



Spring 2011

Program Information



Creative Aging
cincinnati

Promoting Vital Aging Through The Arts

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Formerly known as
The Arts & Humanities
Resource Center for
the Elderly



Creative Aging

cincinnati

Promoting Vital Aging Through The Arts

Creative Aging Cincinnati

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Membership Information

Creative Aging's mission is to provide arts and humanities programs that have a positive impact on the quality of life of older adults in the Greater Cincinnati Area. Creative Aging accomplishes its mission by bringing local area professional artists, performers and educators to present one hour long programs at senior centers, retirement communities, adult day care centers, and nursing homes in Cincinnati and surrounding areas. Programs are designed to stimulate participant's minds, creativity and sense of self as well as educate, engage, enrich and entertain.

Facilities that join Creative Aging choose one of three levels that will allow between 6-18 programs to be booked within their facility.

Membership is available to all facilities in the Greater Cincinnati area who serve Senior Citizens, those 60 years of age and older.

2010 Memberships

Three Options from which to choose:

Platinum Level - \$1900

- 18 In-Facility Programs
- Your Facility Name & Hyperlink (provided by facility) on our Website
- Your Facility Name on Creative Aging Cincinnati brochures & programs

Gold Medal Level - \$1300

- 12 In-Facility Programs
- Your Facility Name & Hyperlink (provided by facility) on our Website
- Your Facility Name on Creative Aging Cincinnati brochures & programs

Silver Medal Level - \$700

- 6 In-Facility Programs
- Your Facility Name & Hyperlink (provided by facility) on our Website
- Your Facility Name on Creative Aging Cincinnati brochures & programs

Creative Aging Cincinnati is committed to serving seniors regardless of the ability to pay. Please contact us for information on our membership assistance program.

Drama/Unique Programs

NEW! Cincinnati Shakespeare Company

Cincinnati Shakespeare Company is a professional theater company in the heart of downtown Cincinnati's Backstage district. The Company produces classics, the great works, and the works you rarely get a chance to see. These plays are the ones that have stood the test of time. The staging of these plays is thoughtfully crafted to create an engaging experience that will resonate with you, inspire your thoughts, and start conversations.

But plays are only texts without talented theater professionals to reignite them, to invigorate them. Company members include the artistic director, Brian Isaac Phillips, who is responsible for guiding the artistic vision of the theater. Unique to the Cincinnati performing-arts community, Cincinnati Shakespeare Company employs a resident ensemble. Ensemble members are devoted to working with the artistic director to "crack the nut" of each play and reveal the human elements.

The Cincinnati Shakespeare Company offers three programs to choose from:

1. In Love With Shakespeare

Fall in love with Shakespeare in this comedic showcase of famous Shakespearean love scenes and sonnets. Three professional actors from the Touring Company will bring this amusing, heartwarming, and family-friendly production to your community!

2. Scenes From A Midsummer Night's Dream

Join "The Mechanicals" as they Present "Pyramus & Thisbe" From Shakespeare's A Midsummer Night Dream. The Mechanicals, a traveling acting troupe of six, are now on tour throughout Cincinnati. Join Peter Quince, Nick Bottom, Flute, Snug and Snout as they present the famous play within a play from Shakespeare's A Midsummer Night's Dream. It is "the most lamentable comedy, and most cruel death of Pyramus and Thisbe!" And in the words of Nick Bottom, it is "a very good piece of work, I assure you!" Your residents will be delightfully surprised to learn that they can not only understand Shakespeare, but laugh at Shakespeare as well.

3. Classical Conversations

Cincinnati Shakespeare Company has actors available from our resident company to come visit your residents in a fun and

interactive book-club like experience to hear a presentation on and scenes read aloud from some of Shakespeare's greatest works! We can present a 1 hour lecture workshop performance on any of Shakespeare's plays- your choice! Please call to discuss if there is a particular play you prefer.

Biblesticks with Ron Vance

Ron Vance started carving these Bible Sticks about 20 years ago as a hobby. They have allowed him to travel all over the country, sharing the unique story of these carvings. Each Bible Stick, in fine detail, tells a story from the Bible. Ron will pass the carvings around as he speaks, allowing everyone to look at them up close.

Dramakinetics

Dramakinetics is a performing arts program that incorporates music, movement and theatre games. The activities meet the societal, inter-personal and creative levels of BASICS, a biophysical model that supports remaining abilities and caring relationships of the seniors with Alzheimer's-Type Dementia. Though the focus of the program is on performance, residents who feel more comfortable watching are encouraged to be the audience and still receive benefits from the activity. *Please note that this program is for seniors with Alzheimer's type dementia and a group size of up to 14 seniors, depending on abilities. Staff person must accompany seniors for entire program.*

John Louis–On the Edge of Illusion–Magician

John uses dazzling illusions, incredible juggling, hilarious comedy, live animals and audience participation to enthrall audiences of every age. John delivers a wonderful, inspirational message that real magic is living life to the fullest. Your seniors will be both charmed and challenged by this amazing performance. Great for an inter-generational program.

