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FEATURED

Rumriver Art Center offering free art classes for seniors

Paige Kieffer May 14, 2019



The Rumriver Art Center will be offering 20 free art classes for seniors from June through December at the art center and at senior centers and assisted living facilities throughout the north metro area.

Photo submitted

The Rumriver Art Center will be offering free art classes for seniors from June through December.

Eight classes will take place at Rumriver Art Center, located at 2665 Fourth Ave., Suite 103, Anoka. The other 12 classes will take place at various senior centers and assisted living facilities throughout the north metro area.

All of the classes are free and open to all seniors ages 55 and older.

“These are high-quality art classes that will get seniors interested in art or will help expand the art skills they already have,” Rumriver Art Center Executive Director Larry Weinberg said. “These classes will allow seniors to try a variety of different mediums so they can discover what they like and what they don’t like. There is something for everybody.”

Each class will have participants create their own unique project taught step-by-step by an instructor from the Rumriver Art Center. The classes will consist of a variety of mediums including acrylic painting, watercolor, hand-built pottery, mosaic art, and drawing.

Seniors of all skill levels are invited to participate in the classes.

Weinberg said recent research has shown that seniors see improvements both mentally and physically when they participate in art activities. He said depression is also reduced because art activities encourage seniors to socialize.

“The creative process really stimulates the brain,” he said. “There are so many benefits seniors can get from the arts, especially with physical and mental health.”

Weinberg said the senior art classes have been made possible by the voters of Minnesota through grants from the Minnesota State Arts Board and the Metropolitan Regional Arts Council.

To sign up for a class, call 763-323-8830 or visit rumriverart.com. Space is limited.

The Rumriver Art Center is a 501(c)(3) nonprofit organization in Anoka that offers art classes to children, teens, adults and seniors year-round.

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