

CREATIVE AGING at 317 Main Community Music Center / Yarmouth, ME
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Overview:

317 Main believes that the arts play a powerful role in enhancing the quality of life of older adults. We are committed to generating opportunities for lifelong learning, social engagement and mastery of skills through music education programs that provide new creative possibilities for adults over 55. We know that there is a significant and rapidly growing need for this kind of programming in the state of Maine.

Successful programs will:

- Engage older adults in meaningful, creative activity and sequential learning
- Incorporate proven creative aging principles:
 - Cognitive and physical engagement
 - Social engagement
 - Mastery: developing new skills
- Recognize the contributions of older community members
- Promote intergenerational exchange

317 Professional Development:

- In 2015, 317 Main hosted a creative aging training day for Teaching Artists, presented by the Maine Arts Commission and led by Susan Perlstein, founder of the National Center for Creative Aging in Washington, DC.
- 317 Main program administrators have attended training sessions on Creative Aging through the National Guild for Community Arts Education.

Community Outreach

- 317 Main is working now to establish relationships with organizations, communities, and leaders in southern Maine who can help us connect with older adults.

Current Programs

- 317 Main currently serves older adults through these programs:
 - Private and group music lessons at 317
 - Free monthly Noon Tunes concerts (second Tuesday) Sept-June
 - Student ensemble performances at area retirement communities
 - 317 Local Vocals – community singing group
 - 317 produced concerts and other music-related public events.

New Program Ideas

- English Country Dancing, 10-week group dance instruction with live music, partnership with Yarmouth Historical Society. (Pilot program begins in January 2016)
- “Used to be in Band Band” – music ensemble for older adults who used to play an instrument. (In development, no pilot date yet)
- Songs of My Family – singing, songwriting, and storytelling group project. (In development, no pilot date yet).