



Let's enhance your
QUALITY OF LIFE
today!



Adult Life Learning Program (DTA) at Art on the Edge

Civitan's Adult Life Learning Program at Art on the Edge is a place where our members engage in vibrant, cutting-edge, specialized programs including Visual Arts & Creative Expression, Gardening, Culinary and Nutrition Instruction, Music, Movement and Physical Education, and Life Skills. In addition, members regularly participate in volunteer initiatives and weekly excursions. We are currently accepting new members, **come see our Life Learning Program in action!**

@civitanfoundationaz



Civitan's Life Learning Program operates Monday through Friday from 8:00 a.m. to 4:00 p.m. and transportation is available. For inquiries or to schedule a tour, please contact:

Merilee Adams
Art Director
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602-953-2944 ext. 302

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Music LAB

The Music LAB is a creative space for members to explore musical passions. Learning to play different instruments, studying different music & poetry, practice songwriting, and exploring artists & genres are all part of the Music LAB weekly experiences. Members will also have opportunities to write, compose, and perform original music.

Visual Arts and Creative Expression

Civitan's Visual Arts classes engage members in creating & working with a variety of mediums and modalities. These include sculpture, designing, sewing, painting on canvas and glass, creating original pieces from reclaimed materials, and endless other creations. Members are taught to work with their hands plus imaginations to promote self-expression, exploration, and creativity. Civitan's Fine Art Gallery is also on site featuring works created by members.

Group Supported Employment

Flerish Midtown Thrift and Gift provides vocational training and income opportunities for members of our Group Supported Employment program with proceeds helping to support Civitan's programs and services.

Movement and Physical Education

Our members improve muscle strength, coordination, fitness, flexibility, and overall wellness through a variety of activities incorporated into daily classes including yoga, indoor and outdoor games, adaptive sports, exercise routines, and other physical activities. All movement and physical activities are adapted to our members to maximize participation, improve endurance, cardiovascular efficiency, balance, motor skills and body awareness.

Gardening, Culinary and Nutrition Instruction

Gardening, Culinary and Nutrition is hands-on, allowing members to experience new tastes while experimenting with different foods. Members are taught about seeding, tending to and harvesting a garden. These "Garden-to-Table" concepts will show the process from beginning to end for creating healthy food in meal preparation and planning. Safety education will also be included as an essential part of learning the practical things such as proper use of cooking utensils, developing recipes and menus and the origin of food.

LEARN MORE

www.CivitanFoundationAZ.org

1546 E. Edgemont Avenue
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Civitan also offers Life Learning Programs in North Phoenix, Chandler, Williams and Maricopa.

