

Lifelong Learning and Creative Aging Resources

ASU Osher Lifelong Learning Institute - <http://lifelonglearning.asu.edu/>

ARTability - <http://www.vsaaz.org/artability.html>

An online listing of accessible performances and events.

Birt's Bistro at Benevilla - <http://www.benevilla.org/birts-bistro/>

Join friends on Wednesday & Friday afternoons at 5 PM for Birt's After Hours featuring live, local music; Arizona's best beer and wine; and a fresh-each-week menu. Reservations STRONGLY recommended. Call 623-584-0065.

The Creative Age: Awakening Human Potential in the Second Half of Life by Dr. Gene Cohen

<http://www.amazon.com/The-Creative-Age-Awakening-Potential/dp/0380800713>

In this life-affirming book, Dr. Gene Cohen debunks harmful myths about aging and illuminates the biological and emotional foundations of creativity. He shows how the unique combination of age, experience, and creativity can produce exciting inner growth and infinite potential for everyone.

Dance for PD - <http://danceforparkinsons.org/find-a-class/class-locations/united-states/arizona>

Dance classes for people with Parkinson's disease.

Herberger Lunch Time Theatre - <http://www.herbergertheater.org/lunch-time-theater/>

On The Kax Stage at 12:10pm on Tuesdays, Wednesdays and Thursdays, the Herberger presents one-act plays and dance performances lasting approximately 45 minutes.

Mesa Arts Center - <http://www.mesaartscenter.com/visual-arts-classes-performing-arts-classes-learn.html>

The center offers a variety of classes for adults in their on-site studios, including acting, ceramics, dance, drama, drawing, glass, jewelry, metals, music, painting, photography, printmaking, sculpture and more.

Open Yale Courses - <http://oyc.yale.edu/>

Open Yale Courses provides free and open access to a selection of introductory courses taught by distinguished teachers and scholars at Yale University.

Open Education Consortium - <http://www.oeconsortium.org/>

Open Education Consortium is a worldwide community of hundreds of higher education institutions and associated organizations committed to advancing open education and its impact on global education.

Phoenix Art Museum

- Arts Engagement Program - <http://www.phxart.org/documents/education/AEP-brochure.pdf>

This program actively engages adults with mild to moderate dementia and their care partners with the visual arts. The program blends facilitated conversations around artworks in the collection that aid in triggering memories and strengthening observational skills and focus.

- Arts All Around Us - <http://www.phxart.org/documents/education/Art-All-Around-Us-Program-2012.pdf>

An enrichment program facilitated by Museum-trained volunteers that provides presentations about the visual arts to seniors in the community; docents present hour long talks in not-for-profit senior community centers, senior living facilities and other venues serving predominantly senior populations.

Rio Salado College Lifelong Learning Center - <http://www.riosalado.edu/locations/lhc/Pages/default.aspx>

Trust Your Creativity -

Trust Your Creativity is an art/writing workshop with Shirley Cunningham, MA, MSW, LCSW. Unlock your unique creativity through adventures with art, journaling, poetry, music, dream work and reflection. No special skills required.

WHAM Community Art Center - www.Wham-art.org

A non-profit organization providing art experiences across generations and special needs of elders and veterans in the community, WHAM (What's Happening Arts Movement), is an association that underscores the importance of art in people's lives through classes, programs, exhibits, monthly art walks, special events in all areas of visual art, and in collaboration with musicians and dancers.

