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Instituto Príncipe Real -
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Admin

CHALLENGE FOR LEARNERS

INTELLETTUAL OUTPUT 3



Project "EDUCATION - THE CHALLENGE OF THE LATER YEARS"
2014 -1-PL01-KA204-003408 Erasmus + Programme

CULTURAL ACTIVITY OF OLDER PEOPLE



Project and Research coordinators



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1. INTRODUCTION

In general, the structure of an educational program should be based on the selection of the content. This choice will define the knowledge and methods necessary for their assimilation, showing also the nature of theoretical thinking that you want.

The educational program can have as main elements: the knowledge that is the discipline of systematically; pedagogically the time required for the process of appropriation of knowledge and the didactic-methodological procedures used for the development of teaching / learning process.

The pedagogically necessary for the knowledge of the assimilation process time refers to the distribution of content levels. It must respect the pedagogical progressions and, especially, the particular characteristics and concerns of each group or person who intends to mediate the educational process.



The material is dedicated for the elderly:

- Material help to the elderly in the development of cultural activity
- Prepared material refers to the module for teachers
- The material has been prepared on the long and extensive experience of working with older people.

1.1.-Hobbies

Why not consider adding a hobby that you never had the time to develop before?
Some ideas include:

- Sewing/quilting
- Arts and crafts
- Jewellery making
- Scrapbooking
- Photography is a wonderful art for seniors. Taking pictures of everything from people to flowers also provides ready resource material for other crafts. Use the pictures to make collages, specialized stationary, or even begin scrapbooking.
- Raised bed gardening
- Gourmet cooking

While cultural modality the animation comes across as creative entity, manager and producer of a product cultural, artistic and creative. As an educational animation appears as motivation for education and training, initial and lifelong. In its animation economic dimension appears as generating activity of economic and financial resources, such as self-employment or as her own as a source of revenue. Finally the social dimension, the animation and the animator reborn as a means of overcoming social inequalities and the promotion of the person and the community.



2. Activities Plan / work hypothesis

The activities we suggest should work for most groups but feel free to tweak the plan based on what you know about the participants and your own facilitation style.

Also, we have tried to include as much detail as possible about how you might explain activities and ideas. This workshop plan might help you if you have never facilitated a workshop like this one before, but please feel free to tinker with it or do it completely differently.

January		
Date	Activities	Objectives
2 to 6	<ul style="list-style-type: none"> Singing the Janeiras local regional songs; Raising donations for the institution ; Collection and testing of allusive songs to Janeiras; 	<ul style="list-style-type: none"> To promote interaction between children, elderly and community ; Experiencing traditions ; Learn the stories inherent in this time ;
07	<ul style="list-style-type: none"> Theatres of different valences; Snack conviviality ; 	<ul style="list-style-type: none"> Interaction between the different valences, family and community ; Develop the physical and cognitive abilities of users ;
All the month	<ul style="list-style-type: none"> Realization of handwork on the Winter Season; Rain Stamping with fingers 	<ul style="list-style-type: none"> To sensitize both the elderly and children to the importance of warm clothing to prevent cold; Wake the kids and the elderly to the changes of nature;

February		
Date	Activities	Objectives
All month	<ul style="list-style-type: none"> • Preparation for the Carnival parade; • Collection of materials for the preparation of disguises; • Mask Development; 	<ul style="list-style-type: none"> • Encourage creativity and imagination of children and the elderly; • Diversão between different generations;
14	Valentine Day; Elaboration cards for Valentine's Day; postal exchange between Valences; Telling the story of St. Valentine;	<ul style="list-style-type: none"> • Wake sense of friendship; • Strengthen the ties between all;
20	Carnival parade	Fun intergenerational and community;

March		
Date	Activities	Objectives
8	<ul style="list-style-type: none"> • Celebrate Women's Day; • Children make paper 	<ul style="list-style-type: none"> • Provide women a special day where they are the center of attention;

