



## **LIFE LONG LEARNING REGISTRY**

**Updated: March 2020**

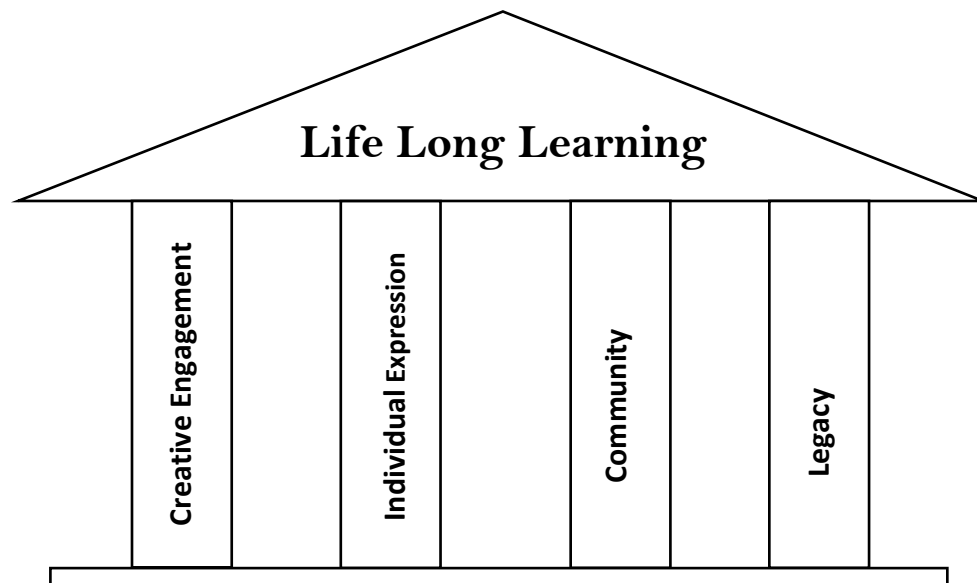
*"Learning is not a product of schooling but the lifelong attempt to acquire it."*

*Albert Einstein, (1879 - 1955) Physicist & Nobel Laureate*

## ***How does Ebenezer Society define Life Long Learning?***

Ebenezer's Life Long Learning Initiative is a collection of coordinated arts and education programs designed to foster growth and creativity for seniors. Life-long learning is the process of keeping your mind, body and spirit engaged — at any age — by actively pursuing knowledge and experience. Learning and growing helps everyone at every stage of life, and for seniors, the benefits are endless. Research has shown that with opportunities for self-expression and discovery, seniors experience vibrant living, artistic growth as well as improved mental and physical health. Life Long Learning helps individuals stay connected to their world — both locally and beyond.

## ***What are the Pillars of Life Long Learning?***



**CREATIVE ENGAGEMENT:** *A consistent space or opportunity to experience happiness, joy or other feeling of value added to an individual's life.*

**INDIVIDUAL EXPRESSION:** *An opportunity to share one's own vision, ideas or story in a safe and supportive environment through a variety of means and with an array of tools.*

**COMMUNITY:** *An area or regular occasion where individuals are given opportunity to co-learn or co-create. Access to being a part of something bigger than themselves.*

**LEGACY:** *All Life Long Learning opportunities will provide participants the chance to share and or pass on the work they created, the stories they told or the knowledge they gained in said program.*

This registry is a compilation of community partners who meet the criteria of Life Long Learning. It is to serve as a resource for all Ebenezer owned and managed sites to bring Life Long Learning opportunities and experiences to their residents, clients, and children they serve.

The registry is organized in alphabetical order and contains information on community partners with their: program description, contact information, and pricing.

We also categorized each community partner with a specialty area to help you identify what areas they may best benefit you and your clientele. The seven categories are below with an identifying symbol and description. These symbols will be located at the upper right-hand corner of each page to let you know where they fall under each category (they may fall in more than one category as well).



#### Continuing Education

Learning is a never-ending journey. Human beings are constantly learning new things and it doesn't stop even as we age. This category highlights the learning opportunities our clients can experience.



#### Creative Arts

The arts are one of the greatest outlets for people to express themselves and showcase their gifts and talents. This category includes art courses, theater classes, crafts, and more.



#### Intergenerational

Seniors interacting with young children is absolutely precious. Both generations benefit from being together and learning from one another. This category identifies LLL community partners that provide this kind of service.



### Language Arts

Spark the art of storytelling through writing. Language Arts brings creative self-expression, healing, and sharing legacies to our residents. These writing sessions are done through group classes and workshops.



### Music

Music is powerful. These programs range from Sing-a-longs, to Music History, Choirs, and Interactive presentations that celebrate social, cultural and historic context of music.



### Memory Care

Many of our vendors throughout this registry have passion for residents in Memory Care and have adapted programs to fit the needs of those with dementia. In this section there are programs from all categories specifically designed for residents living in Memory Care.



### Wellness & Movement

This category brings fitness, fun, and healing together. There are programs to elevate the energy of the room or bring a sense of calm serenity, while also incorporating physical movement.

This Life Long Learning Registry will continuously be updated with more community partners as we grow and connect with our many communities. If you find others please contact Ann Schrempp (Director of Life Long Learning and Intergen) at [aschrem1@fairview.org](mailto:aschrem1@fairview.org) so they can be added.

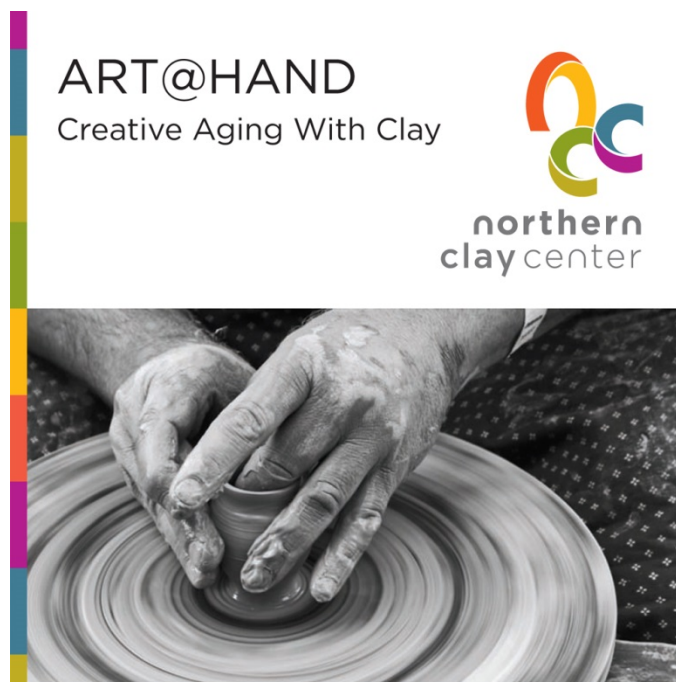
Thank you for all you do for the people you serve. This work wouldn't be possible without all your efforts!





# ART@HAND

ART@HAND is NCC's series of accessible programs for enjoyment of the ceramic arts. Intended for individuals 55 years old or greater (and their families), ART@HAND incorporates lectures and tours, drop-in workshops, and hands-on activities. Supported by the Wallace Excellence Award and the Minnesota State Arts Board's Arts Learning Grant, the program aims to increase access to the ceramic arts for adults who are 55+.



Whether you're curious about clay or have worked with clay for years, these programs are a fun way to expand your knowledge with Northern Clay Center's experts and exhibitions. Most events are free and open to the public unless a low-cost fee is noted in the description. Some events are especially for parents, grandparents, and kids to attend together. You must be 55+ to register for all of the following programs. Join us for a snack—all events include refreshments.

## Contact Information:

Alison Beech  
Northern Clay Center  
2424 Franklin Avenue E  
Minneapolis, MN 55406  
[www.northernclaycenter.org](http://www.northernclaycenter.org)

612.339.8007x313  
[alisonbeech@northernclaycenter.org](mailto:alisonbeech@northernclaycenter.org)



## Art 4 ALL, LLC

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### Larry J. Homan - Master MnemeTherapist



Born and raised in Minnesota, I love with my family in Coon Rapids, MN. I am an airbrush artist by trade and I have spent much of my professional career in graphic design. I longed, however, to find an occupation that would allow me to help people by using my artistic abilities and love of working with people. I prayed, seeking direction, and found the Art Without Boundaries Association.

I now work my dream job, helping others who battle Alzheimer's, dementia, Autism, stroke recovery and many other brain disorders. I have the distinct pleasure of bringing quality of life to individuals whose quality of life has been diminished. I thank God for setting me forth on this exciting journey and now enjoy a most fulfilling and satisfying vocation. As a master MnemeTherapist, I also have the opportunity to train and certify artists in Minnesota and around the country to become MnemeTherapists. I am truly blessed doing what I do!

For more information on the me and MnemeThearpy check out the following pages.

Pricing:

\$140 for 2 hours – be able to work with three people

Contact Information:

Larry Homan

[larrysrareair@usfamily.net](mailto:larrysrareair@usfamily.net)

763-412-8296

Facebook Page: <https://www.facebook.com/Art4All.llc/>

Art Without Boundaries Association Website: <http://artwithoutboundaries.one/index.html>

# Art 4 All, LLC

**Larry J. Homan** ☯

Master MnemeTherapist

*Member of the Art Without Boundaries Association*

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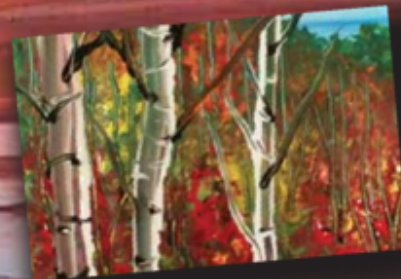
<http://artwithoutboundaries.one/lh.html>



Larry Homan, Certified MnemeTherapist, owns Art 4 All, LLC in Minnesota and is a member of the Art Without Boundaries Association. He is currently adding new clients such as assisted living and memory care facilities, group homes, and children with Autism or other learning disabilities.

Serving the Greater Twin Cities  
Metro Area

# Art 4 All, LLC



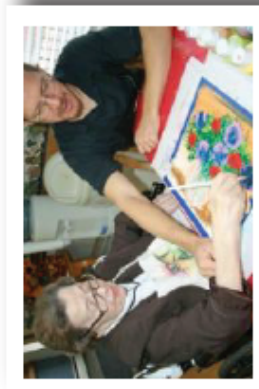
Improving the quality of life for  
those with Alzheimer's, Autism  
and other disorders of the brain  
by promoting MnemeTherapy™

## What is MnemeTherapy?

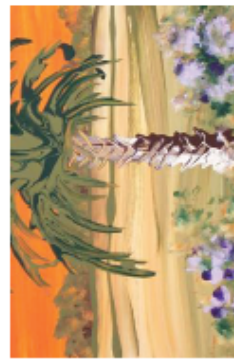
Pronounced "nemmah", MnemeTherapy™ is a cutting-edge whole brain therapy using everyday pleasures such as singing, movement, painting and story-telling in unique combinations to stimulate dramatic changes in the brain.

Used successfully on individuals with various brain disorders:

- |                            |                     |
|----------------------------|---------------------|
| • Dementia and Alzheimer's | • Autism (ASD)      |
| • Huntington's             | • Asperger Syndrome |
| • Parkinson's              | • PDD, ADD, ADHD    |
| • Stroke                   | • Cerebral Palsy    |
| • MCI                      | • Down Syndrome     |
| • Pick's                   | • Lewy Body         |



MnemeTherapy™ provides a rewarding experience through a unique combination of singing, movements, painting and story-telling, components that do not require supervision or licensing. Instead of exploring feelings, MnemeTherapy™ works to achieve whole-brain synchronization and sustained attentive focus, to help stimulate neuroplasticity, the brain's ability to move functions and create new neural pathways.



## Art Without Boundaries

We are a Professional Association with the mission to improve the quality of life for individuals with Autism, Alzheimer's disease and other related disorders of the brain by promoting MnemeTherapy™. To accomplish that, we recruit, train and certify artists to become MnemeTherapists. Membership in AWBA is required to practice MnemeTherapy™.

*"Therapy" comes from the Greek word "therapeia", which means "a service, an attendant", and is related to the Greek verb "therapeuo", which means "I wait upon". Therapy is very much a service for those in need. MnemeTherapy provides a service to individuals diagnosed with a variety of brain disorders.*

## Documented Testimonials

Focused mainly on providing a rewarding experience, MnemeTherapy™ has also been documented to show a significant improvement in brain function for some clients after just one session, including:

- Verbal Skills (Expressive Aphasia)
- Mobility/Muscle Issues
- Combativeness
- Visual and Spatial Acuity (Visual Agnosia)
- Understanding Language (Receptive Aphasia)
- Memory (Short- and Long-Term)
- Connecting Socially

For testimonials, visit:  
[artwithoutboundaries.net/Testimonials.html](http://artwithoutboundaries.net/Testimonials.html)







## Art with Heart©



*Art with Heart is a gathering of our imaginations, inner child, and creativity of our individual souls.*

*A holistic approach to visual 2-D art making that values process over product.*

*Led by Teaching Artists Deborah Lyon and Susan Roufs*

Contact Information:

Deborah Lyon

651-276-4223

[dgalles.lyon@gmail.com](mailto:dgalles.lyon@gmail.com)



# ARTISTRY

THEATER and VISUAL ARTS

## Program Description:

Artistry is a theater and arts organization that offers a diverse array of art experiences and opportunities.

Our assets include:

- two theaters where we produce critically acclaimed, professional performances.
- a robust in-house education program
- opportunities for groups to schedule 'art field trips' where they come to artistry for private lessons
- two galleries with regularly rotating shows from artists all across the country.
- an extensive outreach education program.

We also facilitate demonstrations, lessons, and arts experiences across many mediums which take place at remote sites all across the Twin Cities Metro and into greater Minnesota. We employ a faculty of more than 30 expert teaching artists and we send them out to teach either one off classes/experiences or multiple-session residencies depending on the needs of our partners.

Mediums we cover include Bookbinding, Ceramics, Drawing, Fiber Arts, Glass, Jewelry Making, Painting, Performance Arts, Printmaking, and Sculpture

A catalog of programming is attached with a listing of our general pricing grid.

Beyond the listings in this document please note that we are happy to offer custom programming and are glad to accommodate the needs of individual partner groups.

## Contact Information:

Erin Holt - Manager of Community Partnerships

[eholt@artistrymn.org](mailto:eholt@artistrymn.org)

(952) 563-8557

1800 W Old Shakopee Rd Bloomington, MN 55431

## ADULT OUTREACH CLASS OFFERINGS 2020/2021

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### PAINTING – TECHNIQUES

#### **Acrylic Painting**

**(one-time workshop \*OR\* multiple sessions)**

Acrylic paint is a fun and versatile medium. You will learn how to mix and control gradations in color, create effects through blends, dry-brush and washes, and learn how to incorporate texture. If class meets for multiple sessions new techniques and demonstrations will be introduced each class and skills will build on each other while students work through painting projects.

#### **Watercolor Painting**

**(one-time workshop \*OR\* multiple sessions)**

This workshop explores the basics of water color painting. Class demonstrations and discussions will cover fundamental techniques and materials including brush and paper selection, layering, and mark making strategies. In a one-time workshop students will see demonstrations and be able to practice basic water color skills. In a multiple session class more advanced skills of color mixing, paint application, layering, composition, and brushwork will all be covered through demonstrations and discussions. Participants will be encouraged to work from memory, music, photographs, or still lives.

#### **Drawing to Watercolor**

**(one-time workshop \*OR\* multiple sessions)**

This workshop is meant to inspire drawing and painting activities for all skill levels and backgrounds. We will start by creating simple line drawings of interesting compositions from memories, photographs, books or still life and then transition those drawings into watercolor paintings. Composition, color, and brushwork techniques will be demonstrated, discussed and practiced. If class meets for multiple sessions new aspects of the drawing/painting process will be introduced each week to build participants' skills.

#### **Chinese Brush Painting**

**(one-time workshop)**

Learn to paint natural scenes with bamboo brushes and ink. We will begin by discussing the properties of bamboo brushes, mark-making techniques, brush strokes, and ink characteristics. Then we will practice



painting specific animals, and natural subjects on rice paper.

### **Mixed Media Paintings**

**(one-time workshop \*OR\* multiple sessions)**

In this class we will use different mediums, such as acrylic, watercolor, soft pastels and oil pastels to create mixed media works on canvas board and heavy papers. We will learn different techniques, such as resist, negative space painting, adding texture, impasto, blending and more.

### **Abstract Painting and Collage**

**(one-time workshop \*OR\* multiple sessions)**

This abstract painting class will focus on teaching students new ways of expressing themselves in abstract or non-objective way. Skills projects will focus on the use of color, composition, space, and brushstrokes; help you to express imagination and/or emotions; and give you a platform for creative and artistic experimentation. Demonstrations on paint application techniques, color theory, collage techniques, composition, movement, and layering will be covered.

### **Painting with Soft Pastels**

**(one-time workshop \*OR\* multiple sessions)**

Pastel pigments create gorgeous colors and allow for interesting texture, layering, and pictorial effects. Treat yourself to an exploration of pastels, and share your growth with a group of other painters. There will be instructor demonstrations, group discussion, and plenty of one-on-one as you learn and practice with pastels.

### **Painting with watercolor Pencils**

**(one-time workshop)**

Is painting with traditional watercolors a little to intimidating for you? Then come explore the versatile and fun medium of watercolor pencils. Class lessons will start with discussions and demonstrations on basic drawing techniques with watercolor pencils including layering color, creating texture, and shading. Then we will dive into adding water to transform your drawings into to watercolor paintings. This class is a great way to transition from drawing to painting in a familiar and stress-free manner.

### **Watercolor +pen and ink**

**(one-time workshop \*OR\* multiple sessions)**

If you're interested in expanding both your drawing and painting skills, come join us as we learn how to create colorful pen and ink drawings enlivened with watercolor painting. Basic watercolor skills will be covered and demonstrations in how to draw with pen and ink will also be shown. Students should expect to leave with an expansion of their creative skills and one or more beautiful works of art.

**Feel free to request a focus for this class: flowers, autumn leaves, butterflies, birch tree landscapes, etc.**

### **Painting with Soft Pastels**

**(one-time workshop \*OR\* multiple sessions)**

Pastel pigments create gorgeous colors and allow for interesting texture, layering, and creative effects. Treat yourself to an exploration of pastels and share your growth with a group of other painters. There will be instructor demonstrations, group discussion, and plenty of one-on-one as you learn and practice with pastels.



## PAINTING – PROJECTS

### **Still Life – in Watercolor Pencils (one-time workshop)**

Watercolor pencils look and draw like colored pencils, but are water-soluble. Student will learn how to layer colors, create texture, and shade using basic drawing techniques. Then we will add water to transform your still life drawings into to watercolor paintings. This class is a great way to transition from drawing to painting in a familiar and stress-free manner.

### **Paint Your Own Holiday Cards (one-time workshop \*OR\* multiple sessions)**

Every year you say you're going to do it – well this is the year! This workshop will give you plenty of ideas for creating your own unique and personalized holiday cards. Several different styles of cards will be demonstrated, including watercolor, ink, and collage. Try one or all of these techniques for creating memorable greeting cards for your loved ones.

### **Paint Your Pet (one-time workshop \*OR\* multiple sessions)**

A pet portrait is an excellent way to honor your fur baby, best feathered friend, or other beloved critter. Join us to learn how to sketch your pet in various positions, capture your pet's personality, and create a basic outline for your painting. Then we'll learn acrylic painting techniques including under-painting, choosing an appropriate color palette, layering, blending and texturing. These techniques will add interest, dimension and lifelike aspects to your beloved pet's image.

### **Botanical Watercolor (one-time workshop \*OR\* multiple sessions)**

Participants will learn three main watercolor techniques that will allow you to create realistic-looking botanicals; using subtle washes, lifting paint, and adding dry details. The artist will introduce basics materials and techniques, and demonstrate how to take a simple wash and create the depth and detail that helps the plant and leaves look more realistic. Follow along and create a beautiful painting to take home.

*Feel free to request a focus for this class: succulents, vines, flowers, autumn leaves, etc.*

### **Autumnal Watercolors (one-time workshop \*OR\* multiple sessions)**

Fall is a beautiful and colorful time in Minnesota! Come discover the wonderful world of watercolor painting this fall and learn techniques including brush handling, wet-on-wet techniques, dry techniques, color mixing and other mark-making tricks. We will work on several fall-inspired paintings that are beautiful, colorful, and vibrant.

### **Painting \_\_\_\_\_ in Acrylic (one-time workshop \*OR\* multiple sessions)**

Using photographs, we will first learn how to edit and compose our image, create a basic sketch, interpret perspective and create a sense of depth in our landscape. Painting skills will include under-painting, choosing a color palette, color mixing, blending, dry-brushing and layering.

*Please pick a subject for students to focus on painting during this class. Popular subjects include: Boats, Farmhouses, Landscapes, lake docks, and Birds. Any reasonable subject can be accommodated.*

### **Landscapes in Watercolor**

**(one-time workshop \*OR\* multiple sessions)**

Come and learn how to paint a stunning landscape using watercolor painting techniques. Using photographs, we will first learn how to edit and compose our image, create a basic sketch and create a sense of depth in our landscape. Painting skills covered will include; color mixing, “dry” and “wet” paint applications, pigment characteristics, transparent layering, “building” composition and brush work.

*Feel free to request a focus for this class: Northshore, Minnesota Winter, Prairie, Mountains, etc.*

### **Painting Birds in Watercolor**

**(one-time workshop \*OR\* multiple sessions)**

Minnesota is a great place to bird watch and enjoy the out-of-doors! This class will take you through the steps of creating a basic sketch of your favorite feathered friends to guide your painting. Then we'll learn various watercolor techniques to add color, structure, 3-dimensional shape and texture.

### **Mixed-Media Painting**

**(one-time workshop \*OR\* multiple sessions)**

Explore the use of multi-media techniques to create fun, unique and beautiful images of your favorite Minnesota birds in this 2-day class. Teacher-directed lessons will guide you through designing a simple composition, then acrylic paint, collage, and other mediums will be used to create your images. Lessons will briefly cover basic art elements including color, shape, and texture.

## **DRAWING – TECHNIQUES**

### **Pen & Ink Drawing**

**(one-time workshop \*OR\* multiple sessions)**

Pen and ink art uses a variety of bold marks which when built up create an image. There are essentially two types of marks: dots or lines. In this class we will use how to take these marks and create drawings with great texture and depth. Students will learn how to use various pens, markers, and India ink to create black and white drawings.

### **\*NEW\* Drawing what you See**

**(one-time workshop)**

Students will learn and practice observation and drawing skills to better represent real objects in their drawings and paintings. Through exploration of line, shape, form, color, value, and light we will learn the skills allow us to realistically draw whatever we see in the world.

### **The Art of Illustration**

**(one-time workshop \*OR\* multiple sessions)**

This workshop will help improve your drawing skills while you learn about the process of illustrating a story. Students will choose a short work to inspire them (either original or borrowed). We will learn how to pace our story, layout pages, create rough sketches, and use those sketches to create final illustrations. In a single session we will illustrate a quote, lyric, or short poem. In a multiple session class we will create a short, simply bound book and illustrate a longer piece of writing.

### **Light, Value, Depth: Adding a 3D Quality to your Drawings**

**(one-time workshop)**

Value, or different shades of light to dark tones, can really add depth, character and three-dimensional aspects to your images. This class will teach you how to create various tonal variations and use them

appropriately to create the illusion of three-dimensions. Various mark-making techniques will be taught in addition to different tonal techniques in graphite, charcoal, and/or pastel.