Let's Travel with Janet Dieman

Learn about the country and its culture while viewing dramatic photos. Janet's travelogs are generated by her MacBook Pro laptop computer, which inputs images and sound to your flat screen TV (42" or larger) through an HDMI cable (which Janet provides). Alternatively, she can connect her laptop to your video projector, via your cables, provided that a member of your staff does the hookup and testing when Janet arrives onsite. *Please note that, because of other commitments, Janet is available only during the second half of each month.*

Janet offers 8 programs to choose from:

1. How I know I'm in Europe
2. Swiss Sampler
3. Hiking in Switzerland

4. Cheese Making
5. Swiss Transportation
6. Scotland Sampler
7. Foster Goes to Scotland-Part A
8. Foster Goes to Scotland-Part B
9. Off the Beaten Path
10. All about Kilts

Music Bingo with DJ Dale Bley

Bingo is a favorite among all ages. Music Bingo is no exception. Instead of calling numbers, Dale plays songs by various popular artists that your seniors will know and enjoy. With professional DJ experience since 1979, Dale has thousands of songs at his fingertips. The artist's picture appears on the provided bingo cards. In addition, they assist participants by holding up an enlarged picture of the artist. Themed programs are also available. Facilities are asked to provide the bingo covers. Please let Grace know if you provide bingo prizes. If not, Dale will provide them. Dale will also need an electrical outlet and a table to set up his laptop and speakers. Dale also offers: Music Bingo with TV themes and Music Bingo with Movie Themes. *Dale is available from May 10th thru January 10th. Please specify which program you prefer when booking.*

The Truth about Bats

This program provides basic information about the flying mammals that live among us, bats. Participants will meet a live Big Brown Bat and learn the importance of this creature in our environment. We will compare myths and fears with the realities. This program is best with a smaller group.

Art Programs & Projects

Cheryl Pannabecker - Artist

Cheryl Pannabecker has many classes to choose from:

1. Creating a Cottage Garden

We're going to look at the history of Cottage Gardens - historically, British functional and cheerful gardens with medicinal herbs, fruit trees and all kinds of lovely old fashioned flowers such as roses and delphiniums. Each participant will be able to plan and create their own garden, using plant and gate cut outs, and plenty of colorful acrylic paints. Cheryl will talk about placement, and creating various textures with varied brush strokes.

2. Sea Shell Art

Cultures living along the oceans have often incorporated seashells into their crafts and artwork. We will look at images of how shells have been used. We will then create our own picture using an assortment of shells and colored sand.

3. French Symbolists

We will be looking at their moody dreamlike paintings that are highly illustrative. We will then make our own “symbolist” art. Each participant will choose three symbols—both collage and stamp elements—to incorporate into a painting. How these symbols are juxtaposed and colored, will determine a new and unique story. Participants will work with acrylic paints on canvas paper.

4. Odilon Redon

Perhaps one of the best known symbolists, became most famous for his wonderful pastel drawings of floral bouquets. We will look at his work, and then create our own pastel picture of a flower arrangement. Participants will have the option of including (through tracing) a silhouette of a face – as Redon was known to often do.

5. The Golden Age of Carousel Art

Merry-Go-Rounds have been around for many centuries. American artisans took Carousel Art to a whole new level in the late 1800s. We will look at pictures of some beautiful and whimsical creations. Properly inspired, we will assemble our own carousel animals. While horses are quite common now, a whole menagerie of animals are used to make up the merry-go-round entourage. Artists can choose which beast to work with. We'll be using mixed media to create these colorful 3D creatures

6. Tiffany Glass

American artist and designer Louis Comfort Tiffany was best known for his stained glass. We will look at his work, which played an important part of the Art Nouveau movement. After looking at his artwork, we'll create our own window art.

7. Watercolor & Nature

Cheryl uses natural materials associated with the season. She will help participants arrange objects on watercolor paper to create a composition. These arrangements will be the foundation of a watercolor painting. Participants will use watercolor pencils and paints to make colorful paintings, accenting and responding to the shapes and patterns in their pictures.

Call Grace for additional program options.

Two classes offered by the Speaker's Bureau of the Cincinnati Art Museum:

1. Beauty Has No Age

Examine these exceptional works created by artists in their later years and thoughtful portrayals of older adults in art over the centuries.

