



The Social Butterfly

Issue 3

August 2016

Changing the Face of Aging One Art Project at a Time



We believe age is relative. We also believe staying active helps keep people feeling young in body, mind and spirit.

We believe many things go into good health including enjoying music, art and culture — no matter what your age.

“Only those who risk going too far can realize how far one can go.” ~ Eliot

In August we kicked off an amazing artist in-residency with Crewst Studios out of Los Angeles. This three day whirl-wind included a educational presentation on the history of street art and it’s cultural relevance; a live performance by a spoken word artist out of Oakland; a live DJ dance party spinning the very best of 70s and 80s hip hop. Day two we went to Clarion Alley in the Mission District along with an amazing group discussion about community, love, and activism. And then Day three we were up and running throwing up our own piece. Thank you Man One and Scott Power for your inspiration and guidance, you really picked up what we were laying down.





Behind Every Favorite Song There is An Untold Story

We are blessed, here at the Social Day Center, with a committed group of professionals that comprise our team who share with us not just their dedication but their talents.



Have you ever had a song teleport you through time and space? Where you can literally feel those same emotions that you did the day that song made it's impression on your soul.

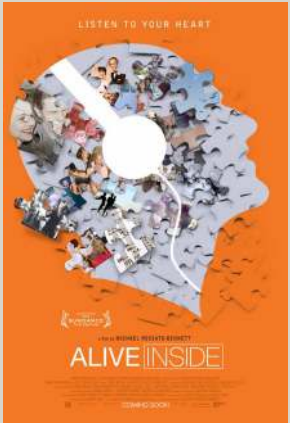
Do you know the words of some of these songs whose lyrics seemed to be carved into your heart like the grooves of a record.



Tell me you have sat around a campfire and sang songs with people you love. If not, come by the center, chances are we'll be singing.

Movie Suggestion:

Have you seen Alive Inside yet?
It's amazing.
Discover the power of Music and Memory.





Community Programs in September

Memory Café Presents San Francisco Friendship Luncheon

September 13th 11:30am-1:00pm

For more information visit <http://www.memorycarecafe.org/>

SFVA Dementia Resource Fair, our Director Jessica McCracken is presenting

September 15th 11-1pm

Call Jessica for more information 415-600-2690

Legacy Film Screening, uniquely devoted to films on aging

September 16th—18th

For more information visit www.legacyfilmfestivalonaging.org/

Walk to End Alzheimer's (sign up at <https://act.alz.org>)

September 17th , 10 am, Fort Mason, SF

Annual Art Sale & Silent Auction Benefitting Art with Elders

September 28th , 6-9pm, 111 Minna, SF



Poetry in the Garden

The center merge has been a great success. How fun it has been to form new friendships, to explore this lovely space, and to bring together our fabu-



Come Visit Us

Thank you to our participating families for your trust and patience.

We are so pleased to be a part of your circle of care.

Help Us Spread the Word

You, above all others, know how hard it is to find the right place for your loved one.

Please help other's find the support offered by our Social Day Program.

Review Institute on Aging on Yelp!

The Institute on Aging depends on support from those who know us best - clients and friends like you. Would you mind posting a review on Yelp?

<http://www.yelp.com/biz/institute-on-aging-san-francisco-3>

Questions? Comments

Feel free to call

Jessica McCracken

415.600.2690