## **DRAWING – PROJECTS**

### **Landscape Drawing**

#### **(one-time workshop \*OR\* multiple sessions)**

Learn to capture the essence of a landscape. Discussions and demonstrations will teach you how to determine a horizon, develop the underlying structure of a scene, and how to simplify and organize what you see. Whether you like to draw, paint, or take photographs this workshop will improve your drawing and compositional techniques for capturing and rendering outdoor landscapes. Please bring to class at least 3 photos of your favorite places. (Photos printed on typing paper 5" x 7" or larger work best)

### **Drawing from Nature**

#### **(one-time workshop \*OR\* multiple sessions)**

Artists from Claude Monet to contemporary artist Andy Goldsworthy have used nature as their main inspiration throughout their art making processes. In this class, the concept of nature in art can range from observational drawing to incorporating physical elements of nature into your art piece. We will learn drawing skills and explore elements of collage as we create works of art on paper during this class.

### **Portrait Drawing**

#### **(one-time workshop \*OR\* multiple sessions)**

This drawing class will give you the opportunity to explore techniques for drawing portraits from a photo. Instructor demonstrations and discussion will cover proportion, lighting, facial structure, capturing skin tones, and creating expression in the eyes and mouth-lines. Please bring to class at least 3 photos of your favorite people. (Photos printed on typing paper 5" x 7" or larger work best)

### **Zen Tangles**

#### **(one-time workshop)**

The concept of Zen Tangle is a way to practice focus and meditation through drawing repetitive lines, marks, circles and shapes. Patterns, called tangles, are chosen from the vast collection and from imagination. Students will discuss and look at examples of Zen Tangle art and participate in various skill lessons and activities. Each student will leave with a Zen Tangle packet to take home for future work and meditation in addition to the work

### **\*NEW\* Learning to draw the Human Face**

#### **(one-time workshop \*OR\* multiple sessions)**

Cassatt, Rembrandt, Sherald, Takanobu- all of these artists (and many more) are known for a fascination with portraiture. Have you ever wanted to create your own realistic renderings of the human face? This class will use observational drawing practices to explore the form, structure, and facial anatomy of the human face and skull. Students will learn how to draw and be able to portray various expressions of the face using pencil.

*If this class is offered in multiple sessions the addition of colored pencil will fully bring our portraits to life.*

### **Pastel Landscapes (one-time workshop)**

Pastel is a wondrous medium that offers up the best of drawing and painting. It's a forgiving art form you can use to achieve quick and satisfying results. Students will be introduced to various techniques that will get you comfortable with using the materials and gain confidence as you experiment with mark-making, color use, blending, and texture through teacher-directed landscape projects.

### **Wildlife Illustration in Charcoal (one-time workshop \*OR\* multiple sessions)**

Come learn about wildlife/scientific illustration as you create a beautiful animal drawing in graphite and charcoal. Teacher demonstrations will instruct students on how to use basic shapes to "build" animal anatomy, understand how to foreshorten features depending on head position, accurately render realistic faces, and how to use line, shape, texture and shading to make dynamic drawings.

*Feel free to request a particular animal subject: wolf, horse, fish, etc.*



## **COLLAGE & MIXED MEDIA DRAWING**

### **Exploring Collage through Still life (one-time workshop)**

Come stretch your creative skills with this fun and unique art form. Participants will start with heavy paper and explore a variety of collage and mixed media techniques such as transfer methods, stamping, direct collage, and drawing. We will use a still life as a starting point for our work but demonstrations will explore how to loosen up our approach to representational art. Feel free to bring scrap papers, magazines, found objects, and other memorabilia from home to work with in class.

### **Collaging animals (one-time workshop \*OR\* multiple Sessions)**

Animal lovers will be thrilled with this hands-on, unique, textural way to create images of our furred, feathered, and scaly friends. This class will take you through the steps of creating a fun and colorful collage with artist led demonstrations and discussions. Learn about basic art elements including; color, shape, texture, and composition in addition to collage techniques with decorative papers, fibers, and more.

*Feel free to request a particular subject: Birds, cats, dogs, fish, etc.*

### **Image Transfers in Collage (one-time workshop)**

Come and explore some new collage techniques to create your own unique compositions. In this class we will learn the image transfer process to transform copies of photographs, pencil drawings or other imagery into unique, transparent layers which will add new depth and interest to your art pieces.

**Accordion and Meander Books  
(one-time workshop)**

Accordion and Meander Books are traditionally created by cutting and folding a single piece of paper into one long structure which can either unfold into a straight line or zig-zag back and forth (hence, meander). These books are perfect for innovative story-telling and 'wide angle' illustration. Come learn how to make these two simple but intriguing book structures and begin the process of filling them up with your own curious content!

**Altered Books  
(one-time workshop)**

Learn how to repurpose old and unloved books and turn them into "new" works of art. Different techniques will be explored including black-out poetry, paper folding, paper cutting, painting, drawing, and more. If you wish, feel free to bring a book you don't mind remaking into a new work of art (hard cover or sturdy paperbacks work best). We will supply books for anyone who does not bring one.

**Pop-Up Books  
(one-time workshop \*OR\* multiple sessions)**

**MINIMUM CLASS TIME 2 HOURS**

Learn how to illustrate, design, and engineer one-of-a-kind pop-up books. Class lessons will start with instruction on creating simple, single page pop ups. Then we will move into exploring how multiple pop ups can be used together to create a larger book structure. Some Drawing and paper engineering techniques will be discussed.

**Hand Bound Memory Book  
(one-time workshop \*OR\* multiple sessions)**

**MINIMUM CLASS TIME 2 HOURS**

Do you have precious memories that you wish to capture? Do you like to sketch, scrapbook, paint, or draw and are always on the lookout for the perfect book to keep your work in? Join us as we bind a beautiful handmade memory book perfect for all your creative memory making! Participants will learn how to sew a sturdy, beautiful book using a variety of fine art papers and other materials. For longer classes additional time will be spent exploring different ways to fill the book with memories through painting, drawing, collage, and more.

**\*NEW\* Art Journaling & Creative Memory Making  
(one-time workshop \*OR\* multiple sessions)**

Have a craving for creativity but get intimidated by the thought of committing to a single medium? A Long-time writer but interested in introducing new elements to your journaling? Come learn the free-style beauty of art journaling! In this class we will learn how to break free from our standard pens and pencils: journaling can use paint, collage, fabric, origami, found objects and more! Unlock your creative potential and get started on a beautiful new journal. If you're able, please bring some photos you don't mind collaging with to class. We will supply the rest.

## **Introduction to Handmade Books** **(One-time workshop \*OR\* multiple sessions)**

### **MINIMUM CLASS TIME 2 HOURS**

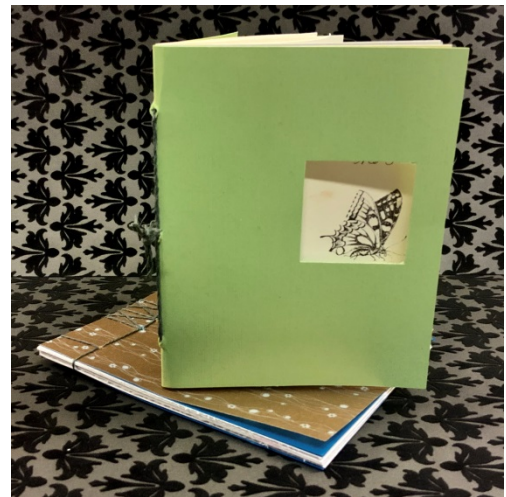
Students will view and discuss various handmade book examples and learn the techniques, tools and materials for creating different book structures. Participants will create at least 1 folded, 1 sewn, and 1 sculptural binding over the course of the class. Come prepared to make as this is a class covers a lot in a short period of time!

## **Simple Sewn Bindings** **(one-time workshop)**

Come and learn techniques to create handmade books and journals – perfect keepsakes for writing, sketching, and journaling. Class demonstrations will introduce the basic safety, materials, tools, and skills involved in the bookbinding process. Students will work with a variety of papers and other book binding materials to create 2-3 soft-cover sketchbooks/journals.

## **\*NEW\* Unexpected Book Structures** **(one-time workshop)**

Getting tired of turning boring, flat pages? Come learn how to create unique, sculptural books which will get you thinking in whole new ways about ‘turning the page.’ We will learn to make 2-3 ‘non-traditional’ book structures such as Flag books, tunnel books, petal fold books, and/or Jacob’s Ladder books. Come with an open mind and hands ready to make: leave with a new take on just how a book can be!



### **SCULPTURE**

## **Photo Sculptures** **(one-time workshop)**

This class will teach you how to transfer laser printed images onto three-dimensional wood forms to create stackable and interchangeable sculpture pieces. Print off your favorite images onto plain printer paper, bring those prints to the library, and learn how to use matte medium and acrylic gel transfers with collage techniques to create imaginative and fun photo-based art pieces.

## **\*NEW\* Found Object Garden Art** **(one-time workshop)**

Ever found yourself with a drawer, a box, a room full of ‘one day this will be useful’ kinds of objects? Turn those objects into art in this fun and expressive sculpture workshop. We will provide a variety of materials including metal findings, wood scraps, wire, cordage, and fabric to create unique, personal, rugged sculptures designed to hang on porches and/or perch in flower beds. Please bring a big imagination and any interesting artifacts you’d like to try incorporating into your work.

**\*NEW\* Found Object Wall Sculpture  
(one-time workshop)**

Ever found yourself with a drawer, a box, a room full of ‘one day this will be useful’ kinds of objects? Turn those objects into art in this fun and expressive sculpture workshop. An artist will provide instruction on form, composition, texture, and demonstrate various joining techniques to hold pieces together. We will provide a variety of materials including metal findings, wood scraps, wire, cordage, and fabric to create small, personal, and highly unique sculptures designed to hang on the wall. Please bring a big imagination and any interesting artifacts you’d like to try incorporating into your piece.

**Soft Sculpture  
(one-time workshop \*OR\* multiple sessions)**

Soft Sculpture uses fabric, yarn, foam, string, and other ‘soft’ materials to create intriguing works of art. Come explore the elements of soft sculpture by learning about sewing stitches, armature techniques, composition, texture, and other elements of 3-D Design.

**String Art  
(one-time workshop)**

Using small nails, colorful yarn, and embroidery thread participants will create images and shapes by “stringing”. Participants will each receive a small base that they will design an interesting image on. Then we will add nails to the outer lines of our designs and “string” yarn or embroidery thread between the nails in a crisscross fashion. Our colorful designs will come to life with the zig-zagging rainbow threads.



**JEWELRY & FIBER ARTS**

**Found Object Jewelry  
(one-time workshop)**

Design and create your own wearable bracelets, necklaces, earrings and pendants. Teacher discussions and demonstrations will teach students to use colored linen threads, ribbon, beads, metal findings, fibers, wire, stones, and found materials to create fun and fashionable jewelry pieces.

**Sewn Felt Accessories  
(one-time workshop)**

Design and create your own broaches, earrings, keychains, and hair accessories using colorful felt and simple embroidery hand sewing techniques. Teacher demonstrations, examples and skill lessons will instruct students on creating various designs while leaving room for student creativity and exploration.

**Hand Painted Wood Earrings and Pendants  
(one-time workshop)**

Design and create your own hand painted wooden earrings and pendants. Teacher demonstrations and examples will show students how to transform simple wooden shapes into colorful and unique earrings using acrylic paints, paint markers, decoupage and other embellishment techniques.



**\*NEW\* Weaving a Wall Hanging**  
**(one-time workshop \*or\* multiple sessions)**

Anyone spending anytime on Instagram lately has seen the fabulously soft and fringy wall hangings popping up all over the place. Come and learn to make one for yourself! We will go over the basic vocabulary, equipment, and techniques to weave a simple wall hanging. We will use yarn, roving, ribbon, scrap fabric, and other assorted materials to create a lush, textural work of art. No previous weaving experience necessary.

**\*NEW\* Learning to Spin on a Drop Spindle**  
**(one-time workshop)**

Knitter? Crochet-er? General fan of soft things? Come learn to spin your own yarn in this intro to drop spindle spinning class. An instructor will go over the basic vocabulary and materials involved in the hand spinning process and then students will get a chance to spin their own mini-skein. We will use wool roving as well as assorted other fibers as we learn to blend, draft, and spin. Students can expect to leave with 10-25 yards of finished yarn.

**\*NEW\* Soft Ornaments and Baubles**  
**(one-time workshop)**

Come join us as we use felt, fabric, embroidery thread, sequins, and other art and craft materials to create beautiful ornaments and baubles perfect for hanging on a tree, decorating your home, or adding some flair to your purse or keys! Artist led demonstrations will teach basic design and sewing skills and students will leave with 2 or more soft creations.



**PRINTMAKING**

**Lino-Cut Relief Printing**  
**(one-time workshop)**

Relief prints are created by cutting away material on a linoleum block to create a printable surface with positive and negative (cut-away) areas. Once cut, ink is rolled onto the linoleum block surface and transferred onto paper. In this workshop we will create single-color relief block prints and create a small edition of 3-5 pulls.

**Print Making Exploration**  
**(one-time workshop \*OR\* multiple-meeting workshop)**

Join us and explore the wonderful world of printmaking. Students will learn about two different printmaking methods including; Styrofoam or linoleum relief prints (positive and negative prints) and collagraph prints (or "collage" prints). Multiple prints will be made by each student and techniques for including color in your prints will be explored.

**Multi-Color Relief Prints – Interlocking Blocks**  
**(one-time workshop \*OR\* multiple sessions)**



We will create unique multi-color relief block prints by designing and carving interlocking blocks which will then be printed in different colors. Participants will choose a theme and create a two-toned set of blocks to print. Basic relief carving techniques will be covered.

**\*NEW\* Gyotaku Fish Prints & More**  
**(one-time workshop \*OR\* multiple sessions)**

"Gyotaku" is the ancient Japanese folk art of painting fish. The first Gyotaku were created to preserve the true record and size of species caught by Japanese anglers as far back as 1862. Students will use rubber molds created from real fish and sea life, inks, and watercolor to create colorful and interesting printed Gyotaku fish images.

**PERFORMANCE ART**

**Puppetry**  
**(one-time workshop \*OR\* multiple sessions)**

Students will learn how to transform everyday objects into fun and exciting puppets for storytelling. People, animals, aliens and other imaginary moveable puppets will be created using socks, foam, fabric, cardboard, "found" materials and arts and crafts supplies. Students will learn and use mixed-media sculpting techniques to create their puppets.

If class meets for multiple sessions the basics of storytelling and play writing will also be covered.

**The Art of the Mask**  
**(one-time workshop)**

Students will learn about the history, purpose and creation of different kinds of theatrical masks. Through discussion, teacher demonstrations and classroom projects each student will create a wearable mask out of various arts and crafts materials.



**CERAMICS NOTE: PARTICIPANTS WILL NOT BE ABLE TO TAKE HOME THEIR PIECES AT THE END OF CLASS. ARTISTRY WILL DROP OFF FINISHED WORK AFTER IT HAS BEEN FIRED AND STUDENTS WILL HAVE TO PICK UP FROM THE LIBRARY. TURN AROUND TIME WILL BE AT LEAST 2 WEEKS.**

## CERAMICS

### **Handbuilt Mugs (one-time workshop)**

Whether its coffee or tea most of us enjoy sipping on a warm beverage in the morning. Come make a cozy, colorful mug to fill with your drink of choice! We will cover basic construction techniques, discuss handle placement and style, and use texture, color, and sculpting to give our mugs character. Artistry will then fire and finish in a clear glaze. Finished mugs will serve you well for years to come.

### **Creatures in Clay (one-time workshop)**

Come make a little clay friend for yourself using basic pinch pot forming techniques and modeling skills. We will cover how to create the little details on our friends which will bring them to life. Using texture and engobe we will give our sculptures colorful fur, feathers, scales and/or other accents. Artistry will fire these creatures and apply a clear glaze, so they will become long lasting sculptures.

### **Clay Garden Art (one-time workshop)**

Students will create clay garden art pieces using basic hand building techniques. Lanterns, animal sculptures, fairy/toad houses, and bird feeders are possible projects. Due to the bisque and glaze firing process projects will need to be picked up 2-3 weeks after the last class.

### **Decorative Tiles (one-time workshop)**

All over the world tile is used as a key building material and decorative element. Come learn how to make your own ceramic tiles in this hands-on workshop. We will make 2-3 tiles using various decorative techniques including sgraffito, bas relief, slip decoration, and clay appliqué. An artist will lead demonstrations, discussions, and provide feedback to help you create beautiful works of art to decorate your own home.

## ART STYLES OF THE MASTERS

*This series of classes will focus on exploring the art making style of a particular artist or art movement. Participants will be introduced to various visual arts media, and perhaps a different medium each session. Classes can be scheduled as one-time meetings (workshops) or as a series of experiences that build upon one another. Class time will consist of discussion (relating to the specific artist / art movement), viewing of art examples, teacher demonstrations on processes, techniques and art materials, and hands-on work time for students to create individual art pieces to take with them.*

**Claude Monet/Impressionist Movement** – The impressionists are known for using small dots or strokes of color, not blended together, to create an optical mixing of colors. This class will teach participants how to draw a still life using impressionist techniques. Prints of Impressionist works will be available for viewing and technique demonstrations performed by the instructor. Each participant will create an impressionistic work(s) on paper with either markers pastels, or paint to take home with them.

**Pablo Picasso/Cubist Movement** – The Cubists are known for analyzing objects or images, breaking them up into their most basic shapes and reassembling them in an abstracted form. Instead of depicting

objects from one viewpoint, the artists in the Cubist movement depicted their subjects from multiple viewpoints to represent the subject in a greater context. Students will learn how to break an image down into basic lines and shapes, representing it from multiple angles to show transitions in time. Prints of Cubist works will be available for viewing and technique demonstrations performed by the instructor. Participants will use drawing and collage techniques to make small multiples or one larger work.

**Georgia O'Keefe/American Modernists** – American Modernism (similar to Modernism) is a movement that supports the idea that humans have the power to create, improve, and reshape their environment with the aid of scientific knowledge, technology and practical experimentation. Georgia O'Keefe studied the physical makeup of natural and industrial objects and magnified them with a slight tendency towards abstraction. Prints of American Modernist works will be available for viewing and technique demonstrations performed by the instructor. Participants will use images of flowers or found objects to make small modernist drawings using oil or chalk pastels, colored and graphite pencils.

**Henry Matisse / Fauvism** – Fauvist were a loose group of modernists artists whose work emphasized painterly qualities and strong color representations over the representational values held by the Impressionists. Henry Matisse was a draftsman, painter, printmaker and sculptor. In his later years he turned his artistic talents to paper collages exhibiting bold color combinations and organic shapes. Participants will use paint, paper, and/or collage to create colorful Matisse-inspired images.

**\*NEW\* Gustav Klimt / Art Nouveau Movement** – Art Nouveau is characterized by its use of natural themes, wild 'whiplash' curves, and dreamy ornate decorations. It took art and craft and blended the two together, creating all manner of beautiful objects ranging from door knobs to textiles to paintings. Gustav Klimt was a painter, muralist, and sketch artist who broke with the subdued conventions of his time and created decadent paintings full of complex patterns and color and gold leaf. Participants will use paint, markers, and/or collage techniques to create colorful, highly patterned images in the style of Klimt.

## ARTISTRY LIBRARY CLASSES PRICING CHART

\* This chart represents a *close estimate* of the cost for various types of arts instruction offered through Artistry. If classes are customized, hours are lengthened, or unique supplies are needed for a class the cost may shift to reflect these changes.

\* Costs listed include teacher pay, materials cost, and prep cost.

\*Travel time is **NOT** included in this calculation. If a site is located more than 30 minutes away from artistry additional travel expenses may be applied on a case by case basis

\*All pricing is designed to accommodate up to 20 students

	1.5 hour	2 hour	2.5 hour	3 hour
Drawing	230	290	330	370
Painting (Watercolor)	230	290	330	370
Painting (Acrylic)	255	315	355	395
Mixed Media (Drawing)	230	290	330	370
Mixed Media (Painting)	255	315	355	395
Mixed Media (Sculpture)	255	315	355	395
Bookbinding (soft cover)	230	290	330	370
Bookbinding (hardcover)	n/a	315	355	395
Collage	230	290	330	370
Sculpture (General)	230	290	330	370
Sculpture (Soft)	230	290	330	370
Sculpture (Wood)	255	315	355	395
Sculpture (Metal)	255	315	355	395
Jewelry	255	315	355	395
Fiber Arts	255	315	355	395
Ceramics	300	400	450	500
Theater	215	240	280	320



## **Alzheimer's Poetry Project (APP)**

The mission of the APP is to improve the quality of life of people living with Alzheimer's disease and related dementia by facilitating creative expression through poetry. We do not set boundaries in our beliefs in what possible for people with memory impairment to create. By saying to people with dementia, we value you and your creativity; we are saying we value all members of our community. Zoë's goal as a teaching poet is to help older adults fall in love

with themselves again. Aging is often perceived as a series of losses, but every day I discover that, through engagement with the arts, exactly the opposite is true. My specialty is working with older adults, particularly those with memory loss and other cognitive, physical and emotional challenges, at every level from independent living to memory care and hospice care.



**Community Poetry:** An introductory training with facility staff kicks off an eight-class progression of community poetry workshops based on themes relevant to the community. The residency culminates in the creation of a chapbook, broadside or artist's book, with copies distributed to each poet.

**Multi-Generational Poetry Collaboration:** This long-term residency is designed to foster long-term inter-generational bonds. I bring the Community Poetry Workshop to a school or other youth group for two to four sessions, and then bring the young poets, now more comfortable with group poetry performance, to a partner elder facility for four to six further, inter-generational poetry sessions. The residency culminates in a community performance event.

**The Surprise of Self: A Poetry Residency for Adults With Memory Loss:** This joyful, sensory and high-energy poetry residency comprises a series of workshops grounded in rhythmic, call-and-response group performance of poetry. The sessions are designed to fully engage each participant, sparking not only memories and storytelling but exploration into and celebration of what identity means to participants in the moment of creation. During each session, lively group recitation of poetry leads to a discussion around a theme, using open-ended questions that allow participants to respond spontaneously rather than search for an answer. Echoing and affirming each voice throughout, I collect these lines in a group poem that we then perform together as a group to close the session on a high note. These poems are then collected in chapbook or artist's book form and distributed to each poet.

### **Contact Information:**

Zoë Bird

Alzheimer's Poetry Project Minnesota (APP-MN)

4918 37th Ave. So., Minneapolis, MN 55417.

612.432.9196

zozettebird@gmail.com



# BEYOND BINGO

Ready to try something new?

All about  
Birch

Everything Japanese

Slab Wood  
Art

Pebble  
Art

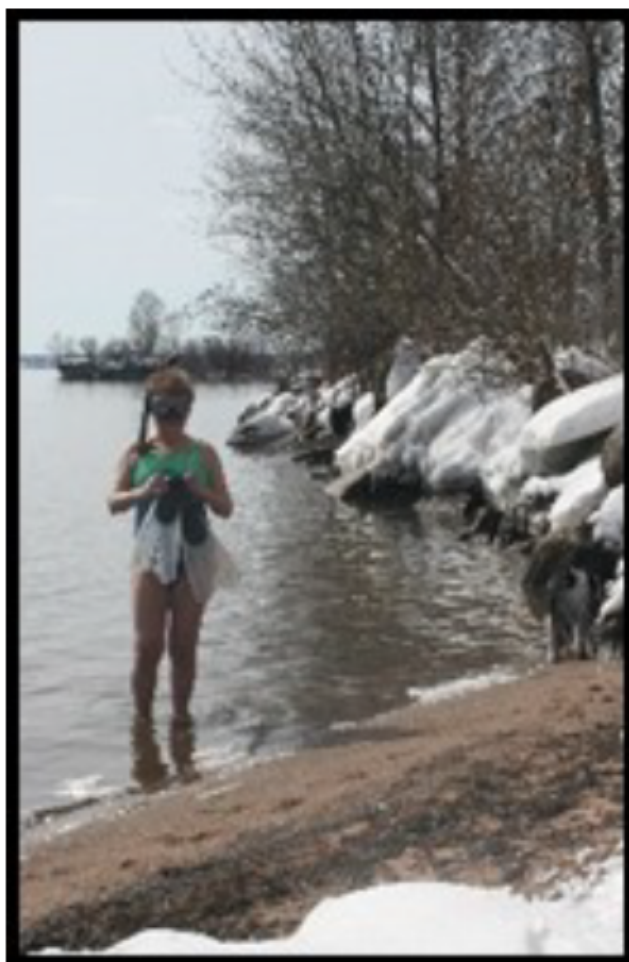
Travelogues:

Time  
Out!