2. African American Art

This program provides slides and information about art by African American artists. A variety of media including sculpture, glass, painting and photography will be discussed.

M.Y. Card Creations with Mary Young

Your seniors will create cards using card making techniques for a professional look and quality. The cards are simple, rewarding and they capture messages of love to family and friends. A card for every occasion whether a holiday, theme day or just to say "hello". The cards are pre-cut to work with the ability of the seniors. This is for a group of up to 12 seniors.

Artist Mike Gillman

Mike offers many classes to choose from:

1. Color Pastel Chalk Drawings

Done from a variety of subjects (seascapes, flowers, horses, unicorns, landscapes, etc) pencil sketched by the teacher. The class will use the chalks after a demonstration with individual attention from the teacher.

2. Oil Pastel Drawing

A beautiful oil like affect (without the mess and odor of oil paint) on white or colored paper and the finished art works have a rich and vibrant quality to them.

3. Painting with Colored Pencils

A unique media because it allows detailed drawings that when brushed with water look like a painting. A group of subjects are shown and demonstrated with the teacher giving special attention to each person.

4. Stenciling

A great lesson using cut out shapes. The class is given tempera paint and stencil brushes with colored paper to create their art.

5. Dot Painting

This is done with tempera paint with the eraser end of a pencil that is dipped in paint and dotted on paper. The results are easy to make with beautiful colors and simple subjects to draw.

Call Grace for additional program options.

Rachael Demir – Expressive Therapy

Rachel will engage your group in experientials that offer unique and meaningful experiences that stimulate the mind and the soul. Sessions explore healthy memory retrieval, fine motor skills, relaxation and creativity in order to make meaningful works of art that participants can keep and share with family and friends. Please note this is not an art project program. Although they do create works of art, the focus is on the process. All experientials include art making followed by a discussion where participants share their work and discuss ideas and feelings pertaining to the process. Due to the high interaction level of these programs, group size can be up to 15.

Rachael offers many experientials to choose from

1. Inside Outside Collage Boxes

Inside Outside Collage Boxes provide an opportunity to increase interpersonal skills by promoting the exploration of feelings on the inside and how those translate to outward self expression. Ex. Do you show your feelings to others or do you hold them inside?

2. Bridging Emotions engages participants in the exploration of two opposing emotions of their choice. They are asked to explore coping skills that can bridge the gap between the two. This experiential utilizes written forms of expression with the option to use line and color to represent each emotion.

3. The Most Beautiful Heart experience involves two steps. First, participants hear a short story about a young man and an old man, and are then asked to create an image of what their own hearts may look like in giving and receiving love.

Call Grace for additional program options.

Music Programs

NEW! Dick Watson-Vocals and Background Music

Dick plays a variety of music and prefers to tailor his shows on the type of venue played. Be it 50's & 60's, Gospel or Country. He has played in a wide variety of places from the Grand Ole Opry , Renfro Valley, Local Events, Churches far and wide, to his Prison Ministry and many TV appearances. Dick has the latest in Bose Sound System and just requires an electrical outlet. Available Fridays and Saturdays.

Anointed Sons of God of Cincinnati - Vocalists

A wonderful group connected with the CincyBlues event is offering Gospel performances. Available evenings and weekends.

Bill Groh - Vocalist with background music

Big Band, Sinatra, Burt Bacharach, Bobby Darin...He'll sing them all. Songs for seniors is what Bill Groh can provide. Accomplished musician and vocalist for over 20 years, he knows the kind of music you like and what you want to hear. Electrical outlet needed for background music. Bill is available all day on weekends and weekdays after 6pm.

Bill Sterwerf - Keyboard and Vocals

Bill has played the piano for over 40 years. His program consists of popular tunes that your group will be able to sing, hum or clap along as he performs. Everyone is encouraged to participate and have fun. Bill is sure to provide a memorable time for your seniors. He brings all of his equipment. An electrical outlet is required.

Bones of Cincinnatus - Trombone Ensemble

Join Bob Coil and some fellow trombonists for a variety of musical arrangements. Available evenings and weekends.

Brian Deyo - Instrumentalist on Guitar

Plays and discusses classical music for the guitar, the history of guitar music, and influential composers and performers.

The Catacoustic Consort- *Instrumentalists on Viola de Gamba*

Listen to beautiful music from Shakespeare's time with the Catacoustic Consort! This program will showcase the unusual Renaissance instrument, the viola de gamba. This instrument and its music have many colors and textures that will delight your imagination and bring the past to life with songs. Join us for a new experience in sound with the Catacoustic Consort.

