

MEDIA RELEASE

9 March 2023

Creative Seniors Day

Tuggeranong Arts Centre's Creative Seniors Day is a series of free creative activities for senior residents of the Tuggeranong Valley.

Focusing on inclusion, wellbeing, and social connectivity, participants are welcome to stay for the day or drop in for an hour! Come and explore visual arts, music, dance and singing at this wonderful community event.

Relax in the fresh air, take in the view, and use available drawing materials to make observations in Lakeside Sketching. Focus on a tree, the lakes edge, or clouds in the sky. Whether it's smudgy, streaky, swirly, or scratchy, use your own marks to capture a memory.

Create a flower motif with left over fabric, yarns, and buttons and contribute to a group textile assemblage in the Collaborative Flower Making activity.

Learn coiled weaving techniques and make small items using raffia, in a Weaving Circle led by Indigenous knowledge holder Narelle Hutchings.

Surprise yourself on what you can achieve in a Be Still – Still Life Painting class with artist Lily Platts and be guided through an introduction to basic acrylic techniques.

Enjoy listening to the wonderful sound of strings in a lunchtime concert by the Canberra Symphony Youth Chamber Orchestra, performing a varied program of solo and ensemble repertoire.

Have fun singing popular songs in an informal sing-along.

Find your groove in the Fresh Funk 55+ modern movement class. Fun, funky and suitable for beginners, come and sample Tuggeranong Arts Centre's flagship dance program.

Conclude the day celebrating with the artists at the official opening of three new exhibitions On the Banks of the Murrumbidgee by Mark Dober, Traverse by Peter McLean and John Pratt and Incidental TV by Nicci Haynes.

Full program details and booking links are available on the Tuggeranong Arts Centre website at: www.tuggeranongarts.com/events/creative-seniors-day/

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