

May  
2017

# Seeding Vitality Arts U.S.

DIRECTORY OF PROGRAMS

# Seeding Vitality Arts U.S.

## Directory of Programs

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# Seeding Vitality Arts U.S.

## Directory of Programs

### Grafton County Senior Citizens Council, Inc.

#### Opening Windows: An Introduction to Writing Poetry

The practice of creative writing – and particularly of writing poetry -- has an enormous benefit for everyone, regardless of age or experience. Through this workshop we intend to open windows for each participant that have not been opened before, encouraging them to make personal connections with poetry and writing and social connections with their classmates. We will invite participants to start new with each piece of writing, exploring both their interior landscapes and the outside world through their writing.

For each class during this eight-week session Catherine will introduce several new techniques, forms and formats and present at least two poems for inspiration and two writing prompts (these may include interactive art activities). New ways of considering lines and stanzas will be offered. Following a timed writing period, the group will read aloud what they've written and discuss how their piece relates to the prompt or to other poems. Prompts offer a chance to appreciate and engage with some gem of art along with a chance to make something more of it, something personal. The prompts are a spur to writing but also a chance to further the conversation every writer needs to have -- about other writers and with other writers. The approach will encourage trust, responsiveness and sharing. The class will emphasize non-judgmental, self-directed expression. No previous experience with poetry or any art form is required!

A commitment to keeping a journal and writing a minimum of 15-30 minutes every day will be encouraged. Weekly writing assignments will be given. There will be time allotted throughout the process for revision and refinement.

#### Class Schedule

March 10, 2017 - April 28, 2017, 10:00 AM - 12:30 PM

#### Culminating Event Date

May 5, 2017, 11:00 AM

#### Teaching Artist

Catherine O'Brien

#### Discipline

Poetry

#### Class Size

12

# Seeding Vitality Arts U.S.

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### The Art Around Us

The theme of this 8-week experiential workshop is "The Art Around Us." We begin by inquiring, what is around us – literally - right in front of our eyes, and what does it really look like? Learning to pay attention and look deeply at one's surroundings offers unlimited access to "free" art – in the mountains, skies, shadows, fallen leaves, and snow-covered trees we see every day. Is the sky really blue and are the clouds simply white? Does a snow-covered field offer more than a blank slate to look at? How about the fallen maple leaf in autumn – is it simply red or yellow or orange? What is real beyond the assumptions we began making about the nature around us when we were still young? What is it about the vision of our surroundings that entices and attracts - and why?

This class will inspire participants to explore these questions and begin to answer many of them. Through a combination of instruction, experimentation, reflection, creation, and presentation, participants will develop an expanded way of looking at the world around them, noticing details and colors that they can incorporate into their own creations, and (after our collaborative exhibit) bring home a hand-made artist book that contains the body of work that reflects his or her own perspectives on their environment.

Individual and group reflection and sharing about their experiences and insights will foster a sense of personal fulfillment and community bonding. Each session will incorporate opportunities for working together and sharing materials, reflections on our own and on others' work (though not as typical art critiques), and summaries of what we have learned. The art materials that we will use in the process are affordable, easily accessible and adaptive to individual styles and capabilities, and are conducive to an experimental and experiential style of learning – acrylic paint, sponges and mark-makers, masking tape on release liners, scissors, hand-made papers, quality blank cards (that will be made into signatures), bookbinding needles and thread, and pencil/pens if participants want to add words to their visual journals. Each participant will be encouraged to write his or her own Artist Statement to include in the Colophon.

### Class Schedule

April 7, 2017 - June 9, 2017, 10:00 AM - 12:00 PM

### Culminating Event Date

June 13, 2017, TBD

### Teaching Artist

Kathy Cadow Parsonnet

### Discipline

Bookmaking

### Class Size

15

# Seeding Vitality Arts U.S.

## Directory of Programs

### Path Lights: An Introduction to Working with Clay

With nature as inspiration via outdoor walks and the examination and exploration of objects, magazines and projected images, participants will learn techniques to model and color clay using their hands and ceramic tools. Each participant will receive a journal for reflection in writing and drawing. Beginning with individual projects introducing hand building techniques, we will work our way into a collaborative temporary solar site work. Two-hour classes will each have a 15 minute period during which there will be a variety of informal arts activities, including movement and reflection on each other's work. Participants will write reflections in their journals using the words provided by their peers, and share them with each other – and, if they choose -- with the public as part of the culminating event.

### Class Schedule

May 2, 2017 - June 20, 2017, 10:00 AM - 12:00 PM

### Culminating Event Date

TBD

### Teaching Artist

Elizabeth Wilken

### Discipline

Ceramics

### Class Size

20

# Seeding Vitality Arts U.S.

## Directory of Programs

### Johnson City Public Library

#### Creative Writing: Poetry

The workshop will provide participants with poems to use as models for their own poetry, on the assumption that good readers make good writers. The participants will be given a series of increasingly complex assignments that they will complete, bring to the workshop and offer them up for discussion. Participants will be required to read carefully and critique poems written by other writers in the workshop. After the poems have been critiqued participants will revise the original submissions in an effort to build a polished portfolio.

