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Central Florida Community Arts Launches Collaborative Program for Aging Adults to Promote Creativity, Performance and Wellness

ORLANDO, Fla. (July 18, 2017) There are countless youth programs all across the state for a variety of interests, yet there's an ever-growing need for programs to support the senior community. **Arts in Action** is geared to engage seniors with affordable eight-week-long courses that foster creativity, artistry and community. This program is presented by Central Florida Community Arts, sponsored by the Winter Park Health Foundation and is in partnership with AARP, Winter Park Public Library, Cornell Fine Arts Museum, Winter Park Chamber of Commerce, Performing Arts of Maitland, Crealdé School of Art, Art & History Museums Maitland, The Holocaust Memorial Resource and Education Center of Florida, Winter Park Community Center, Maitland Senior Center, and First Congregational Church of Winter Park.

A new collaborative program, Arts in Action has geared its mission to promote creativity, performance and wellness for aging adults.

"Social engagement and creativity were the key drivers behind this program," Diana Silvey, program director at Winter Park Health Foundation, explains. "We provided Joshua Vickery's team at CFCArts with a planning grant to survey local older adults and review practices of other programs around the country before this program."

CFCArts Founder and Executive Director, Joshua Vickery, conducted research for Arts in Action by visiting Stagebridge, a performing arts organization geared towards older adults in Oakland, California, as well as the National Center for Creative Aging's international conference in Washington, D.C. With the help of NCCA, visits to organizations in Washington D.C. and New York City were arranged, providing vital insight into the world of creative programming for older adults, which resulted in a National Leadership Council.

Arts in Action offers a variety of eight-week courses with 90-minute classes each week, which encourages mastery of the skill, as well as creates more opportunities for individuals to create long-lasting bonds. The courses offered in 2017 will highlight the areas of acting (Play It Out), singing (Just Sing), storytelling (Pass It On) and dancing (Feel It, Move It). At the conclusion of each program, participants may showcase or perform for their peers, friends and families.

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"The performance can be an important validation for the artist," Silvey says. "But it's also an opportunity for the community to see the talent of our older adults; to better appreciate how vital they are and how much they have to offer."

CFCArts' mission is to create opportunities for artists of any age to connect, serve, and perform. With dues at \$30 for each eight-week program, these courses are affordable and accessible thanks to a sponsorship by the Winter Park Health Foundation. Those who are unable to pay may apply for scholarships.

To register and learn more, visit **CFCArts.com/ArtsinAction** or call **407-937-1800 x720**. Space is very limited and offered on a first-come, first-served basis.

ABOUT CENTRAL FLORIDA COMMUNITY ARTS

Central Florida Community Arts is a tax exempt 501(c)(3) entity that exists to enrich our community's quality of life by making the arts accessible and affordable for all. They provide an inclusive and welcoming creative platform where individuals can connect by joining an artistic family, perform for audiences across the socioeconomic spectrum and use their talents to serve the community. Besides producing seasonal concerts, the heartbeat of CFCArts is to give back to the community by partnering with local nonprofits and charities and performing, for free, at their fundraisers or for the clients they serve. Immediate future plans include the summer/fall performances of all program areas.

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