

News Release

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City of Edmonton

Creative Age Edmonton presents FEST - and more!

Edmonton's annual celebration of seniors engaged in the arts is back! *FEST – and more* offers workshops, performances, arts cafés and other opportunities to experience the creativity that older adults have to offer.

"Creative Age Edmonton promotes and celebrates the power of the arts to transform older adults," said chair Alice Major. "I believe every retirement plan should include planning for *participARTion* as well as financial planning."

Every year, Creative Age Edmonton partners with GeriActors and Friends to put on the annual Festival of Edmonton Seniors Theatre (FEST) at the Timms Centre. This year's program includes opportunities for older adults (55+) to take workshops on everything from acting to rock 'n roll.

FEST also offers evening performances, including a program of intergenerational storytelling, and the Arts Extravaganza with musicians, dancers and acting. All ages are welcome.

David Barnet, one of the founders of Creative Age Edmonton, is passionate about the benefits of having seniors engaged in the arts. "Research indicates the benefits of being creative include reduced health costs, but more importantly, improved social connection," he said. "When I retire I'm going to dance. I think everyone should dance in some way or another."

Creative Age Edmonton receives support from The Edmonton Seniors Coordinating Council, Edmonton Arts Council, Vision for an Age-Friendly Edmonton, and the Alberta Foundation for the Arts. FEST is also supported by the University of Alberta.

For more information:

Visit creativeageedmonton.ca

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