#### Class Schedule

March 21, 2017 - May 9, 2017, 6:30 PM - 8:00 PM

#### Culminating Event Date

June 10, 2017, 4:00 PM

#### Teaching Artist

Don Johnson

#### Discipline

Creative Writing

#### Class Size

16

# Seeding Vitality Arts U.S.

## Directory of Programs

### Oral Narrative in the Fullness of Time

In this eight-week workshop, participants will explore oral narrative storytelling, explore the structure of story and practice retelling personal experiences in storytelling format. Participants will interview for family stories and research literary and historical resources for written record of oral stories from their culture. The participants will tell their stories to fellow students and listen to the retelling of them, and create a story to be told to the group using vocal and nonverbal techniques to enhance performance.

### Class Schedule

March 23, 2017 - May 11, 2017, 11:30 AM - 1:00 PM

### Culminating Event Date

May 13, 2017, 4:00 PM

### Teaching Artist

Marjorie Shaefer

### Discipline

Storytelling

### Class Size

16

# Seeding Vitality Arts U.S.

## Directory of Programs

### The Fullness of Time: Exploring the Arts and Gifts of Aging

This is a beginning course in black and white photography designed to provide the student with a technical understanding and confidence in using the tools and materials of photography. It will cover camera operation, development of the negative and printing the positive. Finishing the the print by removing any imperfections and dry mounting it to conservation matte board. They will also learn about safety in the darkroom.

#### Class Schedule

May 23, 2017 - July 18, 2017, 6:00 PM - 8:00 PM

#### Culminating Event Date

August 10, 2017, 5:00 PM

#### Teaching Artist

Katie Sheffield

#### Discipline

Photography

#### Class Size

10

# Seeding Vitality Arts U.S.

## Directory of Programs

### Keshet

#### Fine Wine Dance (aka Moving FWD) Session 1

Over the course of eight weeks, participants will practice contemporary improvisation, explore elements of body, space, time, effort/energy, and relationship, and integrate functional anatomy and somatic principles in a playful, generative, community-oriented atmosphere. Work(s) will be collaboratively created, rehearsed, polished, and made stage-ready to be presented in Keshet's Choreographers Showcase in the second week of March.

#### Class Schedule

January 10, 2017 - March 11, 2017, 10:00 AM - 12:00 PM

#### Culminating Event Date

March 11, 2017, 2:00 PM

#### Teaching Artist

Miles Firkins & Nichole Goodmann

#### Discipline

Dance

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Fine Wine Dance (aka Moving FWD) Session 2

Over the course of eight weeks, participants will practice contemporary improvisation, explore elements of body, space, time, effort/energy, and relationship, and integrate functional anatomy and somatic principles in a playful, generative, community-oriented atmosphere. Work(s) will be collaboratively created, rehearsed, polished, and made stage-ready to be presented in Keshet's Spring Concert during the second week of May.

Core Text: A Choreographer's Handbook by Jonathan Burrows

Excerpts from text will be introduced each week during the rehearsal portion of class, both to assist/support the choreographic process and to bridge the gap between the movement theme and the setting/generating of material.

### Class Schedule

March 13, 2017 - May 1, 2017, 10:00 AM - 12:00 PM

### Culminating Event Date

May 12, 2017, 7:00 PM - 8:00 PM

### Teaching Artist

Miles Firkins & Nichole Goodmann

### Discipline

Dance

### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Fine Wine Dance (aka Moving FWD) Session 3

Over the course of eight weeks, participants will practice contemporary improvisation, explore elements of body, space, time, effort/energy, and relationship, and integrate functional anatomy and somatic principles in a playful, generative, community-oriented atmosphere. Work(s) will be collaboratively created, rehearsed, polished, and made stage-ready to be presented in Keshet's Spring Concert during the second week of May.

Core Text: A Choreographer's Handbook by Jonathan Burrows

Excerpts from text will be introduced each week during the rehearsal portion of class, both to assist/support the choreographic process and to bridge the gap between the movement theme and the setting/generating of material.

### Class Schedule

March 14, 2017 - May 2, 2017, 10:00 AM - 12:00 PM

### Culminating Event Date

May 12, 2017, 7:00 PM - 8:00 PM

### Teaching Artist

Miles Firkins & Nichole Goodmann

### Discipline

Dance

### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Paramount Center for the Arts

#### Growing Art-FULL: Clay (Whitney Senior Center)

Participants will grow individually in their wheel throwing and hand building clay skills, and collectively through weekly interaction with their peers. They will learn the basic art history of ceramics, tools and construction techniques used in forming clay as well as the basic science of transforming raw plastic clay into vitrified stoneware.