	<p>flowers to offer Ace Day Centre Ladies and SAD;</p> <ul style="list-style-type: none"> • Give all the ladies with a trip to the fair 	
19	<ul style="list-style-type: none"> • Celebrate Father's Day; • Preparation of work on the parents of each; • Exhibition "My father"; • Preparation of a band to grace the Institution; • Commemorate the father Week; 	<ul style="list-style-type: none"> • Assign importance to the role of a father in a family; • Remembering the past with parents; • reunite parents and children; • Make the most distant children will remember this day and his father;
21	<ul style="list-style-type: none"> • Spring Arrival; • Beautify the different valences with works made by users; • Seniors will plant flowers and children will sow parsley, corn and beans; 	<ul style="list-style-type: none"> • Involve users to environmental issues; • To promote contact with the outside world and Nature;
24	<ul style="list-style-type: none"> • Father's Party; • Performance of traditional games between parents and children; 	<ul style="list-style-type: none"> • Interactivity between generations and the community; • Promote an afternoon where parents and children come together and live together; • Strengthen emotional ties,
28	<ul style="list-style-type: none"> • World Theatre Day; • Preparation of a play in different valences; • Presentation of plays; 	<ul style="list-style-type: none"> • Contact with the world of representation; • Promote moments of fantasy and make-believe; • Development of thinking ability and memory;

April		
Date	Activities	Objectives
2 to 5	<ul style="list-style-type: none"> • Holy Week; • Easter Easter cakes confection; • Bible Reading; • Viewing the story of Jesus to the children and the elderly; • Easter cakes revenue collection by older users; • Confessions; 	<ul style="list-style-type: none"> • Cultivating Faith and Religion; • Reminding old traditions at Easter; • Develop the different recipes of Easter cakes;
27	<ul style="list-style-type: none"> • Day of Fire Department; • Drill at the institution; 	<ul style="list-style-type: none"> • Show how to act in case of emergency; • Raising awareness of possible dangers;

May		
Date	Activities	Objectives
6	<ul style="list-style-type: none"> • Mother's Day; • Preparation of a reminder to offer ace mothers; • Making a presentation on the mother of all users; • Snack conviviality; 	<ul style="list-style-type: none"> • mother's role appreciation in our life; • Relive memories;

9	<ul style="list-style-type: none"> • European Day of music; • Invite a land group to animate; • Do karaoke with children and the elderly; • Traditional Games with music; • Music Teacher expose various musical instruments; 	<ul style="list-style-type: none"> • Wake the taste for music; • Animation;
18	<ul style="list-style-type: none"> • International Museum Day; • Visit the Municipal Museum of Miranda 	<ul style="list-style-type: none"> • Create moments of pleasure and joy; • Learning about archaeological material;

June		
Date	Activities	Objectives
1	<ul style="list-style-type: none"> • World Children's Day • theater piece with the elderly and children; • Snack conviviality; • Inflatable for children; • Preparation of a souvenir made by the elderly to children; • Children visit elderly; 	<ul style="list-style-type: none"> • Promote intergenerational relationships; • Establish close relationships between valences; • Sharing knowledge, values and feelings;

5	<ul style="list-style-type: none"> • Environment Day; • Plant trees • Screening of a film about diversity; 	<ul style="list-style-type: none"> • Raising awareness of the importance of the environment; • Preservation of species;
13	Ride Moliceiro boat	<ul style="list-style-type: none"> • appreciation of our natural heritage; • Satisfy a dream of users;

July		
Date	Activities	Objectives
All month	<ul style="list-style-type: none"> • Live the summer • Decoration of different valences with the summer theme; • Performance of traditional outdoor games; • Picnic; • Beach Week; 	<ul style="list-style-type: none"> • Wellness Promotion of users; • Provide pleasant moments of conviviality and animation; • To promote interaction between the different valences;
All month	<ul style="list-style-type: none"> • Popular parties • Parade of Popular Marches; • Development of costumes marches; 	<ul style="list-style-type: none"> • Provide plenty of entertainment and joy; • Knowledge of songs Marches;
25	<ul style="list-style-type: none"> • Ride to the Fair of Santiago; 	<ul style="list-style-type: none"> • Preserving habits and customs;

