

Age Well Recreation presents

## THE ART OF SERIES

Course Catalogue 2026

**Creative wellness workshops for older adults  
exploring mindful aging and lifelong learning.**

**Serving over 40 senior living communities across Long Island & New York**



Presented by Ray Torres, Founder of Age Well Recreation

“ *A unique and enriching blend of  
creativity, mindfulness, and  
lifelong learning for our residents.* ”

— Meagan Devine-Collazo, Senior Engage Life Director  
Atria on Roslyn Harbor



### A Note of Gratitude

After class on March 7, 2025, Audrey Morgan asked me to stay behind so she could sketch me as I moved through a yoga pose.

At the time, I had no idea Audrey was an accomplished artist, interior designer, and author. I simply knew her as Audrey — a beautiful light who shines brightly in class each week. What began as a quiet moment after class would eventually inspire an entirely new creative direction in my work.

The sketch Audrey created that day now hangs framed in my home — a daily reminder that some of the most meaningful ideas come directly from the students I serve, and from the remarkable people whose talents and life stories quietly surround us every day.

That experience helped me recognize the powerful connection between yoga, mindfulness, creativity, and artistic expression. Since then, ***The Art Of Series*** has grown into a collection of experiences shared with more than a thousand older adults throughout senior living communities across Long Island and New York.

Audrey, thank you for inspiring me to bring creativity, mindfulness, and lifelong learning together in an innovative way that has enriched the lives of others far beyond what I ever imagined.

Namaste!

# Yoga in Art

## A cultural, artistic, and interactive learning experience

Presented by Ray Torres, founder of Age Well Recreation



*Inspired by themes explored in the Smithsonian Institution exhibition  
Yoga: The Art of Transformation*

Yoga in Art explores the fascinating visual and cultural history of yoga throughout the ages. Residents discover how yoga has influenced art and cultural expression from its early roots in Hinduism through its evolution across Asia and into modern Western culture.

Through lecture, discussion, and interactive drawing experiences inspired by live modeled poses, participants engage in a unique learning experience blending mindfulness, creativity, and social connection.

### Course Highlights

- Visual history of yoga
- Art history & cultural exploration
- Guided sketching experiences
- Live modeled poses
- Mindfulness & creative expression
- All materials included



## What a Class Feels Like

A 75-minute guided learning experience with all art supplies and materials included.

### Art History & Visual Discovery

Residents explore yoga's visual history through paintings, sculpture, textiles, photography, and contemporary artistic interpretation from cultures throughout the world.

### Guided Drawing Experience

Participants pencil sketch live modeled yoga poses in a relaxed and inspiring environment reminiscent of an art school studio experience.

### Creative Reflection & Discussion

Classes conclude with conversation, observation, and group sharing that encourage social connection, creative confidence, and personal expression.



## Encouraging Curiosity, Creativity & Connection

Yoga in Art creates a welcoming environment where residents are encouraged to explore new ideas, engage in thoughtful discussion, and express themselves creatively through guided artistic experiences inspired by the visual history of yoga.

**“The event beautifully showcased the creativity, curiosity, and talent within our community.”**

— Sofia Fernandez-Lowe, Recreation Director  
The Bristol North Woodmere

# The Art of Meditation

## A calming and interactive learning experience

Presented by Ray Torres,  
founder of Age Well Recreation

The Art of Meditation explores the history, philosophy, and modern-day

practice of meditation through guided discussion, mindfulness exercises, artistic expression, and reflective group experiences.

Residents discover how meditation has influenced cultures throughout history while experiencing calming techniques designed to encourage relaxation, focus, creativity, and social connection.



## Course Highlights

- Guided meditation experiences
- History, philosophy & science of meditation
- Four meditation practice techniques
- Artistic reflection & sketching
- Mindfulness & relaxation techniques
- All materials included



## What a Class Feels Like

A 75-minute guided learning experience with all art supplies and materials included.

### Meditation & Cultural Exploration

Residents explore the history and cultural significance of meditation traditions spanning from ancient practices to modern-day mindfulness techniques.

### Guided Meditation Experience

Participants are introduced to calming meditation techniques including Kirtan Kriya, a simple and engaging practice combining sound, breath, and gentle hand movements that has been practiced for thousands of years.

### Creative Reflection & Artistic Expression

Residents sketch meditative poses and still life in a relaxed and reflective studio environment that encourages mindfulness, creativity, and self-expression.



## Encouraging Calm, Creativity & Connection

The Art of Meditation creates a welcoming environment where residents are encouraged to slow down, reflect, engage in thoughtful discussion, and explore mindfulness through creative and interactive experiences.

