



LIFE LONG LEARNING REGISTRY

Updated: February 2022

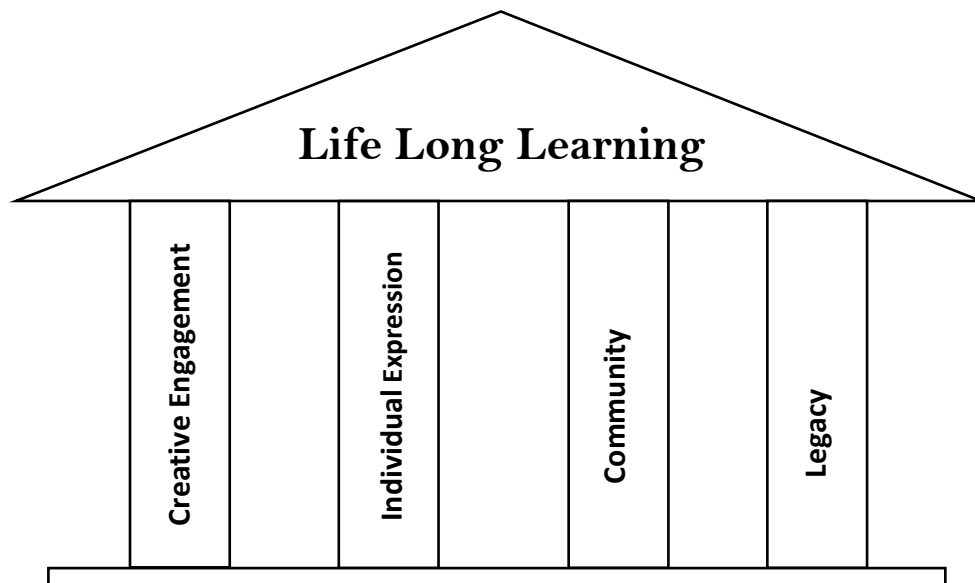
"Learning is not a product of schooling but the lifelong attempt to acquire it."

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.

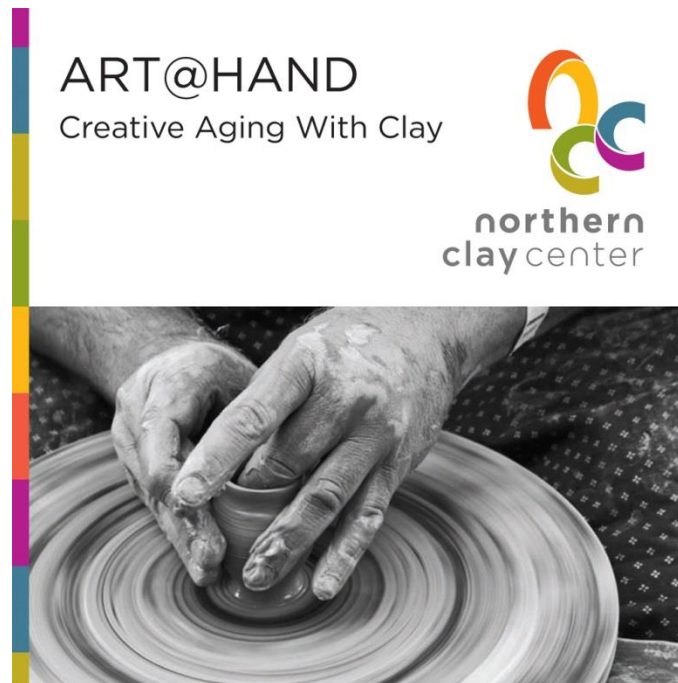
This Life Long Learning Registry will continuously be updated with more community partners as we grow and connect with our many communities. If you find others please contact Ann Schrempp (Director of Life Long Learning and Intergen) at aschrem1@fairview.org so they can be added.

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

612.339.8007x313
alisonbeech@northernclaycenter.org



Art 4 ALL, LLC

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

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





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



ARTISTRY

Adult Class Catalog

For Questions, inquiries about Custom Programs, and Bookings, Please contact:

ERIN HOLT - Manager of Community Partnerships

Artistry - 1800 w. Old Shakopee Rd, Bloomington MN 55431

Email: eholt@artistrymn.org

Office: 952-563-8557

Cell: 651-399-2396

Website: www.artistrymn.org

DRAWING

NEW 2020 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. We will work from still life and real, physical objects during this class.

NEW 2020 Learning to draw the Human Face (one-time workshop *OR* multiple sessions)

Cassatt, Rembrandt, Sherard, 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 anatomy of the human face and skull. Students will learn how to draw and portray various expressions of the face using pencil.

NEW 2021 Figural Drawing for Beginners (one-time workshop *OR* multiple sessions)

Drawing the human body can be incredibly intimidating- fortunately there are little tricks when it comes to anatomy, proportion, line, and shading which can help us decipher this perplexing subject. Come join our artist instructor as they walk us through the basic guidelines around rendering the human figure. We'll work from sketches of human bodies done by master artists throughout the ages to learn how to render heads, shoulders, knees, and toes with drawing pencils on paper.

*****This class WILL involve artistic renderings of nude models. We will NOT show any photos or images of real, living persons.**



Drawing 101 (one-time workshop)

What exactly makes a good drawing? Turns out there are some key drawing ingredients which help make a drawing more dynamic and engaging. In this class we will learn how to use line, shape, texture, color and shadow to up our drawing game. Class projects will focus on drawing exercises, still life, and portraiture as our sources of inspiration.

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.

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

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**

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.

'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.



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 ways to use pen, marker, and india ink to create black and white drawings.