Cheryl Renee - Piano or Keyboard and Vocals

Cincinnati's proclaimed "Goddess of the Blues" - Cheryl will provide history on the origin of the Blues and highly entertain you with her singing and piano playing - Blues style!

Chris Cusentino (guitar) and Jeff Roberts (banjo)

Enjoy Blue Grass music and humor with this professional Bluegrass duo. Both musicians can also be found with The Northern Kentucky Bluegrass Band and The Katie Laur Band. This program is available to facilities inside the 275 loop.

Dale Chambers-Background guitar music and vocals

Dale began his music career at Zino's Pizzeria. He specializes in guitar/vocal numbers from the 30's and 40's as well as classical guitar. This program is generally to be background music and ambience for dinners and special events.

Dale Fetick-Vocalist

Dale sings the standards from the 30's, 40's, and 50's including such artists as Frank Sinatra, Nat King Cole, Tony Bennett and

many others. He also sings the latest styles of Michael Buble' and Josh Groban. Specialty programs can be provided for Valentine's Day, Christmas programs and Caribbean music of the Salsa style. Add a little comedy - always in good style and grace. Dale has the latest in musical equipment and just requires an electrical outlet.

Dave Hawkins - Guitar and Vocals

Songwriter, recording and touring artist for 30 years. Dave's stories, songs and anecdotes offer an insight into loves gained and lost, songs of family, sing-a-long songs, and a few well known folk standards, along with his original tunes.

Dave Hawkins with Peg Buchanan

Dave and Peg weave American Folk with Celtic, Irish and Scottish music, tales of their adventures on the road and rip-roarin' fiddle tunes.

Dick Sininger offers two delightful and informative Opera Programs:

1. What Makes Opera Special?

This talk will delight a crowd on how music - and particularly Opera - can enhance the theatrical experience with examples of some of the speaker's favorite moments in Opera.

2. What Do Various Voice Categories Mean?

What's the difference between coloratura and a spinto soprano?...between a lyric and a dramatic tenor? This detailed discussion will talk about the voices with taped and DVD examples to illustrate the differences.

Foley Road - Celtic Accoustic Group with Vocals

Foley Road offers exceptional renditions of Celtic and folk music in the acoustic tradition using instruments like the hammered dulcimer, gothic harp, various guitars, flutes and whistles, and percussion instruments like the bodhran. Available weekdays after 5pm.

Fresh Spirit-Piano and Vocals

"Fresh Spirit" is a local family singing trio who have traveled and sung from Canada to Mexico. Each individual brings to "Fresh Spirit" a solo voice, a harmony blend and the ability to sing a variety of songs. Their program consists of Secular, Patriotic, Religious and Seasonal music. They provide the sound system. Facility must have a piano. Available after 4pm on weekdays and all day on weekends.

Greater Cincinnati Southern Gospel Music Association

GCSGMA presents local artists who provide a lively, uplifting concert in the traditional Southern Gospel Music style. Available evenings and weekends only.

H. Jane Gavin presents:

1. **Broadway for Fun**

A program in 2 parts. Part I covers 1891 through 1945; Part II covers 1949 through 1980. Each program includes a history of the shows and songs from those shows. Song sheets are provided for those who wish to sing along. Please note, this program requires a piano or 88 key keyboard and a microphone. Each program can be used separately without the other part.

2. **Irving and Me**

The life and music of Irving Berlin presented in a lecture/sing-a-long format. A piano or 88 key keyboard and a microphone on a stand are needed.

It Takes Two-Carol Gangwer and Marcia Lucas-One Piano, Four Hands

A one piano, four hands duet program taking you on a keyboard excursion of musical periods and styles-classical, popular, jazz, Latin, hymns and spirituals. Duet programs can also be performed on two pianos or piano/organ if instruments are available. A tuned piano is required for this program. Carol and Marcia are available mornings and evenings M-Th, all day on Friday and weekends.

Ivan and Connie Gunn-Guitar and Vocals

It is 'up close and personal' as Ivan and Connie Gunn sing Gospel songs from the heart and Ivan plays finger style guitar music. Connie's sweet voice will encourage your heart and Ivan's guitar instrumentals will keep your 'toes tapping and your body swaying'. Residents will enjoy the variety of Gospel music and secular songs that the Gunn's perform so well!!

The Jeannine Groh Trio - Vocals, Piano

(provided by group), Bass, Drums Jeannine has entertained audiences with her singing and playing piano at some of the finest restaurants, hotels and clubs. She presents several different themed shows which include swing, jazz, Latin styles and Broadway numbers written by the best composers of the 1920's through the 1960's. The trio-piano, bass and drums, is available evenings, weekends and some daytimes. Duo is available anytime. Facility needs an electrical outlet- the group will bring the rest.