**“A meaningful afternoon that encouraged mindfulness, creativity, and a sense of inner calm.”**

— Giovanna Arbisi, Social Director  
Encore Luxury Living, Jericho

# The Art of Breathing

An energizing and interactive learning experience

Presented by Ray Torres, founder of Age Well Recreation

The Art of Breathing explores the history, philosophy, and

modern-day practice of breathwork through guided discussion, calming exercises, artistic expression, and interactive group experiences.

Residents discover how mindful breathing techniques from ancient traditions continue to influence modern wellness practices supported by scientific research exploring their cognitive health benefits.



## Course Highlights

- Four guided breathing exercises
- Breathwork traditions & history
- Science behind breathwork
- Creative reflection & sketching
- Mindfulness & sensory awareness
- All materials included



## What a Class Feels Like

A 75-minute guided learning experience with all art supplies and materials included.

### Breathwork & Cultural Exploration

Residents explore the history, cultural significance and science of breathing practices spanning from ancient traditions to modern-day wellness techniques.

### Guided Breathing Experience

Participants are introduced to several calming and energizing breathwork techniques including box breathing, bumblebee breath, and others designed to encourage relaxation, awareness, focus, and stress reduction.

### Creative Reflection & Artistic Expression

Residents sketch expressive imaginative imagery in a relaxed environment designed to encourage mindfulness, creativity, observation, and self-expression.



## Encouraging Creativity, Awareness & Connection

The Art of Breathing creates a welcoming environment where residents are encouraged to slow down, engage their senses, explore calming breathing techniques, and express themselves creatively through thoughtful and interactive experiences.

**“The room was filled with calm, focus, and appreciation—everyone left feeling relaxed and truly inspired.”**

— George Solano  
Vibrant Living Director, Brightview Senior Living, Port Jefferson

# The Art of Happiness

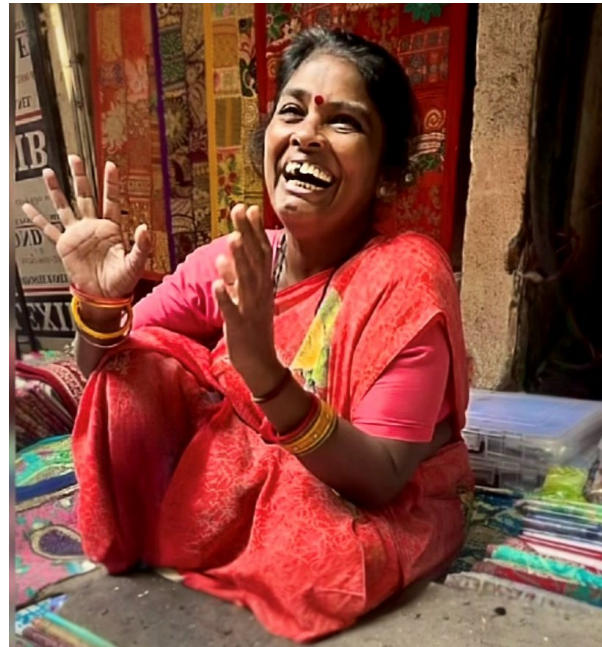
Exploring happiness through research, reflection, and creativity

Presented by Ray Torres, founder of Age Well Recreation

The pursuit of happiness is a universal human desire shared across all ages, cultures, and walks of life. While happiness may come more naturally for some, research continues to explore the experiences, habits, and connections that contribute to it.

The Art of Happiness explores the science, psychology, and human experience of happiness through guided discussion, storytelling, creative reflection, and artistic expression.

Drawing from scientific research and perspectives on aging and wellbeing, residents explore the habits, connections, and experiences that contribute to happiness throughout life.



## What a Class Feels Like

A 75-minute guided learning experience with all art supplies and materials included.

### Happiness, Aging & Emotional Wellbeing

Residents explore scientific insights and modern perspectives on happiness, resilience, gratitude, purpose, and emotional wellbeing through thoughtful discussion and shared reflection.

### Storytelling & Global Perspectives

Participants experience inspiring stories, photography, and interviews from Ray's recent visit to India, where older adults share their perspectives on happiness despite difficult life circumstances — their responses may surprise you.

### Creative Reflection & Artistic Expression

Residents create a personal keepsake journal through guided writing, sketching, and artistic exercises inspired by gratitude, meaningful memories, relationships, and life's simple joys — designed to continue long after the workshop experience ends.