Drawing Program Costs

1.5 Hours	\$245
2 Hours	\$300
3 Hours	\$360

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants

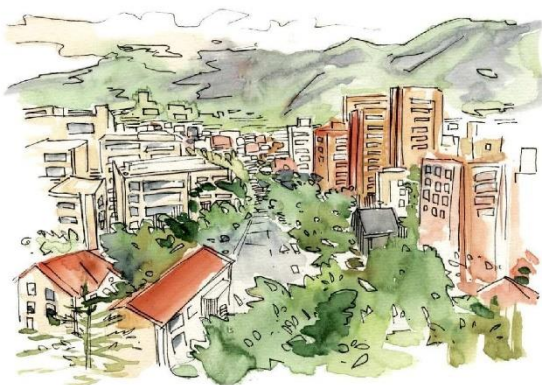
PAINTING

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.

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 covered over the course of this class.



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 basic 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: succulents, flowers, leaves, etc.

Painting with watercolor Pencils (one-time workshop)

Is painting with traditional watercolors a little too 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 watercolor paintings. This class is a great way to transition from drawing to painting in a stress-free manner.

Painting a Stilllife in Watercolor Pencils (one-time workshop)

Watercolor pencils look and draw like colored pencils, but are water-soluble. Students 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 watercolor paintings. This class is a great way to transition from drawing to painting in a facilitated manner.

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.

Introduction to Watercolor Painting

(one-time workshop *OR* multiple sessions)

This workshop explores the basics of watercolor 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 watercolor 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.

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: Northshore, Winter, Prairie, Mountains, etc.

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: flowers, architecture, winter, etc.

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 ways. 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.

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.



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.

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 & 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.

Painting Program Costs

1.5 Hours	\$260
2 Hours	\$315
3 Hours	\$375

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants



COLLAGE

NEW 2021 Storytelling through Collage

(one-time workshop *OR* multiple Sessions)

Collage is the wonderful, tactile, expressive art of using bits and pieces of paper, fabric, and other materials in order to build up an image. Using a mix of found and cultivated materials please join us as we work with an artist instructor to turn odds and ends into beautiful, personal works of storytelling. We will provide instruction and a variety of collage materials but please feel free to also bring your own! Examples of items to collage with include: take out receipts, junk mail, magazines, sewing scraps, stray puzzle pieces, dandelion leaves, and more.

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.

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. We will create one or two creative, colorful works on heavy paper using image transfer alongside more traditional collage techniques.



Collage Program Costs

1.5 Hours	\$245
2 Hours	\$300
3 Hours	\$360

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants

BOOK ARTS

***NEW 2021* Telling Tall Tales with Accordion Books**

Accordion books are a zig zagging book made of precisely folded paper. This simple binding has huge potential for unique, beautiful modes of storytelling. Join our teaching artist as we learn about how to illustrate 'long' and 'tall' tales which stretch from one end of the book to the other in a continuous illustration. If you'd like you can bring a few favorite fables, fairytales, or poems to use as inspiration for your book - otherwise feel free to write your own!

***NEW 2020* 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.

***NEW 2020* 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, tunnel, petal fold, meander, 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!

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 memory book perfect for all your creative memory making! Participants will learn how to sew a sturdy book using a variety of fine art papers and other materials. The finished work will be perfect to hold photographs, illustrations, and any other creative content we desire.

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.

Book Binding Program Costs

1.5 Hours	\$260
2 Hours	\$315
3 Hours	\$375

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants

***NEW 2021* Zines: Art with a Message (one-time workshop *OR* multiple sessions)**

In this dynamic, exploratory class we will look at the art of the zine - a quick, guerilla publication method designed to get information, communication, and art into the hands of the people fast and cheap. Examples from history and contemporary movements will be shown to get us inspired. Our teaching artists will show us 2 different ways to construct a zine and provide instruction on how to use graphic design and layout to empower our zine's content. At the end of class we will leave with the skills and knowledge to start developing our own zines to share with the world.

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.



SCULPTURE

***NEW 2020* 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 2020* 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.

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.

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 a dynamic mix of art materials and 'found' 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.

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.

Sculpture Program Costs

1.5 Hours	\$260
2 Hours	\$315
3 Hours	\$375

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants



FIBER ART & JEWELRY

NEW 2021 Intro to Needle Felted Jewelry

(one-time workshop *OR* multiple meeting workshop)

Needle felting is the art of using tufts of colorful wool to sculpt 3D objects by poking them repeatedly with a needle and tangling the fibers together. The finished works are soft, colorful, and truly one of a kind! Work with a teaching artist to learn how to needle felt beads for earrings as well as colorful flat shapes that can be worn as a pin or as a patch.

NEW 2021 Weaving a Wall Hanging

(one-time workshop *or* multiple sessions)

Anyone spending time on Instagram lately has seen the fabulously soft and fringed 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 2021 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 2021* 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.

NEW 2021 Found Object Necklaces

(One-time workshop)

Turn trash into treasure as we learn how to creatively upcycle the odds and ends we might find in a junk drawer! Our teaching artist will show us how to knot, wrap, and weave materials such as screws, bolts, springs, spools, and buttons into unique wearable works of art. Feel free to bring your own found objects to this class or select from provided materials.

Sewn Felt Accessories

(one-time workshop)

Design and create your own brooches, 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.

Fiber Arts Program Costs

1.5 Hours	\$260
2 Hours	\$315
3 Hours	\$375

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants





PRINTMAKING

NEW 2020 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.

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 raised and cut-away areas. Once cut, ink is rolled onto the block surface and printed onto paper. In this class we will create single-color relief 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 spots of color in your prints will be explored.

Printmaking Program Costs

1.5 Hours	\$260
2 Hours	\$315
3 Hours	\$375

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants

GLASS

NEW 2021 Fused Glass Pendants (One-time workshop)

Come learn the incredible art and science of fused glass in this introductory workshop. We will use small glass tiles and bits of scrap glass to compose beautiful, one of a kind pendants to be fused in our glass kiln.

NEW 2021 Fused Glass Sun Catchers (One-time workshop)

Bring some color into your life by making a spectacular fused glass sun catcher! Work with a glass artist to learn the basics of fused glass as we create an original composed of small pieces of glass layered on top of one another. Sun catchers will be fused with metal rings for hanging.

