



# Explore Your + Creative Side

Garrison Green Seniors Community

We invite you to come and experience the Creative Expression programs at Garrison Green Seniors Community:

## 1st Annual Creative Aging Symposium at Mount Royal College

Sept 18 12:30–5:30 pm

Celebrating all forms of creativity in later life and bringing together the artists, healers, activity coordinators and older adults. Free registration! Keynote speaker: Dr. Susan Perlstein

Engaging, Creating, Enlightening

[www.creativeagingcalgary.ca](http://www.creativeagingcalgary.ca)

## Expressive Art

Fridays 10:00 am to noon

Instructor: Elleree Doig, Bachelor of Fine Arts, ACAD

Sept 4: Intro to Acrylics – The Benefits

Sept 11: Step by Step Painting – Image Library

Sept 18: Self Directed – Fully Supported Painting

Sept 25: Intro to Watercolour – Exploration

## Lecture Series

September 24 2:00 pm

‘Generational Differences and Communications’

Integrative Health Institute at Mount Royal (held in the Garrison Green Community Theatre). Facilitated by Liza Choi, MN.

## Health and Wellness

Yoga: Sept 11 & 25 10:00 am

Instructor: Mary Rasmussen

Expressive Dance: Sept 11 2:00 pm

T'ai Chi: Wednesdays 10:00 am

## Life Long Learning

Sept 3 2:00 pm — ‘Elder Wisdom Through Cinema’, facilitated by Judy Steidart, B.S. Education

Sept 9 7:00 pm — ‘Whole Foods and Cooking Classes’, facilitated by Barb Thomas, RHN, NCP

Sept 19 2:00 pm — ‘Floral Design’, facilitated by Paul Jaras, Instructor at Mount Royal College

Sept 24 2:00 pm — Glenbow Museum presents an online exhibition, ‘IMPRESS: Prints, Artists and Ideas’

## Duplicate Bridge — Wednesdays at noon

(call for details)

+ All classes/sessions are free to Garrison Green Seniors Community Residents and only a \$5 charge to non-residents. Please call to register.



**Come visit us at Garrison Green!**  
Show suites available.

Phone: (403) 249-5505 | 3028 Don Ethell Blvd. SW, T3E 0C9

[www.unitedactiveliving.com](http://www.unitedactiveliving.com)