



EXPLORING STRENGTHS AND CHALLENGES OF AGING THROUGH IMPROVISATIONAL DRAMA

A LIFELONG ARTS WORKSHOP SERIES

TUESDAYS, JANUARY 13 to MARCH 10
1:00-3:00 PM

8 sessions + closing celebration/showcase

At Alderman Oaks Retirement Residence

727 Hudson Ave, Sarasota, FL 34236 (AL#8979)

Your talents, abilities, and creativity will be explored through fun-filled improvisational theater games in a safe, creative, and inspiring environment. Through creating various drama characters, participants will experience the strengths, joys, and challenges of aging. Improvisational drama is a form of theater in which characters and dialogue of a story are made up in the moment... there are no written scripts! Participants tap into and celebrate their creativity while interacting and learning from their peers. The program will culminate in a celebration of your work.

This workshop series is **FREE**; must be 55 years or older to register
(No Acting Experience Necessary)

Reach out to Program Manager, Giovana Pérez-Oliveras, at education@ringling.org if you have any questions!

WORKSHOP PRESENTER

Hedda Matza-Haughton, LCSW



Hedda Matza-Haughton is an experienced drama teaching artist, health educator, social worker,

playwright, national speaker, and founder and president of "For the Health of It" Consultation Services, which integrates the arts to promote health and education. She is also one of the founders and co-chair of Arts For Health Sarasota-Manatee. Hedda has worked using drama and laughter integrated with education and with health issues for individuals of all ages throughout the country and locally.



TO REGISTER please go
online at **AldermanOaks.com**.

Look for the evenbrite link.
or

CALL 941-809-7298
EMAIL dfitts7@gmail.com

****space is limited!****

The Ringling

THE JOHN & MABLE RINGLING MUSEUM OF ART
STATE ART MUSEUM OF FLORIDA | FLORIDA STATE UNIVERSITY

Lifelong Arts is a Vitality Arts
initiative generously supported by
E.A. Michelson Philanthropy



LIFELONG ART
@TheRingling