Jerry Conrad - Trumpet and Vocals

Jerry has been a professional musician for over 50 years, playing with many road bands. In the 70s, he was the band leader on the Nick Clooney show. With his singing and trumpet playing, he brings back many old standards that your seniors will love.

Jim McBride - Sax, Flute, Celtic Tin Whistle and Keyboard

Jim may be best described as a "One Man Band" playing jazz

instrumentals on sax, flute, Celtic tin whistle and keyboard. He also performs traditional Celtic Tin-Whistle tunes and sings standards from the Great American Songbook. With over 80 tunes in his repertoire, Jim can provide hours of great entertainment for your next event. Electrical outlet needed.

Jody Anderson - Nostalgic Singer and Entertainer

Jody performs an amazing variety of songs and styles of music with professional backing tracks keyed to her voice! Her husband, Leonard, introduces many of the songs, giving a little information about them or the original artists. Performing songs throughout the 20th century and knowing over 500 songs, Jody sings many genres of music- Big Band, Jazz, Blues, Broadway, Country, Rock N' Roll, Patriotic and more.

Kyle Meadows - Hammered Dulcimer

Kyle is a distinguished instrumentalist playing traditional Appalachian, Celtic, Old-time and Holiday music

1. Hammered Dulcimer music. Can be concert or background music depending on desired atmosphere.
2. Traditional stringed instruments. A multi-instrument program combining the hammered dulcimer, lap dulcimer, mandolin and banjo. Each instrument is discussed and demonstrated.

Laura Hazelbaker

Violin/ Fiddle-From The Kennedy Center to Radio City Music Hall and The Grand Ole Opry, she's played to audiences of thousands. A delightful and engaging entertainer who easily wins over the crowd.

Lisak and Holt - Guitar, Bass and Vocals

Rick Lisak and Matt Holt offer a variety of musical programs to their audiences. From standards, to favorites from the sixties and seventies, to traditional Appalachian music, this entertaining, communicative duo sing and play themselves into the hearts of their listeners.

Maribeth Samoya - Pianist, Vocalist

Take a trip down memory lane with Maribeth as she performs songs from the 1920's to the present. Programs can be tailored to be mostly Broadway, or classic standards such as George Gershwin and Cole Porter songs, or a combination of everything! Maribeth can provide her own keyboard and sound system if needed. Maribeth is the music teacher for Seton High School, so please check with Grace for availability. On schooldays Maribeth is available after 4pm.

Meredith Oesting-Hammered Dulcimer, Piano and Vocals

Meredith shares the diversity of the Hammered Dulcimer, exploring Celtic, folk, gospel, bluegrass and classical genres,

while singing and playing. Or enjoy some Beethoven on the piano, followed by a hymn sing along as she leads you in all of your old favorites. Meredith offers three programs:

1. Dulcimer and Vocals
2. Piano and Vocals- Please specify if you do not have a piano and she will bring a keyboard
3. Dulcimer, Piano and Vocals- facility must provide piano for this program

Mike Pendell (*Songs for Seniors*)-Piano or Keyboard and Vocals
Specializing in popular music performed on the piano or keyboard, Mike involves the audience with non-stop singing, humor and memories that seniors enjoy. Every member of the audience receives a personal visit from Mike during the show and he will play requests if asked. If facility does not have a piano, please let Grace know when booking and Mike will bring a keyboard.

Nancy Bick Clark-Celtic Harp, Dulcimer, Recorder, and Vocals

Nancy brings traditional folk music and original tunes on Celtic harp, dulcimer, recorder, and vocals, explaining the background behind each song and engaging active participation. She is available as a solo, duo or trio. While Nancy and her friends specialize in Celtic music, they do programs of American, holiday, and international music.

Nancy can offer two programs:

1. **Solo** - live concert or as background enhancing a tea or reception
2. **Duo** - with husband Frank Clark on bodhran (Irish drum) and vocals or Jude Jones, a registered music therapist, on violin, guitar, and vocals

PB&J- Harmonies, Singing, Stories and String Instruments

PB&J is Penny Bogard (McDaniel) and James Rosenberger performing concert programs, offering a gentle blend of James' critically acclaimed therapeutic storytelling and songs unified by memorable themes. The duo provides a mix of guitar and piano selections. **PLEASE NOTE:** While PB&J are most effective with small, intimate audiences in quiet "unplugged" settings, they also frequently appear before large groups in full concert mode. Their programs have them traveling and available throughout the Tri-State region, including outside the 275 loop.

