

Performing Artist, Teaching Artist, or Organization Name							
Artist, or Organization Name	Contact Person	Email	Website	List all regions served	Program or Performance Title	Type of Program	Program Description(s)
Emmanuel (Kofi) Dennis	Kofi Dennis	kofidennis@gmail.com		all	African Drumming Polyrhythms	African Drumming Polyrhythms	Kofi Dennis is a drummer, performer, and educator. He earned a degree in Early Childhood Education at the Komenda Teaching College, University of Cape Coast in Ghana, West Africa, and a degree in Theater Arts (creative dramatics) from the School of Performing Arts at the University of Ghana. Before moving to the United States in 1995, Kofi taught academics and lead performing arts programs at schools, correctional facilities, orphanages, and child-care centers in Ghana. He also starred in radio and stage theaters, television and video productions in Ghana. Since being in the DC metro area, Kofi has educated and entertained as a drummer, storyteller, singer, and dancer at venues such as the Kennedy Center, Discovery Theater, the Smithsonian Folklife Festival, and Wolf Trap's Theater in the Woods and Filene Center. He has been a Wolf Trap Teaching Artist since 1998. He is recognized as a master teacher/trainer and presenter of West African Culture. Kofi performs as half of the duo Anansegromma, presenting music, dance, drums, games, and stories. Beloved by children and adults alike, Kofi is skilled at engaging people of all ages.
Arts for the Aging, Inc. (AFTA)	Brandi Rose	brose@aftaarts.org	www.aftaarts.org	all	Joy in Generation	Art Appreciation,Creati ve Writing,Dance participatory,Music interactive,Particip atory Drama/Improv,Vis ual Arts,story telling,Multidiscipli nary	Arts for the Aging, Inc. (AFTA) is a nonprofit that provides interactive arts workshops to seniors in the Greater Washington area. We work with a team of 17 teaching artists in all arts disciplines. Our programs are designed to stimulate minds, bodies, spirits and imaginations through immersion in visual, musical, performing, and literary arts programs

Helping Hearts Through The Arts (HHA)	Sue Skaddan	sskaddan@gmail.com	www.HelpingHeartsThrougTheArts.com	all	Helping Hearts Through The Arts (HHA) Outreach	Art Appreciation,Dance participatory,Dance Performance,Music interactive,Music Performance	<p>Helping Hearts Through The Arts (HHA) is a non-profit organization which has an outreach performing group (ages 40-72yo) that helps to bring the joy of music and dance primarily to elder day care, senior centers and retirement communities. Group participation is encouraged at these performances. New this year, HHA will provide an opportunity to work with interested seniors to perform a dance with them at the Creative Aging Festival. In September, HHA has an annual Autumn Remembrance Day Arts Festival where visual artists, dancers, musicians, and poets come together with the community to celebrate our ancestors, loved ones, and fall beauty.</p>
Antonella Manganelli		antomanganelli@aol.com	www.antomanganelli.com	Region 3-North Fairfax	The Ageless Power of a Creative Mind	Art Appreciation,Visual Arts	<p>The goal of my workshop is to provide an easy, stress free, painting experience, where everyone can access their own creativity without the pressure of rigid guidelines.</p> <p>Each workshop can be presented as a social event for the residents, and can be scheduled every other week or every week. A minimum of 3 hours is required to complete the event, including set up and break down. Each workshop will be structured with an introduction, a brief talk with residents, the making/focus moment, and the wrap up time to discuss the experience.</p>