#### Class Schedule

January 9, 2017 - March 13, 2017, 9:30 AM - 11:00 AM

#### Culminating Event Date

March 20, 2017, 9:30 AM

#### Teaching Artist

Sandra Fabian & Ken Ferber

#### Discipline

Ceramics

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Growing Art-FULL: Movement (St. Benedict Village)

This 10-week series of 90 minute movement sessions will target 10-25 seniors in each of the three facilities and will use a combination of modern dance/improvisation, Yoga and Feldenkrais Method to explore the foundational elements of dance (Body, Action, Space, Time, Energy). Through active engagement in movement activities, participants will improve breathing, alignment, core strength, flexibility kinesthetic awareness. Participants will find their own movement "voice" while sharing in the social, interactive process of collaborating in creating dances.

### Class Schedule

January 11, 2017 - March 15, 2017, 9:30 AM - 11:00 AM

### Culminating Event Date

March 22, 2017, 9:30 AM

### Teaching Artist

David DeBlieck & Leigh Dillard

### Discipline

Dance

### Class Size

20

# Seeding Vitality Arts U.S.

## Directory of Programs

### Growing Art-FULL: Choral (Good Shepherd Senior Housing)

The project is a mixed choir that will meet for ten ninety-minute rehearsals, followed by a performance for friends, family and community. Each final performance will be unique, because each will be the product of collaborative effort that reflects the different experiences and tastes of the participants and their individual and collective musical growth.

Each session will include 15-20 minutes of Dalcroze eurhythmic (movement) activities to strengthen musical understanding and skills and develop social integration and individual expressiveness. Traditional choir rehearsal activities will include vocal skill-building, developing and refining repertoire, interacting musically with the conductor and with each other and evaluating each week's progress.

### Class Schedule

January 11, 2017 - March 15, 2017, 3:30 PM - 5:00 PM

### Culminating Event Date

March 22, 2017, 3:30 PM

### Teaching Artist

Garret Lathe  
& Dr. Marcelyn Smale

### Discipline

Choral

### Class Size

60

# Seeding Vitality Arts U.S.

## Directory of Programs

### Growing Art-FULL: Clay (St. Benedict Village)

Participants will grow individually in their hand building clay skills, and collectively through weekly interaction with their peers. They will learn the basic art history of ceramics, tools and construction techniques used in forming clay as well as the basic science of transforming raw plastic clay into vitrified stoneware.

### Class Schedule

May 2, 2017 - July 11, 2017, 2:30 PM - 4:00 PM

### Culminating Event Date

July 12, 2017, 2:30 PM

### Teaching Artist

Sandra Fabian & Ken Ferber

### Discipline

Ceramics

### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Growing Art-FULL: Movement (Good Shepherd Senior Housing)

This 10-week series of 90 minute movement sessions will target 10-25 seniors in each of the three facilities and will use a combination of modern dance/improvisation, Yoga and Feldenkrais Method to explore the foundational elements of dance (Body, Action, Space, Time, Energy). Through active engagement in movement activities, participants will improve breathing, alignment, core strength, flexibility kinesthetic awareness. Participants will find their own movement "voice" while sharing in the social, interactive process of collaborating in creating dances.

### Class Schedule

May 3, 2017 - July 5, 2017, 10:00 AM - 11:30 AM

### Culminating Event Date

July 18, 2017, 10:00 AM

### Teaching Artist

David DeBlieck & Leigh Dillard

### Discipline

Dance

### Class Size

20

# Seeding Vitality Arts U.S.

## Directory of Programs

### Growing Art-FULL: Choral (Whitney Senior Center)

The project is a mixed choir that will meet for ten ninety-minute rehearsals, followed by a performance for friends, family and community. Each final performance will be unique, because each will be the product of collaborative effort that reflects the different experiences and tastes of the participants and their individual and collective musical growth.

Each session will include 15-20 minutes of Dalcroze eurhythmic (movement) activities to strengthen musical understanding and skills and develop social integration and individual expressiveness. Traditional choir rehearsal activities will include vocal skill-building, developing and refining repertoire, interacting musically with the conductor and with each other and evaluating each week's progress.

### Class Schedule

June 5, 2017 - August 14, 2017, 3:30 PM - 5:00 PM

### Culminating Event Date

August 21, 2017, 3:30 PM

### Teaching Artist

Garret Lathe  
& Dr. Marcelyn Smale

### Discipline

Choral

### Class Size

60

# Seeding Vitality Arts U.S.

## Directory of Programs

### School One

#### Working Stories Session 1

Working Stories is a community arts project bringing together participants from different age groups to creatively explore life and work experiences. It takes its inspiration from the book *Gig, Americans Talk About Their Jobs*, an anthology of interviews and stories about work experiences in contemporary American society. Through intense collaborative instruction in storytelling, we will create a safe and welcoming environment for these intergenerational groups to learn from professional teaching artists.

The workshop objectives are to teach students of all ages how to turn their life experiences, particularly experiences of work and vocation, into stories. These stories will be developed in both spoken and written forms. Students will learn to shape their stories to find the proper beginnings, conflicts, climaxes and appropriate endings. Emphasis will be placed on learning to trust each other, getting to the emotional core of each story, telling it authentically, as well as developing the essential skills of performance, public speaking, research and interview techniques.