26	<ul style="list-style-type: none"> • National Grandparents Day • Children promoting a convivial evening for the elderly; • Preparation of gifts for the elderly; • Open day to the community 	<ul style="list-style-type: none"> • Provide active aging; • Provide the interaction between users, communities and families;
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August		
Date	Activities	Objectives
6	<ul style="list-style-type: none"> • Awareness Action 	<ul style="list-style-type: none"> • Inform and warn the precautions in hot weather
14	<ul style="list-style-type: none"> • Picnic in the village park; 	<ul style="list-style-type: none"> • Inform and warn the precautions in hot weather
17	<ul style="list-style-type: none"> • Return to the pool for a water aerobics class; 	<ul style="list-style-type: none"> • To promote conviviality and pleasant entertainment moments
20	<ul style="list-style-type: none"> • Exhibition of photos taken throughout the year in different activities; 	<ul style="list-style-type: none"> • Encourage users to physical exercise
25	<ul style="list-style-type: none"> • Preparation of a photo album for each valence; 	<ul style="list-style-type: none"> • Remember and reflect on all the activities carried out

September		
Date	Activities	Objectives
All month	<ul style="list-style-type: none"> • Integration / reception of all users; • Promote games to promote socialization; 	<ul style="list-style-type: none"> • Assist in the adaptation of new clients in the institution; • Develop a good relationship with the institution of the family users to answer their questions; • habits Acquisition (cooperation, storage, organization, autonomy and responsibility);
21	<ul style="list-style-type: none"> • World Alzheimer's Day • Open outreach activity to the community on Alzheimer's disease; • screening tests Realization of the disease ; 	<ul style="list-style-type: none"> • Raise awareness families to know how to deal with such patients; • Learn how to prevent and delay the effects of the disease;
23	<ul style="list-style-type: none"> • Autumn Arrival • Conducting crafts related to the autumn; • Decoration of valences; 	<ul style="list-style-type: none"> • To develop the sense of touch, taste and smell;
29	<ul style="list-style-type: none"> • picking various fruits offered by the community; • Traditional Jam making with the picked fruit; 	<ul style="list-style-type: none"> • Cultivating habits and customs; • Encourage individual capacities;

October		
Date	Activities	Objectives
6	<ul style="list-style-type: none"> • Traditional wages of love; • Popular Songs of leafless height; 	<ul style="list-style-type: none"> • Living and value traditions; • To promote interaction between users; • elderly of knowledge sharing for children;
31	<ul style="list-style-type: none"> • Halloween • Conducting crafts to decorate the Institution; • Decorating pumpkins for family users; • Competition of best decorated pumpkin; 	<ul style="list-style-type: none"> • Clarifying the childhood fears; • To publicize an international tradition; • Promote the sharing and unity among family;

November		
Date	Activities	Objectives
9	<ul style="list-style-type: none"> • St. Martin (11) • Magusto for users and community; • Seniors tell the legend of St. Martin to children; • Preparation of allusive crafts to the subject; • Weekly Menu with elaborate recipes with nuts; • film Late in the Perform- 	<ul style="list-style-type: none"> • Living and value traditions; • To promote interaction between users and the community; • To promote the preservation of popular traditions; • Promote the value of sharing through the legend;

	ing Arts Center,	
29		<ul style="list-style-type: none"> • Promote an evening of socializing and fun;

