

Appropriate for

-  **Athlete**
-  **Active now**
-  **Getting started**
-  **Needs a little help**
-  **Needs ongoing assistance**

Fun activities from Active Aging Week

Each year during Active Aging Week, ICAA’s annual health promotion event held during the last full week of September, organizers show they are experts at blending old favorites with creative new ideas. They also are committed to planning single and multiple activities that integrate the dimensions of wellness.

The list of activities that are offered is getting very long, indeed. There were so many activities sent in to ICAA by the hosts following Active Aging Week in 2008 that not all could be included in the lists that follow. All of these events are a source of inspiration for this year’s planning.

You can find more ideas in the articles that cover Active Aging Week, which are all posted on the ICAA website.

In the lobby of the Senior Activity Centers, optical illusions enlarged on poster board greeted visitors. “Sure enough, small groups of seniors would congregate and start debating the illusions. We left a question on a small piece of paper for each illusion so that they understood what they were looking for.” The center staff added puzzles, brain teaser games and more illusions to the collection.

“Although some of our seniors did not see the optical illusions, the intrigue was there, and many enjoyed the brain teaser games and puzzles.”

The staff received requests to always have the brain teaser games available.

Joyce Trageser, manager, Senior Services Division, Harford County, Maryland



The Marine Park Active Adults launched canoes at the Salt Marsh Nature Center in Brooklyn. The nature center is an urban park that offers public education, recreation, environmental studies and plenty of birdwatching.

Note the banner marking the center as an official Active Aging Week site.

Marianna Hernandez, director of media relations, Millennium Development, New York City

As part of a catered event, the inspiration of personal memories was presented by Mary Loverde, who has appeared on the Oprah show. At a kiosk, people recorded their personal memories onto a CD-ROM.

“One of our residents was asked what was important to her and she answered ‘singing.’ She used to sing with Bob Hope. Mary Loverde had her sing to everyone and she did and it was beautiful.”

Kim Frishman, life enrichment coordinator, Greenwood Terrace, Lenexa, Kansas

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Resources

Active Aging Week
Professional
resources
www.icaa.cc/aaw.htm

Colorcube
Click on Illusions for
optical illusions
www.colorcube.com



During a week filled with activities, the Wig Fashion Show was the most fun. A local wig salon provided about 30 different wigs that everyone, including the men, tried on. "It was great and it was so funny! There was so much laughing, fun and oohs and aahs."

In a very different type of activity, residents served lunch to Habitat for Humanity volunteers and staff who were building a house. It is their way of helping out since most of the residents aren't able to help with construction.

Yvonne Weilert, life enrichment coordinator, Fleming Point, Greece, New York

Active Aging Week

The arts

Art as a form of healing
Art classes
Art exhibit
Arts and crafts fair
Caricature artist
Crafts classes
Floral arranging
One-stroke painting demonstration
Resident art show and reception
Wildflowers for the Landscape class

Bell choir
Kazoo band
Music concerts: jazz, classical, contemporary
Christian, old timey bluegrass, gospel, old favorites
Music interpretation
Music therapy
Scottish music, bagpipes performance
Singers and cloggers

Theatricals by local groups and resident groups
"Lend Me a Tenor" drama show starring older adults
University drama department production
"Cows Don't Fly"

Assessments

Balance
Blood pressure (most frequently mentioned)
Blood sugar
Body fat analysis
Cholesterol
Health screening and personal wellness profile
Physical performance assessments
Posture, podiatry
Vision, hearing

Brain exercises and games

Brain aerobics
Brain Benders
Brain Teaser of the Day
Maintain Your Brain lecture (Alzheimer's Association)
Mind games
Mind Teaser Scavenger Hunt
Witness the Illusion Hands-On Presentation

Board, puzzle and trivia games

Bridge
Bring a Friend Bingo with prizes
Breakfast Bingo
Chess
Guess Who? Pictures From Then and Now

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Board, puzzle and trivia games