#### Class Schedule

January 3, 2017 - February 21, 2017, 12:00 PM - 2:00 PM

#### Culminating Event Date

February 23, 2017, 6:00 PM - 8:00 PM

#### Teaching Artist

Phil Goldman, Diane Postian  
& Eve Kerrigan

#### Discipline

Multi-Disciplinary  
(Writing/Storytelling)

#### Class Size

22

# Seeding Vitality Arts U.S.

## Directory of Programs

### Working Stories Session 2

Working Stories is a community arts project bringing together participants from different age groups to creatively explore life and work experiences. It takes its inspiration from the book *Gig, Americans Talk About Their Jobs*, an anthology of interviews and stories about work experiences in contemporary American society. Through intense collaborative instruction in storytelling, we will create a safe and welcoming environment for these intergenerational groups to learn from professional teaching artists.

The workshop objectives are to teach students of all ages how to turn their life experiences, particularly experiences of work and vocation, into stories. These stories will be developed in both spoken and written forms. Students will learn to shape their stories to find the proper beginnings, conflicts, climaxes and appropriate endings. Emphasis will be placed on learning to trust each other, getting to the emotional core of each story, telling it authentically, as well as developing the essential skills of performance, public speaking, research and interview techniques.

### Class Schedule

March 28, 2017 - June 1, 2017, 12:00 PM - 2:00 PM

### Culminating Event Date

May 24, 2017, 6:00 PM - 8:00 PM

### Teaching Artist

Phil Goldman, Diane Postian  
& Eve Kerrigan

### Discipline

Multi-Disciplinary  
(Writing/Storytelling)

### Class Size

20

# Seeding Vitality Arts U.S.

## Directory of Programs

### SVCcreates

#### ShakeXperience

Each series of eight-week workshops will focus on Shakespearean texts with different selections for each session, based on participant make up and interest, culminating in an eighty-minute staged reading. The two-hour workshops will meet once a week. Each two-hour session will focus on the various aspects, skills and requirements of theatre and performance. Initially utilizing improvisational theatre exercises, participants will work together in small groups, learning how to collaborate with one another, support and articulate critical analysis, and communicate clearly to an audience. In addition, the process will include significant time devoted to text analysis, understanding dramatic structure and content, and language usage and appreciation. ShakeXperience will be led by accomplished professional director John McCluggage, with a rotating team of three, equally established teaching artists. Designed to develop specific skills in theatre discipline and to maximize social engagement among participants-- and ultimately between audience and participants at the staged reading, ShakeXperience promises to be an opportunity of a lifetime for its participants.

#### Class Schedule

February 2, 2017 - March 23, 2017, 10:00 AM - 12:00 PM

#### Culminating Event Date

April 3, 2017, 4:00 PM - 6:00 PM

#### Teaching Artist

John McCluggage  
& Karen Atree Piemme

#### Discipline

Theatre

#### Class Size

18

# Seeding Vitality Arts U.S.

## Directory of Programs

### Space One Eleven

#### Charcoal Drawing

Students will explore charcoal as the perfect drawing medium for expressive mark making. Students will develop a personal approach to loose, aggressive mark making with a combination of additive and subtractive techniques using charcoal and erasers for mark making and developing grounds. While charcoal will be the primary medium, eventually students will be encouraged to combine other media such as conte crayon, spray paint, and gesso.

#### Class Schedule

May 3, 2017 - June 21, 2017, 4:00 PM - 6:00 PM

#### Culminating Event Date

June 23, 2017, 5:30 PM - 7:30 PM

#### Teaching Artist

Gary Chapman

#### Discipline

Drawing

#### Class Size

15

# Seeding Vitality Arts U.S.

## Directory of Programs

### Introduction to Drawing

Introduce the basic drawing techniques and promote experiences in sketching. The participants will learn how to apply the elements of art (line, shape, form, color, texture) and incorporate the principles of design (unity, emphasis, balance, proportion, variety, rhythm) into their own artistic creations.

### Class Schedule

May 4, 2017 - June 22, 2017, 4:00 PM - 6:00 PM

### Culminating Event Date

June 23, 2017, 5:30 PM - 7:30 PM

### Teaching Artist

Martha Ann Doyal

### Discipline

Drawing

### Class Size

15

# Seeding Vitality Arts U.S.

## Directory of Programs

### Taller Puertorriqueño

#### Journeys to Philadelphia: From home to here

Flavors Around the World workshop series will consist of 15 weeks of learning the basic steps, fundamentals and factors that attribute to 4 styles of Latin Dance (merengue, salsa, bachata and cumbia) and the countries in which they derive from. The introduction class will begin with a brief overview of expectations and requirements from the instructor and participants of the program. Each session following the introduction class will consist of a 45 minute dance instruction, followed by an information section and choreography of the specified style of Latin dance. Each genre will have 3 weeks of review. The remainder classes will focus on the compilation and creation of the final presentation.