Peg Buchanan

Ohio Scottish Fiddle Champion, Peg Buchanan, delights audiences with a feel-great performance of music with lots of opportunity for audience participation. From Amazing Grace to Bluegrass the emphasis is on the musical heritage of Scotland, Ireland, Wales and North America. BBC1 called her playing "brilliant". Available evenings and weekends only- other than the week prior to St. Patricks Day.

Pete Papania

A guitarist who plays popular songs from the 1920's through the 1960's from songwriters like George Gershwin, Cole Porter, and Harold Arlen in the styles of Frank Sinatra, Nat King Cole, and Andy Williams. Vocal, instrumental, or combinations are available. Available evenings and weekends.

Peter Hankey-Instrumentalist on Keyboard

Peter has been in the music business for over 45 years. He brings his keyboard and a wide variety of songs that your seniors will know and enjoy.

Phil DeGreg

Jazz pianist and Professor of Jazz Studies at the University of Cincinnati College-Conservatory of Music. Phil performs swinging, virtuosic jazz arrangements of popular songs from the Great American Songbook written by composers like George Gershwin, Cole Porter, Hoagy Carmichael, Jerome Kern, Harold Arlen, and many others.

Polished Brass - Brass Quintet

This combination of trumpets, French horn, trombone and tuba lend itself to beautiful harmonies, poignant melodies, driving rhythms and thrilling dynamics. Available evenings and weekends.

Raison D'Etire presents:

1. Swing Canaries

A program from the swing era featuring several Andrews Sisters selections and big band songs.

2. Sister Acts

Featuring the Boswell Sisters from the 30's, the Andrews Sisters from the 40's, the Clooney Sisters and McGuire Sisters from the 50's, the Lennon Sisters from the 60's and the Roches and Raison D'Etire from the 80's and 90's.

3. Songs from the Old West

Join folk trio, Raison D'Etire (as the Golden Girls of the West) for an hour of cowboy tunes.

Richard Goering presents:

Classical guitar - Classics and Favorites

A lively mix of classical melodies and such favorites like Sunny Side of the Street, Georgia, The Entertainer, and the Tennessee Waltz.

Ricky Nye

Ricky serves up early piano blues, boogie woogie, New Orleans jazz, and songs from composers such as Hoagy Carmichael & Fats Waller in an enthusiastic manner.

Roberta Schultz (guitarist, vocalist, song writer and Raison D'Etire member) presents :

1. **The Story Behind the Song**
2. **Songs from the Old West**
3. **Unifying Power of Chant**

Sally Lukasik

Sally's solo accordion shows consist of familiar American sing-alongs, light classics, jazz hits, holiday music, patriotic tunes and even ethnic folk songs from eastern European countries, including Germany and Russia.

Sandra Butcher-Vocalist and Entertainer with Background Music

Sandra has been entertaining audiences since she was 16. One of her highlights is a Salute to Rosemary Clooney's career and song. She can also tailor your program to accommodate many themes. Please specify if you would like the Rosemary Clooney program or another program. Sandra provides her own equipment and background music. Facility just needs to provide a table with an electrical outlet close by.

Stacey Woolley

A violinist with the Cincinnati Symphony Orchestra can play a variety of music to fit the occasion. This program is available for facilities where a strolling musician is desired.

Stan Ginn-Pancaribbean

Sail away to the islands with Stan Ginn as he plays Caribbean favorites plus some American standards on steel drums made from 55 gallon oil barrels. Learn about the history and construction of these amazing instruments and don't be surprised if you're called upon to join in the fun in an impromptu "engine room" percussion section.

Steve and Irena-Guitar and Mandolin

Steve and Irena have been playing at retirement communities, nursing homes, civic organizations, and private parties in the greater Cincinnati area for the past 16 years, and have developed a variety of musical programs that have won the acclaim of audiences wherever they perform. This duo offers the following programs in addition to the themed programs listed under theme day programs.

- Around the World International Program
- Irish Popular Songs
- History of American Patriotic Music
- Christmas Around the World
- Jewish music- including music for any Jewish holiday

The Phoenix Woodwind Trio

A clarinet, flute, bassoon trio. Performs standards, Broadway and movie music, ragtime, waltzes, marches, sing-a-longs and light classical music with humorous patter. Special holiday programs available.

Todd Hepburn - Piano or Melodica and Vocals

Todd plays ragtime, boogie-woogie, blues and jazz standards on the melodica or piano - just name the program you'd like. Please specify if you do not have a piano and Todd will perform with the melodica.