NEW 2021 Fused Glass Sushi Plate (One-time workshop)

Glass has fascinated humans for millennia - this remarkable material is both beautiful and functional and can be manipulated to create intriguing objects and works of art. Let's learn about working with glass during this fun, colorful class. We will assemble a flat composition that will then be 'slumped' to take on the shape of a small sushi plate.

NEW 2021 Fused Glass ornaments (One-time workshop)

Glass has fascinated humans for millennia - this remarkable material is both beautiful and functional and can be manipulated into intriguing objects and works of art. Let's learn about glass art with a glass artist who will explain the science of glass and lead us through the fun, colorful task of assembling 3 small tiles which will be fused with a metal ring, perfect to hang in a window, on a christmas tree, or anywhere that needs some brightening up!

Glass Program Costs

1.5 Hours	\$350
2 Hours	\$390
3 Hours	\$450

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants

***** Glass projects will be taken back to Artistry, fired, and then returned to the partner 2-3 weeks after the program. *****



CERAMICS

Handbuilt Mugs (one-time workshop)

Whether it's 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.

Ceramics Program Costs

1.5 Hours	\$350
2 Hours	\$390
3 Hours	\$450

- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants

*****Work will be taken back to Artistry, Fired, Clear Glazed, and returned to the partner 2-3 weeks after the program.*****

Clay Garden Art (one-time workshop)

Students will create clay garden art pieces using basic handbuilding 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 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. Class time will consist of discussion, viewing of art examples, teacher demonstrations on processes, techniques and art materials, and hands-on time for students to create individual art pieces to take home.

All Art Styles of the Masters classes have a run time of 2 hours and cost \$290 for up to 20 participants.

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.

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 to make small multiples or one larger work.

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.

Henry Matisse / Fauvism – Fauvists 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 colors and organic shapes. Participants will use paint, paper, and/or collage to create colorful Matisse-inspired images.

***NEW 2020* 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.

Art Styles of the Masters Program Costs

2 Hours	\$290
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- Travel fees will be calculated for sites more than ½ hr from Artistry
- Accommodates up to 20 participants

SEASONAL PROJECTS

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.

PRICING for up to 20 participants:

1.5 hours - \$260 | 2 hours - \$315 | 3 hours - \$375

Impressionistic Drawing - Winter Landscapes

Although we know them best for their work in oil, impressionist painters like Monet, Cassatt, and Renoir were also very accomplished drawers. Come join us as we learn how to capture wintry Minnesota landscapes in pencil and charcoal using an impressionistic style. An Artist instructor will discuss simple techniques for rendering the fleeting elements of nature - light and movement - and show us some handy ways to represent perspective, proportion, and depth of field. We will learn better how to analyze a landscape, break down the underlying structure, and render that on paper. Have fun and make beautiful art in this easy, relaxed drawing class.

PRICING for up to 20 participants:

1.5 hours - \$245 | 2 hours - \$300 | 3 hours - \$360

Mixed Media Holiday Cards

Wow your friends and family this holiday season with truly one of a kind, handmade cards. In this fun, dynamic program we will have a variety of mediums on hand and an artist instructor will show us how to draw, collage, and paint our way to making the most spectacular cards we've ever seen. No previous artistic experience is required for this program, just come have fun and get creative!

PRICING for up to 20 participants:

1.5 hours - \$260 | 2 hours - \$315 | 3 hours - \$375

Springtime Seedling Planters

Spring is just around the corner! That means it's time to get our seedlings started. What better way to do that than by using your very own, handmade planter pots? In this simple, hands on ceramics program we will learn how to sculpt our very own mini-planter pots perfect for seedlings. We will then be shown a variety of ways to decorate and embellish our creations. Finished pots will be fired and clear glazed by Artistry, making them sturdy and durable so you can enjoy them for years to come.

PRICING for up to 20 participants:

1.5 hours - \$350 | 2 hours - \$390 | 3 hours - \$450

Tie Dye Bandanas

best taught outside in late spring, summer, or early fall

Few things go together quite as spectacularly as tie-dye and summertime. Join our teaching artist as we learn a thing or two about how to fold, clip, cinch, dip, and dye our very own bandanas. We will use professional MX fiber reactive dyes for the best colors and we will get to learn a little bit about the awesome chemistry that happens in order to make tie-dye possible. At the end of the program students will take their work home with them with instructions on when and how to wash out the dye.

PRICING for up to 20 participants:

1.5 hours - \$325 | 2 hours - \$350 | 3 hours - \$425

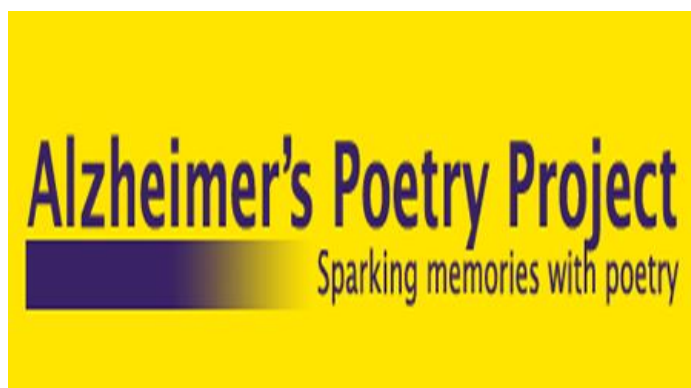




Alzheimer's Poetry Project (APP)

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



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ENERGIZE YOUR BRAIN ENERGIZE YOUR BODY

**Online workouts for adults over 50 to strengthen
the BRAIN + BODY in less than 30 mins/day!**

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Cardiomelon pairs thinking exercises with cardiovascular workouts to promote whole body fitness from the comfort of home. Starting at just \$10/month.



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

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 [™]

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



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. 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





Drawing Classes Memory Care

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



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/steadi/>

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: Wanda Hodgin OTR/L
Regional Operations Director



Direct: (612) 297-0473 | Fax: (952) 346-8680
whodgin@CentrexRehab.com | **CentrexRehab.com**



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



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



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.