#### Class Schedule

February 2, 2017 - May 25, 2017, 9:00 AM - 10:30 AM

#### Culminating Event Date

June 3, 2017, 9:00 AM

#### Teaching Artist

Ingrid Pérez-Martin

#### Discipline

Dance

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Journeys to Philadelphia: From home to here

An Introduction to Theater as a multi-disciplinary art form. The workshop series will be facilitated in Spanish (the primary language of the Participants) with the overarching theme of 'Journeys to Philadelphia: From Home To Here'. They will learn about the essentials of Theater production with a focus on playwrighting, acting, set design, costume design & stage management. Participants will experience a collaborative approach with respect for individual talents and challenges. As a facilitator, I consider the application of the 'Appreciative Inquiry' model in its simplest form, 'What might be possible if community and organization members were fully engaged and using their strengths to collectively achieve shared visions'. At the end of the workshop series, participants will have knowledge and practice of how to develop a theatrical performance from idea, development, and presentation to the public.

### Class Schedule

February 7, 2017 - May 30, 2017, 9:30 AM - 11:00 AM

### Culminating Event Date

June 3, 2017, 9:00 AM

### Teaching Artist

Julia Lopez

### Discipline

Theatre

### Class Size

12

# Seeding Vitality Arts U.S.

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### Journeys to Philadelphia: From home to here

This project utilizes textile/fiber arts to enable two core groups of Latino Seniors to acquire/develop artistic skills to create original fabric designs for two quilts through hands on, interactive activities. The artist's extensive collection of ethnic textiles, accessories, books, artifacts, and images will provide design inspiration for participants; the artist will use still photography to document the creative process. Twelve, one and one half hour sessions will empower participants with creative choices positively impacting their lives via experimenting with textile arts materials, individual and collaborative art activities. Emphasis will be placed on dialogue between the artist and seniors by sharing cultural information and stories; generation of original textile patterns; exploration of the expressive qualities of color; recognizing the power of cultural symbols to create personal symbols; familiarity with the use of quilts as an artistic expression; boosting the confidence of participants to openly explore unfamiliar artistic expressions in a supportive environment.

### Class Schedule

February 10, 2017 - May 30, 2017, 10:00 AM - 11:30 AM

### Culminating Event Date

June 3, 2017, 9:00 AM

### Teaching Artist

Betty Leacraft

### Discipline

Quilting

### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Teachers & Writers Collaborative

#### Storytelling: Poetry, State, and Song

Employing lyrical and music forms to inspire workshop participants to create new songs and lyrics. Participants will be introduced to a variety of forms and will have the opportunity to choose which style or genre they would like to focus on during the workshop series.

Examples of forms include: 1) standards 2) blues 3) rhythm & blues 4) traditional folk forms.

Participants will create melodies through a process of working with musical instructors. For example, students might hum or sing their ideas, or, if they play an instrument, play the melody, or be offered a melody for which they will write lyrics. Once instructors are familiar with participants' skill level and musical experience, they will determine the most effective approach for composition.

#### Class Schedule

February 28, 2017 - April 26, 2017, 10:00 AM - 12:00 PM

#### Culminating Event Date

April 27, 2017, 6:00 PM

#### Teaching Artist

Dave Johnson & Alison Moorer

#### Discipline

Songwriting

#### Class Size

15

# Seeding Vitality Arts U.S.

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### Storytelling: Playwriting

This workshop provides focused work in the development of playwriting. Participants compose sustained pieces in weekly workshop meetings, individual consultation with the teaching artists, and in collaboration with fellow participants. Rewriting and revising incorporates feedback from teaching artists and fellow participants, culminating in a final performance of each participant's short play or scene.

The workshop will introduce a traditional approach to playwriting, which is rooted in character development and narrative structure, with emphasis on a play's arc through its beginning, turning point, and ending. In-class exercises are designed to practice writing for the ear, to discuss aspects of performance, to incorporate life experience, and to encourage students to write both fearlessly and concretely. Each week's workshop will introduce another element of craft, including monologues, character work, dialogue, multi-person scene development, plot, and stakes.

Participants will generate their own writing employing the tools gained in each workshop. Teaching artists will provide real time feedback and support, assisting with writing, recording, and reading of the participants' drafts as needed. Recording methods will be used in every session so each participant has their work available to hear, review, and revise both in between and during sessions. Occasional handouts of reading material will be provided in each session, available to listen to using an audio player or to read in braille.

After a session devoted to the ground rules of giving and receiving constructive feedback through the Liz Lerman Critical Response Process, work will be read in class with responses from the group. Character maps, storytelling from personal experience, and monologues are the starting points. Hearing a mentor text is a component; a short play or scene by a contemporary playwright will be read and discussed each week in class. When available, recordings of performances of short scenes will be played to illustrate the connection between playwright and performer. These plays introduce participants to the wide world of individual voices and styles, focusing on a central aspect of playwriting each week.

