

PROPOSAL

There is a growing evidence base which verifies the positive impact arts can have on the health and well-being of older people. Many seniors I have taught confessed that they always want to paint but didn't have the chance when they were young. They were so pleased to be able to hold the brushes and paint on canvas. While it also boosts their self-esteem, arts also improved brain function, according to the medical.

I am offering Still Life in oil painting to be conducted in 7 sessions, once a week.

Oil Painting Still Life Workshop

It consists of 7 sessions, with 15 participants per workshop.

The art materials are canvas, easels, palettes, dippers, brittle brushes, oil paints, linseed oil and turpentine.

All the art materials would be provided for them (as part of the grant/sponsorship) and also all the props for the still life arrangements.



Session one of the workshop: The Seniors would be taught the proper manner to use an easel, palette, dipper and the brittle brushes on the canvas. Using only 1 basic colour + black and white to create a mono-tone painting of a 3 basic objects/shapes. As the Seniors get to know about the oil paints, adjust their seat and sit/stand properly, they were taught to observe the 3 Ps. - **Position, Proportion and Perspective** of the objects and also the study of shadow and highlight to give a 3-D

effect.

ir with which the Seniors would feel very comfortable with. It could be something that they do daily, like having tea ...or a ukulele lesson...



Session 6: Things of the Past. The Seniors could look forward to paint something that is



nostalgia.



Session 7: Honing your skills and correcting works

Continuation of learning about cultural items from the Past. While learning to paint in more detail and to correct mistakes over a dry painted surface. This lesson will also focus on the lighting and shadow of the background.

At the end of the 7-day workshop, the Seniors would be proud of their achievement. There would be at least 70 artworks accomplished and the selected pieces would be displayed in an art exhibition.

Limei Shimmen . Batik Artist . Oil Painter . Mobile 81146871