

CREATIVE AGING

EXPLORING NEW POSSIBILITIES

Argyle Library Thursdays February-March 1-2 pm

Cost: \$10.75 includes the whole series!



Membership to the Argyle Senior Satellite Site.

February 11th 2016 **Koreen Melnick**: Telling “**your story**”. Come pick up idea’s to write your story. Work on it when you are homebound. Get ideas for creating a memory book for your family. I have some **free** take homes!

February 18th 2016 **Michelle Clemont** :Colouring Club of London. Learn about the London Adult Colouring Club and try your hand at colouring. Find out more about this favourite past time that is coming back for adults.

February 25th 2016 Sheila Horrell: Drumming and rhythm Workshop inspiring your spiritual side.

March 3rd 2016 Koreen Melnick: Caregiving; Learning to have those difficult conversations. Why it’s important to have those conversations? Learn how not to lose yourself in caregiving.

March 10th 2016: A Nia and Ageless Grace Instructor **Susan Meehan**. Find out more about these exercise classes.

March 17th 2016 A guest visual artist **Nic Degroot** is coming to paint live in front of an audience, demonstrating fine art concept & techniques creating a NEW original painting in under an hour.

March 24th 2016 Penny Wearne: Kite Flying Club Find out more about this Club and how it was started, how to get started. Indoor kite flying to music....what does that look like? Come find out!

March 31st 2016 Kathy Smith and Koreen Melnick Blogging and wrap up. Find out more about other workshops that Creative Aging is sponsoring and the big events planned for this year. How would you like to get involved?