### Class Schedule

May 1, 2017 - June 26, 2017, 10:00 AM - 12:00 PM

### Culminating Event Date

June 27, 2017, 6:00 PM

### Teaching Artist

Dave Johnson & Jessie Paddock & Samantha LoCoco

### Discipline

Playwriting

### Class Size

15

# Seeding Vitality Arts U.S.

## Directory of Programs

### The Eric Carle Museum of Picture Book Art

#### Create at The Carle! Art Classes for Adults: Printmaking

Making images and telling stories through printmaking:

Participants will create three kinds of prints, working every session on learning basic techniques (monotype, drypoint, relief: linocut) and using these skills to tell their stories. An integrated exploration of the collection and exhibitions of The Eric Carle Museum of Picture Book Art will offer students an additional education in variety of styles and ideas. Working together in a studio, looking, as a group, at one another's work and discussing ideas over the eight weeks of classes creates a supportive, encouraging community with art making as a shared experience.

Each session will include a warm-up or opening, skill building, as well as an opportunity for reflection. Each class will conclude with short or longer "walk arounds," a gentle "critique" summing up what each person was trying to do and just looking at one another's efforts.

#### Class Schedule

February 27, 2017 - April 17, 2017, 10:00 AM - 12:00 PM

#### Culminating Event Date

April 23, 2017, 2:00 PM

#### Teaching Artist

Lynn Peterfreund

#### Discipline

Printmaking

#### Class Size

20

# Seeding Vitality Arts U.S.

## Directory of Programs

### Create at The Carle! Art Classes for Adults: Collage

For the first 5 weeks of this 8 week course, the students will be learning at least 6 different Collage Paper techniques. By week 6 the students will have accumulated a variety of collaging papers to work with to compose art pieces for their final Culminating Art Exhibit and Reception. They will be examine illustrators and collage artists' archives in the museum and be introduced to other collage artists in books and on-line. They will be introduced to the elements and principles of art and design and will be encouraged to create works based on their past and present life experiences.

Using collage as a medium with papers they have created, photocopies of personal photos and letters, jewelry, material and other memorabilia the students will create several pieces to be exhibited at the "Culminating Art Event " at the end of the 8 week course. As we work as a group in the studio observing other's work and discussing ideas over the eight weeks of classes, we will create a supportive, encouraging community working together in a shared experience.

Each session will include an "Icebreaker" project that will help loosen their hands and minds to build skills as well as have fun and open up to their new community of artists. Each class will conclude in a discussion and reflection of what they did and learned or had trouble with.

### Class Schedule

May 8, 2017 - July 10, 2017, 10:00 AM - 12:00 PM

### Culminating Event Date

July 16, 2017, 2:00 PM

### Teaching Artist

Micha Archer

### Discipline

Collage

### Class Size

20

# Seeding Vitality Arts U.S.

## Directory of Programs

### The Newark Museum

#### Artful Aging: Collage with Mansa Mussa

Collage is the most democratic of all art forms. Its approach is essentially simple: select a substrate, arrange elements of paper and other materials into a compelling design, create a series of layers, and adhere the images. It is approachable and affordable for all segments of the population. The artwork can be flat or three-dimensional, and should include the seven elements of art: line, color, shape, form, value, space, and texture. The objective of this course is to explore the method of collage as a form of art and self-expression, creating documents that reflect participants' personal interests in history.

#### Class Schedule

April 12, 2017 - June 7, 2017, 2:00 PM - 4:00 PM

#### Culminating Event Date

June 17, 2017, 3:00 PM

#### Teaching Artist

Mansa Mussa

#### Discipline

Collage

#### Class Size

15

# Seeding Vitality Arts U.S.

## Directory of Programs

### Artful Aging: Collage with Mansa Mussa (East Orange Division of Senior Services)

Collage is the most democratic of all art forms. Its approach is essentially simple: select a substrate, arrange elements of paper and other materials into a compelling design, create a series of layers, and adhere the images. It is approachable and affordable for all segments of the population. The artwork can be flat or three-dimensional, and should include the seven elements of art: line, color, shape, form, value, space, and texture. The objective of this course is to explore the method of collage as a form of art and self-expression, creating documents that reflect participants' personal interests in history.

#### Class Schedule

April 12, 2017 - June 7, 2017, 10:00 AM - 12:00 PM

#### Culminating Event Date

June 17, 2017, 3:00 PM

#### Teaching Artist

Mansa Mussa

#### Discipline

Collage

#### Class Size

15

# Seeding Vitality Arts U.S.

## Directory of Programs

### United Methodist Retirement Community

#### Art and Aging: Creative Writing

#### Assisted Living

Participants will learn to write with enthusiasm—not pressure. They will learn to jog the memory to recall stories from the past. They will learn to organize stories or vignettes which have clarity, are interesting and engaging. They will learn to write stories in a manner that engages the readers. Students will be taught by writing in class through description or “writing nudges,” which puts the reader into the time and place of the writer’s story. Writing in class stimulates memory. Participants’ critiques will encourage others to grow in their writing.

By the time participants complete eight weeks of classes, they will write with joy—not fear. They will compile a series of vignettes that consist of life stories. If desired, they will include family photos in these little memoirs. Their writing will be direct and honest, and participants will learn through knowledge of their own writing to help other writers. Participants who require assistance will receive it through dictation, typing, or oral reading.