Jeopardy with local Jaycees
Brain Age games on the Nintendo DS
Maj Jong
Making words out of Healthy Active Aging
Name That Tune
Name the Ice Cream Flavor
Name the Landmark
Puzzle book and word games
Puzzles offered all day: Suduko, Crossword,
Word Find and Definition
Scrabble
Spelling Bee
Super Suduko Challenge
The Newlywed Game
Word Games/Trivia
Scavenger Hunt to the Pot Luck Lunch
(Bring a favorite dish and the recipe to share)

Charity

Donate food to food bank or Salvation Army
Serve lunch to volunteers and staff of Habitat for Humanity
Red Cross Blood Drive
Miles for Memory Walk
Raffle to raise money for the Making Strides Against Breast Cancer 3 Mile Walk
Fundraisers for the Breast Cancer Walk, including wine tasting, bake sale, pink elephant gift sale, guess the number of Hershey Kisses in the jar
Walk a Thon for the Heart Association

Dance demonstrations and participation

Ballroom
Belly dancing
Dance Town game
Dancersize
Endurance dance contest, with live music and prizes awarded to those who stayed the longest on the floor
Hula
Line dancing
Square dancing
Tap dancing

Parties and celebrations

'60s and '50s Night with band and Elvis
2007 PA Senior Idol Winner and a saxophone player followed by a reception Awards ceremony with certificates of participation and patriotic music playing in the background
Awards ceremony with a visit from Memphis basketball team players and their assistant coach
Band Dance
Cruise Night evening with entertainment
'Dancing with the Stars' Season Premiere Party (with themed drinks "Salsa" and "Cha Cha Cha" Cherry Margaritas)
Dinner Dance
Healthy Celebration: Appalachian music, healthy lunch, exhibitors, prize giveaways, hula hooping, Zumba, Tai Chi and stretching
Senior Prom, with a 17-piece orchestra, King & Queen of the Prom, black tie optional
Under the Sea Social Hour and Shipwreck Dinner
Wine, Cheese and Chocolate Party

Physical activity

Active From Any Angle exercise class
Alexander Technique
Arthritis Foundation Exercise Program (frequently mentioned)
Balance and coordination
Balance for Life
Balance training in water
Body Recall exercise class
Bone builders exercise class for osteoporosis
Cardio circuit
Chair exercise class
Chair Yoga
Deep water exercise class
Demonstration: proper sitting and standing exercises; exercise bands; pedometers
Drum Circle
Exercise and Mind Stretching Facts
Exercise bands
Exercises in the atrium w/prizes

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Active Aging Week was launched with an opening ceremony that harked back to the early Olympics. A team of men in togas passed the torch through the dining room at dinner time. "It was a blast."

During the week, a clown painted faces, a health fair introduced resources, healthy snacks were plentiful and a day-long class showcased various crafts. Volunteers from the fitness class helped organize the events.

Patti Radavic, life enrichment coordinator, Mission Commons, Redlands, California

Physical activity

Get Off Your Rocker exercise
Hand dexterity class (led by resident)
Low-impact aerobics class
NIA
Osteoball demonstration
PACE exercise
Pilates
Silver Sneakers introductory class
Sing & Swing Fitness
Sit and Be Fit class
Splash Zumba (in the pool); Zumbathon
Strength training
Stretch class
Swimming
Tai chi; men's tai chi
Water therapy
Yoga

Healthy eating

Nutritionists: Eating Habits for Health,
Nutrition for a Healthy Lifestyle; Healthier
Snacks; Natural vs. Processed Foods; Stay
Healthy Eating Seasonal, Whole Foods
Cooking demonstrations
Indian Cooking classes
Tour the World of Wine, a wine tasting
experience
Wine & Cheese Meet and Greet with
community doctors
Tim the Produce Man
Heart Healthy Dinner (chef spoke about
what made the meal "heart healthy")

Fun

Clown painted faces and twisted balloons
Crazy hat contest
Hula hoop contest
Jonathan the Juggler
Support Sports Day: wear anything that
supports any team
Wig fashion show

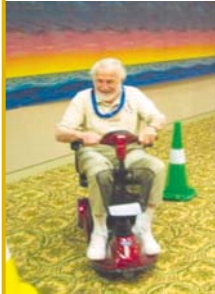
Pets

Dog Fetching Show
Dog Show and sheep herding competition
Tips for healthy pets and grooming by Star
Barks
Walk with your pet

Special events

Adjust walkers to the correct height
Antique car show
Astronomy class
Basic self-defense, Taekwondo Academy
Beginning sign language
Business expo
Cancer survivor balloon release
Career Day: show and tell about your past
career
Changing the Way We Age presentation
Computer classes
Cookie drop at fire department, post office
and library

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Obstacles were no obstacle to the challengers of the Scooter Obstacle Course, who dashed around orange cones for prizes.

