May 17, 2018
THURSDAY 8:30 AM - 1:30 PM

A conference created for seniors by seniors to celebrate creative aging

REGISTER EARLY
Event Sells Out Fast!

CONFERENCE SCHEDULE

8:30 am  Registration, Light Breakfast & Gallery Walk
9:00     Morning Welcome
9:15     Vendor and Gallery Walk
10:00    Workshop Session 1
11:15    Workshop Session 2
12:30 pm Lunch
1:00     Raffle, Hannan Center Men’s Choir Performance & Evaluation

Conference Location
Fellowship Chapel
7707 West Outer Dr.
Detroit, MI 48235
(Between the Lodge and Southfield Freeway)

COST $20
Includes light breakfast and hot lunch

ATTEND WORKSHOPS & SHOWCASE YOUR CREATIVITY

Attention Artists
If you are attending the conference AND submitting art, you must mail in the separate art submission form as well as register and pay for the conference. There is no cost to submit art.

This conference sells out quickly. It’s wise to register online now for conference, and just mail in your art submission form.

(deadline for art submission is March 24) If you have questions regarding art submission contact Deborah at 313-664-2610 or ba8841@wayne.edu

SCROLL DOWN FOR WORKSHOPS & MAIL IN FORMS

OR CLICK HERE TO REGISTER ONLINE
**Workshops**

**Pump those Muscles** — Strength training builds muscle to help us carry groceries, climb stairs, lift grandchildren and easily get out of a chair. Even small improvements in muscle can make a big difference in the quality of your life. Join us in this fun-filled exercise class. By Raymond Defoe of Detroit Seniors in Motion.

**Keys to Beading** — Detroiter Lynette Cooper will help you create a make-and-take keychain. Artistic activity has many positive benefits on brain health, so be crafty and stimulate your brain at the same time. No art experience necessary.

**Attention Bookworms** — Make Your mark for your own books, or as a gift, a homemade bookmark says “thoughtful” to anyone who likes to read. We provide the materials, you provide the creativity. Instructor Sue Nebe from Baker’s Studios.

**Scam Alert!** — LaToya Hall of the Institute of Gerontology at Wayne State will alert you to the latest scams targeting older adults. Learn how to protect yourself and your assets from financial predators.

**Writing Can Set You Free** — The Hannan House’s Pat Baldwin guides you as you explore your life and memories for seeds to grow into stories and poems. Writing about life events helps us understand and accept them. Get inspiration, tips to stay on track, and writing “prompts” to continue the adventure at home.

**Herbs and Spice and Everything Instapot** — Professional Chef Paul Penny, (and HAP Healthy Living Advisor), explains the latest cooking trend – Instapots – the modern pressure cooker. Learn how to tackle these intimidating devices to make delicious foods in half the time. Tips on foods for health issues, too, like turmeric for inflammation.

**Chair Dancing** — No, you don’t waltz with your recliner. You dance, dance, dance without leaving your chair. Great for folks with balance or mobility issues. Never a dull moment with instructor Raymond Defoe in the house. Get your groove on and have fun while you sit.

**Hit the Road with Senior Travel** — Road Scholar adventures make it safe and easy for older adults to travel the world. Tours are educational and fun and geared to the mature traveler. Instructor Susan Shoemaker, Road Scholar Ambassador.

**The Best Way to Prepare for the Worst** — Michigan State Policeman Nathaniel McQueen explains how to prepare for emergencies at home due to weather and even personal attacks. Learn how to create a plan and rehearse your actions, to help conquer life’s emergencies.
ART OF AGING REGISTRATION FORM

STEP 1 Registration fee. Check one of the following:

☐ $20 Senior Rate (55 years or older)  ☐ Vegetarian  ☐ Regular
☐ $30 (or more) Golden Circle Rate.
This contribution includes your registration and lets a less fortunate senior attend at a reduced cost.

STEP 2 Complete the following:

Name ___________________________________________________________________________________
Address __________________________________________________________________________________
City ____________________________ State ________ Zip Code __________
Daytime Phone _________________ Email ______________________________________________________

STEP 3 Choose one workshop per session

Session One
☐ Pump those Muscle
☐ Keys to Beading
☐ Writing Can Set You Free
☐ Scam Alert!
☐ Hit the Road with Senior Travel
☐ The Best Way to Prepare for the Worst

Session Two
☐ Attention Bookworms: Make Your Own Bookmark
☐ Herbs and Spice and Everything Instapot
☐ Chair Dancing
☐ Writing Can Set You Free
☐ Hit the Road with Senior Travel
☐ The Best Way to Prepare for the Worst

STEP 4 Enclose Payment

Check or money order payable to: Wayne State University no later than March 31, 2018.

Amount enclosed: _________  ☐ Check or Money Order  ☐ MasterCard  ☐ VISA
Acct. # ___________________________ Sec Code _____ Exp. Date _____
Name as it appears on card ____________________________________________________________
Signature __________________________________________________________________________

STEP 5 Mail this form and payment to:  OR

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

OR CLICK HERE TO REGISTER ONLINE

SCROLL DOWN FOR ART FORM
Calling all Visual Artists & Authors

We love to showcase the creativity of Michigan’s older adults (55 or older) at our conference.

Do you have an interest in having your visual art displayed at our event? Or would you like your written work published in a booklet for all Art of Aging attendees to enjoy? **Deadline** for submission consideration is **March 24, 2018** or until we reach capacity.

For all Visual & Written Submissions

Please fill out the form below and mail with your event registration and payment to:

Wayne State University
87 East Ferry
Detroit, MI 48202
ATTN: Art of Aging

For more details and submission info please contact Deborah at:

313-664-2610
or
ba8841@wayne.edu

Written Submission Instructions

Your written entry will be published in the *Creative Expressions* booklet distributed to all event attendees. We reserve the right to publish an excerpt of your work due to limited space and the desire to include as many writers as possible.

- NO FEE to submit work, but conference registration/payment is required
- Written work: 300 words (or less) memoir, journal, oral history or poem
- Preferred method of receiving written work is electronically thru email to ba8841@wayne.edu (or typed and mailed with this form).
- Artists retain copyright. WSU/IOG retains right, to one-time publication.

Visual Art Instructions –

- NO FEE to submit work, but conference registration/payment is required.
- You must set-up your exhibit between 7:30 am and 8:30 am on Art of Aging event day of May 17, 2018
- Volunteers and wheeled carts will be available to assist you
- All exhibits must be removed when conference ends.
- Sales of goods/services is not permitted, but you may distribute business cards

**ALL ARTISTS** **WILL BE NOTIFIED OF ACCEPTANCE BY APRIL 20, 2018.**

**ART SUBMISSION FORM**

(For Written and Visual Art)

Deborah will contact you with any questions about your written or visual art submissions.