



Art Classes for Seniors

hosted by Anastasia Sarantinou

Anastasia Sarantinou has been an art facilitator since 2013. Her signature gallery and studio, Blue Planet, is home to more than 30 students and caters for all age groups and levels of experience.

She has recently launched an initiative to facilitate art classes for seniors. Borne from the knowledge that art is crucial for both the psychological and physiological well being of the elderly, but realising that mobility is often an issue, the classes are conducted in the comfort of their own spaces.

Seniors can reap great benefits from art, including improvement of cognition, sensory stimulation, and sharpening memory. Less well known is the effectiveness of incorporating expressive arts into programs for patients who are diagnosed with Alzheimer's, Parkinson's, and other chronic degenerative diseases.

Classes include all materials, canvasses, and easels. Anastasia travels to the location and arranges all set up. Groups of 6 or 7 are best suited, and classes are ideally held in a clubhouse or communal space.

Travelling to you

Blue Planet Fine
Art



Class Duration

2 h 30 min

Class Cost

R 230 per person per class

Class Times

Open to arrangement to suit

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