops offer social and creative outlets to enhance self-esteem, morale, and overall health for adults over 55. Workshops are held at Mesa Arts Center now through the end of November, and

they are free and open to the public.

A 72 year old participant in the Mature Moving Me class said of her experience, **“This class was a delight. I'll remember how wonderful it felt to be free to trust my body to move.”**

Rita Hawkins, an 83 year old participant, said of the program, **“I feel so exuberant after I leave here.”**



Participants are asked to draw on life stories and will explore experiences through visual arts, movement and storytelling. Led by professional teaching artists, these workshops provide vital tools and opportunities for older adults to maintain and improve physical and mental health.

Workshops include **Mature Moving Me**, a collaborative dance class for seniors that is appropriate for all levels and all abilities; **In the Round Sculpture**, a series of hands-on sessions focusing on the creation of mixed media abstract sculptures; and **What's Your Story**, a 90-minute workshop that leads participants in transforming memories into recorded history or legend.

The program expands beyond on-site workshops to include artist-in-residence programs in adult resource centers, adult day cares and adult living communities, like Oakwood Creative Care, Fellowship Square Living Community and New Frontier for Lifelong Learning.

In March of 2015, Mesa Arts Center will collaborate with the Arizona Commission on the Arts to hold a Creative Aging Summit to convene arts organizations, teaching artists and aging and healthcare service providers interested in the significant impact the arts can have on quality of life for older adults.

For more information, visit <http://www.mesaartscenter.com/outreach/outreach-programs/Creative-Aging>.

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ABOUT MESA ARTS CENTER

The Mesa Arts Center, owned and operated by the City of Mesa, is a unique, architecturally stunning facility located in the heart of downtown Mesa. Arizona's largest arts center is home to four theaters, five art galleries, and 14 art studios. Guests, patrons, and students come to Mesa Arts Center to enjoy the finest live entertainment and performances, world-class visual art exhibitions, and outstanding arts education classes. The Mesa Arts Center mission is to inspire people through engaging arts experiences that are diverse, accessible, and relevant. For more information, visit mesaartscenter.com.