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Creative Aging Festival Returns to the Rotary Centre for the Arts with Community Engagement Activities for all June 13 to 17

(Kelowna, BC) - The Rotary Centre for the Arts (RCA) welcomes back its Creative Aging Festival June 13th to 17th after several years. This free community week holds opportunities for all members of the Kelowna-community, from instructing to demonstrating to participating to observing. This program is geared to 55+ community members and community members who enjoy engaging with older community members.

Colleen Fitzpatrick, Executive Director of the RCA says, “Arts-based engagement at any age helps create social and cultural bonds within communities and can build new skills, self- awareness and reduce social isolation. All are invited to participate in the festival’s visual art, dance and music programs.”

Creative Aging Festival programs include:

Draw Your Art Out provides a casual, supportive environment for people to gather safely, make art, and express themselves in a variety of visual art forms with the guidance of a trained facilitator.

Dance Classes will all be taught by mature instructors and all programs are accessible to all experience levels.

Move & Dance is a time to honour your body's desire to move. The session starts with an opening circle followed by the playing of a recorded playlist of danceable music. The space is focused on moving and talking is discouraged. We ask participants to dance in bare feet. This program will run weekly beyond the Creative Aging Festival.

Open Mic invites you to step up to the microphone and share your music, comedy, or spoken word. This all-ages Open Mic Night led by Craig and Michelle Siemens is also a soft launch of a bi-monthly series that will continue into 2023.

ApHeart is a movement meditation for our times to reflect on the "self" inside the "whole". Senior movers of all backgrounds perform a dancing ritual with live music to provide a sense of hope and unity. ApHeart speaks through the body to celebrate our humanity and the earth we inhabit. ApHeart includes two workshops and one performance with four professional dancers, Claudia Moore, MOonhORse Dance Theatre (Toronto) and local professional dancers Annick LeQuellec, Cori Derickson and Sean Ling-Allen, and up to 20 community dancers.

Open Space is a time for seniors to unstructured gathering to show creative work, create and discuss. This time will feature demonstrations and an interactive project with the Orchard Valley Quilt Guild. All are welcome.

Schedule

Monday, June 13 9:30 – 12:00 pm	Draw Your Art Out	Harmony Honda Paint Studio
Tuesday, June 14 10 – 11 am 3:30 – 5:30 pm 6 – 8 pm	Ballet with Tanya Vadurova of Mission Dance ApHeart Community Dance Workshop Open Mic with Craig and Michele	Sun FM Dance Studio Salloum Dance Studio Atrium
Wednesday, June 15 10 – 11:30 am 1 – 2:15 pm 3:30 – 5:30 pm	Nia dance class with Patti Tennessy Dance & Move ApHeart Community Dance Workshop	Sun FM Dance Studio Salloum Dance Studio Salloum Dance Studio/outside
Thursday, June 16 10 – 11 am 6:30 – 7:30 pm 7:15 – 9 pm	Tango line dance class with Leona Laccoff Whole Rest – Music and relaxation School of Blues	Sun FM Dance Studio Harmony Honda Paint Studio Atrium
Friday, June 17 10 – 11 am 1 – 4pm 3:30 – 5:00 pm 4 pm	Flamenco class with Tascheleia Marangoni Open Creative Space ApHeart Community Dance Workshop - meet in the ApHeart Community Dance – Performance – meet in front of the RCA	Sun FM Dance Studio Atrium Salloum Dance Studio

Pre-register to reserve your space on our website through What's On > Community Programs, or drop in. Groups are welcome. Call the RCA Box Office to arrange for your group booking.

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About the Rotary Centre for the Arts

Located in the heart of Kelowna's Cultural District, the [Rotary Centre for the Arts](#) is a multidisciplinary visual and performing arts centre. The RCA continually strives to improve the economic, cultural, and social quality of life in the community by fostering participation in, and appreciation of the arts. As a world-class venue celebrating creative expression through diverse art forms and disciplines, the Rotary Centre for the Arts is a unique City of Kelowna facility in which individuals of all ages and backgrounds come together to share in the excitement of strengthening art and culture in the Okanagan. The Rotary Centre for the Arts respectfully acknowledges that it is located on the unceded, traditional territory of the Syilx (Okanagan) people.