

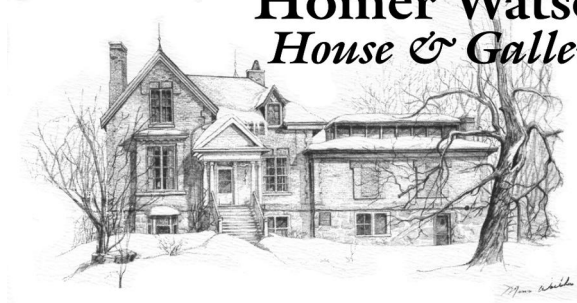
Homer Watson House & Gallery: *Building Community*

Homer Watson House & Gallery is pleased to offer Seniors Outreach Programs that are designed to *enrich, entertain, stimulate & encourage* participation through a structured visual art activity or museum based program that is *non-judgmental*.

Homer Watson House & Gallery places a great deal of consideration developing activities that are both *meaningful and entertaining* for Seniors living within the Waterloo Region and Wellington County. The Seniors Programs will be offered in two formats that include; **Reminiscent Therapy** and **Art Therapy**, both of which offer a series of beneficial effects for Seniors.

For more information about our Seniors Outreach Programs, or to book a visit, please call 519-748-4377 or email: programs@homerwatson.on.ca

Homer Watson House & Gallery



Office Hours:

Monday - Friday

9:30am - 4:30pm

1754 Old Mill Road,

Kitchener, Ontario, N2P 1H7

phone: 519-748-4377 | fax: 519-748-6808

www.homerwatson.on.ca

e-mail: programs@homerwatson.on.ca



Seniors Outreach Reminiscent & Art Therapy Programs



The pathway to
enrichment, entertainment,
stimulation & encouragement
in our community.



Proudly Managed By

The Homer Watson House Foundation

Reminiscent Therapy

Reminiscent therapy consists of the process of remembering and reflecting upon one's life. It makes use of stimulation through touch, smell and even taste to connect to past life events. This form of therapy results in a wide array of benefits including; the promotion of communication and social interaction, self-identification, and an increase in self-esteem. More importantly reminiscent therapy is appropriate for individuals of any culture, which is reflective of our community's diversity.

Museums Matter: Homer Watson's Traveling Trunk

This professionally led program is designed to illicit memories through the stimulation of the senses, be that touch, smell, sight, hearing or taste. A museum kit consisting of historical artifacts and museum based objects dating from turn of the century to mid-1950's is presented for participants to explore and handle. The objective being that the participant becomes the expert.

Program Length: 1.5 - 2 Hours
Materials & Supplies Included
Price is subject to group size.

Art Therapy

Art therapy has been noted on more than one occasion to positively benefit it's participants through the process of socialization, communication and expression. Art therapy programs are developed to evoke emotions, enhance the power of thought, and increase stimulus through a creative source.

Play with Clay

Designed to assist individuals experience positive and therapeutic interactions, both mentally and



emotionally. A professional gently guides participants through a visual art based activity, whereby individuals are encouraged to express themselves through clay. Each participant creates their own clay project. The program promotes social interaction and a sense of well being through the hands-on use of clay. Clay is a medium in which the participant feels in control, therefore enabling the process of self-exploration.

*** Various Art Therapy Programs are available. Call for more info.**

Program Length: 1.5 - 2 Hours
Materials & Supplies Included
Price is subject to group size.

Registration Information

For more information about Seniors Outreach Programs, or to book a program, please call 519-748-4377 or email programs@homerwatson.on.ca.

Discounts available for regular monthly bookings.

The Senior Outreach Programs are designed & delivered by professionals who are skilled in the areas of Social Services, Education & Fine Arts.

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