



Art programming that inspires **creative expression, social connectivity & lifelong learning.**



## About Us

Artfull Aging provides older adult communities with access to high-quality art programs that are uniquely designed to empower participants, support recreational staff, and enhance your community's overall creative culture.

All of our programs are accessible through our online Members Portal and can be facilitated by life enrichment staff or pursued independently by residents.

## Our Mission

At Artfull Aging, we believe that all older adult communities and their respective residents should have access to inspiring and sustainable art programming.

We are committed to increasing awareness about the profoundly positive impacts of creative experiences for older adults and overcoming barriers to participation.

For membership inquiries,  
please contact Debbie Hounshell at  
[DHounshell@linkageconnect.com](mailto:DHounshell@linkageconnect.com)



# Our Memberships

All Artfull Aging memberships include online access to a variety of art programs and facilitator training resources.



## Artfully INSPIRED

12 Programs



## Artfully ENGAGED

24 Programs



## Artfully EMPOWERED

36 Programs



## Our Programs...

Artist Inspired Activity  
**Frida Kahlo**

**ABOUT THE ARTIST**  
Frida Kahlo defied many female stereotypes as a young woman in the early 1900s. She was independent, politically informed and creatively ambitious as she pursued her own career. Kahlo's style was influenced by Mexican Folk Art, politics, and her love of nature. She explored themes of identity, race, gender and societal expectations. She often used objects and creatures to symbolize her current mental state and express her position on particular topics. Frida used herself as her main source of inspiration. She employed painting as a way of coping with the incredible physical pain she experienced due to the injuries she sustained in a traffic accident at the age of 18. Her artwork was also fueled by her emotional struggles with pregnancy and miscarriages. Frida used rich colors and thought-provoking imagery to grab the attention of observers. Her strikingly honest self-portraits can fetch anywhere between \$1-10 million at auction.

**ARTIST QUOTE**  
"I paint self-portraits because I am so often alone because I am the person I know best."

Artfull Aging © 1



## INDEPENDENT ART PROGRAMS

Printable art programs that require minimal art supplies and can be pursued independently by residents.

## ARTFULL TALKS PRESENTATIONS

Video and slideshow gallery tours that review several artworks in detail. These programs are designed to ignite rich conversations about art.

**Project Painting Materials:**

- 1 Canvas
- 1 Palette
- 1 Acrylic Paint (Red, Green, Yellow, Blue, White, Black)
- 1 Acrylic Medium
- 1 Acrylic Glaze
- 1 Acrylic Varnish
- 1 Acrylic Gesso
- 1 Acrylic Brush
- 1 Acrylic Paper
- 1 Acrylic Paper
- 1 Acrylic Paper

**Alternative Materials (Optional):**

- 1 Acrylic Paint (Red, Green, Yellow, Blue, White, Black)
- 1 Acrylic Medium
- 1 Acrylic Glaze
- 1 Acrylic Varnish
- 1 Acrylic Gesso
- 1 Acrylic Brush
- 1 Acrylic Paper
- 1 Acrylic Paper
- 1 Acrylic Paper

**Project Info:**

Length of Program: 45 minutes  
 Recommended Level: Beginner, Beginner-Intermediate  
 Number of Participants: 5-10  
 Set up: Tables, chairs, refreshments, access to a sink.

**Project Guide: Milky Way Mountains Acrylic Painting**

**Materials:**

- 1 Canvas
- 2-3 Paintbrushes of varying sizes (per person)
- 2 Canvas covers for 8x10 inch panels (per person)
- 2 Paintbrushes on Paper Plate (per person)
- 1 Piece of Paper Towel (per person)
- Acrylic Paints (Red, Blue, Purple, White)
- 1 Sponge brush, 1 inch (per person)

**Alternative Materials & Artist Tip:**

- \* If a sponge is unavailable, use a paint brush for Step 10.
- \* Craft sponges with \*no sponges in the project.

**Project Info:**

Length of Program: 45 minutes  
 Recommended Level: Beginner, Beginner-Intermediate  
 Number of Participants: 5-10  
 Set up: Tables, chairs, refreshments, access to a sink.

**Prep:**

- Prep Time: 15 minutes
- Read through the project guide.
- Time permitting, try the project.
- Set up supplies and distribute the paint.

## ARTFULL VIDEO TUTORIALS

Step-by-step art video tutorials. Gather the applicable materials, press play, then follow along with the video and printout.

## PROJECT GUIDES

Step-by-step art projects that can be printed and facilitated by programming staff or pursued independently by residents.