Storyboards

Doodle Art

Music



Simone Vilandre

Creator/ Instructor of **BEYOND BINGO**

77 years young (Shown above on the shores of Lake Superior) and; yes, that's a snorkel and mask in March!

Simone Vilandre  
206-915-7248

svilandre44@gmail.com  
Bayfield, Wisconsin

Revised 01/02/2020

## About Simone Vilandre

In my 'professional life', I was a recruiter for Doctoral and Master Programs as well as a nationally recognized motivational speaker. By avocation, I am an artist, musician and vagabond.



**10 years ago I suffered a stroke. Music, art and writing helped me recover 99% . I developed Beyond Bingo to help others by offering unique and creative classes that keep stimulating our minds.**



## Q&A

**Q. How does this work when you live so far away?**

*A. I travel 7-10 days a month, booking in a specific area. There is no added travel expense for you.*

**Q. Why are some of your class sizes limited?**

*A. The classes taught are not difficult, but have many steps that require individual attention. None of my classes are just "busy work". I want my students to be challenged and come away with artwork that they feel proud to hang on their wall or give as a gift.*

**Q. Are you an approved vendor?**

*A. Check with me, I'll bet I am.. References available.*

**Q. How many classes are held on any given day?**

*A. Because of the travel involved on this end, I request that 2 classes be held for each day I am there. Many times one is in Memory Care and the other in AL and/or IL. There are exceptions...please contact me.*



## BEYOND BINGO Classes









MC = Memory Care

MC\* = Memory Care Early

Stage

AL=Assisted Living

IL = Independent Living

	LIMIT		Class	
			Introduction to Beyond Bingo	
			Directory	
2 MC	None	1 hr	M3 Music, Magic paper, Massage 	\$100 flat fee
3 MC	None	1 hr	Storyboard 	\$100 flat fee
4 AL	8	1 hr	Doddle Art I & II 	\$75 + \$10 pp materials fee
5 IL/AL	8	1 hr	Keys to Happiness	\$75
6 IL/AL	8	1 hr	Slabwood Painting	\$75 + \$10 pp fee
7 IL/AL	8	1 hr	Pebble Art	\$75 + \$10 pp materials fee
8 IL/AL	8	1 1/2	All About Birch	\$100 + \$10 pp materials fee
9 IL/AL	8	1.5	MIXED MEDIA PAINTING 3 choices Barn, Winter, Giraffe 	\$100 + \$10 pp materials fee
10 MC	8	1.5	Time Out 	\$100 + \$10 pp materials fee
11 IL/AL	8	1	Everything Japanese 	\$75 + \$10 pp materials fee
12 IL/AL/ MC*	None	1 hr	Travelogue...Teaching in China "Dusty Chalk"	\$75 no per person fee
13 IL/AL MC*	None	1 hr	Travelogue... "Hop Skip Jump" Hawaii, Tahiti, New Zealand, Tasmania, Antarctic 	\$75 no material fee
14 IL/AL MC*	None	1 hr	Travelogue State of Washington 	\$75 no material fee

To request full color electronic brochure, call or email:

svilandre44@gmail.com Simone Vilandre 206-915-7248





# **M** **3** Magic Paper, Music, Massage

## **MEMORY CARE**

### What is Magic Paper?

Each resident is given a 14x18 piece of magic paper...this paper is coated and can be used over and over as it dries. Large Kangi brushes are used with plain water that is in a weighted dish to prevent spills. Students used randomly draw doodles and lines with water and the lines on the paper turn black with the use of water.



### Baroque Background Music

Baroque music has a tempo and rhythm that synchronizes with the natural rhythms of the body...the pulse and the heartbeat.

### Hand Massage

While baroque music is playing in the background and participants are using the magic paper, I will give (to those who wish) a 5 min hand massage. I love this connection!

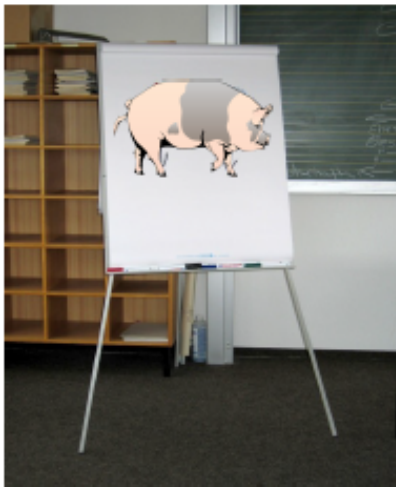
Cost: \$100 flat fee

1



# STORYBOARDS FOR MEMORY CARE

REMINISCING WITH THEMES USING ART, MUSIC AND  
LISTENING



## Themes available

Living on a farm

Living in the city

Cowboys and western themes

Favorite Foods

Pets

HOLIDAY TIME

Using colorful markers, Simone will quickly draw characters on easel....one at a time...reminiscing about the theme as she draws..

As Simone finishes drawing picture, participants will be given two 3x5 cards of the same picture.....matching the picture on the easel.

Music in the background will always match the theme.

There is no per person charge and the attendance is not limited.

The flat fee is \$100



## Doodle Art I

### Flowers or Cityscape

Finished framed piece...8x10



## Doodle Art II Murals

Suggested topics: Fall, Winter, Spring

Holidays: Halloween, Thanksgiving, Christmas, Hanukkah, Valentines Day, St Patrick's, July 4th



1. Splash on paint
2. Start drawing doodles
3. Sign your name to your section.
4. Post for all to enjoy!



## The Keys to Happiness

*Simone will adapt a program according to the needs of your residents. **Independent Living to Memory Care**, she will come up with suggestions for an appropriate program.*

At 77 years young I remember and play music from the 40's –60's . This is often the music your residents remember as well.

Light classical music is also part of my repertoire.

### GAMES , SINGING OR JUST LISTENING

Name that tune  
Musical Charades

Chair Dancing  
\*Ask about Motion Choir

Cost \$75 No class limit No materials fee





## Painting on Slab Wood from Lake Superior



**Easy**

**8 DESIGNS available**



**INTERMEDIATE**

**8 DESIGNS available**



**ADVANCED:  
3 DESIGNS  
available**

In the summer I skin dive for slab wood along the South Shore of Lake Superior. (Different than driftwood, Slab Wood is the first cutting off a log from the old logging days.) I dry them out and cure the wood for painting. Most of this wood is over 80 years old and has been on the bottom of the Lake for all this time. Silhouette patterns are provided as well as step by step instructions.

**CLASS SIZE: Limit 8**

**\$75 flat fee + \$10 per person**

**Simone Vilandre  
svilandre44@gmail.com  
206-915-7248**



## All about Birch

### 4 part class

1. **Brief discussion on the unique attributes of Birch Trees . We will discuss why the Birch are disappearing in our Northern Woods.**



2. **Yum...when available, we will taste Birch Syrup and Birch toffee.**
3. **Using professional Watercolor and Acrylic, Simone will guide students through the step by step techniques of painting a Birch cluster.**
4. **Framing: all paintings will be framed 10x12**

Appropriate for, IL and AL

Class limit: 8 participants : allow 1-1/2 hr

Simone Vilandre

svilandre44@gmail.com

206-915-7248

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## MIXED MEDIA PAINTING CLASSES

As a working artist and a teacher, I will provide a step by step approach in all classes to ensure you leave with a smile of sweet success and a framed piece of art.



Mixed Media Giraffe



Mixed Media Winter Scene



Mixed Media Barn

\* These classes are extremely popular and many times are held once a month. Book your dates now to ensure an opening.

New paintings added every quarter.

*Appropriate for IL, higher level AL*

Time: Allow 1-1/2 hrs

Cost: Flat fee \$100 + \$10 pp materials fee

Class Limit: 8 participants



**Great gift for  
yourself or  
others.**

Make this wonderful little clock using many repurposed materials. Start with an unfinished wood piece and add whimsical embellishments and paint. The clock on the left is an example of what can be done.

Appropriate for IL, AL Available March 2020

Cost: Flat fee \$100 \$10 pp materials fee

Class Limit: 8 allow 1-1/2 hrs

10





# EVERYTHING JAPANESE

*2 classes in one*

## *Ikebana: Japanese flower Arranging*



Students take home  
a completed flower  
arrangement

- ♦ Learn the beautiful simplicity of Ikebana design.
- We will use artificial flowers, but simply remove and add fresh any time you want a change.
- Simone will explain the Kataka (women's Japanese Kimono).  
Optional: Have your picture taken in the Kataka

## *Haiku: Simple Japanese Poetry*

*One of my favorite classes*

**Great for those who love words.**

**Simone provides suggested topics as well as an easy outline to follow.**

Many times, participants of this class go on to form a "Haiku Club", meeting each month to share poems.

**Appropriate for, IL and AL**

**Class limit: 8 participants**

**Base Cost \$75 + \$10 Per Person MATERIALS FEE**

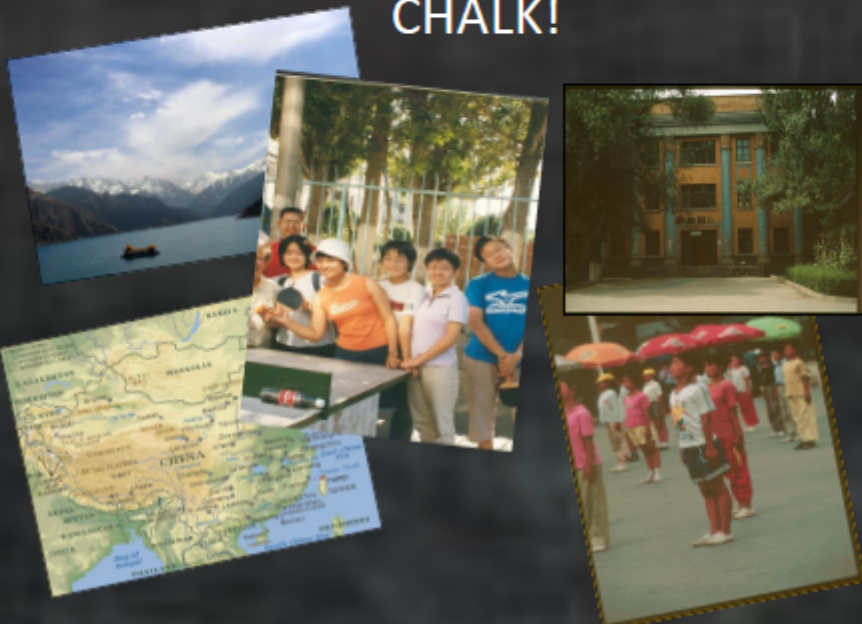
11



# Dusty Chalk

Teaching English in China

The adventures of Simone Vilandre during her time as an ESL teacher at the University of Urumuqui in remote NW CHINA , close to the Silk Road. The only teaching supply she was given was a box of old DUSTY CHALK!



Cost: \$75 Class Size: No limit

12

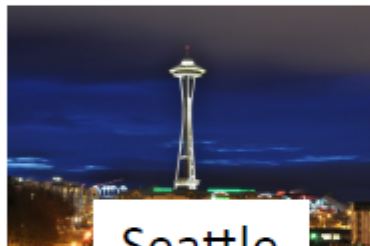


## Travelogue

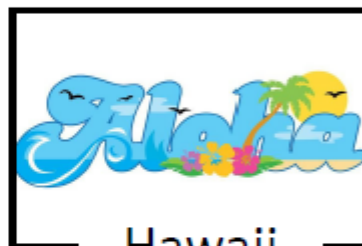


# Hop Skip Jump

Starting in Seattle, join globe trotters Simone and her daughter Michele, as they  
**Hop Skip and Jump**  
around the world.



Seattle



Hawaii



Tahiti



Tasmania



New Zealand



Antarctica

Cost: \$75 Class Size: No limit

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# Travelogue

## The State of Washington



From Spokane on the East to the San Juan Islands in the West, join Simone as she shares the adventures of living in this beautiful state.

Special emphasis on the Orca Whales of the Puget Sound.



Cost: \$75

Class size: No limit



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## CHAIR YOGA with NELLY SPARKMAN

As an independent dance instructor, Nelly enjoys showing students how easy and fun it is to learn to dance and specializes in working with couples and shy individuals.

She began dancing when she was growing up in Russia. As a young girl, she would dance to hymns she found on her family boombox and would run, spin, and leap from room to room with her hands up towards heaven—imagining that she was dancing in the clouds with Jesus.

Her dancing career began at college in Colorado. She moved to Minneapolis, Minnesota (sister city to Novosibirsk, Russia) and danced at TC Swing events. She then began her professional instructing career following a social dance event at Dance Life Ballroom where she was hired afterwards on the spot.

Nelly has been teaching ballroom since 2015. During that time, she was awarded two first place titles and one third place achievement at the Snow Ball competition with one of her students.

In addition, Nelly instructs Chair Yoga to seniors in her spare time. Her yoga sessions can involve residents doing yoga using chairs, mats, rubber bands/weights, or props (like tennis balls). These items would be provided by the facility.

Pricing: Negotiable

### Contact Information:

Nelly Sparkman

[passionmeetsdance@gmail.com](mailto:passionmeetsdance@gmail.com)

612-404-7412

Facebook Page: <https://www.facebook.com/passionmeetsDance/>

Personal Website: <https://www.passionmeetsdance.com/>





## ***What we do***

COMPAS has been putting creativity into the hands of Minnesotans for over 40 years. We're not just a non-profit arts organization; we're a non-profit education organization that teaches through art. Our professional artists work alongside students, teachers, senior citizens, hospital patients, teens, and just about any other community member to spark their imaginations and infuse their lives with creativity.

## ***How we do it***

Our artist tool kit includes visual artists, performing artists, musicians and writers, all committed to touching people by exposing them to hands-on creative expression. That creative expression can take the form of residencies, workshops, performances, community impact projects/public art or anything else you can imagine.

Artful Aging <sup>™</sup>

*Creativity gives us purpose. Purpose is what keeps us alive.*

Artists work side-by-side with adults 55+ who live independently and in senior living centers. Engaging, artistic experiences bring joy and satisfaction to seniors as they discover new talents and renew old ones.

### Contact Information:

Marlaine Cox - Arts Program Director  
COMPAS  
Landmark Center  
75 W 5th St #304  
St Paul, MN 55102

651-292-3209  
[marlaine@compas.org](mailto:marlaine@compas.org)





## Why Choose COMPAS for Artful Aging™ programming?

### Benefits:

- All COMPAS teaching artists are experienced, well known and respected in their art locally and/or nationally;
- All COMPAS teaching artists have had thorough background checks;
- COMPAS does all the hiring of teaching artists which includes: a rigorous interview and/or audition process; thorough background and reference checks; as well, we select the right teaching artist for your organizational needs;
- The COMPAS Artful Aging™ Program Manager will address any staffing and/or administrative issues;
- COMPAS provides an opportunity for the partnering organization to evaluate each Artful Aging™ residency upon completion; in turn, COMPAS implements changes and/or improvements based on partnership feedback;
- Customizing services to meet partnership needs is of utmost importance to COMPAS;
- COMPAS provides training upon request for your organization's staff meetings and/or professional development needs;



- The COMPAS Program Manager provides consultation and guidance on grant development including information for the narrative, budget development and teaching artist bios/resumes/work samples;

- COMPAS teaching artists receive ongoing professional development internal and external (COMPAS teaching artists receive designated funds each year for professional development) to remain current on latest trends, best practices and research in the area of Artful Aging™;



- A benefit of being part of the COMPAS *team* is being able to work in a collegial setting, conferring with other teaching artists about teaching ideas and/or specific challenges;

- Being part of COMPAS, a nationally-recognized, premiere Arts Organization means access to excellent resources:

- The latest in arts programming;
- Access to over 100 teaching artists and performers with specialties that may be beneficial to your residents and seniors;



- A comprehensive library of latest research for grant preparation;
- Free marketing and publicity for your organization;
- Name recognition which may help in your organization's fund-raising efforts.

- A commitment to excellence and partnership satisfaction.



## Daisylilysun QiGong

*www.daisylilysun.com*  
*deborah.heltzer@gmail.com*  
*612-251-4148*

### Service Options:

- Seated Qigong practice for seniors or those with limited stamina
- Standing QiGong practice (generally for those who can stand for 30 minutes)
- Mixed standing and sitting practice – sit when you get tired version
- Small Universe Meditation (a breathing practice which can last from 10-30 minutes)(This is usually included in either the seated or standing QiGong practice sessions)
- Intention workshops

**Rate: \$40 per session (might be less than an hour)**

**Scheduling Cycle: weekly, bi-weekly, or monthly...current availability from 10am to 1pm weekdays**

**Space needs: A quiet room is needed, chairs are needed, a private type space is preferred. We commonly set up the room with chairs in a circle.**

**Travel comments: We are located in St. Louis Park and will travel to most sites in the metro area at no additional charge.**

**Payment options: Credit Cards are accepted either through Paypal or at [www.daisylilysun.com](http://www.daisylilysun.com). We can provide you with an invoice and you could pay by check.**

*Deborah Heltzer 1651 Melrose Ave St. Louis Park, MN 55426*  
*www.daisylilysun.com*

*deborah.heltzer@gmail.com*  
*612-251-4148*

### **About Qigong**

Qigong can be described as a mind-body-spirit practice that improves one's health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Qigong is the study of transforming energy. This relaxing practice involves tapping, gently moving the arms in repeated slow movements, and breathing. There is also some movement of the spine.

### **About Intention Workshops**

This group intention experience is based on Lynne McTaggart's book: *The Power of Eight: Harness the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World*. Be willing to share compassion and to maintain focus on your intention. Come prepared with a specific situation you would like help with, think about what specific outcome you would like, and then ask others to focus on this outcome. Each session begins with a calming meditative introduction.

### **About Deborah Heltzer**

I am a certified practice group leader for Spring Forest QiGong. Spring Forest QiGong was created by Chunyi Lin, who is an International QiGong Master with a private QiGong School in Eden Prairie. Spring Forest QiGong is simple and easy to learn and remember. I have been leading practice groups since Fall, 2018. I am married and like to make music. I live in St. Louis Park.



# DRAWING CLASSES

**60 MINUTE CLASSES. \$100**

- \*All materials included
- \*No limit on number of residents who attend.

## BOOKING INFORMATION

Currently booking classes for now :

- \*Available Monday-Saturday
- \*Available for late afternoon or early evening classes Monday-Friday
- \*Available for morning, afternoon or early evening classes on Saturday

## **\*\*SPECIAL OFFER\*\***

- \* Four classes for \$375
- \*Can also include painting and/or colored pencils along with drawing class when a series of classes are booked.



## Interested In Booking?

:CONTACT: Alyssa Ronchak  
Phone: 651-815-9926  
Email: [ronchakalyssa@gmail.com](mailto:ronchakalyssa@gmail.com)



# EverActive™

WELLNESS CLUB

## Description of Services

### What we offer:

- Evidence based health promotion programs proven safe and effect for older adults
- Certified group exercise instructors with personal training certification/experience
- Fitness/Fall Risk Assessments using STEADI model
- Collaboration with building owner and facility staff

## Benefits

Residents	Community Partner/Building Owner
Safe and enjoyable exercise program	On-site amenity offering competitive edge
Improved balance, strength and mobility	Opportunity to increase visibility through media, marketing, word of mouth
Decrease fall risk and improved overall health	Increased retention of current occupants/decreased turn-over of apartments
Increased socialization, well being associated with being a member of a group	Increased resident and family member satisfaction

### EverActive Wellness club Membership includes:

- Group fitness classes (Number and type per week is dependent on model)
- Free Fitness Assessment using STEADI Fall Risk Assessment

### Group Fitness Classes:

#### Staying Active and Independent for Life (SAIL)

- Group fitness class designed for older adults including strength, balance, flexibility and aerobics
- Class can be done seated and/or standing
- Evidence based exercise program for prevention of falls
- Please see the National Council on Aging website:
- <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-programs-for-older-adults/>



**Sail class description:**

SAIL stands for *Staying Active and Independent for Life*. These SAIL fitness classes incorporate aerobic conditioning, strength training (with or without weights), balance exercises and cool-down stretching. The class is designed specifically with seniors like you in mind.

The three components of a SAIL class (aerobics, strength training and balance exercises) are extremely important to keeping a healthy lifestyle. Your instructor is an expert at leading you safely through the program with your particular abilities in mind. She or he will modify exercises as needed for individuals and will always give clear instructions and explanations. The exercise class will be as hard as YOU choose to make it and can be done seated or standing.

**Each individual site will provide upper and lower body weights. We will advise on the proper weights to obtain for the SAIL fitness class.**

**STEADI Fall Risk Screening**

We use screening tools from the Centers for Disease Control and Prevention program Stopping Elderly Accidents, Deaths & Injuries or STEADI. <http://www.cdc.gov/steady/>

Twice per year, participants are tested for mobility, lower body strength and balance. We discuss the results with each participant and compare their scores to others of their age group and gender.

Recommendations are offered for physical activity and/or follow-up with their health care provider.

Please see attached optional plans and price list and contact me with any questions.

Contact Information:

Ronna Rochell MFA

Director of Fitness Solutions

[rrochell@centrexrehab.com](mailto:rrochell@centrexrehab.com)

Direct: 952-495-6022

Cell: 612-850-9642



## SILVER PLAN

- 3 Group Exercise classes each week
- When/if class size consistently equals or exceeds 15 participants, another class can be added on the same day (back-to-back with current regularly scheduled class) for \$450/month.  
*Dependent on instructor availability.*
- STEADI fitness assessments/re-assessments two times per year
- Personal Training available at an additional cost to resident

**SILVER PLAN FEE:** \$900/month or \$10,800 per year

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## GOLD PLAN

- Fitness Center Coordinator for 15 hours each week
- 3 Group Exercise classes taught each week
- Fitness Center orientation
- STEADI fitness assessments/re-assessments two times per year

**GOLD PLAN FEE:** \$1,770/month or \$21,240 per year

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## CUSTOM PLAN

Create a custom EverActive Wellness Club plan with adaptations that meet the needs of your facility and residents. Program offerings and fees will be determined based on your specific requirements.

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# HealthRHYTHMS Group Empowerment Drumming



HealthRHYTHMS® is a fun, evidence-based whole person strategy which promotes socialization and ensures a healthy non-strenuous workout. On a deeper level it builds bridges while fostering nurturing, support, camaraderie, self-respect and respect for others. It is not really about drumming, but uses the drum as a tool for communication and personal expression. This system can be integrated as a therapeutic strategy in group counseling sessions, support groups, rehabilitation centers, schools, hospitals, aging facilities and more.

The HealthRHYTHMS Protocol is the foundation of our HealthRHYTHMS Group Empowerment Drumming Program, and consists of a series of 10 steps participants are guided through to facilitate communication and personal expression. Research has shown the results can include: increase in natural killer cell activity, reduction in stress and burnout rates, improvement in mood states, enhanced creativity and bonding, and more

## **We emphasize:**

- The joy of drumming with others
- An encouraging environment for beginners to explore drumming
- Drum and percussion technique training
- World music
- Continuing opportunities for drumming and performing
- Music for health and healing

## **Pricing:**

\$150 for an hour session

## **Contact Information:**

Cheri Bunker

[cheri.bunker@gmail.com](mailto:cheri.bunker@gmail.com)



# HIGH TOUCH HIGH TECH



## Put some STEM into your Intergenerational Learning Center!

High Touch High Tech of the Twin Cities continues to nurture budding young minds with innovative early childhood programs designed to challenge & amaze preschool age children as well as their grandfriends. These programs encourage your students to expand their thinking and problem-solving skills with many opportunities for both individual and collaborative projects.