December		
Date	Activities	Objectives
All month	<ul style="list-style-type: none"> • Family Feast (28); • Family party preparation; • Testing with users and their families in order to prepare a theater; • Decorate the institution with the theme family; • Awareness action with the community about family ties; 	<ul style="list-style-type: none"> • To promote interaction between users, community and family; • Encourage teamwork; • Strengthen emotional ties with family members; • Encourage the participation of the families of users in the activities of the institution; • Promote creativity;
11	<ul style="list-style-type: none"> • Walk to Funceramics (ceramics); • Users are images for the crib in clay; 	<ul style="list-style-type: none"> • Provide moments of joy and conviviality among users; • Develop fine motor skills;
17 to 21	<ul style="list-style-type: none"> • Christmas Arrangements; • Screening of the film "Birth of Jesus" 	<ul style="list-style-type: none"> • Strengthen the imagination; • Strengthen the faith history of the life of Jesus;



3. WORK PLAN

3.1.-Goals:

- That 60% of seniors actively participate in the various socio-cultural animation activities.

3.2.-Project Evaluation indicators

The evaluation of the Plan is carried out through data collected over the activities: Map attendance; monthly report.

Aims:

- Optimize and understand cognitive functions, needs, expectations and motivations of the elderly;
- Work / enhance the dimensions:

- Physical,
- Biological,
- Psychic,
- Intellectual,
- Spiritual,
- Emotional,
- Cultural,
- Social

From each other;

- Provide higher quality of life, sense of usefulness, disability prevention and stabilization or slowing the aging process as a process of activation and stimulation of the elderly;

- Providing an integrated healthy aging;
- Promote a variety of activities in time and space mobilizing the participation of the elderly in order to create reinforcement strategies of self-esteem;
- Privilege the interaction of the elderly with family, thus reinforcing the link and affective ties as their family and social environment is an integral part of their experiences;
- Approaching the families of the institution by conducting activities in partnership;
- Providing initiatives that promote the joy and fun;
- Providing elderly moments of good humor and contact with the community;
- Remembering experiences, customs and popular traditions;
- Stimulating an interactive work with the elderly and children.

3.3.-Resources:

□ Humans:

- Seniors;
- General Services Director;
- Sociocultural animation expert;
- Experts of Social Service;
- Board of directors;
- Assistant Direct Action / auxiliary Maids;
- Familiars;
- Children;
- Driver;
- Other employees of the institution (where necessary)
- External means the institution (where necessary)

3.4-Materials:

- Waste of materials (drawing materials, paint materials; modeling materials, adhesives, textiles, etc.);
- Recyclable materials;
- Audiovisual material;
- Books / magazines / newspapers;
- Vans;
- Bus;
- Materials helping to achieve the physical education exercises;
- All materials inherent to the preparation of activities.

3.5- Physical:

- Polyvalent room;
- Auditorium;
- Refectory;
- Outdoor spaces;

3.6.-Activities:

The Plan of Activities aims boosting the elderly in the form of a variety of activities for a year and directed to different levels of autonomy / dependence.



The Plan includes partnerships at various levels, in order to adjust activities to limitations of users, encouraging participation of older people with people outside the institution for a healthy and diverse interaction in ages and experiences and, therefore, cheerful and enriching.

Considers the planned activities both internally and at the level inter institutional, allowing a wider interaction with the objective of promoting active

aging and solidarity between generations.

3.7-Motivation

An important concept that you cannot fail to mention is that of motivation. Without motivation nothing is done. To implement an animation project it is necessary that individuals are motivated or gain motivation to do so. It is thus important to work this aspect in the audience, and for this it is essential to know the principles of motivation.

Are they:

- The human being is motivated when he has the opportunity to make their own ideas.
- The human being is motivated whenever his behavior is assessed by assessments (positive or negative) deserved.
- For an individual to motivate durably, it has to be stimulated several times.

- A negative assessment of the individual or of a behavior that he cannot or do not know how to modify causes him to lose motivation.
- The greatest source of motivation for the human being is able to achieve with effort, a goal he has set himself.

Often due to aging problems, the elderly get discouraged for some activities. Faced with these situations is essential to work with motivational messages, praise, and recognition.

Material: Paper, Pen, Activity Books, Puzzles, Checkers, among others.

