2017 International Day of Older Persons

September 29, 2017 • 1:00 pm - 3:00 pm

Join us for the presentation of the

Valued Elder Recognition Awards

to honour dedicated volunteers who have given exemplary service to our community

Next, take part in a brief guided

Interactive Tai Chi Demonstration

by the Fung Loy Kok Taoist Tai Chi®
Victoria Branch

Then enjoy a lecture by Dr. Adam Con:

Exploring our vitality as we age:
Sometimes less is more!

Adam will share the research on Tai Chi Chuan and music – specifically singing – a combination that provides a glimpse into the secrets of vitality

Registration required by September 26, 2017

This event is free and open to the public, but space is limited

Register via aging@uvic.ca or 250-721-6369

Location

Salvation Army Victoria Citadel
4030 Douglas Street
Victoria, BC V8X 5J6

The Citadel is located east of the Patricia Bay Hwy off McKenzie Ave. Turn north at the intersection of McKenzie Avenue and Douglas Street

Co-presenters:

Institute on Aging & Lifelong Health

ELDERCARE FOUNDATION
Join us! 2017 International Day of Older Persons

Fung Loy Kok Taoist Tai Chi® is a volunteer-based, charitable, not-for-profit organization.

Taoist Tai Chi® arts contribute to the health of seniors and communities by providing physical activity, opportunities to volunteer and socialise, a sense of belonging, calming the mind and cultivating the spirit. The practice involves deep stretching with full range of motion, focused concentration, and relaxation.

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Exploring our vitality as we age: Sometimes less is more!

As we age, there’s a certain nostalgia for what our bodies used to be able to do. Aging adults tend to shy away from activities they perceive as too difficult due to reduced flexibility and speed. However, the vitality of youth is different from the vitality of the mature. Economy of movement, efficiency of thought, and wisdom of experience are important ingredients to living well.

Adam will share the research of Tai Chi Chuan and music – specifically singing – a combination that provides a glimpse into the secrets of vitality.

**Dr. Adam Jonathan Con** is a conductor, a visionary, a respected teacher of choral conducting and Tai Chi Chuan, and a leader in the advocacy of music education. A native of Vancouver and a third generation Chinese Canadian, his holistic approach to choral music through a unique blend of kinesthetic whole body movement and Eastern philosophy continues to inspire singers of all ages in mind, body and spirit. His motto is “Music is more than notes in motion; music is notes in Emotion.”

Dr. Con is a tenured Associate Professor of Music at University of Victoria where he teaches. His duties at the School of Music include teaching elementary music methods, music education foundations, choral conducting, choral organization, rehearsal techniques and literature, middle and elementary school choir methods, supervising music education students, as well as conducting the UVic Chorus.