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

612-619-3468



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

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
www.incorporateyoganow.com

Call to discuss a Yoga
program at your company.

Phone: 952-923-0835



JUNIPER[®]

Your Health. Your Community.

A Program of TRELLIS™



Juniper equips people to take charge of their health.

Telephone Classes

Juniper Live Well series and Aging Mastery Program classes are available in a join-by-phone format, meeting for an hour once a week. These classes may use a “book club” structure. This is an excellent option for those without devices or reliable internet.

Online Classes

Juniper online classes are live on a HIPAA-secure video platform. Juniper leaders are trained to ensure that the experience is engaging and a great learning opportunity. All sensitive information remains confidential.

In-Person Classes

Juniper offers small-group health-promotion classes in communities across Minnesota. Classes are research-based and hosted by local organizations. The classes are led by Juniper-certified leaders.



Live Well

- Aging Mastery Program
- Diabetes Prevention Program
- Living Well with Diabetes
- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Powerful Tools for Caregivers
- Social Connect



Get Fit

- Arthritis Foundation Exercise Program
- Stay Active and Independent for Life (SAIL)
- Walk with Ease



Prevent Falls

- A Matter of Balance
- Stepping On
- Tai Ji Quan: Moving for Better Balance

See a list of program descriptions at
yourjuniper.org/programs

yourjuniper.org | info@yourjuniper.org | 1-855-215-2174

Why Juniper?

People should consider taking a Juniper class if they:

- Have been diagnosed with diabetes, arthritis, high blood pressure, heart disease, depression, anxiety, or another chronic condition
- Experience chronic pain
- Have fallen in the past or are fearful of falling
- Feel a need for social connection



About Juniper

Juniper is a network of community-based organizations and health systems that makes evidence-based health promotion programs available to people throughout Minnesota. Together we are helping people live healthier, stronger and more independent lives.

Juniper courses offers high-quality, research-based content, presented by Juniper trained and certified leaders.

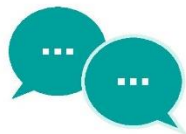
Trellis, a Minnesota-based nonprofit, builds and manages the Juniper network, drawing on more than 25 years of experience helping people age well.

[See what participants say about Juniper classes.](#)



Bring Juniper to your community members.

Make a referral



[yourjuniper.org/
referrals/create](https://yourjuniper.org/referrals/create)

Become a host site



Provide a class space
Help recruit participants
Support class leader as needed

Email us at:
info@yourjuniper.org

yourjuniper.org | info@yourjuniper.org | 1-855-215-2174



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

<https://kairosalive.org/>

https://www.facebook.com/kairosdancetheatre/?_tn=_K-

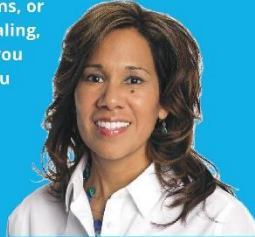
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Live Your Life

I am thrilled that you found us and chose to be a part of the Live Your Life family! I want to take a moment and thank you for trusting us to help you on your road to better health. Our clients tell us we have a meaningful presence in their lives and have a passion for making a difference. They are excited about the variety of services we offer and our ability to tailor a program to their needs and way of life. Please take a look at the services we offer. If you have questions, or if you see something that looks appealing, don't hesitate to let us know! Thank you for the honor and privilege to help you Live Your Life.

Dr. Eva Norman
Founder and Owner
Doctor of Physical Therapy



Medical • Mobile • Wellness



Transforming Lifestyles. Optimizing Health.



Call Us Today To Live Your Life

Call: 612.568.5506

Fax: 612.395.5506

www.liveyourlifept.com



Live Your Life™

Bringing Physical Therapy & Wellness to You!

Our Services



Physical Therapy

Our Physical Therapists are movement system experts. They will tailor fit a program around your abilities, needs, and budget. They have the cutting edge tools and knowledge to maintain, restore, and improve your movement and overall health and activity. If you experience pain or discomfort from an acute or chronic condition, Physical Therapy can help.



Occupational Therapy

Our Occupational Therapists can help if you have an injury, traumatic life event, disabling physical or a mental condition that has impacted your day-to-day activities. They are experts in adaptations and techniques that improve underlying conditions and help make tasks and activities easier for you.



Speech Therapy

Symptoms such as trouble swallowing, impaired speech, difficulties eating or drinking, and socializing with friends, can all be signs of a larger issue. Speech impairments can develop from a variety of conditions and events in the adult and geriatric population. Our highly trained Speech Language Pathologists will help you recognize the issue, educate family and friends and help you work towards improving your overall quality of life.



Personal Training

Our Personal Trainers will create a plan designed to meet your needs, abilities, and budget. They will consider your lifestyle, schedule, and your individual goals. You'll learn how to train to prevent injury, improve posture, and increase strength, endurance, flexibility, and balance. All of our Trainers are experienced in motivating you to Live Your Life, and help make it the best it can be.



Acupuncture

The goal of our Acupuncturists is to holistically treat the body's energy flow (Qi/Chi) and help realign and rebalance the body. It has been proven to enhance immune function and treat nausea/vomiting from chemotherapy, and can be an excellent alternative treatment for many other chronic health conditions.



Massage Therapy

In addition to being relaxing, Massage Therapy is an important aspect of any integrative and holistic wellness program. From treating sports rehabilitation injuries to treating specific conditions, our massage therapists have exceptional manual skills to address your specific needs. Some of the many benefits include: stress reduction, a strengthened immune system, increased circulation, and an overall decrease in chronic muscle pain.



Health Coaching

If you struggle to lose weight, control cravings, and make positive healthy food choices, our Health Coaches are here to help. From creating a balanced nutritional and lifestyle plan, preventing disease, managing diet restrictions, to education and support, ALL of our Health Coaches will help you adjust your behaviors so you can achieve your health and life goals.

