



**Remember high school choir ... band ... orchestra?**

How about those articles you wrote for the school paper or yearbook?

And then there was the school play and “high school musical.”

**The desire to take part in the arts  
stays with us all our lives.**

**Grandma should be able to sing and dance ...** even in her eldercare facility.

**Grandpa ought to play the piano or write ...** rather than twiddle TV knobs.

**Both may enjoy drawing or acting in a play ...** rather than acting up out of frustration.

Such artistic activities:

- lift the spirit
- improve health
- promote learning
- stimulate a lively social life

Life just feels better when you’re creating something that’s fun and meaningful.

**MnCAAN is here to promote vital aging through  
participation in the arts.**

You can help.

Join us and become a member today at our \$10 introductory rate.

[www.mncaan.net](http://www.mncaan.net)

*(Individual membership)*

Name \_\_\_\_\_

Address \_\_\_\_\_

Zip \_\_\_\_\_

Phone(s) \_\_\_\_\_

E-mail \_\_\_\_\_

Membership donation amount \$ \_\_\_\_\_ (suggested minimum is \$10.00)

Please call on me to volunteer time and energy too. \_\_\_\_\_

Mail this form with your check to: MnCAAN, 7152 Unity Ave. No., Brooklyn Center, MN 55429