Wild Carrot presents: Multiple Instruments and Vocals: Familiar Tunes with a Twist

Take a musical trip down memory lane. With multiple instruments and music "from the Hills of Appalachia to the Hills of Hollywood" we span the last century from traditional tunes to jazz and gospel with an interactive style that keeps all ages interested. *Please note-for this performer, if your facility is large enough where you need a sound system, you must provide the system.*

History & Culture

Cincinnati Memories- A virtual tour of Downtown Cincinnati

The virtual tour uses a "memories" theme showing both "old" and current pictures of historic and memorable Cincinnati landmarks as well as a narrative that highlights the history and current use of the site. *Facility must provide the projection screen or a blank wall for the program.*

1. Cincinnati Memories- A virtual tour of Downtown Cincinnati-From the comfort of your facility, step back in time to visit Fountain Square, the Carew Tower Complex, the Dixie Terminal Building, City Hall, Findlay Market and Union Terminal to name a few. This program is sure to stir many memories for your group and will give you a great reminiscing tool to use. This is one program you don't want to miss out on!

2. NEW! Cincinnati Memories 2- A virtual tour of Downtown Cincinnati-Take this virtual tour from Music Hall to Chester Park with stops at the inclines, Crosley Field, Eden Park and ride on the Island Queen to Coney Island.

Janice (Sunflower) Trytten presents Native American history and culture through these two programs:

1. Visitor from the Plains

As a re-enactor in the fur trade era, Janice has collected by hand many artifacts related to life as a Plains Indian. Soothing native flute music calms and opens the ears. A buckskin shirt is passed from hand to hand to be weighed and “worn” on the arm. Participants are shown and invited to touch bison and deer hides, smell white sage, see gourds, hear “deer toes” and more. All of the senses are engaged. Taste buds experience sunflower seeds or jerky if appropriate for the group. The program is hands-on and interactive with each person. Requirement: Wheeled cart accessibility a plus for indoor presentation.

2. Native Flutes Concert or Lecture/Demo

The sound of the Native Flute immediately calms and transports the listener to an earlier time. As a concert or lecture demo, Janice will display her large collection of flutes, play each one of them and provide information on their construction, makers and materials. She will provide a top quality sound system and can wear Plains-style Native clothing. Requirements: Grounded electrical outlet for sound system. Table at least 4' x 4' for the flutes.

Pat Maley

Master Spinner from The Weaver’s Guild of Greater Cincinnati, will demonstrate how people from the 18th century spun fiber into yarn on the spinning wheel for making cloth, and discuss dyeing and fabric making from the period.

Russ Childers

Russ shares the history of a region using traditional Appalachian stories and songs to paint memories of the past. This program illustrates several Appalachian instruments and aspects of Appalachian culture.

Stan Wernz presents:

Meet Mr. Lincoln - A Talk with Abraham Lincoln

Come hear Mr. Lincoln relate events from his early childhood, living in Indiana, and his professional and political career. He will include comments on patriotism, liberty and independence. Hear his words of gratitude to those who have protected the Union, and encourage us in the challenges today. The program is carefully chosen from Lincoln’s writings and speeches.

The Taft Museum of Art will delight you with these five selections:

1. Who's Who at the Taft

Learn more about the often outrageous personalities behind the serene portraits that line the Taft galleries. Likely to be revealed are the well-kept secrets of those very distinguished characters who had their portraits painted by the old masters many years ago.

2. The Collectors: Anna Sinton and Charles Phelps Taft of Pike Street

Find out about the Cincinnatians whose vision and love of art led to the creation of the Taft collections as well as the preservation of their downtown neighborhood. This program tells the history of the prestigious Taft family who lived at 316 Pike Street from 1873-1931.

3. Telling Tails at the Taft

Enjoy a humorous look at the animal life depicted in the Taft Museum of Art's collections of paintings, porcelains and enamels. From fearsome dragons to playful puppies, this presentation will place these creatures within their artistic contexts and will be enjoyed by animal lovers of all ages.

Call Grace for additional program options.

Wellness Programs

Chair Yoga with Joan Riemar

Chair based yoga is a fun and excellent form of yoga designed for those who desire the benefits of gentle stretching while sitting in a chair or using a chair for additional support. Yoga promotes radiant health as it stretches and tones your muscles, spine and skeletal system. Our practice focuses on the whole body leaving you feeling calm and refreshed.

**Ballet and Creative Movement Classes
with Jennifer Frank - Jennifer offers two classes:**

1. Ballet - This class allows the participant to learn basic ballet movements as well as express themselves physically. The French vocabulary terms will add another dimension to this class. Familiar music from famous Ballets and Symphonies will be used in order to create a comfortable environment in which to move. Participants can be standing or sitting as Jennifer can adjust the program accordingly.