BlueMonarch Creative - Art Therapy	Kimberly Faulkner	bluemonarchcreative@gmail.com	www.bluemonarchcreative.com	Region 1 – South Fairfax, Region 2 East Fairfax h Fairfax (Dulles, Reston, Herndon, Vienna, McLean, Tysons), Region 4 West Fairfax (Burke, Manassas	, Chantilly, Centreville) Artful Expressions - Therapeutic Art Experiences for Individuals or Groups	Art Therapy, Multidisciplinary	<p>Kimberly's mission with BlueMonarch Creative is to provide a unique and therapeutic setting for individuals and groups to explore and share enriching art making experiences. The goal is to build self-confidence, stimulate the imagination and have fun. Kimberly tailors each encounter for program participants (adapted for all levels of ability) with an emphasis on maintaining a supportive environment for maximum enjoyment and keeping seasoned minds sharp!</p> <p>Please call or email Kimberly to schedule a complimentary visit, or to find out how to incorporate art therapy into your program offerings for a special event, short-term services or as an ongoing group.</p>
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Encore Creativity for Older Adults	Amy Colhoun	amy.colhoun@encorecreativity.org	www.encorecreativity.org	Region 1 – South Fairfax , Region 3-North Fairfax	Encore Creativity for Older Adults	Choral Music	<p>About Encore Creativity</p> <p>Encore is the largest choral music program for older adults in the country! The choral program, under the direction of experienced conductors, offers 15-week sessions that conclude with free performances. For more information, visit the Encore website at http://encorecreativity.org.</p>
The Alexandria Singers	Catherine Colosimo	marketing@alexandriasingers.com	http://alexandriasingers.com/	Region 2 - East Fairfax (Falls Church, Annandale)	Annual & Holiday Pops Concert	Choral Music, Music Performance	<p>The Alexandria Singers celebrate the American Pops genre through choral and solo performances featuring radio hits, musical theater greats, jazz/pop standards, and the Great American Songbook.</p>

Jennifer S. Jones, LTC Productions, LLC	Jennifer Jones	Jennifer@LetterstoClio.com	www.LetterstoClio.com	all	Transformational Storytelling	Creative Writing	Good stories engage both the emotional and logical response of the listener. Great stories shift attitudes, inspire confidence, and lead to action. In this interactive workshop participants will engage in a series of exercises designed to unlock your personal story. Beginning with brush strokes, Jennifer will guide participants through the chapters of their lives to craft a 5 minute poem and finally the outline of their own transformational story. Everyone, yes everyone, has a story to share. What will be yours?
Sound Impact	Tiffany Richardson	tiffany.richardson@soundimpact.org	www.soundimpact.org	all	Journey Through Music	Creative Writing, Music interactive, Music Performance, storytelling	Journey Through Music explores the realms of memory and imagination through the performance of a selection of diverse pieces by string trio, ranging from Beethoven to Ella Fitzgerald. Transporting the participants through time and space through music, Sound Impact will musically guide them through an exploration of their memories through storytelling and writing exercises. The program will culminate in a collaborative performance with the participants sharing their stories through written word.

WELLarts, Facilitator	Eileen Wilkinson	WELLartsinfo@gmail.com	https://www.linkedin.com/in/eileen-daly-wilkinson-7b98249/detail/recent-activity/shares/?senderId=profranbro	all	Woven Words of Wisdom	Creative Writing, Visual Arts, storytelling, Multidisciplinary, other	For the past decade we have worked with many seniors in various settings offering collage, altered books, journaling, gratitude and intentional body mapping (like vision boards) & some drumming. No previous arts experience is necessary for participants. We often leave friends and find commonality around navigating life's transitions. Joy and tears are wonderful unifiers. I also enjoy intergenerational work.
Northern Virginia Country-Western Dance Association (NVCWDA)	Kerie Hitt	info@nvcwda.org	www.nvcwda.org	all	Social dancing	Dance participatory	NVCWDA is a non-profit group dedicated to teaching and enjoying country-western dancing. We hold social dances twice a month, usually at Lincolnia Senior Center. Before each dance we teach lessons. Open dancing features both couples and line dancing to music by our DJ. Dancing offers many health benefits to people of all ages.