Human resources: sociocultural animator, trainees (when ongoing work placements), seniors.

Target: All users of the Home and Day Centre.

Days / Time: 2 times a week, for 60 minutes per session.

Expected outcomes: knowledge sharing, maintenance and improvement of cognitive skills.

4. - INTERVENTION PROGRAM

4.1. - Workshop on Cognitive Stimulation Group and Small Group

The goal of cognitive stimulation games is to increase brain activity, slowing the effects of memory loss and perceptive acuity and speed, and the rehabilitation of executive functions.

- Simple Arithmetic Operations;
- Game of the differences and similarities;
- Labyrinth Game;
- Memory Game;
- Word Search;
- Puzzles;
- Checkers;
- Exercise of appointment;
- Manual dexterity games;
- Exercise recent memory, immediate, episodic and semantic;
- Temporal orientation exercise, space and personnel;
- Orientation therapy to reality
- Reminiscent activities.
- Celebrations of the Seasons (guide the user in time; develop fine motor skills, manual dexterity, creativity and spirit of improvisation of users)

4.1.1.-What are Cognitive Skills?

The definition of the word cognition means the *process of knowing* and includes all of its aspects, such as:

- Reasoning
- Awareness
- Perception
- Knowledge
- Intuition
- Judgment

Cognitive skills are the mental capabilities that a person has which allow them to process all the information they receive from their five senses. These skills are needed for a person to be able to think, talk, learn or read. They are what give a person the ability to recall things from memory. Cognitive skills also are needed to:

- Analyze the images and sounds their senses perceive.
- Maintain concentration.
- Draw associations from various pieces of information.

4.2. ATELIER: COOKING

The kitchen can be a place where not only cook, but where values are transmitted, strengthening roots and strengthening personal relationships at the same time is a teaching tool that can be used in educational practices for users to get together, talk about the daily life of their eating habits, their culinary preparations and discuss future plans to improve their eating habits.



tor skills.

The objective of this workshop is to share knowledge of recipes, the confection of different products, encouraging fine mo-

Food is at the heart of our community. Share meals and conversations with your neighbours as you bond over your favourite meals. Residents love getting together with friends and neighbours to swap family recipes and share their culinary creativity! If you really want to test your mettle in the kitchen, you can compete in one of our popular "Iron Chef" cooking competitions. Or, if you're just looking to learn some new tricks, attend a hosted cooking demonstration!

This activity will be developed through:

- Creation of a cookbook, (once a week is done raising a recipe)
- Execution of jams and sweets,
- Manufacture of dry muffins, cookies and cakes.
- Manufacture of natural juices and smoothies.

Material: oven, stove, kitchen supplies, handles, towels, aprons, caps and gloves, various foods.

Human resources: sociocultural animator, trainees (when ongoing work placements), seniors.

Target: All users of the Home and Day Centre who wish to participate.

Day / Duration: 2 times a month, every day, lasting about 120 minutes in each session.

Expected outcomes: knowledge sharing, maintenance and improvement of cognitive abilities, improved quality of life and autonomy.



Dance develops creativity, independence and freedom. Dance as a way of living makes healthier daily life, for developing the socio affective domain, psychomotor and perceptual-cognitive, being an enjoyable physical activity for the individual. Dance is the art of human movement, it is plastic-rhythmic, abstract and expressive, one of the oldest arts known, appearing since the beginning of civilization as a natural manifestation, often as a form of ritual. Dance promotes the integral development of the human being. It is a basic art and priority compared to all other expressions of human creativity.

4.3.- ATELIER DANCE

The dance works memory, attention, reasoning, imagination creativity and numerous health benefits. Among the main benefits brought by dance are:



cardiovascular benefits; improving the body language; disinhibition; self knowledge; improvement in self - esteem; stimulation of blood circulation; improving communication; improve breathing capacity; It provides spatial sense, body awareness, joy; improvement of interpersonal relationships; develops abstract reasoning; assists in the understanding of cultures; reduces anxiety and stress, releasing tensions; reduces physical inactivity; includes concepts and proce

dures as a field of knowledge and research; assists in mental health; increases the cycle of relationship; improvement in social, emotional and cognitive fields; encourages spontaneity and creativity.