There are many reasons why STEM subjects should be addressed in early learning settings. Early learners will make observations, make hypotheses, and use critical thinking. These skills will help young children to grasp math and science concepts early in life creating a strong foundation for future learning.

High Touch High Tech Preschool Programs will encourage your early learners to investigate and ask questions while performing hands-on experiments and delving further into the world of science!

Children will discover the many wonders of science as they create take-home experiments and receive a science certificate for their participation. All programs are totally safe and totally hands-on for each child. Their grandfriends will find it just as fun to participate with the little learners.

For over 25 years High Touch High Tech has served as a partner and resource to teachers in reaching their education curriculum initiatives. Our programming adapts to the NGSS (Next Generation Science Standards)

Please join us for some hands-on fun. We visit every month.

### **Contact Information:**

Timothy Schrader

High Touch High Tech of the Twin Cities

Phone: 952.888.1839

Cell: 612.867.1317

Fax: 952.881.9946

<http://www.sciencemadefunmsp.net/>



# HISTORICAL PRESENTATIONS

David Jones has been speaking to audiences across Minnesota since 1996 and has given over 1,500 presentations to more than 40,000 people. He speaks on topics that are of general interest. Each presentation is selected based on its appeal to a large audience. The presentation will consist of lecture and an easy-to-follow power point slide show.



## Presentations David Jones Focuses on are:

- The Lincoln Assassination: A Fragile Time.
- Prohibition: A Grand Misadventure
- Mount Rushmore: Carving of an Icon
- Charles Lindbergh: Triumph, Tragedy and Controversy
- Statue of Liberty: Two Decades of Effort, Almost Impossible Odds
- The Washington Monument: Centerpiece of the National Mall
- Apollo: Why We Went to the Moon (a Non-Technical Look at Mankind's Greatest Technological Achievement)
- JFK Assassination: The Mystery & Legend
- 1936 Berlin Olympics: The Nazi Games
- The United States Flag: Origins, Evolution and Symbolism

## Pricing:

Locations in the Twin Cities/Metro Area is \$100 for up to an hour. Outside of the Metro Area will include traveling expenses.

## Contact Information:

David Jones Historical Presentations

<https://www.djhistoricalpresentations.com/>

[djones8311@gmail.com](mailto:djones8311@gmail.com)

612-619-3468



# HISTORY ON THE GO BUS TOURS

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Bring a tour bus to Historic Fort Snelling and enjoy stories from Fort Snelling's past on a guided tour led by a site interpreter.

The one-hour tour will explore the restored 19th-century stone fort, as well as the Upper Post, where soldiers were stationed during the 20th century. Plus, hear about exciting changes happening with the ongoing revitalization of Historic Fort Snelling.

Please note the visitor center will be closed this September due to construction. Restrooms will be available.

The fort's gate accommodates buses up to 13 ft wide. The group minimum is eight people. Tours depart every 10 minutes with the last tour leaving at 3 pm.

## Pricing:

Cost is \$10/person

## Contact Information:

Nancy Cass

nancy.cass@mnhs.org

<http://www.mnhs.org/event/7776>





YOUR ONSITE WELLNESS SOLUTION

# INCORPORATE YOGA

## MAT YOGA

Entry level stress relief yoga class for all! We focus on stretching postures and breath exercises designed to help you relax - no sweating required. We bring the yoga mats, essential oils, music and a great teacher. You are welcome to change into comfortable clothes but its not required. You will leave this class feeling calm yet refreshed to continue your day.

## CHAIR YOGA

A relaxing 60 minute class that can be enjoyed seated or standing the entire time. This is perfect before a board meeting, a group activity, or as a reoccurring wellness work event. You will gain the skills for intentional small work breaks focused on lowering stress levels and teaching your body to relax. You will leave this class feeling refreshed and peaceful. No yoga clothes required! This class also includes a desk yoga card for individual's workstations.

## MAX MEDITATION

The Max Meditation System is like a yoga class for the mind. It is specifically designed for all levels from beginners to practiced mediators and ensures deep relaxation. This unique 5 component meditation approach includes breath-work, deep-body relaxation, as well as passive, active, and guided meditation. This system is unique and effective because of its fluid blend of meditation techniques from all over the world.





Incorporate Yoga

# Incorporate Yoga

Mobile Yoga Company

Inhale. Exhale. Relax. We come to you!

We come to your place of business and offer our Yoga and Meditation classes.

We bring everything necessary to the workplace including Yoga mats, aromatherapy and music.

We are compatible with insurance approved wellness programs that may offer premium discounts.

We provide a style of Yoga that would be accessible to almost everyone.

We provide specialized routines based on the specific needs of your employees.

We are open to your schedules.

We are insured.

Stress and lack of exercise is the leading cause of many chronic health problems. Yoga and Meditation is a proven remedy for these issues. It is also proven to help mental health issues like depression and anxiety.

Offering onsite Yoga can make your company more attractive for potential employees. They also help with employee acquisitions and retention. Onsite Yoga classes give companies a reputation as a good place to work. They also foster a sense of community in the workplace.

Insurance companies offer premium discounts for businesses that have wellness programs. Incorporate Yoga fits with insurance approved wellness programs.

## A Yoga program will:

- Reduce sick-leave absenteeism by an average of 26.8%.
- Reduce health care costs by 26%.
- Reduces worker's compensation and disability claims cost by 32%.

—Wellness Council of America—

*Companies gain an average of \$5.81 for every dollar invested in health management programs.*

## Contact Information

Phone: 952-923-0835

[contact@incorporateyoganow.com](mailto:contact@incorporateyoganow.com)

[www.incorporateyoganow.com](http://www.incorporateyoganow.com)





# Incorporate Yoga

Mobile Yoga Company



## Research on the positive effects of meditation and yoga.

"Implementation of a Yoga and meditation program can affect the bottom line.

Happy, healthier employees are going to use less sick time and be more focused on the job at hand. This can also result in less workplace mistakes."

-Conference board of Canada

"Companies increasingly are falling for the allure of meditation offering free, on-site classes. They're being won over by findings at Medical Institute at Harvard University that meditation enhances the qualities companies from their workers: increased brain-wave activity, enhanced intuition, better concentration, and the alleviation of the kinds of aches and pains that plague employees most."

- Bloomberg Business week

"Yoga reduces symptoms of chronic low-back pain including less disability, pain, and depression. Weekly yoga can provide more energy and vitality in your workforce. Breaking up a long workday of meetings or a repetitive day of stressful activities with yoga can refresh your employees and prepare them for the afternoon ahead."

-The National Institutes of Health

"Job stress costs U.S. companies about \$300 billion annually through absenteeism, diminished productivity, employee turnover and direct medical, legal and insurance fees. Stress is the cause of nearly 90% of doctor visits in the U.S."

-The American Institute for Stress

"Workers who report they are stressed incur health care costs that are almost 50% higher than other employees."

-National Institute for Occupational Safety and Health



Scan to view our Website!

[contact@incorporateyoganow.com](mailto:contact@incorporateyoganow.com)  
[www.incorporateyoganow.com](http://www.incorporateyoganow.com)

Call to discuss a Yoga  
program at your company.

Phone: 952-923-0835



**Choreography of Care™**

## **Kairos Alive! Choreography of Care™**

Kairos Alive! Choreography of Care™ programs transform lives and raises awareness of the importance of creative involvement across the lifespan for verifiable health benefits. We use the power of participatory dance, music and story to make connections, stir the imagination, and create resilience in intergenerational and intercultural communities.

Our Choreography of Care™ programs promote personal and community wellbeing through our **Intergenerational Dance Hall™** public participation events, our **Dancing Heart™** weekly programming, our **Community Arts and Wellbeing™** Residencies, and other programs.

## **Our Work**

We are part of the emerging national fields of creative arts & aging and arts & health, working alongside professionals in the arts, health care, social services and community development. We seek to raise awareness of the importance of creative involvement across the lifespan. Our culture is witnessing a paradigm shift in attitudes related to aging. We are moving away from a model that assumes the inevitability of declining health and isolation as we age, toward a strengths-based, research-based approach that focuses on potential, vital engagement, health maintenance and prevention, and continued connections to community.

Our work draws upon many forms of modern dance, movement improvisation, folk dance, music, song, theater, poetry and oral history traditions from around the world. Artistic Director Maria Genné is recognized for her ability to highlight the beauty of the human experience through movement and story, skillfully weaving together the gifts of each performer. Kairos Alive! Performance Troupe™ is the only intergenerational modern dance theater company in Minnesota, and one of only a handful in the U.S.

Most importantly, we are a community-based arts and arts education organization that believes all are welcome in the community circle. Our intergenerational, intercultural performances – which we bring to schools, nursing homes, museums, parks, community centers and formal performance spaces – deliver a vision of what community can be: all ages, all backgrounds, all abilities — dancing together

### **Contact Information:**

612-926-5454

[info@kairosdance.org](mailto:info@kairosdance.org)

<https://kairosalive.org/>

[https://www.facebook.com/kairosdancetheatre/?\\_tn=\\_K-](https://www.facebook.com/kairosdancetheatre/?_tn=_K-)

[R&eid=ARBYYNrbXX3lyOLsh9TCwZ7S\\_EpvtSLMepn8DU\\_RED1AUEL51T9IWQZY55iPvexrnR9\\_z-zlVZ68Nyko&fref=mentions](https://www.facebook.com/kairosdancetheatre/?_tn=_K-R&eid=ARBYYNrbXX3lyOLsh9TCwZ7S_EpvtSLMepn8DU_RED1AUEL51T9IWQZY55iPvexrnR9_z-zlVZ68Nyko&fref=mentions)





# MacPhail

## CENTER FOR MUSIC

For one hundred years, MacPhail Center for Music has been a national leader in transforming lives and enriching the community through the power of music. Founded by William S. MacPhail in 1907, today MacPhail is a premier destination and resource for community music education in the Twin Cities and beyond.

MacPhail's mission to "transform lives and enrich our community" through music education helps people of all ages to believe more deeply in their own capacity to make, perform, and share music. This belief helps each person become more effective in their personal lives and to become more active in the community.

### MacPhail Programming:

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**MacPhail Music for Life™** is a music education program for older adults. MacPhail Music for Life™ classes offer participatory learning through a variety of musical activities. Experiential and sequential teaching creates an environment that promotes wellness, artistic growth, community, and self-expression. MacPhail Music for Life™ classes are tailored to all Care Levels: Adult Day, Assisted Living, Skilled Nursing, Independent Living, Intergenerational, and Memory Care.

**Music for Life** classes provide innovative, life-long learning music experiences for participants. Participants are challenged with interactive singing, instrument-playing, movement, improvisation, music history, and song-writing activities. Each session is assigned a musical concept and goal and is structured with a series of interactive activities designed to explore this concept within the framework of a theme, such as Thanksgiving, Elvis's Birthday, or Summertime Vacations.

**Sing for Life** is a choral program that unites communities together through singing! Through songs that the community pick as favorites, sessions focus on the development of vocal technique, sequentially learning the selected songs, drawing out life experiences through the music, and having fun making music as a community! We welcome singers of all musical experience from absolute beginner to experienced musician and choose music based on the singers' preferences during an initial meet and greet session with a MacPhail Teaching Artist. We end the series with an exciting culminating concert for family and friends.

**The MacPhail Hour** is a performance series, offering one-hour, interactive presentations by MacPhail teaching artists. Residents are engaged in a stimulating and educational experience which celebrates music in its social, historic, and cultural contexts. Programs include a wide

variety of classical, popular, jazz and folk music, with an emphasis on creating dialogue and interaction between the performers and audience.

***Side by Side*** is an intergenerational participatory music making class in which pre-school students join older adults in collaborative musical experiences including singing, playing instruments, improvising, moving to music and storytelling. Programs emphasize building community and bridging generations through shared musical experiences.

***Unwrapping Music*** is a music appreciation class enables participants to delve deeper into topics within music history. Teaching artists employ the use of lecture, video and audio clips as well as live performance to teach more about composers, performers, musical styles or genres to explore their significance and impact on music history.

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### **MacPhail Music For Life™ Six Goals for Engagement**

***Physical*** – to acquire and maintain strength and balance by integrating the whole body in practice and development of music skills

***Intellectual*** – to build memory, improve communication skills, and increase knowledge of music as a language

***Social*** – to develop new relationships and strengthen the bonds of community

***Emotional*** – to foster a sense of well-being and achievement through the process of learning something new

***Spiritual*** – to gain a deeper understanding of self-expressions, and to experience the profound impact music has within an individual and community

***Vocational*** – to empower a sense of purpose as an active community member or leader

#### **Contact Information:**

Kristyn Rupp - MacPhail Music for Life™ Manager

501 S 2<sup>nd</sup> Street

Minneapolis, MN 55401

[Tel:612-767-5345](tel:612-767-5345)

[Rupp.Kristyn@macphail.org](mailto:Rupp.Kristyn@macphail.org)





# **Meditative Movements**™



Do your current movement and exercise programs also meet your resident's emotional and mental needs? As you seek person-centered solutions for residents, I want you to be aware of our proven\* Meditative Movements™ program which is especially effective with those experiencing dementia. This technique integrates spoken affirmations with simple, therapeutic movements that are adaptable to anyone's physical ability and connects them to their true nature.

An additional benefit to implementing our specialty program at your facility is that staff can go home feeling more mentally, emotionally and physically supported because they know how to use the movements for their own self-care throughout their day.

## **Benefits**

- Enhances Mental & Emotional Well-being
- Boosts Self-esteem & Feelings of Value
- Improves Activities of Daily Living (ADLs)
- Easy to Learn with Powerful Results
- Increases Strength, Flexibility & Balance
- Reduces Risk of Falling
- Provides Fun Staff/Client Interaction

## **Empowering Outcomes**

This technique makes a huge difference on resident's energy level and behavior. It helps them feel grounded, centered and is especially helpful when residents feel agitated and have upset feelings.

***Melissa Zentz, Activity Director***

## **Offerings**

### **Train-the-Trainer**

We offer CEU teacher training so you or any staff member can share the movements one-on-one or in a group setting. Great way for staff to manage own self-care needs.

### **Class Instruction**

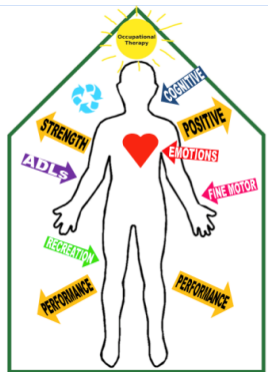
You can have a certified Meditative Movement™ instructor come to your facility and teach the movements to your residents in a group setting.

## **Pricing**

- Varies and negotiable

**Contact Ellie: [ellie@meditativemovements.com](mailto:ellie@meditativemovements.com) or 612-710-3415**

\* The 2017 University of Minnesota research study concluded that Meditative Movements™ may be effective in reducing anxiety, depression, and fatigue, while improving emotional and functional well-being for persons with chronic health conditions.





# MEMORY CARE ART CLASSES

## 45-60 MINUTE CLASSES: \$100

- \*All materials included
- \*No limit on number of residents who attend
- One staff member or volunteer requested to be present



## BOOKING INFORMATION

Currently booking classes right now:

- \*Available Monday-Saturday
- \*Available for Morning Afternoon or Early Evening Classes on Saturday.
- \*Available for later afternoon or early evening classes Monday-Friday

**SPECIAL OFFER- book four 60-minute classes for \$375**

## Interested In Booking?

**::CONTACT::**

Alyssa Ronchak

Phone: 651-815-9926

Email: [ronchakalyssa@gmail.com](mailto:ronchakalyssa@gmail.com)



# Minnesota Historical Society

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## Museum Based Activities:

- Baking workshops at Mill City Museum: Individuals with memory loss and their care partners are invited to bake together and share stories about the foods prepared during this program. To book a private baking workshop for a group with dementia, call 651-259-3003 or email [grouptickets@mnhs.org](mailto:grouptickets@mnhs.org)
- Tours for People with Memory Loss at James J. Hill House  
Take a sensory-based tour designed for people with memory loss and their caregiver. Each themed tour highlights three rooms in the James J. Hill House.
- Offered the first Tuesday of every month from 10-11 am  
Cost: Free, but registration is required  
Reservations: Call 651-259-3015 or register online  
Private group tours:

Available by appointment on Monday and Tuesday from 10-11 am

Cost: Free

Reservations: Call 651-259-3003 or email [grouptickets@mnhs.org](mailto:grouptickets@mnhs.org)

## On-Site Opportunities:

House of Memories is a museum-led dementia awareness program which offers training, access to resources, and museum-based activities to enable caregivers to provide person-centered care for people to live well with dementia. All for FREE.

To learn more how to download the app, visit our website at <http://www.mnhs.org/houseofmemories>. We are also looking for organizations or regions that would be interested in hosting the House of Memories workshops at no cost for professionals or families.

I am happy to come out and personally share our resources with you or your staff any time. Just drop me a line.

## Contact Information:

Maren Levad - Minnesota Historical Society

651-259-3480

[Maren.Levad@mnhs.org](mailto:Maren.Levad@mnhs.org)



# Mosaic Life LLP

## People are Talking

We are delighted to provide meaningful discussions, resources, hands-on tools, and fun activities, each creatively crafted to guide and encourage you to enter your next stage of life with clarity and passion. Here is what people are saying about our programs.



I found a little piece of myself that I didn't know I was searching for, and I returned home with a renewed sense of motivation for taking on life's challenges with grace.

C. S.

I would highly recommend a Mosaic workshop to anyone looking for connection, affirmation, guidance, and FUN!

S. M.

I have more tools to help me remember myself in my messy daily life.

B. M.

Meaningful activities and loads of fun! Our leader was kind and sincere, with a great sense of humor!

L. D.

**Mosaic Life** 

Join us!

All are welcome!

**Mosaic Life** 

Connections. Possibilities. Pathways.



Facing and embracing  
every part of life

651.497.4966 651.460.0472  
tlc@mosaiclifellp.com  
www.mosaiclifellp.com

**Mosaic Life** 

*Connections. Possibilities. Pathways.*



*Facing and embracing  
every part of life*

All are Welcome!



## What is Mosaic Life?

We live in hectic and anxious times where the pulse of everyday life keeps us running to keep up. We are busy with families, jobs, friends, with life! We push and demand of ourselves all day long, cramming more into our days than there are hours to absorb it all.

Yet every day needs Sabbath moments - time set aside to create a distance from our normal activity, where we can listen to our own hearts and spirits. Moments to step away and be refreshed are as essential to life as breathing.

At **Mosaic Life LLP**, love of God, ourselves, and each other is at the center of all we do, and creativity is our approach.

Each workshop has been thoughtfully crafted to include:

- engaging speakers
- large and small group discussion
- personal time for reflection
- imaginative hands-on activities

Are you looking for more? **Mosaic Life LLP** is pleased to offer connections, resources, activities, and direction for your next steps toward living your most inspired and abundant life.

Join us!  
All are welcome!



### Contact Information:

Linda Borgstrom

651-497-4966

[lacborgstrom@gmail.com](mailto:lacborgstrom@gmail.com)

[www.mosaiclifellp.com](http://www.mosaiclifellp.com)

## Our Programs

### Welcoming Ourselves

Each of us has only limited energy in our days. How can we regain our stability when we are depleted? Together we'll find peace and poise to balance our pouring out with our being filled.

### Prayers Rising

There are as many ways to pray as there are people. This unique workshop explores how prayer influences our possibilities and enhances the things that give meaning to our lives.

### Transitions: The Art of Change

Change is good. Change is hard. Change happens. How do we move from loss, ending, and letting go to a new beginning? Let's explore ways to find a purpose, a plan, and our part to play.

### The Art of Forgiveness

Forgiveness may seem like a most unnatural act, yet this grace-filled effort is indeed the healing path to peace and freedom. Join us for a day of discussion and practical exploration of this mysterious gift.

### Living From the Heart

Life throws a lot of choices our way and there is no formal training in how to live a life well-loved. Let's explore the feelings and experiences that tell us if we're headed in the direction we've intended.

An Advent Retreat: The Art of Waiting  
Come for a time of pondering and peace, hope and mystery, even in the midst of our busy-ness.

## Mosaic Life

Connections. Possibilities. Pathways.

## Join Us!

### Watercolor Meditations

We'll use fun and playful watercolor exercises to explore how color affects our moods, changes our breathing, and influences how we think and feel. **No experience needed!** Join us!

### Goals with Soul

From bucket lists to big dreams and everyday life goals, this fresh approach to goal setting offers practical tools that engage both head and heart to help you set your intentions with clarity and passion.

### The Art of Grateful Living

Join us for this quiet time to notice all that is already present and abundant, and to draw near to the people whose presence has gifted you in memorable ways.

### The Wealthy Spirit

Let's explore our emotional responses to money, then learn to use our relationship with money to honor ourselves and others while supporting what we value most in life.

### The Art of Simplicity

Discover ways to remove the unimportant from our lives so we can focus on what is essential. Gain a greater perspective, clarify your values and priorities, and rediscover your love of living.

### Taste and See: Sensing God

Sample the surprising ways our senses invite us to live "life to the full", even as we navigate the ups and downs of daily living





## Multimedia Presentations with Dale Blanshan

Dale Blanshan is a retired minister, attorney, and educator who enjoys presenting historical, music, and cultural programming at libraries, historical societies, and senior housing sites. He has appeared at over 400 institutions in Minnesota, Iowa, Wisconsin, Illinois, Ohio, Louisiana, New York, and the Dakotas, presented over 3,000 programs, led more than 50,000 songs, and driven a quarter of a million miles, in addition to serving as riverboat historian on five of America's great rivers and two oceans.

### *Personal Message from Dale:*

I, Dale Blanshan, am a slightly aging gentleman with a guitar and a penchant for stories and music from days gone by. I offer through this medium my humble justification for suggesting exploration of certain possibilities that could be mutually beneficial. I was educated in the grade schools of Nebraska, the high schools of Minnesota, and an embarrassing number of institutions of higher learning, at which I accumulated several degrees, including a B.S.L., a Juris Doctorate, and a Bachelor of Humanities, summa cum laude, which, roughly translated, means "human, very loud." My real education, though, outside of having a wife and nine children, came from my sainted mother's piano and my minister father's Sunday school, where I developed a love for all things musical and historical. (Well, not quite all – what will those heavy metal listeners sing when they're eighty?) Along the way I learned to strum a guitar, collected reams of old music, and read the entire encyclopedia.

One day it occurred to me, while sitting amongst the clutter and debris of several different professions, that what I really loved to do was to sing and tell stories. There was no getting around it. If I had my druthers, I'd spend hour after hour with the stories and music of days gone by, the poetry, chronicle, and soul of the nation. From that revelation it was but a step to the next, namely, "I do have my druthers!" (Did I mention that I have a hard-working and patient spouse?) The rest, as they say, is history, though much of it – reasonable compensation, for example – has displayed remarkable tenacity in clinging to the future.

Since the foregoing revelations, I have been having a rollicking good time taking a musical and historical cruise around southern Minnesota, northern Iowa, eastern Wisconsin, and even the far reaches of eastern North Dakota, carrying baskets full of song and story to numerous libraries, historical societies, senior living sites, and an odd assortment of other places. A whole new field of artistry has blossomed before my delighted eyes. (It is an art, you know. A developing one, to be sure, but even Picasso took years to learn to paint so that nobody could recognize what he was painting.)

I paint, but with narration, rhythm, and melody. I paint smiles and memories. On my palette there are pioneers in their westbound oxcarts and Conestoga wagons, songs into the night with the cowboys in the cattle-drive camps, shucking bees and maple sugaring's, rides on the rails, drifting tumbleweeds, moonlight strolls with sweethearts and their beaux, and the laments of jilted lovers and sadder but wiser maids. It isn't Picasso or Rembrandt. It's Norman Rockwell.

