



*main street arts*



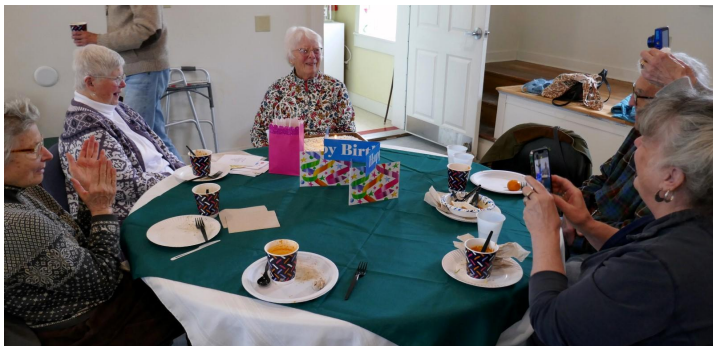


# MISSION

Main Street Arts strengthens personal and community well-being through diverse arts experiences and social connection.



# Creative Aging Lunches





# Creative Aging Classes



# Theater Play



# Elder Talks

LEARN MORE ABOUT COMMUNITY MEMBERS  
THROUGH 15-20 MINUTE PRESENTATIONS  
IN THEIR AREAS OF EXPERTISE!

TUESDAYS, 12:50-1:10, POST CREATIVE  
AGING LUNCH

Jan 7: John Bohannon  
Conflict Resolution

Jan 14: Anne Dempsey  
Rockingham Library Can Support  
Your Aging Creatively Endeavors

Jan 21: Deb Bump  
My Sculpture

Feb 4: Sally Grieco  
Readings From "Ask and  
Answered"

Feb 17: Miriam Wolf  
Wisdom Of The Body

Feb 25: Debbie Wetzel  
ASL Sign Language

Jan 7: John Bohannon  
Conflict Resolution

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*Come get creative and build community!*  
**Creative Aging Classes**  
**at Main Street Arts**

CLASS TUITION IS FREE!



**CREATIVE AGING LUNCH FROM SMOKIN' BOWLS**

Tuesdays, September - June, 12 pm - 1 pm

*Suggested Donation \$3*

**ELDERTALKS, BI-WEEKLY**

Tuesdays, 12:50 pm - 1:15 pm

**FEBRUARY - MARCH**



**BOOKMAKING USING SEWING TECHNIQUES**

*with Amber Paris*

Thursdays, 10 am - 12 pm, February 6 - March 27



**THEATER PLAY**

*with Michael Zerphy & Ham Gillett*

Tuesdays, 1 pm - 2:30 pm, February 4 - March 11

**APRIL - MAY**



**LEARN TO DRAW**

*with Susan Rosano*

Tuesdays, 1:30 pm - 3 pm, April 1 - May 20



**INTRO TO CYANOTYPE**

*with Evie Lovett*

Thursdays, 11:30 am - 1:30 pm, April 3 - May 29 (no class April 17)

**LOCATION: BELLOWS FALLS SENIOR CENTER**



**HARMONY FOR LIFE - GROUP SINGING**

*with Ashley Storrow*

Tuesdays, 1 pm - 2:30 pm, April 1 - May 20

**MAY - JUNE**



**MULTI-DISCIPLINARY STORYTELLING FOR WOMEN**

*LEGACIES: RECKONING + RESILIENCE*

*with Naima K. Wade*

Thursdays, 10 am - 12 pm, May 29 - July 3

**CULMINATING EVENT • Saturday, June 21st, 3 pm - 5 pm**

Register on website [mainstreetarts.org](http://mainstreetarts.org), call 802-869-2960, or email [ashley@mainstreetarts.org](mailto:ashley@mainstreetarts.org)



**main street arts**

35 Main Street, Saxtons River, VT



# LifeSongs



<https://youtu.be/QSeuNYwCP2I>