Dance is a form of animation that can and should be developed with the older ones, since for them the dance is associated with memories and important experiences in your life.

This activity will be developed by organizing parties, balls and dance evenings where users can practice ballroom dancing, traditional dance, circle dance, where the users to express themselves freely.

Studies show that drawing and painting work in the coordination of people, help with organizational skills and serve as a therapeutic resource, of course, combined with other treatments already made by the elderly. The sensory channels are also activated during the practice of painting. As a result, it helps to balance the emotions and free your imagination and thoughts.

As it is an activity that requires concentration, enhances the capacity for observation, paying attention to the smallest details and of course, increases the critical check on the progress of own painting on canvas. For those who will do a painting course, this activity also helps improve interpersonal relationships as it encourages communication between colleagues to exchange information, tips and on new techniques.

In fact, experts say that the activity is very interesting for all age groups, but in old age helps to activate the memory. The reason is that, like any other activity, requires learning over the years helping to keep neurons always active.

Material: popular music CDs, CD player, stereo system and microphones.

Human resources: sociocultural animator, trainees (when ongoing work placements), seniors, artists external to the institution.

Target: All users of the Home and Day Centre who wish to participate.

Day / Duration: days of birthday parties, festivals, with no longer than 90 minutes.

Expected results: maintaining and improving the cognitive abilities, improved quality of life and autonomy.

4.4.- ATELIER OF PLASTIC EXPRESSION

The plastic expression activities allow the wearer to express themselves, develop and stimulate the imagination and creativity through various forms of expression, develop fine motor skills, manual precision and psycho-motor skills. In carrying out these activities avoid isolation and idleness, develop critical thinking, expressing their preferences and reasons for the action, while promotes the development and enrichment of group qualities, cohesion, sharing, teamwork, confidence, sensitivity, interpersonal relations, initiative and self expression.

These activities can go through:

- Painting
- Sewing
- Felt Works
- Modeling
- Collages
- Crafts
- Modeling (using materials such as clay, polymer clay and folder model)

Material: Wool, cotton, fabric, needle, paper, pens, pencil, brush, canvas, paint, clay, polymer clay, modeling paste, beads, wooden objects, recycled materials.

Human resources: sociocultural animator, trainees (when running professional internships), the elderly,



Target: All users of the Home and Day Centre

Days / Time: 3 times a week for 120 minutes each session (to be adjusted according to the requirements / limitations of the users)

Expected results: increased autonomy and satisfaction, shows and / or sale of work, knowledge sharing.

4.4.1.-Mosaics

Many seniors find that creating mosaics can be a great pastime. They can work with small or large pieces, depending upon their level of dexterity as well as their eyesight. The mosaic can be a planned design, or it can simply be a colorful abstract.

Mosaic projects that seniors enjoy making often include:

- Flowerpots
- Picture frames
- Mirror frames
- Small tabletops
- Trivets
- Garden stepping stones

With ceramics, seniors can create fun works of art as well as useful everyday items like mugs, bowls and pottery for gardening. They can choose to glaze their ceramics if they

really want to get into the full hobby, but many people simply like to stain bisque ceramics with acrylic paints and seal them with an acrylic spray sealer.

4.5.- ATELIER OF EXPRESSION AND ORAL AND BODY COMMUNICATION

This activity consists of training classes in order to maintain the capacity of literate users, encouraging the writing and reading, memory and concentration by:

- Small dictated,
- Word search,
- Reading stories and books,
- Storytelling, poetry, storytelling, commented news);
- Conducting a monthly Journal of wall on the news related to the activities in the institution,
- Staging of short stories and stories geared to different groups

Material: Paper, writing material, painting, reading books, props and wardrobe whenever necessary

Human resources: sociocultural animator, trainees (when running professional internships), the elderly, external means to the institution.

