

CREATIVE AGING: SPRING 2026

Declaring Independence

in Words and Picture



What is your story about independence?

What does it mean to declare independence? From nations to neighborhoods, from families to friendships, from private vows to public revolutions — the act of declaring independence shapes both history and our inner lives. In this seven-session creative workshop (with an eighth celebratory showcase), writers and photographers will explore independence in its many forms: autonomy, separation, rebellion, codependence, interdependence, freedom, belonging, and the tension between them.

The first three sessions center on generative writing, guiding participants to create fiction or memoir based on moments of declaration—whether quiet or dramatic—through prompts, craft discussions, and in-class exercises exploring departure, boundaries, self-definition, and transformation. In sessions four and five, the focus shifts to photography, translating written imagery into visual form using any camera participants prefer, from phone cameras to digital or point-and-shoot models.

Participants will experiment with landscapes, still lifes, portraiture, and documentary approaches while learning technical fundamentals such as light, color, composition, and timing to create compelling images. Final sessions will meld the two components together for the celebration.

The Creative Aging initiative is generously funded by The Worby Charitable Foundation. David Worby has committed to fund this program for five years. We are excited about this partnership and committed to helping our patrons age in place with access to high quality, challenging arts programs.

**Mondays,
Mondays, 1-3 pm,
March 30, April 6, 13,
20, 27, May 4, 11 with
Celebration on May 18**

*This workshop is for older adults.
Must commit to all eight sessions.*

*Registration required.
Register online or scan the
QR code below.
Space is limited.*



*Teaching artist , writing
Alexandra Soiseth*



*Teaching artist , photography
Lori Adams*

This class will be taught by two returning artists, The first sessions will focus on writing and then students will work on the photography piece.



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32 Village Green
Bedford, NY 10506
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