Our Services



Dietary Services

Small changes in your diet can have a big impact on your overall health. Making dietary changes can help prevent, lower dependence on medication, or help manage chronic diseases such as pre-diabetes/diabetes, high blood pressure, heart disease, weight management, and some forms of cancer. Our Registered Dietitian Nutritionists (RDN) will guide and counsel you on healthy eating habits and proper nutrition so you can lead a healthier lifestyle.



Wellness Programs

We hope you enjoy your time with us. In addition to all of the above services, Live Your Life also has a variety of group wellness programs aimed at education and community health. We love giving back and providing presentations and group trainings to community businesses, schools, churches, hospitals, community centers, or senior living facilities. A complete list of our group wellness programs and educational programs can be found on our website. Contact us today to help you keep your community healthy.



Live Your Life™



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:

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.

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 2nd Street

Minneapolis, MN 55401

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

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

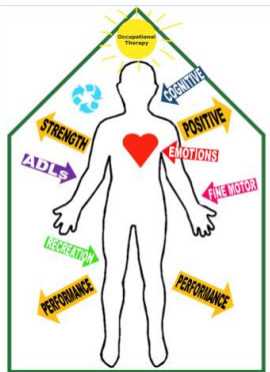
You can have a certified Meditative Movement™ instructor come to your facility and teach the movements to your residents in a group setting.

Pricing

- Varies and negotiable

Contact Ellie: ellie@meditativemovements.com 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.





Minnesota Historical Society



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
- 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

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

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

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.

Contact Information:

DaleBlanshan.com

dablanshan@yahoo.com

(507) 696-3412

Go to website to learn about presentations!

DaleBlanshan.com



Why
Choose
Us ?



**Our Senior Group
Exercise is designed
to improve:**

- Heart health
and stamina
- Joint mobility
- Balance to
prevent falls
- Coordination
- Posture
- And slow
cognitive decline



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AND
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**SENIOR
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Est. 2020



ABOUT US

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EXERCISE FOCUSING ON
TWO CORE VALUES:

INCLUSIVITY
(ALL LEVELS OF ABILITY ARE WELCOME)

HAVING FUN!



OUR EXERCISE CLASS

#1

We start with a head-to-toe mobility focused warm up.

#2

Then boxing! You read that right. Our no contact boxing increases the heart rate, improves full body coordination, and most importantly, is a lot of fun!

#3

We end with balance to prevent falls and posture-correcting exercise to alleviate shoulder, neck, and back pain.



FOR MORE INFORMATION



www.murphytrainingandwellness.com



507-995-7718



alexmemurphytrainingandwellness.com





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:

Diane Jarvi

www.dianejarvi.com

jarvi@usiwireless.com

612-426-1105

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

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 | www.paintpaperscissors.net



Pioneer Photography Speaking Presentations

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. Vanishing Landmarks

Explore back roads and small towns, while hearing stories of Minnesota's 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.



7. Living the Dream – Historic Homes of Minnesota

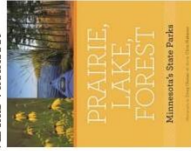
Take a virtual tour of some of Minnesota's most elegant homes. Hear the stories and about the personalities that surround many of these historic treasures.

“If the walls could talk” will become reality in this most interesting photo presentation.



8. State Parks of Minnesota

Minnesotans love their State Parks. Go on a visual vacation with a photographer. Doug has visited all 67 state parks and has photographs, 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.



9. Going to Work – The New Deal in Minnesota

The 1930's were interesting times in our nation's history. The creation and roll-out of sweeping economic programs, in response to the Great Depression had just taken place. There was great hope and expectations in the country. Explore some of the legacy footprints that remain in Minnesota from these programs, such as the WPA, PWA, CCC, NYA, and the VCC.



10. 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 stories of Minnesotans that served in this incredibly tragic but most interesting chapter in American history.



11. 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.

12. Uncovering and 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 bring local history to life.



13. 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.



14. The County Fair – A Minnesota Tradition

Enjoy fun and iconic photographs and stories as Doug takes you back to the days when the local county fair was one of the favorite summer time highlights that everyone, young and old looked forward to attending.



15. Memories of the Brave

Minnesota Medal of Honor Recipients

Do you know how many Minnesotans have received this title? Why they were awarded? Join Doug as he honors many of the brave Minnesotans who earned this highest military distinction. Hear some of the incredible stories from the Civil War to the Vietnam war.



16. Looking Back – Minnesota 150 Years Ago

Have you ever wondered what everyday life was like for the pioneers? Enjoy a nostalgic look back at life on the Minnesota frontier 150 years ago. Doug will share images and stories of our state, during it's early beginnings.

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 - 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 & Pipestone



- 4 - Scenic River Bluff Tour
- 5 - Urban Gems: Minneapolis Tour
6. Urban Gems: St. Paul Tour

PIONEER PHOTOGRAPHY & SERVICES, Inc.

They Chose Minnesota

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 (Part 1 & Part 2)

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

About Pioneer Photography

Services available:

- Public speaking presentations and story-telling
- Metal Detecting Workshops
- Guided Bus Tours
- Wall Art for senior living & corporate buildings
- Educational Programs for Elementary to Community Education venues

Most programs can be customized to your audience based on interest, time available and budget.

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



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

Contact Doug

Phone: 763.543.1049 (O) / 763-670-9529 (M)

Email: pioneerphotos@comcast.net

www.pioneerphotography.com

Facebook/Pioneer Photography

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Pioneer Photography Speaking Presentations

*Featuring Minnesota's own historian and story-teller
Doug Ohlman. Bringing Minnesota's history to life.
(Available in person or virtual.)*



RAD ZOO

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

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



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



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
www.virtualpassportprograms.com





Seniors Getting Pumped

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

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

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

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 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 | (507) 319-7995



Social Drumming

A behavioristic approach to music making initiatives that support the overall health and wellness of an individual and their community



www.socialdrumming.org

socialdrumming@gmail.com

[https://www.facebook.com/
Adventures-in-Social-
Drumming-1635808513343240/](https://www.facebook.com/Adventures-in-Social-Drumming-1635808513343240/)

Quarterly sessions available at discount rates!

