## 2016 Amazing Grays: Celebrating Life

**Thursday**

**April 21**

**9 am – 1:30 pm**

### Gallery Walk and Workshops

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>Registration, Breakfast &amp; Gallery Walk</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Welcome by Dr. Peter Lichtenberg</td>
</tr>
<tr>
<td>9:45 - 10:00 am</td>
<td>Gallery Walk</td>
</tr>
<tr>
<td>10:00 - 11:00 am</td>
<td>Workshop</td>
</tr>
<tr>
<td>11:15 am - 12:15 pm</td>
<td>Workshop</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Horace Sanders, Comedian</td>
</tr>
</tbody>
</table>

**NEW LOCATION:** Fellowship Chapel  
7707 West Outer Dr.  
Detroit, MI 48235  
Between the Lodge and the Southfield Freeway

---

**Display your art work**

Do you love to write, bead, woodwork, paint, needlepoint or anything in between? Call Deborah at **313-664-2610** for details on displaying work.

**Group Registration**

Contact Donna at: 313-664-2605 or ba8841@wayne.edu.

**To exhibit artwork or submit a written piece to be published**

Contact Deborah Vinson at 313-664-2610

**Artists**

If you are attending the conference and exhibiting art, you must still complete the registration process.

**New Price:** $20.00

includes light breakfast and lunch

---

[CLICK HERE](#) to registration online
WORKSHOPS

Thursday, April 21 9:00 am - 1:30 pm

How to Talk to Your Doc – Henrietta Makowski, RN, BSN, MS, Regional Clinical Coordinator, CIENA Healthcare, will enlighten you on how to talk to your doctor to get the best healthcare possible. Sounds easy yet most of us are unprepared when we walk into the examining room. Learn tips and tricks to make the most of your appointment.

Beading 101 – Lynette Cooper, Detroit resident, will help you create a make-and-take bracelet. Artistic activity has many positive benefits on brain health, so be crafty and stimulate your brain at the same time. No art experience or skill necessary for success.

Genealogy – Mark Bowden of the Burton Historical Collection, Detroit Public Library, will help you explore your past and research your family tree. Learn how to get started, the wealth of resources available, and much more. Whether sharing stories with grandkids or surfing the Internet, family history has never been as easy or fun.

Chair Yoga – Karen Lutz, certified chair yoga instructor, will guide you through the healing and restorative practice of chair yoga. Chair Yoga works well for beginners and anyone insecure about their balance, yet provides many of the same benefits as standing yoga.

Street Smarts – How To Avoid Being a Victim – Lt. Dave Scott, Wayne State Crime Prevention, gives personal safety seminars to many student groups and organizations. Street Smarts seminars address a wide variety of everyday situations in which a person can be victimized, and give common sense suggestions to reduce or eliminate crime risks.

Seniors in Motion – Raymond Defoe, founder and director of Detroit Seniors in Motion, says that if we have to exercise for our health, why not do it with a smile? Increase strength, boost activity and improve mood in this session that provides a little cardio, muscle strengthening and dance. No experience necessary, just a willingness to have fun!

Socializing and Brain Health – Cheryl Deep and Donna MacDonald of the Institute of Gerontology teach the value of socialization as we age. Ice breakers, games and other activities make this a lively and informative session. The brain craves stimulation at every age. Avoid woeful and get social!

Poetry in Motion – Naomi Long Madgett, PhD, Poet Laureate of Detroit and recipient of the 2012 Kresge Eminent Artist Award, will take you on a journey through poetry; how to read it, understand it and really appreciate the art of writing poetry. Naomi will read some of her own poetry and encourages everyone to bring a poem they wrote and share it with others.

Paper Crafting – Deborah Vinson of the Institute of Gerontology will conduct a make-and-take lesson on envelopes and notecards. Everyone likes to get a lovely card in the mail, especially if it’s handmade. No need to be crafty to do well in this session. Everyone leaves with a pack of beautiful homemade envelopes and notecards.

Healthy Food, Healthy Body – Chef Paul Penny will reveal how to enjoy our favorite foods and reap the health benefits certain foods have on our bodies. Learn which foods help with arthritic pain and indigestion, and how to pack in the nutrients needed for optimal health. Plus you get to sample it, too.
2016 Art of Aging Successfully Registration Form

STEP 1 Registration fee. Check one of the following:

☐ Senior (55 years or older) $20
☐ Golden Circle $30 or more. Your additional contribution allows less fortunate seniors to attend at no or reduced cost.

STEP 2 Complete the following:

Name ____________________________________________________________
Address __________________________________________________________
City __________________________ State ______ Zip Code ______
Daytime Phone ___________________ Email ___________________________

STEP 3 Choose Two Sessions and mark with an X if you would like to attend

☐ How to Talk to your Doc ☐ Chair Yoga ☐ Socialization & Your Brain ☐ Healthy Food Healthy Body
☐ Beading ☐ Street Smarts ☐ Poetry in Motion ☐ Workshop Full
☐ Genealogy ☐ Seniors in Motion ☐ Paper Crafting ☐ Workshop Full

STEP 4 Mark your choice for lunch

☐ Regular ☐ Vegetarian

STEP 5 Enclose Payment PAYMENT MUST ACCOMPANY REGISTRATION FORM

Check or money order payable to: Wayne State University no later than April 1, 2016.
Amount enclosed: _________ ☐ Check or Money Order ☐ MasterCard ☐ VISA
Acct. # __________________________ Sec Code ____ Exp. Date _____
Name as it appears on card ___________________________________________
Signature _________________________________________________________

STEP 6 MAIL THIS FORM & PAYMENT TO:

ATTN: Art of Aging
Donna MacDonald
WSU - Institute of Gerontology
87 E. Ferry St
Detroit, MI 48202

Online Registration is also available at:
http://www.iog.wayne.edu/registration/index.