Bowen McCauley Dance Co.	Elizabeth Looby	Elizabeth@bmdc.org	www.bmdc.org	Region 1 – South Fairfax	Dance for Parkinson's Disease	Dance participatory	Music Seated Dance Stretch In 2001, Bowen McCauley Dance Co. (BMDC) partnered with the Mark Morris Dance Group to create the Dance for PD program to the Washington DC Metro region. No pre-registration is required and weekly classes are free of charge to people with Parkinson's and their care partners at six area locations.
BodyWise Dance	Margot Greenlee	margot@bodywisedance.com	www.bodywisedance.com	all	Move, Learn, Create	Dance participatory, Dance Performance, Participatory Drama/Improv, Theatre performance, storytelling	This dance class encourages increased mobility, social engagement and rhythmic accuracy. Featuring social dance styles, popular music, conversation, and hand-to-hand partnering, the class is a well-paced and refreshing experience for people age roughly 60 – 100. Using both follow-the-leader and inquiry-based approaches, instructors bring participants into the world of a dancer; mastering movement and making unique dances together. Caregivers often join the class to enjoy the benefits of dancing themselves. *Currently offered at Knollwood Military Retirement Residence Memory Care and MVLE.
Jane Franklin Dance	Jane Franklin	janefranklindance@gmail.com	www.janefranklin.com	Region 1 – South Fairfax, Region 2 - East Fairfax	Forty+ and Workshops for Older Adults	Dance participatory, Dance Performance, storytelling	Jane Franklin Dance engages adults with onsite workshops, personal enrichment for all levels of physical facility, and intergenerational performances. Workshops for older adults blend directed movement and social dance, incorporate a music playlist of lively oldies, Latin rhythms and popular tunes to provide undeniable physical benefits. Participatory workshops can include performance elements; a directed process to explore an individual's past experience or relevant concerns of the group. "Forty+" is a group of performers past the age of 40. Varied repertory is generated by multiple choreographers resulting in endless performance possibilities. One such program: Jane Franklin Dance combines with "Forty+" to reminisce in the inter-generational "Shorthanded," a performance that revisits technology pushed away over time: cassette tapes, VHS, paper dolls, IBM 3033, and other blips on the relentless march of cultural change.

Annetta Dexter Sawyer	Annetta Dexter Sawyer	raas@rcn.com		Region 1 – South Fairfax, Region 2 - East Fairfax, Region 3- North Fairfax	Healing Movement, Music, and Dance	Dance participatory, Participatory Drama/Improv, Theatre performance	Participants engage in meaningful warm-ups grounded in well-being & progress to creative expression, movement to music, & dancing built on image-based guidance. A very intuitive, creative, & fun experience!
Children of the Light Dancers	Jeannine Lacquement	jjmatthew633@aol.com	Childreofthelightdancers@gmail.com	Region 1 – South Fairfax, Region 2 - East Fairfax, Region 4 - West Fairfax	Liturgical Dance and Storytelling	Dance participatory, storytelling	Participants engage in movement activities that focus on the beauty and joy of one's faith. It will provide participants with the opportunity to put their faith in motion through guided choreography, story telling, and improvisation. Participants will explore moving to the spoken word such as poetry and prayers, as well as beautiful instrumental music, hymns and well known praise and worship songs.

Curtis Blues	Curtis Mailloux	curtis@curtisblues.com	www.curtisblues.com	all	Curtis Blues Music Show	Music interactive, Music Performance	My programs use unusual instruments from all over the world and past music eras to engage multicultural groups of seniors in the joy of music. Participation ranges from joining me on instruments to dancing. My priority is using music as a strategy to engage seniors' minds and bodies.
Jocelyn Jackson	Jocelyn Jackson	jjackson@mujocproductions.com	mujocproductions.com	all	Various Concerts & Lectures	Music interactive, Music Performance, other	

Mason Community Arts Academy	Elizabeth Curtis	academy@gmu.edu	www.MasonAcademy.org	all	Piano Classes for Older Adults	Music Performance	Our group piano classes for older adults are specifically designed for participants to learn alongside others with similar interests and life experience, in a low stress and relaxed setting. In these classes, students make social connections while learning new skills!
City of Fairfax Band Association	Melissa McDaniel	info@fairfaxband.org	www.fairfaxband.org	all	City of Fairfax Band and Main Street Community Band	Music Performance	City of Fairfax Band and Main Street Community Band welcome wind band musicians of all ages. Main Street is come and play, while City Band is audition based. Rehearsals are Wednesday evenings, and each ensemble performs 4-5 times per season, with opportunities to join small ensembles as well.
American Youth Philharmonic Orchestras	Jason Spencer	jspencer@aypo.org	www.aypo.org	Region 2 - East Fairfax , Region 3- North Fairfax	AYPO Student Performances in Senior Centers	Music Performance	Since 2016, AYPO has revitalized its outreach into senior centers, libraries and hospitals across the community. Throughout the year, we offer students the opportunity to perform for residents in senior centers. Whether its a solo, duet, trio or quartet, our students share their time and talents with another generation. We also have larger instrumental ensembles - flutes, clarinets, harps - that can present full length concerts to residents.