*Listing of programs/presentations is attached on page 68 with descriptions.*



General Pricing:

My home base is Rochester, Minnesota. The charge for services depends upon the type of institution, the travel time from here to there, and, of course, the almighty price of petrol. For institutions in the Cities, I charge \$150 for single scheduling or \$125 where two or more institutions schedule in the same day. I'll do my best to be reasonable and affordable.

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## **Multimedia Programs Presented by Dale Blanshan**

### ***Abraham Lincoln at Gettysburg***

November 19 marks the anniversary, over 150 years ago, of the Gettysburg address, one of the greatest in American History. In this program, with the help of documents, stories, and photographs from the 1860s, we explore the Battle of Gettysburg, from the circumstances that led to it to its conclusion with Pickett's famous charge. We'll follow Abraham Lincoln to the community of Gettysburg, where he had been invited to follow the two-hour speech of noted orator Edward Everett with a few remarks in dedication of the new cemetery. I might be in period costume for this one, to give the address in person!

### ***Abraham Lincoln's Springfield Home***

No study of Abraham Lincoln is complete without a visit to Springfield, Illinois. About Springfield Lincoln said in his farewell to the city: "To this place, and the kindness of these people, I owe everything. Here I have lived a quarter of a century, and have passed from a young to an old man. Here my children have been born, and one is buried." At Springfield the traveler will find the home in which Lincoln lived for twenty years, and a four-block neighborhood around it, all preserved as it was in 1860. There is the Old Statehouse, where Lincoln served for many years as an Illinois legislator, where he gave his celebrated "House Divided" speech, and from which he conducted his presidential campaign of 1860 and prepared to take office. The old railroad station where Lincoln gave his farewell speech is still there, as is his law office on Capitol Square. A few blocks away from the Old Statehouse is the Abraham Lincoln Presidential Library and Museum, full of artifacts and exhibits. Twenty or so miles from Springfield is New Salem, the small hamlet where Lincoln spent his young adult years as a storekeeper, surveyor, and postmaster. Most poignant of all is Lincoln's Springfield grave. This program is a fascinating look into the life of a great man.

### ***America's Musical Heritage: The Blues***

From the Mississippi Delta country, beginning in the late 1800s and early 1900s, came the Blues, born of field hands, chain gangs, and street corner musicians, and nurtured in the "juke joints" that dotted the Delta landscape. When successive waves of the Great Migration took blacks from the South to the major industrial centers of the North and West, the Blues went with them, gathering strength and color along the way. W. C. Handy, Blind Lemon Jefferson, and Robert Johnson opened the door for Louie Armstrong, Bessie Smith, and Billie Holiday. Songs like "St. Louis Blues", "Sweet Home, Chicago", and "You Ain't Nothin' But A Hound Dog" have become an important part of America's musical repertoire.

### ***America's National Game: The Origins of Baseball***

From the first cry of "Play ball!" in the Spring to the last out of the World Series in the Fall, the game of baseball captivates the attention of millions around the world. The earliest known use of the term "Baseball" is in a children's book dated 1763, but it was in the mid-1800s that the rules and traditions of baseball as we know it today took shape. The fields, the bats and balls and gloves, and the rules about balls and strikes and runs and outs, all took shape in the 1840s, 1850s, and 1860s, as baseball's popularity grew to the point where it could support a new breed, the professional ball player. This program traces the fascinating evolution of the game through the end of the Nineteenth Century.

### ***America the Beautiful: The Story of a Song***

When Katherine Lee Bates rode by train from Massachusetts to Colorado in 1893, she stopped at Chicago to see the “White City” of the great Columbian Exposition. Crossing Kansas, she could see from her train window field after field of ripening crops. In Colorado she climbed Pike’s Peak with its magnificent vista. Back home, Bates wrote a poem about the spacious skies, amber waves of grain, alabaster cities, and purple mountain majesties she had so enjoyed. Set to music composed by Samuel Ward, her poem has become one of America’s anthems. In this program we’ll retrace her steps and see the sights that inspired the song.

### ***America Under Attack: 9-11***

Ten years ago, early on the morning of September 11, 2001, nineteen men boarded flights in the eastern United States, commandeered the airplanes, and turned them into guided missiles that hit the Pentagon, took down the Twin Towers in New York City, and brought a new reality to our country. Out of the tragedy came numerous accounts of heroism that showed America’s fighting spirit. A sensitive treatment of a timely topic.

### ***Archaeology and Bible Lands***

The Christian Bible is the story of a people and the spread of a movement within the boundaries of geographical areas familiar to us in modern times. Archaeological work has helped to supplement our knowledge of those geographical areas with stories from the bricks of ancient buildings and fragments of ancient earthenware. But do the pages of the Bible and the potsherds of archaeology tell the same story, or is Bible history, as some claim, a mere collection of myths and fables, inconsistent with the facts we learn from digging up artifacts? In this program we’ll look over the shoulder of some of those archaeologists as they work to uncover the answer to that question.

### ***The Assassination of Abraham Lincoln***

150 years ago on April 14, 1865, John Wilkes Booth crept up behind Abraham Lincoln in the Presidential box at Ford’s Theater, and fired a bullet. The events leading up to and following that moment are a fascinating story of victory in war and sorrow in peace. The assassination, Lincoln’s funeral, the pursuit of the assassin, and the trial of the co-conspirators stood out in stark relief against the backdrop of Union victory in a long and terrible war. We’ll follow Lincoln and his funeral train to his final resting place, Booth to his violent end in a burning barn, and the conspirators to their gallows in a Washington, D.C., arsenal.

### ***The Assassination of John F. Kennedy***

November 22, 1963, was a dark day in American history. I was sitting in ninth grade Algebra class when a loudspeaker suddenly crackled and the Principal told the sad news that President John F. Kennedy had been shot. This program is the story of President Kennedy from his youth to the White House, and the story of a disgruntled misfit who chose to play out his tantrum on the national stage. The days of Camelot in Washington, D.C., were over, leaving only a flame burning in Arlington National Cemetery.

### ***Brazil: Our American Neighbor***

Brazil is the fifth largest nation in the world, a country of vast proportions, sharing its borders with 10 of the 12 South American countries. It possesses multiple climates, beautiful scenery, and a diverse population of birds and amphibians. In its forests are primitive tribes that have as yet had no contact with the outside world. It is the land of Rio de Janeiro, the mighty Amazon River, and the yearly Carnival. We'll go see what it's all about.

### ***Buffalo Bill and Annie Oakley***

Buffalo Bill was the flamboyant scout who put together his "Wild West and Congress of Rough Riders" toward the end of the nineteenth century. But it was his discovery of Phoebe Moses, the little girl from Darke County, Ohio, who became Annie Oakley, the star of his show, that helped him take his show across America and before the kings and queens of Europe. This program features the music of Irving Berlin's "Annie, Get Your Gun" and actual photographs of the grounds, performers, and action from Buffalo Bill's Wild West Show.

### ***A Charles Dickens Christmas***

One of the best-beloved stories of Christmas was published in 1843 by English author Charles Dickens. We'll do a tour of the life of Dickens, and go along as Dickens, weaving a masterful tale of miserly Ebenezer Scrooge with the ghost of his old partner, Marley, and his shivering clerk, Bob Cratchit, Dickens spirits us on a memorable visit to the Ghosts of Christmases Past, Present, and Future. We'll follow through scenes taken from old prints and theatrical performances, stop to look in a few Victorian windows along the way, and finish with my favorite chapter, the heart-warming story of "The Cratchits' Christmas" and Tiny Tim's wish, "God bless us, everyone!"

### ***Civil War: The First Year***

When the guns at Ft. Sumter in Charleston Harbor began to thunder on April 12, 1861, the nation went to war to decide, as Abraham Lincoln put it, "Whether this nation or any nation so conceived and so dedicated [to government of the people, by the people, and for the people] can long endure." The first year was marked by confusion, false starts, and terrible losses, as the two combatants formulated strategies, raised armies, and found their leaders. Names like Bull Run, Shiloh, and Fort Donelson became famous, as did those of McClellan, Grant, Jackson, and Lee. Before the year was out, President Lincoln had lost a son, the Monitor had fought the Merrimac, and the nation gave up the idea of a short and easy conflict and settled down to a long and costly duel.

### ***Country Music to 1941***

Country music is as American as apple pie. From its roots in the rails, rivers, and roundups, it has grown to encompass millions of fans across the entire world. In this program we'll look at the songs and singers that first began to define and popularize country music, from the 1920s to 1941. There might be scholars and historians who could discuss the topic without actually singing "You Are My Sunshine", "Tumbling Tumbleweeds", and "Keep On The Sunnyside", but not me!

### ***The County Fair***

Summer in Minnesota brings sunshine, mosquitoes, and county fairs. This program came about as a way to bring the county fair to persons who, because of their infirmities, could not get out to one. A mixture of nostalgia and the latest in farm implements and rain gutter covers, spaghetti sundaes, apple pie on a stick, every kind of hot dog under the sun, 4H displays, blue ribbon quilts and coffee cakes, huge draft horse teams and polka bands, Tilt-a-whirls and Ferris Wheels on the Midway, trying your luck at tossing a ring on a pop bottle or knocking down a lead milk bottle with a baseball, having your picture taken with a cardboard President at a political party booth, demolition derbies and vegetable-chopping gadgets, flop-eared rabbits and squealing pigs, military recruiters and petting zoos, old tractors and new ones. A real down-home experience!

### ***The Dakota War of 1862***

In a last ditch effort to reclaim lands lost to the relentless tide of white settlers, the Dakota Sioux, on August 18, 1862, struck savagely at settlers and settlements along the Minnesota River Valley, beginning a war that did not end until the names of Sand Creek, Little Big Horn, and Wounded Knee passed into the pages of history. Hundreds died in surprise raids of 1862. Others were captives for months in Indian camps, saved by Indians friendly to the whites. In the end, the Sioux, friendly or not, were exiled to barren lands in South Dakota. We'll look at the conflict through the eyes of white captives, Dakota warriors, and the cameras of the day.

### ***D-Day: The Battle of Normandy***

"It is hot in Suez....The dice are on the table." That cryptic radio announcement brought, to the undercover agents and resistance fighters in France, the news that the Allied invasion of Normandy was about to begin. On June 6, 1944, hundreds of thousands of soldiers, sailors, marines, and airmen went into action, zeroing in on five small beaches on the northern coast of France, soon to go down in history as Sword, Juno, Gold, Omaha, and Utah. Thousands died and countless more were injured, but the Allies gained a foothold in Nazi-held France, and in less than a year the war in Europe was over. In this program we'll watch the invasion unfold with the paratroopers, glider pilots, rangers, and seaman who braved the bombs and bullets to take back Normandy.

### ***The Discovery of King Tutankhamen's Tomb***

"Everywhere the glint of gold!" was the description of archaeologist Howard Carter, as he peered into the darkness of the tomb of King Tutankhamen, the first person to do so in over 3,000 years. Politics and principle, professional rivalry and personalities clashed in the glare of gold and the dust of history. We explore the tomb and its mysteries through the eyes of Carter and his photographer, and supplement the nearly century-old story of the unearthing of the tomb with the latest discoveries about King Tutankhamen, his tomb, and his death.

### ***The Easter Story***

Easter is a popular holiday in America and around the world. Based upon the Bible story of the resurrection of Jesus, it has been the subject of many traditions. In this program we'll explore some of the Holiday's songs and customs. We'll visit Oberammergau for the Passion Play and New York's Fifth Avenue for the Easter Parade. We'll visit Copenhagen and the Fredricksborg Palace of King Christian IV to

see the works of Carl Heinrich Bloch, whose 23 paintings from the life of Christ hang in the chapel. Using those paintings as a guide, we'll walk the streets of Jerusalem and the hills of Palestine to see some of the sights Bloch portrayed, stopping along our journey to sing old hymns from Isaac Watts and others who composed songs with the Easter theme.

### ***Engine Whistles: The Railroad in Story and Song***

Few persons who witnessed the first run of the tiny Stourbridge Lion on a Pennsylvania track on August 8, 1829, could have foreseen that American commerce and culture were about to be transformed. From that beginning, the railroads spread throughout the East, replacing rivers as the nation's preferred highway. The completion of the Transcontinental Railroad in 1869 opened the West to commerce and settlement. Following the Iron Horse came history, legend, and song. In this program we'll watch the crews laying the rails and follow the hoboes who rode them. We'll be at Promontory Point, Utah, on May 10, 1869, when the driving of the Golden Spike completed the Transcontinental Railroad. We'll tell the stories of Casey Jones on his fateful last ride and John Henry whipping the steam drill, and sing them, too!

### ***Fathers in Hearts and History***

In 1910, Sonora Smart Dodd heard a sermon about the new national Mothers' Day and decided that fathers such as hers, a Civil War veteran who raised his family alone after their mother passed away, deserved a national holiday, too. Members of the local YMCA helped her commemorate the day, but it wasn't until 1972 that the nation formally recognized the observance. In this program we'll look at some famous fathers, sing some father songs, and even take a visual quiz!

### ***Following the Flag!***

From the Revolutionary War to the present, the American Flag has thrilled patriotic hearts. Ever since June 14, 1777, when it was adopted by Congress, the flag has been the visual representation of our country. It has changed over the years as new states have been added, but after 200 years we're still cheering for the Red, White, and Blue and rallying round it and waving its Stars and Stripes as lustily and as teary-eyed as ever. In this program, we'll check out the legend that the Stars and Stripes were born in the parlor of Betsy Ross's home in Philadelphia and follow of the Mary Pickersgill version that flew over Ft. McHenry in Baltimore in 1814, was immortalized in Francis Scott Key's "Star Spangled Banner", and eventually ended up in the Smithsonian Institute's National Museum of American History. We'll sing our nation's national anthem and some other great songs about the flag and hear stories about the composers, and we'll see how the flag has fared in other artistic media. A great program for those patriotic holidays!

### ***Fort Snelling: Outpost on the Mississippi***

Travel back in time for a visit to Minnesota's first military installation, built at the juncture of the Minnesota and Mississippi Rivers in order to establish the nation's presence in the northern reaches of the Louisiana Purchase. View the barracks, shops, guardhouse, store, and fortifications of the outpost, and hear the Fort's history through the years. Learn what it was like in 1828 in the Commandant's kitchen, the blacksmith's shop, the commissary department, the sutler's store, and the guardhouse. Watch the soldiers raise the flag, practice drills, and fire the post cannon.

### ***Four Christmas Recitations***



Over the years our concept of Santa Claus has been shaped by stories and storytellers. In this program we will focus on four of the best stories, Clement Moore's "Night Before Christmas", Dr. Suess's "How the Grinch Stole Christmas", Charles Dickens's "Cratchit's Christmas", and best of all, Luke's account of the birth of Jesus in the Bible.

### ***Give My Regards To Broadway***

When the Dutch laid out their New World city of New Amsterdam, the center of the city was along a street called Breede Weg. New Amsterdam became New York, Breede Weg became Broadway, and Broadway became the center of the world for the American stage musical. George M. Cohan's title composition headlines this collection of great songs, with contributions from Showboat, Oklahoma, For Me and My Gal, Mame, The King and I, Annie Get Your Gun, and a host of others. I may have snuck in a couple of songs from Hollywood, too.

### ***The Grand Ole Opry***

On November 28, 1925, George Hay, recently moved to Nashville, Tennessee, to work for WSM, the new radio voice of the National Life and Accident Insurance Company, invited seventy eight year old Uncle Jimmy Thompson to play his fiddle on the air. Fan response was so positive that it wasn't long before Hay was hosting the "WSM Barn Dance", which, two years later, was renamed "The Grand Ole Opry." Being invited to become a member of the Opry has since been one of those happenings that tell a performer that he or she has "arrived." In this program we'll tour the Ryman Auditorium, legendary home of the Opry, and take a look at some of the songs and the performers that have kept the spirit of the Opry alive. I'll bring my guitar.

### ***Great American Musicals: Mary Poppins***

Third in our series of great American film musicals, "Mary Poppins" began in the childhood reminiscences of Australian author P.L. Travers, as told in her children's book of the same name. Walt Disney persuaded a reluctant Travers to trust him with the task of turning the book into film, and the story stepped into Hollywood history. With the practically perfect Julie Andrews playing the part of practically perfect Mary Poppins and Dick Van Dyke playing the part of chimney sweep, screever (we'll learn what that is), one man band, and everything else in sight, and with performances in ingenious movie sets and innovative movie techniques that are nothing less than magical, "Mary Poppins" well deserved its five Academy Awards. We'll see how the Disney people did their magic, and, yes, we'll sing "Chim Chim Cheree", "Feed the Birds", and "Let's Go Fly a Kite."

### ***Great American Musicals: The Music Man***

When brash traveling salesman and con man "Professor" Harold Hill stepped off the train in River City, Iowa, the town was never the same again, and neither was the Professor. Second in a series of programs about great American musicals, "The Music Man" is a delightful blend of barbershop under the streetlamps, small town community celebrations, marching bands, and historical vignettes. We'll appreciate the musical craft and craftiness of composer, Meredith Willson, who endeared himself to his home town of Mason City, Iowa, by making it the setting of the movie. We'll learn how Robert Preston met Shirley Jones's son. We'll find the original footbridge. We'll trace Meredith Willson's fleeting references to things like Bevo, Strangler Lewis, and "Captain Billy's Whiz Bang." And, if you're wondering

whether we'll sing along with "Seventy-Six Trombones" and "Good Night, My Someone", of course we will!

### ***Great American Musicals: The Sound of Music***

The first in a series of programs about the wonderful stories that have made their way from Broadway musical to Hollywood film. Based upon a true story, performed by great actors and actresses, including seven talented children, sprinkled liberally with the wonderful musical compositions of Richard Rodgers and Oscar Hammerstein, "The Sound of Music" became one of the highest-grossing movies of all time. In this program we'll go behind the scenes to watch the making of the movie. We'll check in with the actors and actresses to see what the fifty years since the film was produced have brought them. And, of course, we will not be able to resist singing "My Favorite Things", "Climb Every Mountain", "Edelweiss", and all of the other great songs from a great movie. One of the most popular programs to date!

### ***The Great War***

In 1917, America entered what was then called "The Great War", the largest conflict yet seen on the earth. Over fifty million men slugged it out in the trenches of France and Belgium in a war touched off by the assassination of a relatively minor official in a relatively minor European state. New inventions such as the airplane, the machine gun, the submarine, and poison gas led to new techniques for killing and maiming, while horse drawn transportation and defensive trenches struggled to keep up. New heroes emerged: Sergeant York, who singlehandedly captured 132 opponents, and the Baron von Richthofen, who shot down 80 enemy airplanes before being himself killed. We'll follow the troops to the muddy trenches and see what the folks back home were singing to cheer them on.

### ***The History of America in Song, Parts One and Two***

Historians write books and artists paint pictures. But one of the best ways to look at American history is through the songs that have been written about it. In Revolutionary War days feisty patriots tweaked the nose of Britain's King George with "Revolutionary Tea." The era of canal building brought "Fifteen Years On The Erie Canal." During the Civil War, soldiers marched to the tune of "The Battle Hymn of the Republic." These two programs, the first from the beginning through the Civil War, and the second from the end of the Civil War to the present, trace America's history in the songs we still sing about her.

### ***Israel: Land of Zion***

The modern state of Israel could easily fit within the borders of the state of Minnesota, but the influence of its approximately eight million people are felt around the world. Born in the postwar chaos of 1948 and surrounded by the most hostile of neighbors, the young nation asserted an identity, resurrected an ancient language, and built an economy that now ranks 37<sup>th</sup> in the world. The story of its war for independence is a dramatic one, and its very right to existence is still disputed, with both inflamed rhetoric and terroristic violence. A desert flower has sprung into bloom.

### ***Italy: Land of Ancient Splendor***

What do Leonardo da Vinci, Columbus, Julius Caesar, and pasta have in common? Why, Italy, of course. Italy is the geographical boot dangling into the dazzling Mediterranean Ocean. Thousands of miles of shoreline border a land of Alps and Dolomites, at once rugged and beautiful. But the past on display in

Italy furnishes a huge part of the romance of the land: ancient Rome with its Pantheon, Coliseum, and catacombs, Venice with its canals and gondola taxis, Milan with its cathedral. There are galleries full of sculpture and paintings by da Vinci and Michelangelo, Caravaggio and Rafael, architectural wonders like the Tower of Pisa and the Roman aqueducts, and operas at La Scala as only the old masters could compose. Only Italy could produce the Mona Lisa, the Pieta, and Antonio Stradivarius.

### ***Jackie Robinson and the 1947 Dodgers***

In Brooklyn baseball, it was always “Wait Till Next Year.” But 1947 was a year to be remembered. To a lineup made up of stalwarts like Pee Wee Reese, Carl Furillo, and Gil Hodges came Jackie Robinson, the first black man to play in the major leagues since the 1880s. Before the season was over, Robinson had made a superb case for breaking the unwritten color barrier, batting .297 with 175 hits and 12 home runs and thrilling the crowds with his base running and breakneck slides. The Dodgers won 94 games and met the Yankees in the World Series. Robinson was chosen Rookie of the Year. But the Yankees, once again, prevailed, and by 1958, team owner Walter O’Malley had moved the team to Los Angeles and the Brooklyn Dodgers were only a memory.

### ***Jamaica: Island in the Sun***

Where does one begin with Jamaica? With the sunshine, waving palm trees, and north shore resorts? With the ladies balancing baskets on their heads through the open air markets? With the pirates swaggering up and down the streets of old Port Royal in the 1600s? I spent a couple of years in Jamaica as a young college student, collecting music, folklore, and personal experiences. I was never able to convince my Jamaican friends that, having a \$30 Chevy didn’t mean that I was rich. I don’t suppose I could have convinced them, either, that, even though they may not have had a penny, their island made them rich as kings.

### ***The James B. Wakefield Autograph Book***

I was exploring a small museum in Blue Earth, Minnesota, when I saw an old book lying on a desk. It was an autograph book, part of the legacy of James Wakefield, who had represented part of Minnesota as a U.S. Congressman in the 1880s. Talk about a treasure! In it were the names of Civil War generals, Presidents in waiting, and political warriors of days gone by, whose signatures told the story of the struggle of the country to recover from the devastation of the Civil War. There were, in the rolls of that Congress, Democrats, Republicans, Independent Democrats, Independent Republicans, Nationals, and Readjusters. Together they spanned the period of United States History from 1811 to 1947, during which they saw America grow from 17 states to 48, fight six major wars, and grow in population from seven and a half million to 150 million. A fascinating look at a niche in U.S. history.

### ***Lincoln Takes The Stage***

Abraham Lincoln was a president for the ages. What led him to seek the office, and how was he uniquely prepared to lead the country during its most turbulent time? In this program we explore Lincoln’s roots in Kentucky, Indiana, and Illinois, first as a pioneer child growing up on the American frontier, and later as he struck out on his own, trying his hand at surveying, shopkeeping, and riverboating, then learning his trade as a prairie lawyer at New Salem, Illinois, before entering the rough and tumble world of (what was then) western politics.

### ***Martin Luther King and the American Civil Rights Movement***

The years of Jim Crow and segregation are some of the saddest in American history. In the years following the Second World War, the attention of America began to swing toward the second class citizenship of its black population. It took courageous action by persons such as Martin Luther King, Jr., whose non violent approach and readiness to suffer for the cause eventually won enough hearts to begin the process of change. Through bus boycotts, protest marches, and stirring speech, inch by inch, the civil rights movement progressed, Martin Luther King lost his life, but today a black man can ride the same bus, attend the same college, and drink from the same fountain as any other American.