#### Class Schedule

February 3, 2017 - March 24, 2017, 2:00 PM - 3:30 PM

#### Culminating Event Date

March 31, 2017, 2:00 PM - 3:30 PM

#### Teaching Artist

Nancy Seligmann Schumann

#### Discipline

Creative Writing

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Art and Aging: Creative Writing Independent Living

Participants will learn to write with enthusiasm—not pressure. They will learn to jog the memory to recall stories from the past. They will learn to organize stories or vignettes which have clarity, are interesting and engaging. They will learn to write stories in a manner that engages the readers. Students will be taught by writing in class through description or “writing nudges,” which puts the reader into the time and place of the writer’s story. Writing in class stimulates memory. Participants’ critiques will encourage others to grow in their writing.

By the time participants complete eight weeks of classes, they will write with joy—not fear. They will compile a series of vignettes that consist of life stories. If desired, they will include family photos in these little memoirs. Their writing will be direct and honest, and participants will learn through knowledge of their own writing to help other writers. Participants who require assistance will receive it through dictation, typing, or oral reading.

### Class Schedule

February 4, 2017 - March 25, 2017, 1:30 PM - 3:00 PM

### Culminating Event Date

April 1, 2017, 2:00 PM - 3:30 PM

### Teaching Artist

Nancy Seligmann Schumann

### Discipline

Creative Writing

### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### From Memory to Monologue

#### Assisted Living

Participants will be guided through reflective and creative writing about their past to ultimately produce a short dramatic work (namely, a monologue.) In the final class, participants will present their pieces in a concert style reading. To guide them in their writing, participants will be provided with writing prompts, samples from plays and receive hands on coaching. Once their works are developed, participants will receive professional acting techniques and training as implemented at the Purple Rose Theatre. Ultimately, the participants will be able to turn their real life stories into drama and share it with an audience. My hope is that this class would not only be cathartic for the participants, but that the audience would learn from those who have gone before them, perhaps enlightening our audiences with advice, wisdom, and the most important treasures from a life lived long. To write and perform monologues based on their life experience

#### Class Schedule

February 7, 2017 - March 28, 2017, 1:30 PM - 3:00 PM

#### Culminating Event Date

April 4, 2017, 2:00 PM - 3:30 PM

#### Teaching Artist

Lauren Knox Mounsey

#### Discipline

Theatre

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### From Memory to Monologue

#### Independent Living

Participants will be guided through reflective and creative writing about their past to ultimately produce a short dramatic work (namely, a monologue.) In the final class, participants will present their pieces in a concert style reading. To guide them in their writing, participants will be provided with writing prompts, samples from plays and receive hands on coaching. Once their works are developed, participants will receive professional acting techniques and training as implemented at the Purple Rose Theatre. Ultimately, the participants will be able to turn their real life stories into drama and share it with an audience. My hope is that this class would not only be cathartic for the participants, but that the audience would learn from those who have gone before them, perhaps enlightening our audiences with advice, wisdom, and the most important treasures from a life lived long. To write and perform monologues based on their life experience

#### Class Schedule

February 9, 2017 - March 30, 2017, 6:30 PM - 8:00 PM

#### Culminating Event Date

April 6, 2017, 7:00 PM - 8:00 PM

#### Teaching Artist

Lauren Knox Mounsey

#### Discipline

Theatre

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### From Memory to Monologue

#### Skilled Nursing

Participants will be guided through reflective and creative writing about their past to ultimately produce a short dramatic work (namely, a monologue.) In the final class, participants will present their pieces in a concert style reading. To guide them in their writing, participants will be provided with writing prompts, samples from plays and receive hands on coaching. Once their works are developed, participants will receive professional acting techniques and training as implemented at the Purple Rose Theatre. Ultimately, the participants will be able to turn their real life stories into drama and share it with an audience. My hope is that this class would not only be cathartic for the participants, but that the audience would learn from those who have gone before them, perhaps enlightening our audiences with advice, wisdom, and the most important treasures from a life lived long. To write and perform monologues based on their life experience

#### Class Schedule

February 9, 2017 - March 30, 2017, 2:30 PM - 4:00 PM

#### Culminating Event Date

April 6, 2017, 2:30 PM - 4:00 PM

#### Teaching Artist

Lauren Knox Mounsey

#### Discipline

Theatre

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Art and Aging: Creative Writing Skilled Nursing

Participants will learn to write with enthusiasm—not pressure. They will learn to jog the memory to recall stories from the past. They will learn to organize stories or vignettes which have clarity, are interesting and engaging. They will learn to write stories in a manner that engages the readers. Students will be taught by writing in class through description or “writing nudges,” which puts the reader into the time and place of the writer’s story. Writing in class stimulates memory. Participants’ critiques will encourage others to grow in their writing.

By the time participants complete eight weeks of classes, they will write with joy—not fear. They will compile a series of vignettes that consist of life stories. If desired, they will include family photos in these little memoirs. Their writing will be direct and honest, and participants will learn through knowledge of their own writing to help other writers. Participants who require assistance will receive it through dictation, typing, or oral reading.