“The rubber duck and flamingo games at the pool had us all splashed and laughing as we cheered the competitors on.”



Susan Berretta, director of resident services, The Village at Germantown, Germantown, Tennessee

Special events

- Current events discussion
- Financial counseling
- Fishing trip
- Fly fishing demo
- Keyboard classes
- Kite flying
- Ladies Day: Makeover with Mary Kay
- Men's breakfast with local sheriff
- Poker run and scooter parade
- Realizing your childhood dreams lecture
- School reading program
- Tailgate party with Cowboy cheerleaders
- Tailgate party with high school cheerleaders
- Travel presentations on Italy, Nepal and birding throughout the world

Outings

- Cruise on a local lake or river
- Cruise to watch dolphins
- Driving tour through a river park system
- Family picnic at a park
- Forest Walk for Seniors
- Outing to a Greek Festival
- Travel to nature center

Prevention and healthy living

- “Aging with Grace, the Nun Study” by a cardiologist
- AARP safe driving
- Aging Well with geriatrician
- Ask the Doc: Allergies & Allergens
- Balance training
- Be Fit and Not Frail
- Brain fitness video, with popcorn and drinks

- Choosing proper footwear
- Chronic pain
- Complimentary therapy demonstrations by appointment: acupuncture, chiropractic consultation, Emotional Freedom Technique (EFT), massage therapy, reflexology, Reiki
- Diabetes
- Eye care
- Fall prevention
- Free medication consultation
- Guided imagery
- Health insurance and Medicare coverages
- Hearing loss
- Joint health
- Living with chronic illness
- Meditation
- Menopause
- Progressive muscle relaxation
- Prostate health
- Reaching Your Functional Potential
- Reflexology presentation and foot massages
- Rehabilitative therapy
- Sleep disorders
- Stress management
- Stress, the brain and aging
- Successful Aging
- Using pedometers
- Vertigo

Games and sports

- Badminton
- Balloon badminton; balloon volleyball
- Beanbag baseball
- Bocce ball

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Games and sports

Bowling
Croquet
Driving range outing
Flamingo toss and rubber duck races at pool
Flying discs
Golf
Golf putting contest
Hillbilly horseshoes
Ladderball
Miniature golf
Pickleball demonstration
Ring toss
Scooter Obstacle Course
Shuffleboard
Tennis
Water volleyball
Wii bowling tournament
Wii exercise demonstration
Wii golf tournament

Relaxation

Laughter yoga
Massage
Paraffin hand dips
Seated hand massages (led by staff)
Shoulder massages

Spirit

Active aging blessing
Gospel singer
Humorous and uplifting talking about “getting older in the faith”
Outreach presentation on spiritual health
Prayer walk around campus
Spiritual wellness hour in chapel
Spirituality in aging
Vesper service on Standing Firm
Weekly Bible study

Walks

See the list of walks in the prior issue of *ICAA Functional U*, May-June 2009. The article “Outdoor walks of Active Aging Week” is posted with the Professional resources on the ICAA website.



Active Aging Week 2009

Monday, September 21 to
Sunday, September 27, 2009

Active Aging Week is the annual health promotion event organized by International Council on Active Aging, the association that supports professionals who develop wellness and fitness facilities and services for adults over 50. Events are hosted by ICAA’s members and colleagues.

As a host, you choose the activities and how many you wish to offer. Active Aging Week events are:

- Free to the older adult.
- Emphasize fun and education.
- A single event or multiple activities during the week.
- A chance to build a sense of community and camaraderie.

Professional resources are at www.icaa.cc/aaw.htm

- Fact sheets
- Planning guides
- Planning worksheets (downloadable)
- Promotional materials (logo, press releases, certificates)
- Client handouts and articles

