



Programs for Older Adults (ages 65+)

<i>Program Title</i>	<i>Description</i>	<i>Outcomes</i>
<p>Art & Mixed Media:</p> <ul style="list-style-type: none"> ○ Paint ○ Origami ○ Draw Flowers ○ Learn to Draw Birds 	<p>During these programs, participants will be guided through step-by-step tutorials to create various pieces. Participants will be provided with tools and resources to promote practice beyond the program.</p>	<p>These programs aim to promote patience, resilience, creativity, emotional regulation, and communication.</p>
<p>Creative Writing:</p> <ul style="list-style-type: none"> ○ Journaling ○ Poetry ○ Short Stories ○ Memoir Writing ○ A Group Story 	<p>Participants will be given tips and tools to help prompt them in the creation of their own writing. The group will work independently or as a team, to create their own pieces of writing and have the chance to share with the group and reflect on their learning and inspirations.</p>	<p>This series promotes self-awareness, empathy, creativity, and cognitive stimulation.</p>
<p>Cultural Exploration:</p> <ul style="list-style-type: none"> ○ Art & Culture Around the World ○ Lantern Culture and Creation ○ Armchair Travel visits Rome ○ Armchair Travel Visits France ○ Online Trip: The Amazon Rainforest ○ Online Trip: The Northern Lights 	<p>During this program participants will be offered new and stimulating information about various international locations. With the guidance of the facilitator, participants will explore various elements to different cultures, including language, cuisine, traditions, practices, etc.</p>	<p>This program aims to broaden our current perspectives and encourages socialization, empathy, and grounding.</p>

<ul style="list-style-type: none"> ○ Multicultural Studies: Spanish Basics ○ Multicultural Studies: Italian Basics ○ Multicultural Studies: Friend Basics 		
<p>Games & Socials:</p> <ul style="list-style-type: none"> ○ Icebreaker Bingo ○ Trivia / Jeopardy ○ Wheel of Fortune ○ Family Feud ○ Who Wants to Be a Millionaire 	<p>These Games programs aim to offer an opportunity for participants to gather at regular times for socialization and cognitive stimulation. Each program will simulate a well-known game show and offer participants a real time opportunity to engage and compete with their peers.</p>	<p>These programs aim to provide participants with a sense of routine along with opportunities to build upon social and cognitive skills.</p>
<p>Gardening:</p> <ul style="list-style-type: none"> ○ Planting a Home Herb Garden ○ Garden Journals ○ Plant Care & Maintenance 	<p>During this program, participants will be encouraged to share knowledge and experience with their peers to provide one another with a space of new ideas and techniques for their at-home plant care. Participants will be provided with various strategies and resources to help bring their gardening practices to the next level.</p>	<p>The goal of these programs is to offer participants a stimulating option for stress relief and emotional regulation. This program also lends to physical literacy aiming to promote a healthy lifestyle.</p>
<p>Health & Fitness:</p> <ul style="list-style-type: none"> ○ Bon Appetit with a Twist! ○ Healthy Snack ○ Active Living ○ Why Stretch? 	<p>During these programs, participants will be encouraged to reflect on their own habits and routines and consider ways in which they can be improved or enhanced. With hand-on activities, participants will have the opportunity to explore new</p>	<p>The goal of this program is to provide participants with a sense of independence and increase their confidence in the kitchen along with overall health and lifestyle.</p>

	ideas that they can take beyond the program.	
<p>Music & Movement</p> <ul style="list-style-type: none"> ○ Chair Yoga ○ Zumba ○ The History of Jazz ○ The History of Rock n’ Roll 	<p>During these programs, participants will be guided through a variety of movement and music styles while exploring the benefits both can have on overall well-being. Participants will be encouraged to share their own experiences with their peers.</p>	<p>These programs aim to promote connection between the body and the mind to support relaxation, wellness, and mental stimulation. Participants will be provided resources and encouraged to take their practice and research beyond the program.</p>
<p>Wellness:</p> <ul style="list-style-type: none"> ○ Breathe ○ Meditation 101 ○ Mindfulness 101 ○ Mastering Your Memory ○ The Domains of Well-Being ○ Self-Identifying Leisure Interests 	<p>During these programs, participants will be guided through various wellness practices and be provided with the techniques and resources to encourage practice outside of the program.</p>	<p>The goal of this program is to provide participants with skills and exercises that will foster life-long growth and a broadened perspective of the world around them.</p>