### Class Schedule

March 21, 2017 - May 9, 2017, 2:00 PM - 3:30 PM

### Culminating Event Date

May 16, 2017, 2:00 PM

### Teaching Artist

Nancy Seligmann Schumann

### Discipline

Creative Writing

### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Water Color Painting Class

#### Assisted Living

Learners will work individually and as part of a community acquiring knowledge of the fundamental techniques used in watercolor painting, understand the types and use of materials, basic art terminology and be able to continue to advance their skills through their own painting. Using a sequential series of demonstrated steps, one on one coaching, and individual practice, participants will become proficient in employing an assortment of techniques in their compositions.

Availing themselves of provided or collected images, they will use their new-found skill to complete a variety of small practice paintings showing an emerging understanding of the Elements and Principles of Art and use of the watercolor materials. A final composition will be completed using the accumulated knowledge which could be shown in the culminating art show. Participants are encouraged to share images, ideas and useful critiques while supporting each other in their artistic growth.

All participants will be encouraged to write for the art show a short explanation of what inspired their work, and include on it their name, date, the title of the work and the medium of the work.

#### Class Schedule

June 12, 2017 - July 31, 2017, 9:30 AM - 11:00 AM

#### Culminating Event Date

August 12, 2017, 9:30 AM

#### Teaching Artist

Deb Gudiot

#### Discipline

Watercolor

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Water Color Painting Class

#### Independent Living

Learners will work individually and as part of a community acquiring knowledge of the fundamental techniques used in watercolor painting, understand the types and use of materials, basic art terminology and be able to continue to advance their skills through their own painting. Using a sequential series of demonstrated steps, one on one coaching, and individual practice, participants will become proficient in employing an assortment of techniques in their compositions.

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All participants will be encouraged to write for the art show a short explanation of what inspired their work, and include on it their name, date, the title of the work and the medium of the work.

#### Class Schedule

June 13, 2017 - August 4, 2017, 9:30 AM - 11:00 AM

#### Culminating Event Date

August 19, 2017, 2:00 PM

#### Teaching Artist

Deb Gudiot

#### Discipline

Watercolor

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Water Color Painting Class

#### Skilled Nursing

Learners will work individually and as part of a community acquiring knowledge of the fundamental techniques used in watercolor painting, understand the types and use of materials, basic art terminology and be able to continue to advance their skills through their own painting. Using a sequential series of demonstrated steps, one on one coaching, and individual practice, participants will become proficient in employing an assortment of techniques in their compositions.

Availing themselves of provided or collected images, they will use their new-found skill to complete a variety of small practice paintings showing an emerging understanding of the Elements and Principles of Art and use of the watercolor materials. A final composition will be completed using the accumulated knowledge which could be shown in the culminating art show. Participants are encouraged to share images, ideas and useful critiques while supporting each other in their artistic growth.

All participants will be encouraged to write for the art show a short explanation of what inspired their work, and include on it their name, date, the title of the work and the medium of the work.

#### Class Schedule

June 14, 2017 - August 2, 2017, 9:30 AM - 11:00 AM

#### Culminating Event Date

August 19, 2017, 2:00 PM

#### Teaching Artist

Deb Gudiot

#### Discipline

Watercolor

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Chimes Class

#### Independent Living

Participants will: be taught the proper way to play bell chimes and how to care for the instruments, learn to play familiar music during 90 minute sessions, and demonstrate start-stop playing for the bell chimes.

#### Class Schedule

September 14, 2017 - November 2, 2017, 3:00 PM - 4:30 PM

#### Culminating Event Date

November 9, 2017, TBD

#### Teaching Artist

Kathy Winchell

#### Discipline

Chimes

#### Class Size

10

# Seeding Vitality Arts U.S.

## Directory of Programs

### YMCA of Rock River Valley

#### Come Dance with Me

The goal of this class is to provide an access point to the art of dance by engaging area seniors in dance classes, creative arts experiences, and finally, the final performance. Participants will learn all five dance positions from ballet and dance terminology that will be useful to other forms of dance as well. We will capture wonderful life experiences by utilizing dance and choreography for self expression, build community by forging new connections with their peers through dance class, and have a blast!

#### Class Schedule

February 27, 2017 - May 1, 2017, 11:30 AM - 1:00 PM

#### Culminating Event Date

May 6, 2017, 6:00 PM

#### Teaching Artist

Valerie Brandt-Soetermans

#### Discipline

Dance

#### Class Size

12

# Seeding Vitality Arts U.S.

## Directory of Programs

### Creative Drama

Participants will explore the basic elements of creative drama through the use of skills in communication and how to use them effectively. A spirit of working together will be the ultimate goal through interaction, sharing of ideas and encouraging each participant to achieve their maximum level of comfort when performing selected tasks and activities.

### Class Schedule

September 13, 2017 - November 1, 2017, 2:00 PM - 4:00 PM

### Culminating Event Date

November 11, 2017, 2:00 PM

### Teaching Artist

Dorothy Paige-Turner

### Discipline

Theatre

### Class Size

15