CREATIVE AGING

The Creative Aging program seeks to improve the lives of older adults through arts education.

"I found happiness and joy with others! Fifteen minutes into every class, everyone at each table began having fun with each other. I've noticed that we were helpful to each other and not shy about it, as if a common goal has given us permission to be...so we are!"

- Creative Aging Participant

Substantial evidence shows that participatory arts activities improve mental health and social connection.

Think 360 Arts partners with older adult-serving organizations across the state of Colorado that serve historically under resourced communities to bring arts education to older adults through **workshops, residencies**, and **performances**.

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All programming is fully customizable and adaptable based on each organization's needs. Below are several residency examples available for older-adult serving organizations.

Dance | Take part in seated movement classes that allow members with different mobilities the opportunity to engage in fun exercise while also being creative! Participants help create different steps in the routines that are offered from week to week.

Ceramics | Learn skills and techniques for building with clay and glazing kiln-fired creations. Some project examples include decorative tiles, keepsake boxes, animal sculptures, and bells.

Paper Making Crafts | Explore the various textures and possibilities of working with paper. Each week, participants are introduced to different types of materials to create projects, such as card making and collage.

Creative Writing | Share the stories of your life. Come join our teaching artists as we talk about the people, pets, places, events, joys, and challenges that have defined us. Together, we will create word art, poems, and memoir to capture our stories.

Classes typically run 1 - 1.5 hours for 4-6 weeks. High-quality materials are used whenever possible. Workshops and performances are also available.

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