

Stay Active Through the Arts



"The ultimate expression of potential is creativity."

Dr. Gene Cohen, *The Creative Age: Awakening Human Potential*

There's no getting around the fact that we all age. The good news is that aging creatively—through the arts—can help us enjoy and embrace the process.

In fact, the arts are not only fun, they are good for your health! A 2007 study found that adults age 65-103 who attended a weekly arts program were healthier than those who did not.

Research suggests that adults age 60 and older who participate in an arts program will:

- Be happier and more self-confident
- Go to the doctor less often
- Use less medicine
- Make new friends
- Improve memory

Getting Started

Even for those who don't consider themselves to be artistic, there are many ways to stay engaged in the community through the arts, including through **music, dance, singing, drama, painting, storytelling, poetry** and **pottery**.

The important thing is to do something you enjoy...or try something new!

Success Story: Lance

Lance never saw himself as a creative person, and every time he saw a posting for the art classes at his senior center he brushed it aside.

One day, though, he was feeling lonely and stressed out from his caregiving duties. On a whim, he decided to try a visual arts class offered through a senior center in his community.

The instructor was incredibly welcoming and made Lance feel at ease. After a while, Lance was so surprised with how much he enjoyed creating his painting that he didn't even notice the class was ending.

In fact, Lance found the class to be so engaging that he decided to return the next week. Lance ended up completing several pieces of artwork and continued to study visual arts at his senior center. Lance eventually became the teacher's aide—and a vocal advocate for arts programming at the senior center.



Get Involved in Your Community!

Take the first step to feeling healthier and happier through the arts by contacting your **Area Agency on Aging, Senior Center**, or **Local or state arts council**. Get started locally.

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