

What is Aging Artfully?

The Aging Artfully session at the MAC is part of the OCAC Seniors Art Program initiative which was launched January 1, 2016.

Aging Artfully incorporates the concept that art is an effective form of therapy that:

Promotes a sense of purpose

Fosters a stronger sense of identity

Provides active engagement to occupy the mind

Helps with feelings of depression and anxiety

Is relaxing and increases a sense of well being

Improves cognitive function and concentration



***It's never too late
for a new
experience.***



Oceanside Community Arts Council



Retirement Concepts



REGIONAL
DISTRICT
OF NANAIMO



CITY OF
Parksville



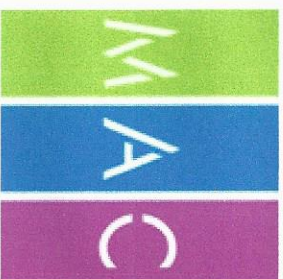
McMillan Arts Centre
133 McMillan Street
Parksville, BC

Aging Artfully

An OCAC Seniors
Art Program Initiative
in Collaboration with SOS



September 13th to
October 25th, 2017
Wednesdays from 2pm to 3pm
at the McMillan Arts Centre



McMillan Arts Centre
133 McMillan Street
Parksville, BC

Tel: 250-248-8185
www.mcmillanartscentre.com

Aging Artfully



The “**Aging Artfully**” program is being introduced at the MAC to provided in dependently domiciled seniors ages 75 and over experiencing some health challenges with an opportunity to participate in an experience that allows for a creative and engaging outlet.

Challenge yourself, no matter your age.

Aging Artfully classes will commence Wednesday September 13th at 2:00pm to 3:00pm and run to October 25th, 2017. Classes are **FREE**. All supplies and instruction are included.

Transportation may be provided through the Society of Organized Services “Oceanside Better at Home” Program. Please contact the SOS office should this be a requirement: **250-752-2040** (Qualicum Commons) to arrange.

Our Aging Artfully Program Instructor

Rosemary Fontenla is your Aging Artfully Instructor who will provide personal assistance to help you create a work of art that you can be proud to show off! You will be working with non-toxic Acrylic paints and canvas.

Rosemary also instructs classes at Stanford Place in Parksville and The Gardens in Qualicum Beach.

Celebrating Active Aging

The Aging Artfully and OCAC Seniors Art Program participants will have an opportunity to exhibit their masterpieces throughout the entire month of October at the Parksville Community Conference Centre.

An Opening Reception will be held on Sunday, October 1st, 2017 from 1:00pm to 3:00pm at the Parksville Community Conference Centre, located at 132 Jensen Avenue E, Parksville, BC. Refreshments will be served. Family and friends are invited to join us.

Coincidentally, October 1st is National Seniors Day!



Get Involved

Nancy Korman, our volunteer watercolour instructor, nurtures the OCAC Seniors Art Program at Qualicum Manor and Eagle Park Health Care Facility in Qualicum Beach.

Volunteers are always needed and appreciated. We encourage you to contact Rosemary Fontenla at **250-951-2167** if you are interested in providing instruction or would simply like to assist with one of the classes. Thanks to all who make this program possible.



REGISTER TODAY
(only 12 spots available)

www.mcmillanartcentre.com

or call the MAC office at

250-248-8185