Social Drumming programs all year long

January-March: Cabin Fever Reliever
March-May: Spring Awakening
June-August: Summer Sensations
September-November: Fall Festival
December: Holiday Drumming

Book quarterly sessions to guarantee
a \$209.00 session rate for all four
seasonal programs

(515) 306-0030

(515) 339-4781

socialdrumming@gmail.com
www.socialdrumming.org



Single session rate \$219.00

Enjoy one hour of active participation in an all inclusive health and wellness music making initiative that fosters social interaction, promotes stress reduction, and improves overall quality of life for only \$219.00.





Social Drumming Supports Individual & Community Health

Helps individuals to connect with others

Group drumming provides an opportunity for “synchronicity” among peers to reduce self-centeredness and isolation.

Reduces chronic pain

Drumming activity releases endorphins, proven to enhance mood states and act as the body’s “natural drug” for controlling pain.

Modulates brain activity

Drumming coordination innervates both sides of the brain to synchronize alpha wave activity and increase neurotransmission. Repetition in drumming stimulates vagus nerve response signaling.

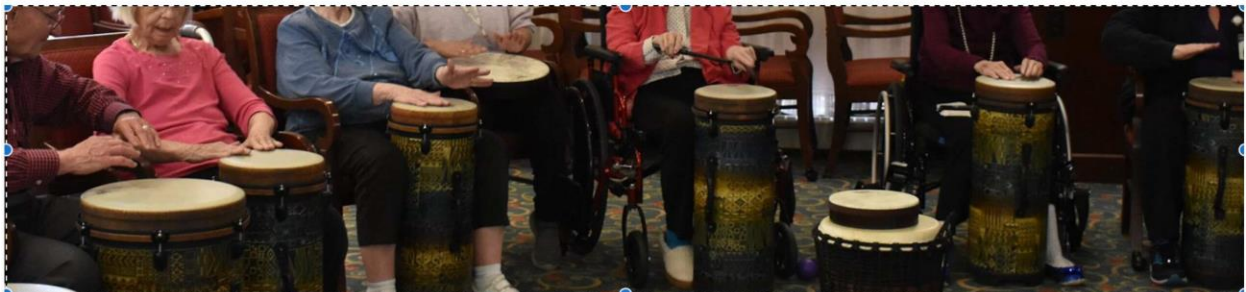
Boosts immune system

Stress hormones reduce the production of white blood cells, making the body more susceptible to illnesses.

Increases creativity

Social Drumming is an opportunity for live, interactive participation in music making among peers.

To schedule your Social Drumming session, please email:
socialdrumming@gmail.com



Celebrate the seasons life brings through an all inclusive music making initiative your entire community will enjoy!



“I was having so much fun, I forgot I was exercising.

~Lawrence



I came expecting to be entertained and quickly found I was the entertainment!

~ Vicky

Join Social Drumming this year to present “*Drummathon 2022*” helping individuals and organizations to better raise awareness and understanding of one another within the season of life.

**Drummathon 2022 is intended to be used as a custom made large group fundraising event to bring about social awareness, evoke positive change, and strengthen supportive community relationships*

Proudly Presents

Social Drumming



Studies on Music Making and its relation to the elderly have demonstrated remarkable psychological benefits:

Allows us to be creative, expressive, cooperative, and introspective

Rhythmic patterning fosters improvisation, imagination, and perseverance

Music is an inherently structural discipline transcending all nations and people of every culture

www.socialdrumming.org
socialdrumming@gmail.com



<https://www.facebook.com/Adventures-in-Social-Drumming-1635808513343240/>



Storytelling Performance

Beverly Cottman

1016 Sheridan Avenue North
Minneapolis, Minnesota 55411-3617
(612) 522-7986
beverlycottman@gmail.com

Beverly Cottman is an interdisciplinary artist creating at the intersections of visual, literary and performance art. As storyteller "*Auntie Beverly*" she tells folktales and fables from the African Diaspora. As a member of **the Ways Ensemble**, Beverly has performed in collective and collaborative productions at Pangea World Theater, Hopkins Center for the Arts and the Avalon Theatre. Her collage/assemblage and found object sculptures have been exhibited at the Minneapolis Institute of Arts, Obsidian Arts (Minneapolis), the ARC Gallery (Chicago) and Homewood Studios (Minneapolis). Beverly shares her talent and outlook on literature and creativity as a teaching artist with COMPAS and the Givens Foundation for African American Literature **Spirited Minds and Strong Souls Singing** artists-in-the-schools program. Beverly studies with master teachers in storytelling, dance, drum, theater arts, and collaborates with other artists across all disciplines.

SELECTED PERFORMANCE EXPERIENCES

Storyteller "Auntie Beverly"
Minnesota Fringe Festival
Pangea World Theater
Intermedia Arts /Naked Stages
the Ways Ensemble

Stories, poems, dance, performance
Anansi, Br'er Rabbit and Other Wily Characters
Conference of the Birds
Layer(s) – Creator and Performer
a Disease called Freedom at AVALON Theatre
Ways of Knowing . . . at PANGEA World Theater
Ways of Knowing: Continued . . . Hopkins Center for the Arts
Dancer – **Durrbaar**
Bandh

Ananya Dance Theatre

Radio programs with literary themes:

Clips, Kinks, Braids and Curls: Hair Stories for Black Boys and Girls. Radio program developed to celebrate the variety of Black hair. Produced and broadcasted on KFAI radio- 90.3 FM/106.7 FM
Legend of John Henry: A Steel Drivin' Man. Radio program of stories and music exploring the legend of John Henry, an African-American folk hero. Produced and broadcasted on KFAI-90.3 FM/106.7 FM.
Cinderella Stories Across Cultures. Radio program of stories and music exploring the similarities and differences found in Native American, African and African American versions of stories with the Cinderella motif. Produced and broadcasted KFAI radio 90.3FM/106.7FM for International Women's Day.