### ***Mathew Brady: America's First Photojournalist***

One of the major differences between the American Civil War and the wars that had gone before is that the Civil War was the first to be heavily photographed. Much of the credit for that goes to Mathew Brady. Brady learned photography from the masters of photography's first generation. He became the foremost portrait photographer of Antebellum America, and, when the Civil War came, put his finances and reputation on the line to photograph it. His work provides a fascinating glimpse of a bygone era, and a link between three centuries.

### ***Mother's Day***

Ancient Rome, Julia Ward Howe, and Anna Jarvis all had the same idea, to honor mothers with a special day, for which, in modern times, we set aside the second Sunday in May. Here's a program to honor the mothers among us. We will see how mothers have influenced the course of history, join in singing some of those good old songs about Mother, and take a look at how mothers have been celebrated in music and other fine arts.

### ***Love Songs Through The Ages***

From the time of the Pharaohs of ancient Egypt to the composers of Tin Pan Alley, lovers have poured out their hearts in song. With lute, viol, and guitar, they have sung about Lorena, about Aura Lea, and about "My Lady Greensleeves." Love songs are found in all genres, classical, bluegrass, folk, rock and roll, country, and pop. We'll look at several dozen of the best, and sing them, too. I know you remember "Have I Told You Lately That I Love You" and "Going to the Chapel of Love." One of my favorite programs!

### ***Music of the Civil War***

On the battlefields of the Civil War could be heard the thunder of the cannon and the call of the bugle. In the camps, it was the fiddle and the banjo. Soldiers sang about their sweethearts and mothers back home. The North taunted the South with "Marching Through Georgia", and the South retorted with "The Bonnie Blue Flag." Composers lauded Presidents and Generals, mourned "Vacant Chairs", and remembered "Tenting on the Old Campground." Many of the great Civil War songs are still being sung today, in Sunday School and even at Christmastime. A popular program.

### ***Music of the Fifties***

It's hard to believe, but the teenagers who rocked around the clock with Bill Haley and the Comets are approaching eighty. But the music is still there, tucked in memory along with poodle skirts and drive in movies. In this program we'll remember the agonies and the ecstasies of the music of the Fifties, with

Buddy Holly, Fats Domino, and Dion and the Belmonts. We'll be back with the Crests, the Monotones, and the Cascades. And we'll sing. We'll sing about Mary Lou and Blueberry Hill, Peggy Sue and the Book of Love, and Rockin' Robin and the Sixteen Candles. Great memories!

### ***Norman Rockwell and Patriotism***

Great for Memorial Day, the Fourth of July, or Veterans' Day! Another in a series of programs about the American illustrator, Norman Rockwell, this program combines selections from Rockwell paintings about soldiers and the American spirit with the patriotic music that has stirred our hearts through the course of our 200 year history. Music for the Army, Navy, Marines, and Air Force, mothers, and the girls left behind.

### ***A Norman Rockwell Thanksgiving***

Music and Rockwell! Here's another program from my favorite illustrator, Norman Rockwell, who, in his fifty or more years of painting, did numerous illustrations celebrating what we in America have to be thankful for. This program combines another series of great Rockwell illustrations with old favorite songs that express our appreciation for blessings like family, friends, and country. Sing along with "That Silver-Haired Daddy of Mine", "This Old House", "Come, Ye Thankful People, Come", "Keep On The Sunny Side", "Have I Told You Lately That I Love You", and more!

### ***Norway and Syttende Mai***

May 17 is Norway's Independence Day. Children present themselves to the King and Queen at the Royal Palace, smalahove and lefse are consumed in great quantities, and fair-haired descendants of ancient Vikings parade in colorful costumes. In this program we'll take in the mountains and fjords of Norway, check out some famous Norwegians, trek with Norwegian immigrants to Midwestern towns like Spring Grove, Minnesota, and follow the great Norwegian explorers to the North and South Poles.

### ***Oktoberfest***

In Bavaria, Germany, and New Ulm, Minnesota, the end of September and the beginning of October means Oktoberfest! Out come the accordions and the Tyrolean costumes, and the sound of the polka and the waltz is heard throughout the land. In this program we'll visit Bavaria to find the roots of Oktoberfest, see the Passion Play at Oberammergau, and explore the castles of Mad King Ludvig II. Best of all, we'll find what songs they've been waltzing to in New Ulm and sing along!

### ***Old Ireland: Lilting Songs and Blarney Stones***

Here's a great St. Patrick's Day program: Take a tour of famed Blarney Castle, with its Cromwellian history, dungeon, "Witches Kitchen", "Wishing Steps", and "Murder Hole." Imagine yourself dangling upside down to kiss the famous Blarney Stone! Then join me in singing a selection of those delightful Irish songs, like, "My Wild Irish Rose", "When Irish Eyes are Smiling", "Danny Boy", "It's a Long Way To Tipperary", and "Rose of Tralee." One of my favorite programs!

### ***Old Time Religion***

I grew up in the country churches of the Midwest, singing gospel songs like "The Old Rugged Cross" and "I'll Fly Away", and eating much more than my share of pies and hot dishes at the potluck dinners. We wore our Sunday shoes to church and got there early enough for Sunday School. Warner Sallman pictures

decorated the walls and ladies drew chalk pictures to the tune of “Just A Closer Walk With Thee.” There were month long tent meetings and singing groups like the Blackwood Brothers and the Chuck Wagon Gang were known from one end of the country to the other. Humor me on this one!

### ***The Old West in Song and Story***

There was a day when the West was wild, a place where outlaws could escape the long arm of the law, where settlers plowed and fenced homesteads, and where cowboys sang on cattle drives up the old Chisholm Trail. Custer made his Last Stand, and so did the Dalton Gang. Judge Roy Bean and Hanging Judge Parker dispensed their brand of justice, and so did the vigilantes. Colorful characters like Lily Langtry, Wild Bill Hickok, and Martha Canary Burke, better known as Calamity Jane, kept things hopping, while lawmen like Wyatt Earp tried to keep things in order. As always, the history of the West was written in song, songs like “Bury Me Not On The Lone Prairie” and “My Darling Clementine.”

### ***Pipestone National Monument***

One of our little known Minnesota treasures is the Pipestone National Monument, where veins of soft, red stone have, since before recorded history, been mined by Indians of the plains for the making of peace pipes. Visitors to the Monument today can watch artisans fashion pipes and other works of art from the same red stone. But there is much more to Pipestone. In 1838, the famous explorers Joseph Nicollet and John C. Fremont came through, carving their names on a stone that can still be seen there. In 1857 Abbie Gardner and other women taken at Spirit Lake, Iowa, camped there with captors on the run from pursuing troops. But my favorite thing at Pipestone is the walk that takes one over to and along the Monument’s rock ridge, with its beautiful waterfall gurgling under the winter ice or bursting at its seams in the Spring runoff.

### ***Pearl Harbor: Day That Will Live In Infamy***

“Tora, Tora, Tora!” Japanese Air Commander Fuchida’s coded message sent hundreds of fighters and torpedo bombers in a sneak attack against an American Pacific Fleet lying, unsuspecting, at anchor at the U.S. Naval Base on Oahu, Hawaii. By the time the attack was finished, 2,400 were dead, dozens of ships destroyed, and America was at war. Older folks will likely remember exactly where they were when they heard the news.

### ***Pioneer Girl: The Story of Laura Ingalls Wilder***

Laura Ingalls Wilder, in her well known “Little House” book series, told wonderful stories of her adventures as a pioneer child, as her family traveled from the “Little House in the Big Woods” of Pepin, Wisconsin, to the “Little Town on the Prairie” of DeSmet, South Dakota. Her books have introduced millions of American children (and adults) to the challenges faced by the countless American emigrants who broke the prairie sod and established the prairie towns of the Midwest. We’ll look at the story behind the stories and visit many of the places that Laura visited. Since an important part of the history preserved in the “Little House” books include songs sung by the family and played on Pa’s fiddle, we will, naturally, remember them with a little singing of our own.



## ***Presidential Elections***

Every four years the nation seethes and trembles as voters go to the polls to elect the country's presiding officer. Bands have played, whiskey has run, and supporters have marched through fifty-seven presidential elections to date, and the country has, unaccountably, survived them all. This program is the story of America's Presidential Elections. George Washington was elected unanimously. Abraham Lincoln didn't even win a majority of the votes. In 1872 Victoria Woodhull tried to make a case for women's suffrage by unlawfully running for the office. General after General ran for office, but General William T. Sherman said, "If drafted, I will not run; if nominated, I will not accept; if elected, I will not serve." This program ends with the election of 1900, to relieve the audience of the trouble of listening to my opinions about modern elections.

## ***P. T. Barnum: The Greatest Showman on Earth***

P. T. Barnum was one of the most flamboyant personalities of the age, first with his museums, then with the famous Barnum and Bailey Circus. As a showman he was without equal, bringing to America such figures as General Tom Thumb, Chang and Eng Bunker, the original Siamese Twins, and Jenny Lind, the "Swedish Nightingale." The crowds also came to see the Fiji Mermaid, the Cardiff Giant, and the Aztec Children, and followed the sign that said, "This Way to the Egress", realizing they'd been had and coming back for more. This program follows the up and down career of the man who invented the phrase, "The Greatest Show on Earth."

## ***The Raid on the Northfield Bank, Part One: The James-Younger Gang Meets Its Match***

The most notorious gang of bank robbers in the entire 1800s rode into the small town of Northfield, Minnesota, on September 7, 1876, intending to empty the contents of the bank's safe into their own pockets, only to meet with a stunning and decisive defeat. Hear the thrilling story of the origins of the gang, their plans for the robbery, and how the citizens of Northfield rose to the occasion. Relive America's most famous bank robbery with pictures and stories of the town, bank, robbers, and citizens.

## ***The Raid on the Northfield Bank, Part Two: Capture at Madelia***

Follow the remnants of the wounded and decimated James-Younger gang as they flee the scene of their defeat at Northfield and straggle through rain and the Big Woods of southern Minnesota in an attempt to evade the largest manhunt in the nation's history. Two weeks after the robbery, an alert farm boy spots the remaining gang members, who are surrounded in the woods northwest of Madelia. Seven brave volunteers answer the call to flush the robbers from their hiding place, and the James-Younger gang is no more. Pictures of the posse, the capture site, Stillwater Prison, and many others.

## ***The Roots of Country Music: Gospel Music***

## ***The Roots of Country Music: Western Music***

## ***The Roots of Country Music: Railroad Music***

Country music is so named because it came from the country folk. Like all musical styles, its roots can be traced to a number of sources, including gospel, western, and railroad music, music of the riverboats and Appalachian hollows, and negro spirituals. These three programs follow those roots to the old country

churches, the cattle drive campfires, and the railroad yards. A great opportunity to join America in singing the songs of the people!

### ***Royal Wedding***

This program was occasioned by the 2011 wedding of England's Prince William and Princess Kate, but it's really the story of England's true and faithful matriarch, Queen Elizabeth II. Most monarchies are gone from the earth, but a few survive, and the survival of the English monarchy is largely due to the Queen. Queen Elizabeth recently passed Queen Victoria as the longest reigning British monarch. During her reign America has seen eleven Presidents. Through several wars, family scandals, and shrill political opposition, Queen Elizabeth has been an oasis of decency and a rock of strength, not to mention the most iconic of ladies with hats.

### ***Roy Rogers: King of the Cowboys***

On November 5, 1911, young Leonard Slye was born, destined to become the greatest cowboy star of them all. Roy Rogers thrilled generations of young and old, first as the lead singer of the Sons of the Pioneers, and later, with his movie and life sweetheart, Dale Evans, the Queen of the West, in those good old rock 'em, sock 'em westerns. Hero to the kids, and, behind the scenes, to his own family, Roy never let us down.

### ***School Days: The Rural School in America***

When our residents were young, one room schoolhouses dotted the American landscape. Every fall each dutifully picked up his tin lunch pail, pencil box, and Big Chief tablet, and headed for school. There, under the pictures of George Washington and Abraham Lincoln, they learned their lessons with the help of Alice and Jerry and Dick, Jane and Sally, and their manners with the help of hickory sticks and stout rulers. We'll remember how to play pom-pom-pullaway and fox and geese, sit in the corner (and worse) with the miscreants, and try out the old playground equipment. The real experts, however, will be the oldtimers in the audience, as they contribute their own memories and experiences.

### ***Scotland***

How about a visual journey to the land of Roman ruins and modern industries, northern highlands and southern lowlands, William Wallace and Robert the Bruce, and Walter Scott and Robert Burns, where they play the pipes and toss the caber, where golf began at a course at St. Andrews, and where Bonnie Prince Charlie, after his defeat at Culloden, made his escape to Skye? Scotland, a part of the United Kingdom, with a population of 5.3 million, nearly half of whom voted in 2014 for independence, is a country of 990 islands, including the Orkneys, home of such rulers as Thorfinn Skull-Splitter and Eric Bloodaxe, and the Shetlands, home of the famous pony. Come along!

### ***The Second Inaugural Address: Lincoln's Greatest Speech***

On March 4, 1865, Abraham Lincoln stood on a platform on the east side of the White House to give the address at his second inauguration as President of the United States. The Civil War was still going, but it was winding down. Several letters and documents show that Lincoln had for some time been thinking ahead about his next great challenge, the reunification of the country. In this great Address, in words that

did not please everyone in the nation, Lincoln put responsibility for the War where it belonged and laid out his blueprint for recovery. A marvelous speech.

### ***Songs from the Country***

The thing about country music is that it is (or used to be, at least) the most singable of music genres. We'll test that theory by singing it. We'll sing about country love with Randy Travis, homesickness with Bobby Bare, and Muskogee, Oklahoma, values with Merle Travis. We'll bless the U.S.A. with Lee Greenwood. We'll count flowers on the wall with the Statler Brothers and sing the praises of the fair Elvira with the Oak Ridge Boys. We'll look around a bit, too. We'll meet Felice and Boudleaux Bryant, songwriters extraordinaire. We'll see what the rednecks have been up to. We'll check out Porter Wagoner's fancy suits. We'll keep an eye out for Ghost Riders in the Sky with Stan Jones. We'll even go to Hank Williams's funeral. I think singer Tracy Bird said it best: "We'll love you like Sunday, and treat you like Saturday night!"

### ***The Statue of Liberty: Beacon of Hope***

In 1886, America celebrated the unveiling of "Liberty Enlightening the World," or, as we know it, the Statue of Liberty. Since then, from its pedestal in New York Harbor the statue has welcomed millions of immigrants to a new world and freedom. We follow the statute's fascinating story, from its conception by sculptor Frédéric Bartholdi to its construction in France and its final home on Bedloe's Island in New York.

### ***The Story of Easter***

In a chapel on the grounds of the Frederiksborg Palace in Copenhagen, Denmark, hangs a series of paintings from the life of Jesus Christ, by artist Carl Heinrich Bloch (1834-1890). This program makes use of those works of art to tell the story of one of our great national holidays, Easter. We'll talk about where Easter came from and how its date is calculated. We'll see how Easter is celebrated in Israel, the Ukraine, and New York's Fifth Avenue. We'll visit the Garden of Gethsemane, the Eastern Gate of Old Jerusalem, and the Church of the Holy Sepulchre, and we'll sing some of the grand old Easter Hymns.

### ***St. Paul Winter Carnival***

Winter in St. Paul, Minnesota, means more than snow and sub-zero temperatures. It means Winter Carnival! In 1886, Minnesota's capital city responded to a New York reporter's comment that St. Paul was "another Siberia, unfit for human habitation" by putting on a celebration, complete with parades, races, moose-drawn sleigh rides, a hundred foot tall palace made of ice, and 250,000 celebrants. 130 years later, St. Paul is still celebrating. This program explores the origins of the Winter Carnival and tells the story of King Borealis and his annual conflict with (and loss to) Vulcan, the god of warmth. We'll look at the ice palaces, the blanket-tossing, the coronation ceremonies, the ice sculpture contests, the hunt for the \$10,000 medallion, and a host of other events that make up the big event, including the modern addition, "Crashed Ice", where young people dressed like hockey players race down a track resembling an icy motocross course.

### ***Thanksgiving in America***

From our starting point at President Roosevelt's 1941 State of the Union speech and Norman Rockwell's subsequent series of wonderful illustrations, the "Four Freedoms", we trace the history of Thanksgiving, from Pilgrim beginnings through the annual Presidential pardoning of the Thanksgiving turkey. After a look at some familiar holiday sights and traditions, we'll finish with a trip to New York City for the annual Macy's Thanksgiving Day Parade, from its modest start in 1924 through the huge extravaganza that it is today.

### ***Those Wonderful Christmas Songs***

Did you ever wonder where some of those wonderful Christmas songs came from? They came from the hearts and minds of a wide range of travelers, Tin Pan Alley writers, ministers, and just plain ordinary folks, who, by putting their thoughts, feelings, and experiences into words and music, have blessed us through the centuries. In this program we'll explore some of the best Christmas songs, and, of course, sing them, too.

### ***Tibet and the Dalai Lama***

An ancient land, isolated from the rest of the globe by two mountain ranges, Tibet is home to the Potala, one of the most amazing structures in the world, and the Dalai Lama, spiritual leader of millions of Buddhists. This program explores the land, its religion, its customs, and its people. Learn about Buddhist tradition, sky burial, and life in a monastery. Follow the Dalai Lama, from his birth in a tiny Tibetan village, his identification as a reincarnated "Bodhisattva", and his training as a monk, to his escape from a Communist invasion and exile in India.

### ***The Tin Lizzie: Mr. Ford's Model T***

2008 marked the 100<sup>th</sup> anniversary of the Model T Ford. Hear how Henry Ford revolutionized automobile production, putting auto ownership within the reach of ordinary folks and transforming American society in the process. See how the Ford operation grew, and how the nation embraced the "Tin Lizzie." Pictures of early autos, creative uses of the Model T, and modern restorations.

### ***Tin Pan Alley***

Nowhere in America is there a place more representative of the country's popular music than a small stretch of New York's West 28<sup>th</sup> Street, where, between 1880 and 1950, pianos banged out the most popular music in the country. Writers like Chauncey Olcott and Irving Berlin composed songs like "My Wild Irish Rose" and "Alexander's Ragtime Band." Singers like Fanny Brice and Al Jolson sang songs like "Second Hand Rose" and "Swanee." The great publishing houses of Leo Feist and Witmark and Sons turned out hits like "My Blue Heaven" and "Sweet Adeline." This is a program for those who love to sing the old songs!

### ***The Titanic***

April 15, 1912, was the 100<sup>th</sup> anniversary of the sinking of the great ship Titanic on her maiden voyage from England to the United States. Over 1500 passengers lost their lives when the great ocean liner went

down, amid deeds of tragedy, heroism, and narrow escape. In 1985 the wreck of the Titanic was discovered, lying two and a half miles below the surface of the Atlantic. New pictures tell the grim tale.

### ***The Toys and Games of Christmas***

Some of our fondest childhood hours were spent with dolls, puzzles, wagons, and roller skates. There was magic under the Christmas tree, in the shape of Jacob's Ladders, Authors card games, Tinker toys, and a host of other toys and games popular in years gone by. This program takes us back to explore the histories of those childhood artifacts. Remember Monopoly, Erector Sets, View masters, Lionel trains, Raggedy Ann dolls, Slinkies, Mr. Potato Head, Dionne Quintuplet paper dolls, and Red Ryder BB guns? How about a stroll through the halls of the Queen's own Doll House? Be prepared to talk about your favorite toy!

### ***The Ukraine: Breadbasket of Europe***

The Ukraine is a beautiful and bountiful country with the misfortune of being between Russia on the east and the European powers in the west. It suffered under Josef Stalin and the Communists and again under Adolf Hitler and the Nazis. With the breakup of the Soviet Union in 1991, it became independent, only to lose part of its territory to Russian aggression in 2014. This program explores the Ukraine's history, people, and customs, from the uproarious reply of the Zaporozhian Cossacks to Sultan Mehmed in 1676 to the Chernobyl disaster 310 years later. We'll look at some of those intricately designed Ukrainian Easter eggs, see the traditional costumes, and wonder at the cooking stoves with built in bedchambers. We'll check out Ukrainian sausages and baked goods. You'll almost taste the kapusta!

### ***Under the Big Top in 1898***

Who doesn't love a circus? When my great great uncle Jimmy McIndoo joined it for the 1898 season as the giant "Boy Wonder," the Forepaugh Sells Circus rivaled the Ringling Brothers and Barnum and Bailey for the title "Greatest Show On Earth," traveling by rail with hundreds of performers and roustabouts to cities all across the country. Watch the raising of the big top, the parade of elephants and circus wagons, the trapeze artists, the trained sea lions, the strong lady, and the poster wars of the circus advance teams. See the side show with its giants, midgets, and other amazing sights, hear stories of the high diver's tragedy and the tent blowdown at Sioux City, and go behind the scenes for a glimpse of everyday life with the circus family.

### ***The U. S. Capitol: Hallowed Halls of Democracy***

Few public buildings have a history as rich and fraught with significance as the U.S. Capitol Building. The ghosts of famous names from the past look down from the walls and stalk the halls: statesmen, power brokers, inquisitors, and pioneers, fresh from the wilderness. The building itself, since the laying of its cornerstone in 1793, has undergone as many changes as the country it represents, its inhabitants serving as the voice of a people engaged in the work of building a nation. Come, and we'll walk the halls with the ghosts.

### ***A Week on the Columbia and Snake Rivers***

Lewis and Clark put their dugout canoes in the waters of the Snake and Columbia Rivers for the final leg of their monumental 1805 voyage of discovery. In this program we will follow them from Lewiston,

Idaho, to Astoria, Oregon, on the Pacific coast, and back to Portland, Oregon. You won't find a more picturesque setting than these river valleys. During the voyage we'll visit a Nez Perce museum, see the platforms along the rivers where natives exercise ancient treaty rights, and drop 100 feet at each of eight locks, with fish ladders that allow the salmon to swim upriver to their spawning grounds. We'll visit spectacular Multnomah Falls, and take a side trip to stand under a looming Mt. St. Helens, overlooking a valley within the 1980 eruption blast zone. We'll watch the colorful kite surfers at Hood River. At Astoria, on the Pacific Ocean, we'll see the where Lewis and Clark wintered before their return east, and visit a wonderful maritime museum. The trip ends at Portland.

### ***A Week on the Cumberland River***

One of the river cruises I most enjoyed actually involved four rivers. We began at St. Louis, journeyed down the Mississippi to its confluence with the Ohio at Cairo, Illinois, then up the Ohio to Paducah, Kentucky. There we took the Tennessee River upstream for a short distance, then crossed over the canal between two lakes to the Cumberland River, and ended at Nashville. Paducah is a historical city, with many museums, including its famous National Quilt Museum. Down the Cumberland is Fort Donelson, where General Grant came to national notoriety during the Civil War. Then, of course, there is Nashville, home of country music. At the Ryman Auditorium one can feel the presence of the ghosts of all the old country stars, and at the Grand Ole Opry you can hear and see the new ones.

### ***A Week on the Hudson River***

There are no cities that can match New York, and few rivers that can match the Hudson. For this program, travel with me to that great city, where our cruise begins. We'll visit the 911 Memorial, sail by the Statue of Liberty, drive up Broadway past 42<sup>nd</sup> Street and Herald Square, and try to imagine the thatched roof shops and houses of my ancestors where, nearly 400 years later, giant skyscrapers now stand. Journeying upriver, we'll tour West Point, where four presidents took their military education. At Hyde Park, we'll visit the home and grave of a fifth president, Franklin Roosevelt. At Sleepy Hollow there will be the home of Washington Irving, writer of such American classics as "The Legend of Sleepy Hollow" and "Rip Van Winkle." One of my favorites is our visit to Olana, the legendary home Frederick Church, the most famous of the painters in the Hudson River School of Art. At Kingston, the first capital of the state of New York, we'll tour the old Senate House and the Old Dutch Reformed Church, in the yard of which several of my ancestors have been sleeping for over 300 years. Then it's on to Albany, the capital of New York, for a visit to the State Capitol Building and a state museum fit for just such a great state.