Marian Licha	Marian Licha	marianlich11@gmail.com	marianlich1.com	Region 2 - East Fairfax , Region 3- North Fairfax ,Region 4 - West Fairfax	Frida Vice-Versa	other	In this one-woman show legendary Mexican artist Frida Kahlo teaches a master class at La Esmeralda School of Painting for Artists, under the semblance that the members of the audience are her students. In Kahlo's unconventional art class, the first lesson becomes the final lesson; death can be life and vice-versa. Her teaching unfolds as a personal story, packaged as ten "lessons." It reveals itself with the black humor of tragedy, accidents, opposites and irony that ruled her memorable life. Frida inspires her students to live life with passion as she portrays important characters in her life including renowned muralist Diego Rivera, who was married twice to her.
NextStop Theatre Company	Evan Hoffmann	evan@nextstoptheatre.org	www.nextstoptheatre.org	all	Improvistional Theater for Seniors	Participatory Drama/Improv	Learn the art (and fun!) of acting without a script as we improvise our way through games, think on our feet, and create scenes without memorizing a single line! Try out Improv and discover all its benefits including confidence, public speaking skills, active listening and teambuilding.

Basapella	Manny Arciniega	Manny Arciniega <m.g.arciniega@gmail.com>		all		Percussion, world music	Skilled in many areas of percussion, Manny's performance opportunities vary from playing tabla and percussion in the group Tablature, with Kuljit Bhamra MBE, to playing buckets on the Netflix Original TV Series House of Card (SE2Ep1). He has appeared in numerous award winning musical theatre productions in the Washington DC area, including performances at the Olney Theatre Center, Constellation Theatre Company, Arena Stage and Keegan Theatre to name a few. Recent performances include a Kennedy Center Millennium Stage appearance with World Renown Koto player Masayo Ishiguro and backing up bassist Joe Lally of Fugazi with the DC Improviser's Collective. Manny was also a member of the Carolina Crown and Phantom Regiment Drum and Bugle Corps. Manny has taught publicly and privately in the US and abroad and is currently on Percussion Faculty at Levine Music in Washington DC. He also works regularly with the Education Programs at the Kreeger Museum in Washington DC including programs with Alzheimer's patients and their caregivers. He also provides in-school contemporary music workshops with colleague Chris Brown as the duo Bassappella.
Mister John/They Lived Happily Ever After, LLC	John Light	tlheallc@gmail.com	N/A	all	Mister John- Storyteller	story telling	Stories, folktales, and wisdom tales from all over the world for all ages.
Arena Stage at the Mead Center for American Theater	Isaac Evans	ievans@arenastage.org	www.arenastage.org	all	Arena Stage - Senior Series	Theatre performance	Bring a group of ten or more to at least three weekday matinees of performances at Arena Stage and receive \$36 tickets, access to post-show discussions, parking and dining discounts, and more.

1st Stage	Emily Wall	emilywall@1ststagetysons.org	www.1stStage.org	all	Fly By Night	Theatre performance	<p>April 12- May 6, 2018</p> <p>FLY BY NIGHT</p> <p>Directed by Kathryn Chase Bryer</p> <p>Conceived by Kim Rosenstock, Written by Will Connolly, Michael Mitnick, and Kim Rosenstock</p> <p>A star-crossed prophecy. A lot of music. Just not a lot of light. In this darkly comic rock-fable, a melancholy sandwich maker's humdrum life is intersected by two entrancing sisters. A sweeping ode to young love set against the backdrop of the northeast blackout of 1965, FLY BY NIGHT is a tale about making your way and discovering hope in a world beset by darkness. "Romance doesn't come any sweeter than it does in this winsome love triangle set around the time of the 1965 New York blackout." – The New York Post</p>
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