## Course Highlights

- Science & psychology of happiness
- Personal happiness journal creation
- Guided writing & artistic reflection
- Keepsake journal and all materials included



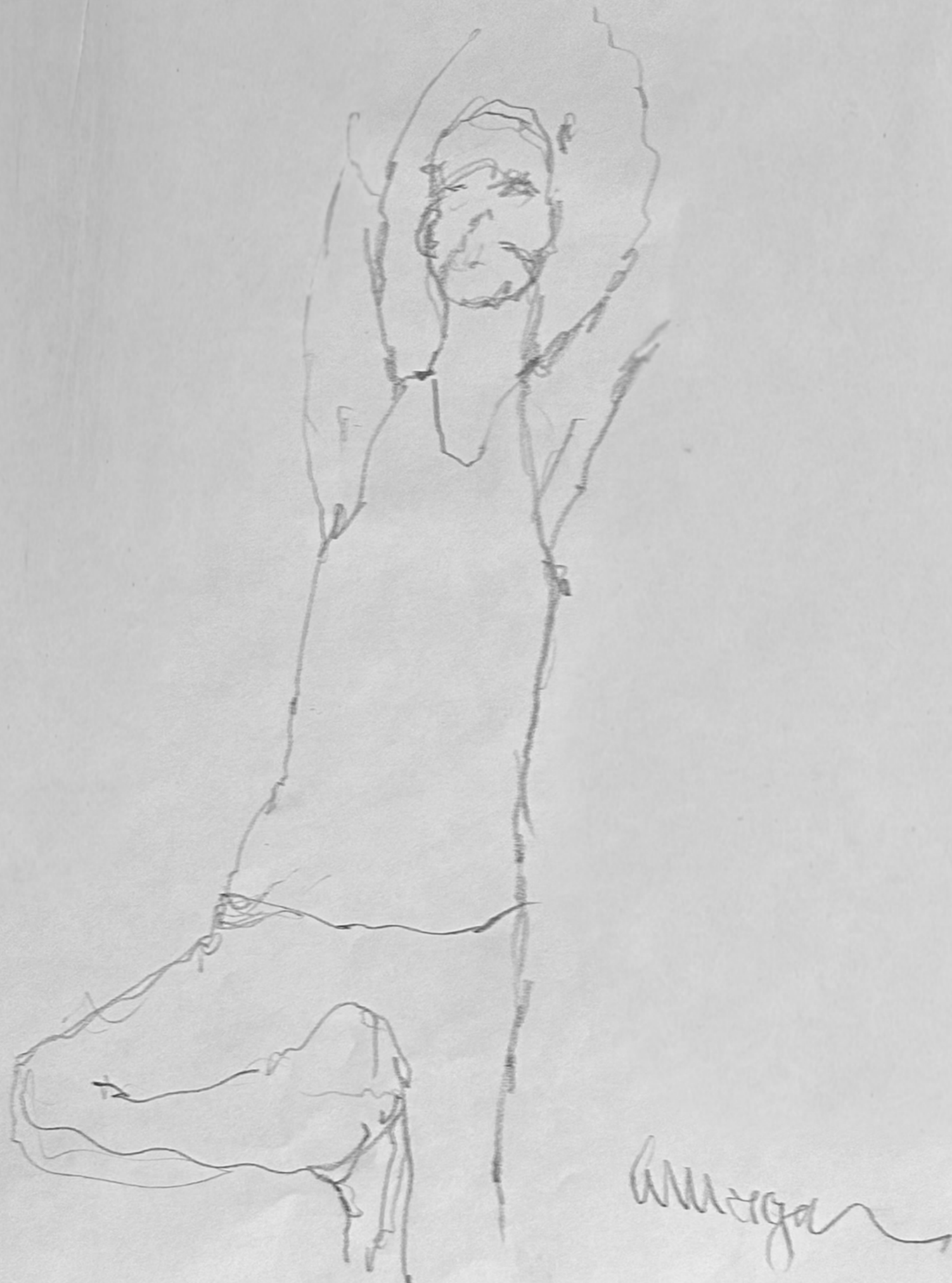
Personal keepsake journal included

## Encouraging Reflection, Creativity & Connection

The Art of Happiness creates a welcoming environment where residents are encouraged to reflect, connect, express themselves creatively, and explore meaningful perspectives on happiness and emotional wellbeing.

“Ray has been a true ray of sunshine for our residents.”

— Donna Lapidus  
Life Enrichment Director, Brandywine Living at Savoy, Little Neck



## ABOUT RAY TORRES

### Ray Torres

Founder of Age Well Recreation


Ray Torres is a Registered Yoga Teacher, Certified Dementia Practitioner, and the founder of Age Well Recreation, specializing in chair yoga, mindful movement, and creative wellness experiences for older adults and senior living communities.

Through The Art Of Series, Ray blends movement, mindfulness, artistic expression and lifelong learning into engaging experiences designed to encourage creativity, curiosity, reflection, and social connection.

With experience serving more than 40 senior living communities across Long Island and New York, Ray is known for his warm, engaging teaching style and thoughtful approach to inclusive wellness experiences across the senior living continuum.



Bring *The Art of Series* to your community

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See the program  
in action

www.agewellrecreation.com