### ***A Week on the Lower Mississippi***

This program resulted from my voyage as a historian on a Mississippi River paddle wheeler. Beginning at New Orleans, we sailed up the Mississippi to Memphis, Tennessee, stopping along the way for tours and sightseeing. If you come along for the ride, we'll begin at New Orleans, where we'll find the Chalmette Battlefield, site of Andrew Jackson's defeat of the British to end the War of 1812. We'll visit Jackson Square, the French Quarter, and an old Confederate museum. Our first stop will be at Oak Alley, an ante bellum mansion with an avenue of overarching Live Oak trees, 300 years old, to see and hear the story of the plantation owners and their slaves. We'll visit Baton Rouge, the capital of Louisiana, and tour the Old Statehouse, the New Statehouse, a WW II destroyer, and a Civil War battlefield. On up the river we'll visit the ancient town of St. Francisville, chock full of history, a beautiful old church building where the Civil War was suspended for a day, and more mansions. My favorite port is Vicksburg, site of the Civil War siege which ended in victory for General Ulysses Grant. There we'll tour the battlefield and the Old



Courthouse museum, and take a side trip to see where Coca Cola was first bottled. The voyage ends at Memphis, with visits to Elvis Presley's home and grave, the Lorraine Motel where Martin Luther King, Jr., was assassinated, and Mud Island, with its river museum and working model of the Mississippi River.

### ***The White House: America's First Home***

Since 1800, when John and Abigail Adams moved in, the White House has been the home of our presidents. Through the years it has been rebuilt, rearranged, remodeled, and redecorated, while history has unfolded in and around it. We'll look at historical views of the White House, its grounds, and its various additions, and share stories of its inhabitants through its two centuries of existence.

### ***The Wit and Wisdom of Norman Rockwell: Children and Growing Up***

Everyone remembers those wonderful Saturday Evening Post covers illustrated by the great artist Norman Rockwell. Rockwell was not only a skilled illustrator, but a keen observer of human nature and a marvelous teller of stories. In this program, we look at Rockwell's history, his development as an artist, his illustrative techniques, and the visual stories he tells about children growing up, exploring their world, challenging limits, and perplexing adults. A delightful montage of illustrations spanning five decades of Rockwell's work for the Saturday Evening Post, Boys' Life Magazine, and other publications.

### ***The Wit and Wisdom of Norman Rockwell: Norman Rockwell and Christmas***

This program is another in a series of programs about my favorite illustrator. Norman Rockwell loved people and he loved the traditions that helped anchor their lives. Christmas was obviously one of the traditions that Rockwell believed in strongly, and enjoyed immensely. From his first humorous Christmas cover for Boys Life Magazine in 1913 to his pensive portrayal of Christmas at Bethlehem for Look Magazine in 1970, Rockwell told over and over again and from every conceivable angle the story of Christmas. We'll follow Rockwell around as he paints pictures of Santa Clauses and people pretending to be Santa Clauses. We'll see what he thinks of gift giving and carol singing and tree decorating and home going. A program full of joy and happiness!

### ***The Wit and Wisdom of Norman Rockwell: Norman Rockwell and Motherhood***

Up for more Rockwell? This program combines Rockwell's portraits of mothers and motherhood with some of the great old songs about the sainted being we call Mother. We'll explore Rockwell's take on mothers becoming mothers, mothers gently teaching motherly values, mothers sternly correcting childish vagaries, and mothers, just in general, loving their children. We'll sneak in some extras about classical portraits of mothers, animal mothers, fairy tale mothers, and Anna Jarvis, the founder of Mothers' Day, too.

### ***Walt Disney and Mickey Mouse***

Elias and Flora Disney came to Chicago, Illinois, so that Elias could work on the construction of the World's Columbian Exposition of 1893. He built his family a home, and there, on December 5, 1901, a child was born and named Walter Elias Disney. The rest, as they say, is history, and a great history it is. Disney rode the early wave of motion pictures, learning cartooning and producing a series of cartoons starring a live little girl named Alice. His increasing popularity was sidelined only briefly when in 1928 he lost his next character, a rabbit named Oswald, to a grasping film distributor. It was that event that spurred the

creation of Disney's most beloved character, Mickey Mouse. From Mickey Mouse to Donald Duck to Silly Symphonies to Snow White and the Seven Dwarves to Mary Poppins, Disney's story reads like a fairy tale of its own.

### ***Yellowstone Then and Now***

Our nation's first national park was still young when lecturer John L. Stoddard visited Yellowstone in the 1890s. We review the history and development of the Park, comparing Mr. Stoddard's stories and photographs with stories and photographs from our family's visit a century later. See pictures of geysers, waterfalls, mud pots, and canyons, and buffalo, grizzlies, beavers, and wolves. Hear how Jim Bridger, the old mountain man, was laughed to scorn when he told of seeing glass mountains, petrified forests, and boiling lakes, even though, for once, he was telling the truth!



## MUSIC AND HISTORY PROGRAMS WITH DIANE JARVI

A singer, songwriter, guitarist and kantele player (Finnish folk harp), Diane Jarvi is a versatile performer of folk and world music. In addition to her own compositions, Jarvi is known for her intimate and authentic interpretations of tangos, waltzes, gypsy music, ballads, jazz standards and cabaret songs from around the world.

Diane Jarvi's recordings *Foreign Winds*, *Revontuli*, *Flying Into Blue*, *Paper Heart*, *Wild Gardens* and *Bittersweet* are



heard on radio throughout Europe, Australia, Canada as well as around the U.S. She has been the subject of two film documentaries, *Muistot* and *Kaipuu*, by the award-winning Finnish filmmaker Erkki Määttänen. She is known in Finland as Minnesotan Satakieli — The Minnesota Nightingale.

She has studied kantele and Finnish folk music at the Sibelius Academy. And she has been the recipient of artistic grants and awards including a McKnight MacPhail performing fellowship and awarded Finlandia Foundation Performer of the Year.

In 2010 she was the recipient of a grant from the Minnesota Arts and Cultural Heritage fund from the Minnesota State Arts Board to teach kantele in the town of Cokato, MN. She has also received a writing fellowship grant and an artist initiative grant from the Minnesota State Arts Board. She has performed all across Finland, in France with the great Occitan musician Patric, in concert for Hawaii Public Radio, at colleges and Universities in the United States and Canada.

Jarvi's newest CD *bittersweet*, an artvesting project through the New Bohemian Arts Cooperative, gathers together music from her Finnish heritage; waltzes, tangos, songs from the Kalevala and Finnish-America as well as music of the kantele—the Finnish folk harp.

An award-winning poet under the name Diane Jarvenpa, Jarvi has five books of poetry. Her new book, *The Way She Told Her Story*, from New Rivers Press, tells stories of the immigrant experience.

All of her recordings blend the artistry of her songwriting with her love of world music and poetry.

Diane Jarvi performs a Café Society program of music and poetry from around the world! France, Italy, Ireland, Mexico, Brazil, Cabo Verde, Sweden, and Finland. She shares the musical traditions of these countries and also translates the tunes. It is a one-hour performance.

A Celebration of American Jazz spotlights American jazz standards and their history over the decades. Including songs of Nat King Cole, Ella Fitzgerald, Frank Sinatra, and Blossom Dearie. This is an hour performance. Solo or also as a duo.

Music of Finland highlights regional music from Finland and showcases the kantele, the Finnish folk harp. Instruments are shared with audience. This is a one-hour performance.

Pricing:

\$200 for each solo performance

\$300 for a performance with other musicians

\*mileage/travel fee is included

Contact Information:

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# Music and Movement for Graceful Aging

**Anna Vazquez, DMA, RYT**

**Cello and Harp Concerts**

**Cello and Song**

**Chair Yoga**

Anna Vazquez is a professional cellist and yoga teacher with a calling to work with seniors, especially vulnerable adults. Anna inspires joy as she sings with a group and plays the cello; performs with accomplished harpist Sarah Gruden; explores movement through chair yoga; or designs a hybrid session combining music and movement. Anna also brings her more recent experience as an Ebenezer activity assistant to her decade of providing sessions in senior residences and adult day centers. She observes that the greatest effect is had with multiple ongoing sessions where a rhythm of meaningful connection and deeper learning can occur. Anna has a doctorate in performance from the University of Minnesota and is trained as a yoga teacher through Alignment Yoga.

## **Cello and Harp**

Anna performs with professional harpist, Sarah Gruden, serenading the audience with sublime music from classical favorites to familiar standards.

**Fee:** \$185 for multiple performances, \$220 for a single performance

## **Cello and Song**

Resonant live cello music and group singing bring people to life, touch into past experiences, and bring participants together. Music choices are based on the interests of the group.

**Fee:** \$100 for multiple sessions, \$125 for a single session

## **Chair Yoga**

A gentle movement session designed to enliven and relax the body through deep breathing, stretching, and gentle movements focusing on posture, strength building, and range of motion. Live cello music frames the session for relaxation and inward focus.

**Fee:** \$95 for multiple sessions, \$120 for a single session

## Music and Movement

This hybrid class is designed to get things moving physically, emotionally, and creatively. Everyone is encouraged to engage in their own unique way, moving and singing gently through any resistance to a place of calm and aliveness.

**Fee:** \$100 for multiple sessions, \$125 for a single session



*"She has a graceful, exuberant presence and a very gentle way with residents. She challenges them with her creativity yet soothes at the same time. She gives them a good time, and she plays soul-transporting music. I have seen residents really relax, close their eyes, smile and conduct in response to Anna!  
I highly recommend her!"  
Marysue Moses*

Please contact Anna with any questions.

Anna Vazquez 651-487-5073  
[annavazquezyoga@gmail.com](mailto:annavazquezyoga@gmail.com)





# oboe**pass**!

The Adult Music Learning Series is a seven-program music appreciation curriculum. It introduces audiences of all backgrounds to the exciting world of music. Additionally, some of the programs are well-suited for inter-generational audiences. Individual programs are also available for booking to meet your needs. Rolf and Carrie have presented hundreds of programs to audiences across the country, showcasing their engaging combination of instruments and stories.

The Adult Music Learning Series programs:

- The Remarkable Music Machine – experience this introduction to the orchestra from the inside out.
- Mozart, the Boy Genius, and the Masons – learn about one of the most famous composers of all time, and experience The Magic Flute.
- Music of the Mountains – an introduction to the life and music of Edvard Grieg and musical Nationalism – Peer Gynt live!
- The Spirit Sings – the rich legacy of African-American music, its growth from slave songs to jazz to performers such as Marian Anderson.
- The Carnival of the Animals – the life and music of the genius Camille Saint Saens with focus on his delightful musical menagerie.
- The Tales of the Carols – learn the stories behind many beloved holiday songs, get into the spirit of the season!
- The Classical and Jazzy Nutcracker – Tchaikovsky and his famous ballet with a comparison to Duke Ellington’s jazz version.
- Concert – “A Musical Journey” – enjoy a fun concert with the

Contact Information:

Rolf Erdahl and Carrie Vecchione  
6857 133<sup>rd</sup> Street West  
Apple Valley, MN 55124  
651.319.1414

[www.oboebass.com](http://www.oboebass.com)

[oboebass59@gmail.com](mailto:oboebass59@gmail.com)

# One Man Band



Dale Martell takes his audiences on a musical journey through the “History of American Music” via great songs, images and stories. He sings and plays fiddle, mandolin and guitar. He integrates his own pre-recorded backing tracks to simulate the sound of a full bluegrass band. He also does several of the great showtunes from the 40s, 50s, and 60s like “Moon Rive” and “Over the Rainbow” to see if the audience can remember which musical songs came from. He ends his show with a song or two from the beach Boys. Dale had the great honor of being the substitute guitar player for the great Carl Wilson of the Beach Boys for 3 years back in the 1990s. Check out his guitar solo at mantuamaker 1:42-1:47 in this clip from Budokan Arena Tokyo, Japan in 1991.

<https://www.youtube.com/watch?v=3FdEeK7rEr>

Pricing: Ranges from \$125 to \$175 a show, depending on distance and number of shows booked. Discounts are given for memory cares that book multiple shows 6 months at a time.

Contact Information:

Dale Martell

[info@dalemartell.com](mailto:info@dalemartell.com)

612-387-0152



# Paint★Paper★Scissors

IS A MOBILE ART STUDIO THAT BRINGS TACTILE ART EXPERIENCES TO PEOPLE, YOUNG AND OLD. NO EXPERIENCE NECESSARY!

We create personalized art and craft experiences for groups. We supply all of the tools and materials along with hands-on instruction to ensure participants leave with a finished project and a positive experience. Our events are about being social, creative (*even if you don't think you are artistic*), and having fun!

## CANVAS & CRAFT SERIES

Paint, Paper, Scissors recognizes the amazing impact art has on our senior clients. There have been various studies about the benefits of creating art, including:

- the opportunity to relax
- reducing stress and anxiety
- providing a sense of control
- increasing self esteem
- a sense of accomplishment
- promoting self expression
- reducing boredom
- encouraging socialization and playfulness

Our mission is to provide an easy-going, fun, no-pressure creative experience for seniors in independent, assisted living and memory care settings.

We have developed a Canvas & Craft series to accomplish this mission. Each event will last 1 – 2 hours. We are proposing a series of 4 events. You can mix and match from the projects below. We have found that our guests become more engaged and relaxed as they become more familiar with us and the creative experience.

We create personalized art and craft experiences for groups. We supply all of the tools and materials along with gentle hands-on instruction to ensure participants leave with a finished project and a positive experience. Our events are about being social, creative (even if you don't think you are artistic), and having fun!

IT'S FUN ART, NOT FINE ART!

**Creative fun for everyone.**

Contact Information: Bev Leckie & Pam Chenevert | 952-237-0559 & 612-940-5546  
[paintpaperscissorsmn@gmail.com](mailto:paintpaperscissorsmn@gmail.com) | [www.paintpaperscissors.net](http://www.paintpaperscissors.net)



# *Pathways*

A Healing Center

Pathways' mission is to provide resources and services for people with life-threatening illness to explore and experience complementary healing approaches.

## **How we serve, Who we serve**

Pathways serves individuals who seek healing for body, mind and spirit. A nonprofit organization created in 1988, we offer complementary healing services designed specifically for people affected by health crisis. Pathways provides a safe, warm, creative, and nurturing environment in which participants can examine the possibilities of healing through means other than conventional Western medical treatment.

Our organization was founded by people whose own health crisis provided an opportunity to discover new ways of thinking about and dealing with illness. Pathways believe that everyone should have access to complementary healing methods; everyone should have the help they need to become active participants in their own healing.

Pathways' healing services are staffed with volunteer providers who help participants create their own healing journeys and improve their quality of life by exploring a wide range of healing approaches for the mind, the body, and the spirit.

## Contact Information:

Tim Thorpe - Pathways Executive Director

[Tim@pathwaysmpls.org](mailto:Tim@pathwaysmpls.org)

612-822-9061

[www.pathwaysminneapolis.org](http://www.pathwaysminneapolis.org)



# Pioneer Photography Speaking Presentations



**Pioneer Photography  
Speaking Presentations**  
*Featuring Minnesota's own historian and story-teller  
Doug Ohman. Bringing Minnesota's history to life.*

## PIONEER PHOTOGRAPHY & SERVICE, Inc.

### Helpful notes and tips for planning presentations:

1. Presentations are typically 1-hour in length
  2. Media suggestions:  
Electricity source (required)  
Ability to dim lights enhances photo viewing  
Audio microphone will ensure everyone can hear
  3. 5x-foot stand alone table
  4. Ask Doug about "multiple show" discounts
- Many of the photographs Doug presents are available for purchase.

### About Pioneer Photography

**Doug Ohman** is a popular speaker, historian, and entertaining storyteller. He is also an expert photographer with deep roots in Minnesota.



Living in New Hope, Minnesota with his wife Krin, Doug has spent the last 30 years uncovering and bringing Minnesota's rich history to life.

Schedule a presentation at your location or event. Programs can be customized to your audience based on interest and time available.

### Other Pioneer Photography Services available:

- Art Shows and events
- Guided Bus Tours
- Wall Art for senior living & corporate buildings
- Educational Programs; from Elementary to Community Education venues

### Contact Doug

Phone: 763.543.1049  
Email: [pioneerphotos@comcast.net](mailto:pioneerphotos@comcast.net)  
[www.pioneerphotography.com](http://www.pioneerphotography.com)  
Facebook/Pioneer Photography  
©2020 Pioneer Photography

## Series Presentations

*Series presentations can be consolidated into a single program.*

### Down the Mississippi in Minnesota

*Enjoy America's best-loved river with Doug as he paddles from Lake Itasca to the Iowa border.*

- 1- Lake Itasca to Little Falls
- 2 - Central Minnesota to St. Paul
- 3 - South from St. Paul through historic river towns in Minnesota to the Iowa border.

### Minnesota's Rich Agricultural Heritage

*Explore rural Minnesota where our roots go deep and strong.*

- 1 - The Golden Age of Agriculture
- 2 - Icons on the Farm - Silos, Windmills & Tractors
- 3 - Making a Difference - Women in Agriculture



### Minnesota from the Road

*Hear about some of Minnesota's most interesting regions.*

- 1 - Lake Superior's Arrowhead & Iron Range Tour
- 2 - Minnesota's Heartland Lakes to the Red River Valley Tour
- 3 - Southern Prairies and Pipestone Tour
- 4 - Scenic River Bluff Tour
- 5 - Urban Gems: a. Minneapolis Tour or b. St. Paul Tour



### They Chose Minnesota - NEW

*What drew them to the North Star state? Doug will highlight the stories and history from many of the immigrant groups that chose to make Minnesota their home.*



- 1 - Immigration Before the Civil War
- 2 - Immigration After 1865 (post civil war)

### America's First Ladies

*Travel back through time with Doug as he shares interesting stories, photographs and forgotten memories about many of America's best loved First Ladies.*

- 1 - 1789 (Martha Washington) - 1861 (Mary Todd Lincoln)
- 2 - 1865 (Eliza Johnson) to 1933 (Eleanor Roosevelt)
- 3 - 1945 (Bess Truman) to 2017 (Melania Trump)



## POPULAR PRESENTATIONS

### 1. Historic Churches of Minnesota



Exploring the history of many of the state's oldest churches. You will meet many of the people that Doug has visited with in his quest of photographing these community treasures.

### 2. Heart of the Farm - Barns of Minnesota

Enjoy a rural journey exploring the greatest of all rural icons, the barn. From the early days of statehood through the era of agribusiness, our barns tell a story. This story will bring you back to the farm and explore the importance of our rural roots.



### 3. Schoolhouse Memories

Travel back as Doug brings you to a time when all eight grades were in one classroom. Reminisce about school lunch, recess and of course "the three R's".

The stories and photographs will make you smile and laugh.

### 4. Escape to the Lake - Cabins of Minnesota

Enjoy a relaxing and scenic journey to the heart of Minnesota lake country. See some of Minnesota's most interesting and unique cabins. The pictures will bring back wonderful memories of spending time at your favorite getaway with special people.



Doug will share stories, history and memories of this long-standing Minnesota tradition.

### 5. Free to All - Libraries of Minnesota

Enjoy a trip back in time when your small-town library

opened your eyes to the big wide world. Learn about the role Andrew Carnegie, the Scottish American entrepreneur and businessman had in expanding libraries in Minnesota and across the nation.



### 6. Minnesota Byways

From each of the six byway books, Doug will take you to his favorite locations and share the best photographs and stories from around the great state of Minnesota; **Barns of Minnesota, Churches of Minnesota, Courthouses of Minnesota, Schoolhouses of Minnesota, Cabins of Minnesota and Libraries of Minnesota.**



### 7. Vanishing Landmarks

Explore the back roads and small towns and hear the stories and history of Minnesota through historic buildings that are quickly disappearing. Doug will share his experiences visiting many of these sites from Minnesota's oldest Courthouse to the last Civil War recruiting station.



### 8. Living the Dream - Historic Homes of Minnesota

Take a tour of some of Minnesota's most elegant homes. Hear the stories and personalities that surround many of these historic treasures. "If the walls could talk" will become reality in this most interesting photo presentation.



### 9. State Parks of Minnesota

Minnesotans love their State Parks.

Go on a visual vacation with a photographer. Doug has visited all 67 parks and has photos, stories, history and personal adventures to share.

This program has two main themes; the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored.



His photography is featured in the book *Prairie, Lake, Forest: State Parks of Minnesota* which Doug will make available for purchase and custom sign each book for presentation attendees.

### 10. Going to Work - The New Deal in Minnesota

The 1930's were interesting times in our nation's history. The creation of economic programs to respond to the Great Depression had just taken place. Explore the legacy footprint that remains from the WPA, FWA, CCC, NYA, and the VCC in Minnesota.



### 11. Saluting the Civil War - Minnesota's Role

What role did Minnesota play in the Civil War? Learn how important Minnesota was to the Union cause. Hear the stories of those from Minnesota that served in this tragic but most interesting chapter in American history.



### 12. Hidden in Plain View - Cemeteries of Minnesota

Walk along with Doug as he photographs cemeteries and uncovers stories of the long forgotten. Learn where the only Revolutionary War soldier to die in Minnesota is buried. Learn the difference between a cemetery and a graveyard and much more.



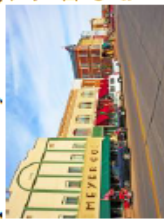
### 13. Saving History

Travel with Doug as he chronicles lost relics and history. With the use of simple tools; a metal detector and camera, Doug has respectfully recovered and photographed artifacts that help us reconnect to our past. He will share his experiences, photos, stories and actual relics that will help bring local history to life.

### 14. Name that Town

Journey throughout the state of Minnesota with photographer and storyteller, Doug Ohman as he explores towns and villages.

This program focuses on the rich history of various locations and cities with fun and interesting stories relating to the town names.





## RAD ZOO

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Come and experience Minnesota's premier reptile destination. Since we opened in Oct. 2009, we are already one of the largest reptile displays, and an opportunity for a fun family adventure. Marvel at the amazing creatures of the reptile and amphibian world including snakes, turtles, lizards, crocodilians, toads, frogs, and salamanders. Our zoo is home to over 150 kinds of animals from all over the world exhibited in naturalistic recreations of their native environments. Catch our daily show or get an opportunity to pet an alligator or a snake. We also have birthday party options available for guests wanting a unique birthday experience. Many of our guests will have an opportunity to feed salad to our tortoises or watch many of our other animals feed. Finish your visit with a stop in our gift shop offering a variety of animal related toys, books, and other gifts.

Also offer traveling programs! We come for an hour and bring turtles, lizards, snakes and a small alligator!

### Pricing:

Cost is \$235 for the program for less than 60 people. We do 100 miles round trip from Medford for free and then it is 50 cents per mile afterwards.

### Contact Information:

Melissa Pastika

507-455-1465

[melissa@theradzoo.com](mailto:melissa@theradzoo.com)

<http://www.theradzoo.com/>



## **Remember the Good Old Days of WCCO Radio?**

**Howard Viken • Steve Cannon • Charlie Boone  
Bill Diehl • Sid Hartmann • Maynard Speece • Roger Erickson  
Joyce Lamont • Dick Chapman • Jergen Nash and more.....**

Retired WCCO Radio News Director **Curtis Beckmann** entertains your group with station history, glory days stories, school closings, and just darn fun commentary. **The Good Old Days of WCCO Radio.**

**Already heard the Good Ole Days? Curtis can also relate entertaining stories and experiences from his years as News Director.**

- Cover the 1972 Rapid City flood coverage
- Newscasts at the State Fair, without computers and FAX
- Arrange a debate on capital punishment, at Stillwater prison?
- Connect a St Paul mother with her teenage daughter, held captive in Communist Czechoslovakia
- Aid for, and coverage of the Hjemkomst Vikings ship voyage to Norway

**Call Curtis to set up a time!**

**612-344-5050**



# SENIOR VIRTUALPASSPORT™

## PROGRAMS

Welcome to **Virtual Travel Club**...a turn-key virtual reality program for seniors, created and curated by a former Ebenezer Lifelong Learning Program Director.