EDUCATION

MA Degree in Teaching, College of St. Thomas, St. Paul, Minnesota
BS Degree in Biology, Central Missouri State College, Warrensburg, Missouri
Professional seminars and workshops in teaching, curriculum creation, professional growth and artistic disciplines.

Memberships: Black Storytellers' Alliance (Minnesota),
National Association of Black Storytellers, Inc.
National Storytelling Network
StoryArts Minnesota

Community Service and Volunteer Activities: Tour Guide - Weisman Art Museum U of M
Collection In Focus Guide - Minneapolis Institute of Art
Storyteller/Story Reader Bright Water Montessori School

Beverly Cottman - biography

Beverly Cottman is an interdisciplinary artist creating at the intersections of literary, visual, and performance art. As storyteller, *Auntie Beverly*, she delivers wisdom of the ages by telling stories, folktales, and fables rooted in African and African-American traditions as well as cultural tales from around the world.

Auntie Beverly presents an enthusiastic and interactive storytelling program suitable and adaptable for any age or setting. Audience members may be asked to sing along, provide vocalizations, or play the part of a character. Her storytelling sessions pass on values, celebrate culture, and invite listeners to participate in the telling.

Programs can be aligned with almost any topic, age level focus, or subject of interest. Her workshop sessions support and encourage participants to create compelling narratives and stories that educate, enlighten, and entertain.



A New Opportunity For Wellbeing



Strong Spirits

MINDFULNESS & MOVEMENT PROGRAM



Teacher Training Manual



Improve physical functioning & reduce fall risks.
Enhance mental happiness & gratitude.
Decrease stress & anxiety.



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**Sit Your Way To Better Health
Strong Spirit Mindfulness & Movement ~ Chair Yoga Fitness Program
Training Manual**

Research On Chair Yoga Fitness

University of Minnesota, Center for Spirituality and Healing, did a research project, implemented in March 2014 on Jessica Rosenberg's Strong Spirit Mindfulness & Movement Chair Yoga Fitness Program. The project was designed to prove the viability of Chair Yoga with the elderly. The study was tailored to nursing home residents on a memory care unit. They took data, compiled information, and observed that a Chair Yoga program in an assisted living community is feasible, safe, and calming for the residents. There are promising effects related to the benefits of the mindfulness component, improved balance, and mobility in this population. It has had positive impacts on cognitive function, fatigue, mood [less anxious and less complaints], engaged with each other more, and quality of life [mood improved] in the residents and has given them an overall sense of well-being.

Research on yoga is still in its infancy, but some promising results regarding the benefits of practicing the discipline have been published. Chair Yoga has been shown to:

- Improve sleep quality and improve depression
- Reduce stress and anxiety
- Boost immune system
- Help control blood sugar in people with diabetes
- Enhance respiratory function
- Help alleviate arthritis pain
- Increase bone density and prevent osteoporosis
- Improve balance
- Moderate chronic pain
- Alleviate constipation
- Create community because the caretakers do with clients
- Improved sense of body awareness translates into an increased confidence in ability to get around without falling

Sit Your Way to Better Health

Strong Spirits Mindfulness & Movement Chair Yoga Program



by Jessica Rosenberg

The senior population is the fastest growing age group in the US. 1 baby boomer turns 50 every 8 seconds!

According to the Mayo Clinic, "Chair Yoga poses can help seniors and people with chronic pain improve their quality of life, lower their blood pressure, improve their sleep patterns and manage depression."

The baby-boom generation is turning 65 at a rate of 8,000 people a day and expected to almost double by 2030. There is a huge demand for Chair Yoga movement based wellness services.

Jessica Rosenberg's interactive and educational Strong Spirits Mindfulness & Movement Program has been studied and researched by the University of Minnesota, Center for Spirituality and Healing. Her materials offer one to learn dynamic, safe, and effectively ways to enrich the lives of abled and disabled people through the positive yogic principles and mindfulness practices that are incorporated into Chair Yoga.

Chair Yoga's therapeutic adaptive exercises work the body from head to toe promoting wellbeing. The movements, breath work, and stretching help people to alleviate chronic pain, relieve high anxiety and stress levels, elevate quality of life, lower blood pressure, improve sleep patterns, and manage depression. The modified stretches are great for people in any condition to do anytime and anywhere, whether in a yoga studio, in a school classroom, at a business as a mid-day office break, or in a nursing home facility to open up your body on the path to peace.

The manual is packed full of practical tools to become a qualified Chair Yoga teacher - poses, breathing exercises, games, and relaxation techniques - for you to create infinite number of engaging classes. Topics coverend range from the benefits of yoga fitness in a chair, anatomy, body-mind connection, and props. At the end of this book you will come out with an abundance of knowledge and creative ideas to teach with.

"Yoga in chairs is a great way for people with physical limitations to experience the relaxation and increased flexibility that yoga brings." ~ Dr. Dan

"I see noticeable improvement in my stamina, stress levels and feel more mobile when I practice chair yoga stretches." ~ Barbara, age 67

"Through the agility yoga offers me, I was able to properly stop myself from falling." ~ David, age 73

Want more tips & tools on how to make your life experiences positive and fruitful one breath at a time?

Let's connect! Follow us for all things, yoga, meditation, and practical life inspiration @superstretchyoga

FREE 'Super Stretch Yoga' iOS app on iTunes: <http://apple.co/2eLTRVn>

Chair Yoga iBook: <http://apple.co/1bjoEF2>

●
Health & Wellness For Everybody!

www.JesRosenberg.com

www.AdventuresofSuperStretch.com

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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



Juniper equips people to take charge of their health.



Telephone Classes

Juniper Live Well series and Aging Mastery Program classes are available in a join-by-phone format, meeting for an hour once a week. These classes may use a “book club” structure. This is an excellent option for those without devices or reliable internet.

Online Classes

Juniper online classes are live on a HIPAA-secure video platform. Juniper leaders are trained to ensure that the experience is engaging and a great learning opportunity. All sensitive information remains confidential.

