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**Mesa Arts Center to offer Arts Activities for Adults with Dementia and their Caregivers**



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**MESA, AZ** – Through funding from a national grant received from *Creativity Connects*, Mesa Arts Center and Banner Alzheimer’s Institute have developed Arts in Mind, a program that creates arts experiences for individuals with mild to moderate dementia and their caregivers. An expansion of Mesa Art Center’s Creative Aging Program, Arts in Mind offers arts engagements such as hands-on art making, museum experiences and concert events.

**“The program will offer opportunities for those affected by dementia and Alzheimer’s to cultivate dignity and enrich their sense of self, while building connections between themselves and loved ones through fun and expressive arts engagements.” – Mandy Tripoli, Director of Engagement at Mesa Arts Center**

Research suggests that engagement in arts-based activities for older adults contributes to quality of life, increased community interaction and building companionship.

**Music Discovery**

Participants will enjoy concert experiences, conversation highlighting personal background, and reflections with music and hands-on music making.

Dates of sessions:

*Drumming*, February 9

*Classical Music*, March 16

*Sing-Along*, April 13

10:30 a.m. – Noon

**Mesa Contemporary Arts Museum**

Highlighting artwork currently on exhibition, participants will meet for interactive gallery walks and hands-on art making.

*Everyday Elevated: The Art of Craft*

Dates of sessions: March 13, 27, and April 10, 24

*Flourish: Exploring New Contemporary Art*

Dates of sessions: May 8, 22, and June 5, 19

12:30 – 2 p.m.

**Studio Discovery**

Hands-on studio sessions provide a unique environment for participants to explore playful, colorful and layered mixed-media art making experiences.

Dates of sessions: April 1, 8, 15, 22, 29, and May 6.

1:30-3 p.m.

Participation fee is \$50 per couple (participant and care partner). To learn more about these programs or to register, contact Mesa Arts Center's Engagement Office at [engagement@mesaartscenter.com](mailto:engagement@mesaartscenter.com) or 480-644-6540.

Mesa Arts Center is located at One E. Main Street in downtown Mesa. More information can be found at [www.mesaartscenter.com/creativeaging](http://www.mesaartscenter.com/creativeaging).

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**About Mesa Arts Center**

The Mesa Arts Center mission is to inspire people through engaging arts experiences that are diverse, accessible, and relevant. Owned and operated by the City of Mesa, Arizona's largest arts center is recognized as an international award-winning venue. The unique and architecturally stunning facility is home to four theaters, five art galleries, and 14 art studios and an artist cooperative gallery. For more information, visit [mesaartscenter.com](http://mesaartscenter.com).

**About Mesa Arts Center's Engagement Programs**

The Engagement Office at Mesa Arts Center offers programming that supports engagement in the arts as a critical component to a healthy and active community. Programming endeavors to ensure that lifelong learners have access to unique and high quality arts opportunities, students engage in meaningful learning opportunities in creating art, experiencing live performances and developing skills critical to a 21st Century education, and community members participate in relevant and accessible arts initiatives. For more information, visit [mesaartscenter.com/engagement](http://mesaartscenter.com/engagement).