Led by a Virtual Travel Club Tour Guide, shared personalized VR experiences by a group of 10-12 residents, twice a month, provide enrichment and socialization like no other!



Your world in 360°

- Carnival of Venice
- Scenes from Ireland
- Puppy Guide Dogs
- Photos of Africa
- Duluth Aerial Lift Bridge

Wednesday, December 4  
10:00AM  
Tower South Lobby

*Flyer for Virtual Travel Club*

Remember seeing the  
"7 Wonders of the World"  
on a VIEW-MASTER?

Experience an African safari.  
View the the Northern Lights.  
Tour the Castle of Versailles...and more.

*Introductory flyer to virtual reality*



*"Passports and Stamps" for participants*

[www.virtualpassportprograms.com](http://www.virtualpassportprograms.com)





## Virtual Travel Club Package

- *Onboarding strategy and logistics meeting with your staff*
- *Introductory group presentation to residents of your community*
- *Use of Oculus Go™ headsets during each session (based on number of participants)*
- *Personalized VR content per participants' interests or staff requests  
(Based on one personalized video per session/per person in addition to preplanned content)*
- *24 Virtual Travel Club sessions (2, 1 hour sessions each month for 12 months)  
with personalized facilitation by a Virtual Travel Club Tour Guide*
- *Supporting travel books, maps, etc. at each session*
- *Monthly updated promotional materials for your Virtual Travel Club*

**\$3600** *(could be split into 2-3 groups in your community)*

**\$1800** *(for 6 months)*

*(Ask about our Introductory Package available starting at \$600)*

**"Virtual Travel Club at Martin Luther Campus has enabled residents to effortlessly experience places and spaces beyond their four walls.**

*Chris's enthusiasm and energy for the program is contagious. Her knowledge of travel and senior learning programs, combined with her natural rapport to seniors has given residents the confidence to try this intersection of technology and enrichment."*

Sally Peterson, Campus Director of Community Programs, Ebenezer Martin Luther Campus  
Bloomington, Minnesota

Contact Christine Mangold: [chris@seniorvirtualpassport.com](mailto:chris@seniorvirtualpassport.com)  
[www.virtualpassportprograms.com](http://www.virtualpassportprograms.com)





# Seniors Getting Pumped

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Seniors Getting Pumped puts a focus on incorporating laughter, movement and fun to improve her clients Activities of Daily Living.

Sarah has an infectious personality that gets everyone involved and ensures a good time.

Movements focus on range of motion, building muscle strength, isometric force, body balance, hand-eye and body-brain coordination as well as memory and cognitive function exercises.

Availability: Flexible, 1 - 5 times per month

Pricing: \$75/ class; additional \$20 if over 15 miles from Blaine, MN

Contact Information:

Sarah Filipi - ACE Certified Group Fitness Instructor, CPR Certified

[Sgpfitnessbiz@gmail.com](mailto:Sgpfitnessbiz@gmail.com)

747.900.1497





## **SitFitBallet** *Fitness for seniors*

Meditation-based ballet class targeted to improve senior's memory, flexibility, strength, coordination and reduce risk of falls. Senior residents sit on a chair for about 25 to 45 minutes depending on the group's level. They follow along the instructor and the classical music played. SFB works on strengthening the core and back muscles, face and neck and feet and arms.

Seniors may remain sitting or standing up depending on their bodies ability and the flow of the class.

### **Levels**

SitFitBallet has 2 different levels:

The most popular is the **SitFitBallet 1** for seniors with or without Alzheimer and it focuses on coordination using musicality and tempo as a tool.

**SitFitBallet 2** is designed for seniors who enjoy a more intense fitness training in combination with classical musical and ballet steps that might be able to be performed for little demo shows to the other residents and/or families.

SitFitBallet was created by Maylu Pena, professional ballet dancer, [https://en.wikipedia.org/wiki/Maylu\\_Pena](https://en.wikipedia.org/wiki/Maylu_Pena)

### **Rates**

Based on a weekly or monthly basis:

25 min class - \$55

35 min class - \$70

45 min class - \$85

Based on two or more than two times a week:

25 min class - \$45

35 min class - \$60

45 min class - \$75

[sitfitballet@gmail.com](mailto:sitfitballet@gmail.com)

[penax017@umn.edu](mailto:penax017@umn.edu)

612-986-7805



*Maylu Peña*

Ballet · Fitness · Nutrition

# Soundtracks

## With the Copper Street Brass

Introducing Soundtracks, the Copper Street Brass' new Creative Aging music program designed specifically for older adults living with Dementia, caregivers, and families.

Soundtracks was developed in collaboration between the Copper Street Brass (CSB) and The Waters of Plymouth. After its pilot in April 2017, the CSB will expand the program pending funding from the Minnesota State Arts Board's Arts Access and the Metropolitan Regional Arts Council Arts Activities grant programs.

### About Soundtracks

Soundtracks explores how music runs through our entire lives like the soundtrack in a movie. During each Soundtracks small-group Session, participants use their creativity to guide the CSB in choosing musical selections and stories that they think best represents the soundtrack to a story. After all five Soundtracks Sessions, CSB artists will synthesize these ideas to create a unique movie-themed concert, presenting it as the final Capstone Concert. The Capstone Concert features original music, projected images from movies, and stories that celebrate the creativity of the participants, giving voice to the richness of their lives and sharing it with the community.

The program has three types of activities

Introductory Concert (1): All residents, caregivers, and families may attend a special concert by the CSB at each location. This concert features the CSB's unique blend of music from Classical to Folk to Popular music with lively audience interaction and music designed to spark memories for all residents. Bringing the concert hall experience to each location eliminates the need for bussing and gives all residents and staff the opportunity to experience a fun, professional arts event in a comfortable, familiar setting.

Soundtracks Sessions (5): Soundtracks Sessions are interactive small-group activities designed specifically for MC/AD seniors and caregivers. These Sessions feature a small group of 4 CSB musicians and occur in any community space. Each Session uses music to explore a Story Theme, like "Love Story", paired with a Music Theme like "Melody". During each Session, CSB performances are intertwined with musical learning and opportunities for participants to exercise their creativity by singing, moving, sharing stories, and asking questions. Through this process we draw out musical ideas, like a melody composed together at the session, which are aggregated to create the Capstone Concert.

Soundtracks Sessions are non-sequential, meaning a senior may attend any or all of the Sessions and does not need to carry learning from a previous Session to the next. Sessions are designed with flexibility to accommodate seniors of varying physical/cognitive abilities so all may find enjoyment and experience success. The repertoire for each Session was created by us specifically to feature a smaller group of musicians with flexible instrumentation (our versatile musicians incorporate singing, guitar, keyboard, and

percussion with our brass instruments). By modifying the number of musicians and instrumentation, we control the volume of sound we produce, "fitting" our sound into small spaces and making our sessions comfortable, especially for those sensitive to loud sounds which is a particular concern for those facing Dementia.

Capstone Concert (1): The culmination of the five Soundtracks Sessions is the Capstone Concert. The music and storyline for these concerts is created by the CSB using creative elements offered by the seniors from each Soundtracks Session. Participant-created music and stories are intertwined with other familiar music to create a fun, entertaining, and engaging concert. The concert design is flexible to accommodate participation; however, participation is not required for a successful Capstone Concert. By building an arts event using elements inspired by participant creativity, the CSB showcases the ideas and talents from within, building community between seniors, artists, staff, and families.

### **About the Copper Street Brass**

The Copper Street Brass (CSB) is the premier brass chamber ensemble in Minnesota and one of only a handful of self-sustaining brass groups in the country. We were founded in 2008 as a professionally trained classical chamber music ensemble (which means we perform without a conductor) with two trumpets, horn, trombone and tuba. We present exclusively our own music, which is an original blend of musical styles from Mozart to Madonna, in over 30 concerts and 100 outreach services each season, reaching more than 15,000 Minnesotans annually. Our artistic excellence was widely recognized in 2013 when we were chosen as a finalist for the prestigious McKnight Artist Fellowship.

In the past 8 seasons our work has taken us to every corner of Minnesota and across the country from Montana to Massachusetts. We have appeared on live TV and radio, and our recordings are frequently heard on MPR. The CSB's educational programs have inspired many thousands of students across the country. Our commitment to excellence and innovation in music education led to invitations to present at music educators conventions in Minnesota, Montana and North Dakota as well as recent educational partnerships with The Schubert Club, MPR, and the Minnesota Opera.

Visit our website at [www.copperstreetbrass.org](http://www.copperstreetbrass.org) for recordings, videos, and much more about the CSB.

All CSB musicians have completed CARES Dementia Basics training. Project leaders Allison Hall and Corbin Dillon are Alzheimer's Association essentialALZ certified and have completed the National Center for Creative Aging's Online Artist Training Course.



#### Contact Information:

Allison Hall

[The Copper Street Brass](http://TheCopperStreetBrass.org)

*Trumpet and Executive Program Director*

[allison@copperstreetbrass.org](mailto:allison@copperstreetbrass.org) | (507) 319-7995



# Sweet Feet

*Discovering Sole To Soul Connection Through Dance!*

**Sweet Feet offers Seated Dance & Movement Classes that bring JOY, ENERGY, & FUN into the lives of residents! Tracy uses a variety of music, including, “The Beer Barrel Polka,” “Alexander’s Ragtime Band,” and several other classics. Residents move, groove, laugh, clap their hands, and stomp their feet. It’s a great time for all!**

Tracy owns Sweet Feet Dance, where she teaches Tap and Jazz to adults. In addition, she teaches Seated Dance & Movement Classes in several Senior Living Communities. Tracy’s passion is to see people living life to the fullest, and she loves being a part of that through dance. She performed in several theatres in the Twin Cities in the late 90s, and traveled internationally as a choreographer. She loves teaching, connecting, and having fun with her students!

Tracy Doheny Erickson  
sweetfeetdance.org  
612-965-4242





# Tai Ji Quan – Moving for Better Balance



*"In the last four months, I have had two strokes, one on each side. I attribute my recovery to this class."*

- Class participant

*"I appreciated the gentle guidance and patience from our instructor. He was obviously well-prepared and kept us engaged throughout the class. I have noticed a growth in all of us! We are all stronger and more confident in being able to control our falls and stay balanced."*

- Class participant

## This class is aimed to improve:

- Postural stability.
- Awareness and mindful control of body positioning in space.
- Functional walking.
- Movement symmetry and coordination.
- Range of motion around the ankle and hip joints, and lower-extremity muscle strength.

## Questions?

For more information, contact:  
eeschliesman@healtheast.org.

## About Tai Ji Quan

Tai Ji Quan is an evidence-based fall prevention program that uses martial arts movements to improve strength, balance, mobility, and daily functioning — reducing the participant's risk of falling. It is a 12-week series that meets twice a week for one hour.

## Who should attend?

This class is for adults who are able to walk and have an interest in improving balance, flexibility, and strength. Canes and walkers are welcome.

**Class cost is free!**

In partnership with:



More Information can be found here:

<https://metroaging.org/community-work/healthy-aging/moving-for-better-balance/>





## THE ART OF WRITING WITH PETER BLAU

**Peter Blau** is a writer and teacher who works in a variety of venues where he focuses on the writing process as a means to learn, understand, heal, communicate, and create. Peter's primary teaching goal is to make writing approachable to all of his students, especially beginning and reluctant writers. In his classes he examines writing in various forms: journaling, letter writing, memoir, essay, poetry, and fiction allowing students to discover their own unique voice and style.

Peter is involved in creative writing classes for students 9 to 90, from grade schoolers to writing programs for seniors. He has worked with residents of treatment and corrections facilities, patients and caregivers in clinical settings, and immigrants using writing as a tool to help them learn English. He believes that everyone has a story to tell and wants his students to tell those stories with their writing, no matter what form it takes. He is committed to the belief that telling our stories helps us understand our lives and is a recipient of the Minneapolis/St. Paul Magazine's volunteer award for his writing residency in a women's correctional center.

Peter encourages his students to use writing as a pathway to creativity, self-discovery, and imagination. He concentrates on building a strong, close group who share thoughts and ideas that enhance and expand creative development. His classes and workshops are geared to provide a safe, confidential environment allowing participants to move through their own personal growth and writing journey. He enjoys introducing people to the realization that they *can* write.

### Contact Peter for Class and Workshop Information

#### His Experience Includes:

##### Creative Writing Classes

###### *Adults and Children*

The Loft Literary Center

Normandale Community College

St. Paul / Minneapolis Community Ed

Greenleaf Elementary

College Prep Academy

Area Libraries

###### *Seniors*

Wilder Foundation

Sholom Home

##### Writing to Improve Communication

Ronald Hubbs Center

##### Writing for Understanding and Change

VOA Women's Correctional Center

Stillwater State Prison

Wayside Family Treatment

##### Healing Art of Writing

Mayo Clinic

Piper Cancer Institute

Abbott Northwestern Hospital

MS Society Caregivers Workshop

##### Writing Retreats and Workshops

Macalester College

Grand Marais Art Colony

Naniboujou Lodge

#### Pricing:

\$115 per session

\*varies, contact Peter for more detail information

#### Contact Information:

Peter Blau

[www.WriteCreateCommunicate.com](http://www.WriteCreateCommunicate.com)

[peterjblau@yahoo.com](mailto:peterjblau@yahoo.com)

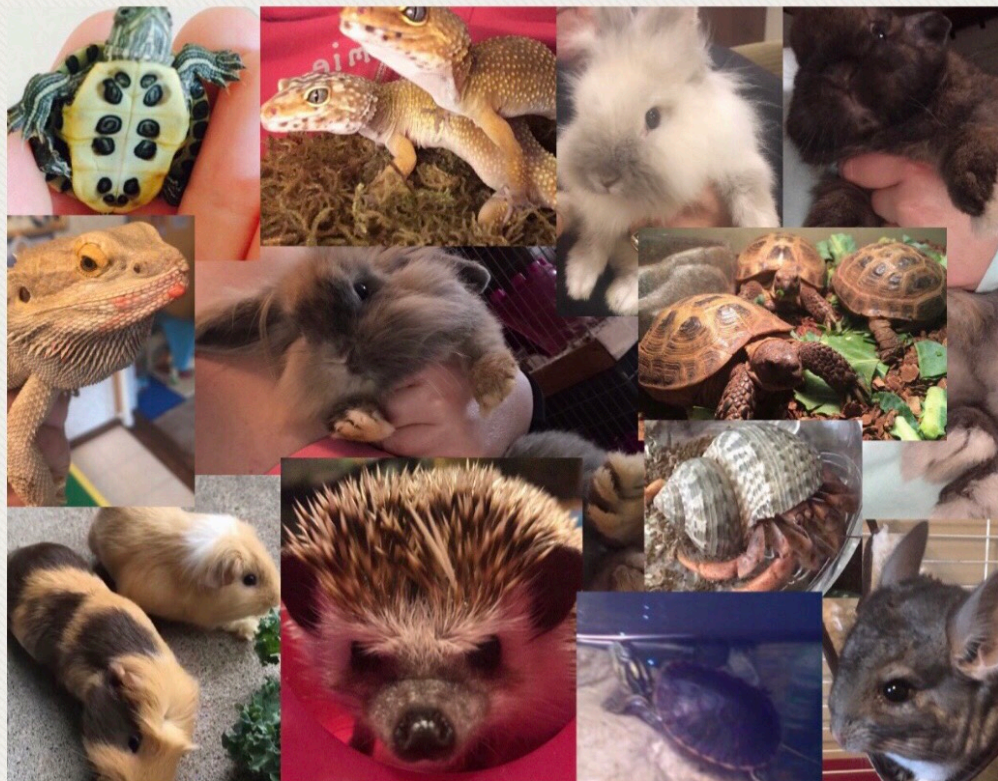
651-698-6515





## TORI'S PRECIOUS PETS

Calling ALL Activity Directors/Life Enrichment Coordinators! Tori Precious Pets would LOVE to visit your Senior Home! We have a SUPER FUN 1 Hour Pet Show for \$125! We travel all year long any day any hour! Here is a collage of my pets and the pets you will meet! Learn about, Meet, Pet, Hold, Feed and Watch my pets do what they love most like my silly little nocturnal hedgehog find her way back to her house to go back to bed also watching my Chinchilla take a bath! We even have Tortoise races!! Shhhhhh its a surprise! You DO NOT want your Seniors to miss out they will absolutely LOVE this! The assisted living patients LOVE it but it is even more popular with the memory care patients working miracles! We would LOVE to Bless your Seniors! Please book your show today!



[torispreciouspets@gmail.com](mailto:torispreciouspets@gmail.com)  
612-462-3824





***Traveling Naturalist*** programs include a wide range of wildlife topics from birds of the air to animals of the ocean to dwellers on the land. Travel and wildland programs will have you stepping back onto World War battlefields or visiting Alaska, New Zealand or Churchill from your armchair. The hour-long presentations engage, inspire and educate learners.

**Adult-Learner Programs**

- ❖ Alaska Armchair Tour
- ❖ Backyard Suspects –chipmunks, squirrels, raccoons and more
- ❖ Bald Eagles: Beyond the Basics – bald eagles, golden eagles
- ❖ Bear Aware - black bears, brown bears
- ❖ Birds in Black and White - penguins to puffins
- ❖ Bunny Hop – cottontails, jack rabbits, snowshoe hares
- ❖ Churchill, Manitoba through the Seasons –belugas, polar bears and Northern Lights
- ❖ Dog On It-domestication to rescue and rehoming of our beloved pets –**NEW Oct. 2018!**
- ❖ Foxy Lady –grey fox, red fox, arctic fox
- ❖ Here Kitty, Kitty - lynx, bobcat, cougar
- ❖ Insider's Guide to Alaska Travel Planning
- ❖ It's a Sled Dog's Life - sled dogs, races, Iditarod
- ❖ Loony Tunes – common, red-throated, Pacific, Arctic, and yellow-billed loons
- ❖ Loosey Goosey – Aleutian Canada Goose, fox farming, endangered species recovery
- ❖ Moose is Loose – deer, caribou, moose
- ❖ Nature's Carpenters – beavers and muskrats
- ❖ Otterly Wonderful Otters- river otters, sea otters
- ❖ Polar Bear Possibilities – polar bears, citizen science
- ❖ Quill Work –porcupines, birch bark and porcupine quill embroidery
- ❖ Rare Place, Rare Wildlife: New Zealand- sperm whales, albatross, penguins, kiwis
- ❖ Whale Singers – humpbacks, orcas, sperm whales and belugas
- ❖ What's that Mustelid Smell? - skunks, weasels, sables, mink, marten, fisher, badger
- ❖ Wildlife Detectives-how scientists know what they know and how to sharpen skills – **NEW July 2020!**
- ❖ Wiley Coyote
- ❖ Wise Guys – animal intelligence, owls, ravens
- ❖ Wolves of Land - gray wolves
- ❖ Wolves of Sea - killer whales
- ❖ World War II on Alaska Soil: terrain and weather, battles, impact\*



Base price for one-hour program **\$85**

First 60 miles from Mora, MN are free, then \$1.00 per mile one-way

[www.TravelingNaturalist.org](http://www.TravelingNaturalist.org)

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### Sample of Traveling Naturalist program descriptions:

**Bald Eagles: Beyond the Basics** - With nests as big as small bedrooms and acrobatic aerial courtships the national bird of the United States is impressive beyond their white heads and large size. Their unique, little known family lifestyle and specialized adaptations make them a bird to watch with new eyes. Discover what is fact and what is fiction about these captivating birds.

**Churchill, Manitoba through the Year** –belugas, polar bears and Northern Lights. Known as the polar bear capitol of the world, Churchill is often a bucket-list destination. Less known, it is the feeding ground of hundreds of belugas every summer. While the bears fill the ice and their dens, the heavens fill with one of the brightest, most active aurora displays on earth.. Discover what brings the bears, the belugas and the lights to this increasingly remote location.

**Dog On It!** From their wolf ancestors they carry their pack behaviors. From the breed groups they carry skills and personalities. They support, serve and play with us. We rescue, foster and rehome them. Explore the many sided relationship that pet dogs have with humans and learn the steps that bring dogs from the streets of Turkey and puppy mills into their forever homes.

**Foxy Lady** - With their high heels, silky coats, and tiny figures the foxy ladies of North America “charm” even their larger relatives. Red, grey, swift or arctic their fast moves and wily ways enable them to maneuver through almost any environment. You’ll learn why the cunning ways of these small members of the dog family have been a favorite of fables and a frustration to farmers for centuries.

**It’s a Sled Dog’s Life** - The world’s greatest athletes don’t wear gold medals – they would get stuck in their harnesses- they have four-legs and pull sleds across thousands of miles of snow and ice! Sled dogs have been providing work, companionship and entertainment for hundreds of years. You’ll have an insider’s perspective on what it means for these master athletes and their mushers to race for the finish dodging blizzards, moose, and exhaustion along the way.

**Loony Tunes** - Meet one of Minnesota’s best ambassadors, the Common Loon, in an uncommon presentation. Translate their beautiful calls, float through their unique lifestyle and be introduced to their equally beautiful and unique relations. Revered by Native cultures and now a symbol of vanishing wilderness the loons have much to teach us still.

**Otterly Wonderful Otters** - Playful, furry, amusing, and uniquely adapted to their watery home; that's otters for you! Learn more about these entertaining and clever furry friends as you play through a program full of facts and stories about river and sea otter history, anatomy, adaptations, life styles, key role in Alaska history, and essential role in keeping our oceans and rivers healthy.

**Polar Bear Possibilities** - Largest of the marine mammals, devoted mothers, prisoners and possibly the first large mammal to become extinct due to global climate change; polar bears are all these things and more. We will explore how polar bears compare to other bear species, their adaptations to the far north, their hunting life, and how Native Cultures have related to them throughout time.

**Quill Work** – Look beyond their prickly reputation and you will find an engaging animal, unique to the forests in which it lives. Native cultures considered them a significant winter emergency food source. The shed quills are the basis of some of the best known native crafts. From working with a non-releasable porcupine to teaching birch bark and quill embroidery, Melonie has found many endearing traits of this little-known treetop dweller. You will, too.

**Wildlife Detectives** How do scientists discover the information shared in these programs? They observe animal signs, decode bird bands, tune into radio collars and become skilled counters of fast-moving wildlife. Practice some of the tools and techniques that wildlife detectives use

**Wolves of Land** - Though genetically identical to animals we eat beside, sleep beside, and consider our best friends; wolves are among the most misunderstood of wild animals. Myth or reality: Wolves attack humans? Wolves are wanton killers? Wolves howl at the moon? Learn the rest of the story behind these supreme communicator specialists of the animal kingdom. Demonstrations, video clips, props, and slides will help you see the world through the eyes of this mystical teacher.

**Whale Singers** – Meet a quartet of whales: beluga, orca, humpback, and sperm filling the oceans with clicks, chirps, squeals, and whistles as they communicate across the ocean floor. How do they do this without vocal chords, without ears, without using up oxygen? The songs change each year, the mystery remains.



# ZOOMOBILE

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MINNESOTA ZOO®

“The Minnesota Zoomobile and its team of trained naturalists travel to schools and community events throughout the state of Minnesota and beyond, providing an educational and entertaining environmental experience to a variety of audiences. Zoomobile Naturalists use live animals, biological artifacts, theater techniques, storytelling, and audience participation to create a dynamic, personal, and fun program for all ages. The goal of all Zoomobile programs is to create and establish a sense of stewardship and respect for the diversity and complexity of all life on earth. To accomplish this goal, the Zoomobile naturalists provide a foundation of information and knowledge for their audiences as they capture imaginations and stimulate curiosities about the natural world.”

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<https://mnzoo.org/education/zoomobile/#prettyPhoto>