In-Person Classes

Juniper offers small-group health-promotion classes in communities across Minnesota. Classes are research-based and hosted by local organizations. The classes are led by Juniper-certified leaders.



Live Well

- Aging Mastery Program
- Diabetes Prevention Program
- Living Well with Diabetes
- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Powerful Tools for Caregivers
- Social Connect



Get Fit

- Arthritis Foundation Exercise Program
- Stay Active and Independent for Life (SAIL)
- Walk with Ease



Prevent Falls

- A Matter of Balance
- Stepping On
- Tai Ji Quan: Moving for Better Balance

See a list of program descriptions at yourjuniper.org/programs

yourjuniper.org | info@yourjuniper.org | 1-855-215-2174

Why Juniper?

People should consider taking a Juniper class if they:

- Have been diagnosed with diabetes, arthritis, high blood pressure, heart disease, depression, anxiety, or another chronic condition
- Experience chronic pain
- Have fallen in the past or are fearful of falling
- Feel a need for social connection



About Juniper

Juniper is a network of community-based organizations and health systems that makes evidence-based health promotion programs available to people throughout Minnesota. Together we are helping people live healthier, stronger and more independent lives.

Juniper courses offers high-quality, research-based content, presented by Juniper trained and certified leaders.

Trellis, a Minnesota-based nonprofit, builds and manages the Juniper network, drawing on more than 25 years of experience helping people age well.

[See what participants say about Juniper classes.](#)



Bring Juniper to your community members.

Make a referral



[yourjuniper.org/
referrals/create](https://yourjuniper.org/referrals/create)

Become a host site



Provide a class space
Help recruit participants
Support class leader as needed

Email us at:
info@yourjuniper.org

yourjuniper.org | info@yourjuniper.org | 1-855-215-2174

More Information can be found here: <https://metroaging.org/community-work/healthy-aging/moving-for-better-balance/>



TimeSlips™

Join the Creative Care Revolution!

For 20 years, TimeSlips has taught care partners to replace the pressure to remember with the freedom to imagine... bringing meaning and purpose into the lives of elders through creative engagement. Founded by MacArthur Fellow, Anne Basting, TimeSlips offers hundreds of prompts and online tools for creative storytelling and other engaging activities for people of all ages and abilities. We harness the power of imagination to change the way the world understands aging and dementia.

We offer TimeSlips training to anyone who wishes to bring meaning and purpose to the lives of elders through creative engagement. We are evidence-based, award-winning, person centered and joyful. TimeSlips certification is ideal addition for elder care professionals as well as those in arts, culture and education (social workers, activity professionals, administrators, clinical staff, and occupational recreation, physical and creative arts therapists).

Through a combination of instruction, interaction and practice, trainees will learn:

- The link between person-centered care and creative engagement.
- That late life is a time for growth, meaning, purpose, and expression.
- The TimeSlips improvisational storytelling method.
- How to connect to our international TimeSlips network of facilitators
- How to use TimeSlips digital tools to support your creative engagement practice.

Research suggests that TimeSlips can:

- Increase the quality and quantity of interactions between staff and residents in care settings.
- Improve staff and student attitudes toward people with dementia.
- Improve affect and communication among people with dementia.
- Reduce medications.
- Decrease distressed behaviors among people with dementia.
- Increase social engagement among people with dementia.

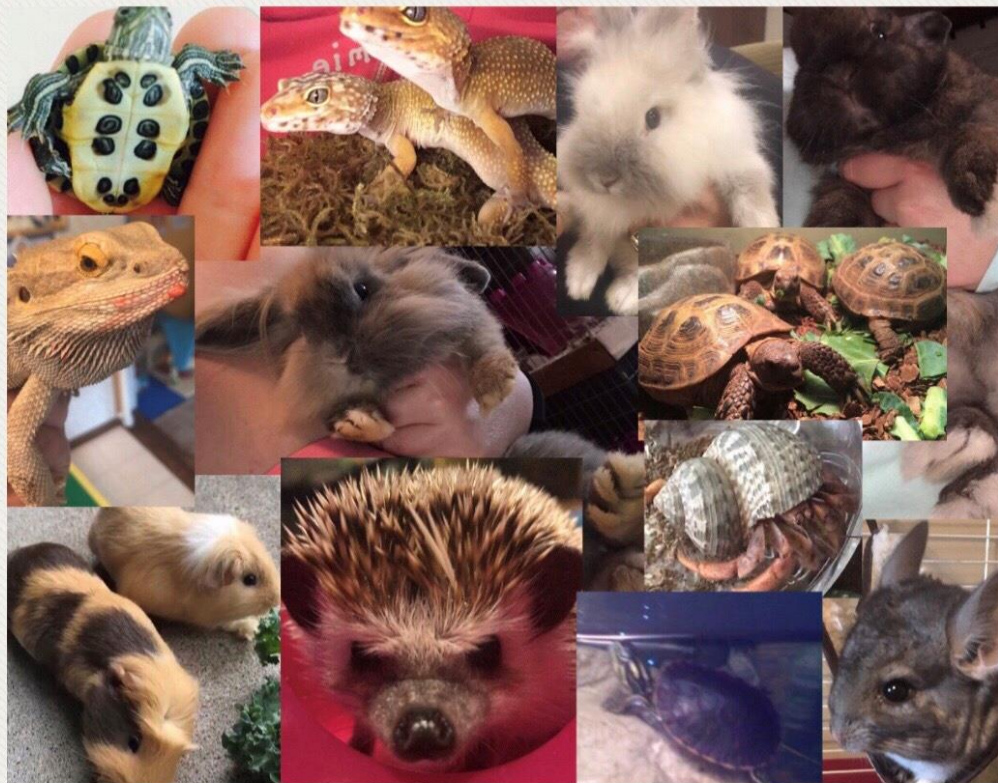


www.timeslips.org



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
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
- ❖ Looney 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

Melonie@TravelingNaturalist.org

320-679-9332

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



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.”

Contact Information:

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