



Act Your Age

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Theatre for seniors, by seniors raising the awareness of everyday issues which impact on the social health & wellbeing of all older people in the community through theatre in the round narrative melodrama.

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Who are we?

Welcome to our very first newsletter-to be published quarterly, we thank you for taking the time to read this issue and hope you find it interesting, useful & informative. The purpose of this newsletter is to provide an informal view of ongoing activities. AYA is an unincorporated non profit organisation affiliated with Tasmanian Regional Arts Inc. Since 2006, as an initial response to local government's positive ageing consultations we have been regularly performing publicly where invited. Our dedicated performers are all volunteers aged fifty & over with varying degrees of amateur theatre experience. Collectively we *continue* to grow in performance confidence. Audience evaluations and verbal comments indicate clearly that what we are doing is highly valued. More detailed information is available through www.actyourage.org.au, by post or phone (*see editorial*). In 2010 eight scheduled bookings are already confirmed. Collaboratively AYA is also involved promoting a very focused play by Alan Hopgood, "*Four Funerals in One Day*" -one only Hobart performance at the Playhouse Theatre 106 Bathurst Street, on Sunday 21st March 7:30PM. (*see Theatre events*)



Performance genre

There is no doubt that theatre in the round & audience interaction are highly energised processes for everyone involved. *We love it!* All scripts are developed by the group, fully rehearsed before any public appearance, and delivered as a performed reading. This enables older performers to work on movement and characterisation without the necessity of script memorisation. Performers engage in multiple character roles which enable a broad range of theatrical experience to be gained. If you are aged 50 or more with previous theatrical experience, or a *real interest* in theatre performance why not consider joining us. A commitment to an AYA theatrical style, attend regular or casual rehearsals & public performances are pre-requisites for joining.



"The Judy Teapot Reality TV Show"

Some of you receiving this newsletter have already have attended a previous '*Judy Teapot Show*' performance. In context each show mimics a typical reality TV show. Anchor woman '*Judy Teapot*' facilitates: *topic segment features, studio guests, news reports from around the nation, a phone in, park bench gossip & commercials*. Each production ranges from **15** minutes to **1** hour -concluding with AYA "Seniors Song". All programs have a central positive ageing theme.

Challenging
ageing
myths...

Funny &
thought
provoking...

Raising
authentic
senior
voices...

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Community benefits of performances

Since 2008 we have developed from encouraged audience responses gained through questionnaires, verbal comments, and AYA peer assessment. We are confident that AYA creates identifiable benefits that contribute to the health & wellbeing of older persons in the community. Our first primary objective is to: **Provide humorously provocative & thoughtful entertainment to various community groups where invited to perform.** [*Think while you laugh-laugh as you think*]. How AYA contributes towards positive ageing: (a) *We demonstrate the robust nature of most seniors-that most are not "precious" and can laugh at themselves and the dilemmas of getting older;* (b) *We facilitate reflection on the day to day challenges of ageing-within a positive social environment;* (c) *We encourage reflection on the possibilities of ways around common problems.* Internationally arts & performance activities for seniors is rapidly moving beyond medical and simplistic community programs towards an integrated health approach that mentally engages seniors in music, drama, performance work, and other creative arts. AYA's Progress Report 2009 highlights other benefits.



AYA © Productions 2007 –2010

Inspiration for AYA productions is drawn from various sources including: *media reports on ageing, academic research, National Seniors, audience response comments, and the life experiences of the AYA performers.* Programs can be fifteen minute vignettes to a one hour interactive audience performances. AYA can also develop specific positive ageing performance themes for your community event-including an AGM, conferences or forum. In 2008 we performed at the HACC conference in Glenorchy & in 2009 the Tasmanian Advocacy Service AGM. AYA also gave a targeted introduction to Clarence City Council Older Drivers Seminar. **AYA Productions to date:** © *Changing a Light Globe, Banker's Nemesis, Cost of Ageing, Isolation of Good Intentions, Marketing Mobile Madness, Maintaining the Dignity, The Wicker Project.* Others scripts are also under development in 2010.

AYA does not have set performance fees, but welcomes (& has gratefully received) donations, in kind support, or sponsorship. Currently we struggle along unfunded and in 2010 need to purchase microphone (s) & sound box costing \$350:00. Performance enquiries in Tasmania are always welcomed. If you, or your community group would like to see the 'Judy Teapot Show' contact Philip 0401-000-067. Want to join us at a rehearsal session on the 1st & 3rd Monday of the month from 1-3:00pm (unless we are performing on that day)? Come to the 50 & Better Centre, 108 Bathurst St, Hobart. *We'd love to meet you-and we don't bite!*



Theatre events southern Tasmania

Be sure to see "Dracula" 12-27th February directed by Robert Jarman www.playhouse.org.au. Don't miss the musical "The Perfect Circle", 11-13th February, Mount Nelson Theatre, directed by Craig Wood & Nicholas King 8:00pm. Tickets at www.centretainment.com.au. AYA is a partner in co-presenting, "Four Funerals in One Day" written & directed by Alan Hopgood www.healthplay.com.au on Sunday 21st March 2010 - 7:30pm **ONE NIGHT ONLY.** Venue, Playhouse Theatre 106 Bathurst St, Hobart. Entrance fee is by donation at the door. Event organisation details in the next newsletter or AYA web site late February.