2. Creative Movement- This class will engage even the shyest participant. A wide range of musical styles will dictate each class. Some examples are Latin, African, Irish, 50's, Disco and Country. A basic warm up will be followed by a dance we will all learn together. Participants can be standing or sitting as Jennifer can adjust the program accordingly.

Introduction to HealthRHYTHMS®

Evidence-based recreational group drumming for groups of 10 up to 30. One-hour, ten-step protocol includes seated wellness exercise, shaker and drum activities, and guided imagery. Proven results for groups of seniors and for staff or care-givers. All instruments and facilitator provided. Requires a completed circle of seating and CD player (optional). Can be expanded into multi-week series.

Introduction to the Mountain Dulcimer with Nancy Bick Clark

This is a hands-on introductory workshop to the Appalachian mountain dulcimer, which is played on the lap with a pick. The lower strings serve as drones, and the melody is created on only the first string. The player can follow the numbers on the music and the frets to make a song. The class will learn two to three songs in the first hour, as well as some rudiments of the instrument. Class size is limited to 7 to maximize individual attention. For resident populations with special needs, it is requested that a staff member be on hand to assist the instructor. Available workshops:

- 1. Introducing the Mountain Dulcimer** - with familiar tunes
- 2. Sounds of the Season** - a special class to teach some Christmas carols and Hanukah songs

Introduction to Tai Chi with Ralph Dehner

This program will introduce the participant to the ancient art of Tai Chi Chuan. Tai Chi is a very ancient Chinese healing art with hundreds of years of history. Through meditation and gentle movements, Tai Chi generates stronger chi, or life energy. Benefits include stress reduction, increased balance, normalization of blood pressure and improvement of arthritis symptoms to name a few.

Line and Square Dance Classes with Jerry and Kathy Helt - Jerry and Kathy offer two dance classes

- 1. Line Dancing**-Learn line, solo and pattern dancing. Any number can participate, but must be mobile.

2. Square Dancing-Learn square dancing in minutes! It's easy and fun. Participants must be mobile. A minimum of at least four couples or eight individuals is required.

Equipment needed for the above classes: a large table and an electrical outlet. Jerry and Kathy will furnish all sound equipment and recordings for the event.

Make No Bones About It - An interactive and educational - Osteoporosis exercise program

This Osteoporosis program will get you up and moving. Not only will you learn about Osteoporosis, you'll learn how to reverse the damage that it creates. This disease is easily prevented or reversed through proper nutrition and exercise. Make sure you are dressed appropriately for exercise. You'll be up moving and practicing some of the exercises that will strengthen your bones.

Meditation Class with Susan Haumesser

In this class, you will learn the benefits of practicing daily meditation. Through guided imagery and music, this experiential class will teach you how to quiet yourself, meditate and experience the treasures within your inner world.

Mindful Meditation for Stress Reduction and Health

Your seniors will take part in a one hour program of Mindful Meditation where they will start out with very simple and non-threatening Tai Chi and Yoga movements with a showing of proper breathing methods. Then they will be seated where a reading or visualization will be given followed by about 20 minutes of silent meditation. This program can take up to 10 participants. Program can be tailored to meet any functioning level. **About the instructor:** Gretchen Genung is a Certified Health Educational Specialist with a Masters Degree in Health Promotion and Education. Gretchen has studied meditation under Jon-Kabat Zinn at the Omega Center for Health in New York. Gretchen has been teaching meditation since 1996.

Moving with Melissa

A fun, safe, non-intimidating fitness program for all ability levels. The classes include use of a chair for seated and/or standing support and using a variety of equipment appropriate to the individual. Focus is placed on muscular strength, range of motion, endurance and balance.

Theme Day Artists

Many of our artists offer theme day programs upon request for the following themes. *When booking an artist for a particular themed program you must let Grace know what program you are interested in when you make the initial call.*

Mardi Gras	Broadway
Mother's Day	Italian theme
Father's Day	Latin Theme
Patriotic Theme- 4th of July/Memorial Day/ Labor Day/ Veteran's Day	TV/Movie Theme songs
Easter/Springtime	Animal Theme
St. Patrick's Day	Waltzes
Opening Day- sports related program	The Music of Brazil
Cinco de Mayo	Classical
Christmas in July	Grandparents Day/ Senior Day
Oktoberfest- German theme	Angel Day
Western Day	Kentucky Derby
Valentine's Day/ Sweetest Day	1920's
Halloween	1930's
Hawaiian Luau	1940's
	1950's
	1960's
	Background music

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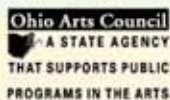
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