



ARTS

FOR LIFE



**An Arts Program for Caregivers
and Care Recipients**



Arts for Life is a program that engages older adults, both caregivers and care recipients, in working with professional artists to discover new, creative ideas and ways of thinking.

Research has shown that arts learning stimulates cognitive capacities in the brain. As humans age, they require a significant level of cognitive stimulation which enables them to engage their critical and creative thinking skills. Feelings of social isolation and loneliness have shown to diminish while emotional health strengthened after older adults participate in arts learning activities. No prior experience in the arts is needed in order to participate. Our artists/educators are experts in developing the talents of all ages and abilities. It is the intention of Arts for Life to increase the quality of life for senior citizens in northeastern Pennsylvania.

Caregivers

There is a crisis in the United States that involves caregiver health and well-being. Those who care for the elderly have shown to be in need of respite care as well as financial assistance. Caregivers will meet in a separate group from those to whom they provide care.

Community

Older citizens who live in northeastern PA have been full participants in the life of the communities in which they lived and worked. At this time in their lives, it is important to re-engage them in community events and activities. Another aspect of Arts for Life® is that participants will have the opportunity to attend Broadway Theatre performances and exhibitions of the Everhart Museum. The 2019/2020 Broadway season includes: *A Bronx Tale*, *The Play That Goes Wrong*, *Buddy: The buddy Holly Story*, *Fiddler on the Roof*, and *An American in Paris*.

Transportation will be available free of charge.

Schedule

Arts for Life® will take place each week on Thursday at The Jewish Home, 1101 Vine Street in Scranton. The hours are from 11 AM - noon with a complimentary lunch served afterward.

Start Date:

October 10, 2019

Registration

For more information and to register for Arts for Life, call the Lackawanna County Area Agency on Aging at 570-963-6740.





Arts for Life® is supported by the Lackawanna County Area Agency on Aging, the Pennsylvania Council on the Arts, aie NEPA, the arts education program of the Northeastern Educational Intermediate Unit, The Jewish Home of Eastern Pennsylvania, Broadway Theatre of Northeastern Pennsylvania and The Everhart Museum.

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