

Artfully Aging

Artfully Aging is an art program designed specifically for seniors of all skill levels. It serves the full range of senior communities, from independent senior centers to skilled nursing and memory care centers. The goal of Artfully Aging is to provide an inspiring activity and for each participant to experience a sense of creativity and enjoyment through participation. Studies have shown that creativity greatly enhances our lives.



Delmar Gardens West, a skilled nursing center in Chesterfield. (Standing, Mary Beth Flynn, owner, artist, Artfully Aging)

Working with a variety of skill levels Artfully Aging tailors each session to the specific needs of each group. The predominant medium used is watercolor. Extensive programming has been done to ensure that each session is well organized and meaningful. Great effort is put into presenting new and interesting material as well as designing step by step easy to follow processes allowing each person to realize success.

Artfully Aging creates all of its own projects. Other creative art projects are also available. Examples of these are various crafts and card making.

Projects are often theme based around the current season or holiday and include storytelling, reminiscing or songs pertaining to the theme. A favorite example for summer is a bright red cardinal. Participants have the

option of painting the cardinal sitting on a baseball bat or on a branch in a tree (most participants are cardinal fans). Participants are aided in getting the images transferred onto watercolor paper and then are individually painted allowing each project to have its own personal style. As the session is wrapping up stories around baseball, St. Louis and summertime are solicited and shared along with singing "Take Me Out to the Ballgame". This approach makes for a fun experience rather than just another art project.

Artfully Aging was founded in 2009 by St. Louis artist, Mary Beth Flynn. She holds a bachelor's degree in interior design from MIZZOU and worked as a commercial designer for number of years. In 1995 she began working as a professional artist and developed a nationally recognized house portrait business. Also, during this time she worked as a caregiver for Seniors Homecare and later offered watercolor classes through Homewatch Caregivers, both local homecare companies. It was through having an extensive art background, experience working with seniors and a desire to contribute to society that Mary Beth's vision for Artfully Aging emerged.

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Mary Beth is very passionate about bringing art to seniors and believes that within everyone lie artistic capabilities. She believes that creative activities can be very therapeutic. "I've experienced firsthand the life-giving benefits which come from engaging in the creative process", she said. Along with her passion Mary Beth has also been diligent to become educated and informed regarding seniors and their specific needs. She has participated in several professional workshops offered through the Alzheimer's Association and is a member of the Association of Activity Professionals-St. Louis

Artfully Aging currently serves over 25 retirement communities located in St. Louis and St. Louis County. Each community has its own individual ongoing monthly schedule. Each session is approximately an hour in length and groups are comprised of regular participants. Group sizes vary anywhere from five to twenty. Artfully Aging hopes to serve more groups and communities in the future. You can reach Artfully Aging on the web at contact@artfullyaging.com or by telephone at 314-968-9148



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