

The Ringling

INVITES OLDER ADULTS TO PARTICIPATE
IN A FREE WORKSHOP SERIES AT
ALDERMAN OAKS RETIREMENT RESIDENCE

- RESIDENTS AT ALDERMAN OAKS ALONG WITH FRIENDS AND FAMILY MEMBERS
- GUESTS FROM THE COMMUNITY

EXPLORING STRENGTHS AND CHALLENGES OF AGING

THROUGH IMPROVISATIONAL DRAMA

Come have fun and try something new while tapping into the wit and wisdom of aging!

TUESDAYS: FROM MAY 20 - JUNE 24
6 WEEKLY SESSIONS
3:00 PM - 5:00 PM

Alderman Oaks Retirement Residence
In Downtown Sarasota
727 Hudson Avenue, Sarasota FL 34236
(AL#8979)

Back by popular demand, we invite you to join us for this Lifelong Arts workshop series at Alderman Oaks.

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.



WORKSHOP PRESENTER Hedda Matza-Haughton, LCSW



Hedda Matza-Haughton is an experienced drama teaching artist, health educator, social worker, playwright, national speaker.

Hedda is founder and president of "For The Health of It" Consultation Services, which integrates the arts to promote health and education (www.laughforthehealthofit.net).

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 health issues with individuals of all ages throughout the country and locally.

Registration is available online at AldermanOaks.com. Look for the **eventbrite** link. **Or call** 941-955-9099 or email info@aldermanoaks.com. Space is limited.



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

Ringling.org