Target: All users of the Home and Day Centre who wish to participate.

Days / Time: 2 times a week, for 60 minutes group. Daily exercises and individual supervision.

Expected results: It is expected an improvement in the level of satisfaction, increased confidence, maintain and / or improve cognitive abilities.

4.6.-Atelier ICT technologies

There is a hope, a generalized understanding and an expectation that technologies/ICT can help societies to cope with the resulting challenges and to improve the quality of life of elderly citizens. There are different expectations on the way how ICT may affect social and economic life in the most industrialized countries. The elderly age group is not a homogeneous one in what concerns education, income or even the different types of disabilities often associated with age the elderly people as a group are at the greatest risk of being excluded from the benefits of the Information Society.



This activity consists of training classes in order to maintain the capacity of seniors and open new possibilities for contact with relatives who are abroad.

This workshop will be developed through:

- Development and email consultation
- News Search
- Cookbook Preparation
- Skype

Material: Computer, Internet access

Human resources: sociocultural animator, trainees (when ongoing work placements), seniors.

Target: All users of the Home and Day Centre who wish to participate.

Being Outdoors

Seniors who enjoy being outside may find bird watching a fascinating hobby. They can spot birds or look for feathers while taking a nature walk, or identify species from the comfort of their own backyard while they listen to the birds sing.

Other fun outdoor activities include:

- Picnics
- Fishing
- Treasure hunts
- Gardening
- Outings to parks and other places of interest

Days / Time: 1 time per week for 60 minutes group. Daily exercises and individual supervision.

Expected results: It is expected an improvement in the level of satisfaction, increased confidence, maintain and / or improve cognitive abilities.

4.7.-Recreational activities

A playful animation aims to entertain people and the group, occupies their time, and promotes interaction and dissemination of knowledge, arts and knowledge. There are many fun activities

elderly people can take part in to keep their minds sharp, bodies strong and spirits high. Whether it's spending time outdoors, playing games with family and friends, or spending time working on a favourite hobby, doing things they love can benefit the overall wellbeing of all seniors.

Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why health experts say that older adults should aim to be as active as possible.

World Health Day

World Nurses Day

World Book Day

World Dance Day

World Environment Day

Commemorating the Popular Saints

Grandparents Day



birdwatching.

- **Letterboxing:** Never heard of letterboxing? It's a fun outdoor activity that combines hiking and treasure hunting. Learn more about it.
- **Sports:** If you have your doctor's approval to play sports, break out the golf clubs, soccer ball, or tennis racket and get playing. You could join a senior league or simply play with friends at the local park, recreation centre.
- **Exercise:** Although it may sound like more work than play, exercise can be great fun or amazing relaxation, depending on the type you choose. Try water aerobics, walking, yoga, or Tai Chi.
- **Photography:** Digital cameras are remarkably easy and offer instant gratification. Simply point, shoot, and see the picture.
- **Scavenger hunt:** Set up a scavenger hunt with a friend or try geocaching.
- **Grow your food:** Try your hand at gardening, but not just any old gardening--grow your food. It gets you outside, you know exactly where your food came from, and it's good for the environment too.
- **Rent a kayak:** If you love an adventure, try renting a kayak to explore the water. Some companies offer special trips and discounts for senior citizens.

Week dedicated to Childhood

Anniversary of Mercy

Christmas dinner,

Christmas party

Way of the Cross

World Day of the Sick

Family Day Celebration,

Mother's Day celebration and Father's Day

4.8.- SPORTS ACTIVITIES AND ANIMATION GAMES

The exercise classes are intended to ensure the users' health conditions, promoting their health, trying to combat a sedentary lifestyle and develop their physical and intellectual capabilities through simple handling tasks joint and muscle allowing you greater quality life. They could join a senior league or play with friends at the local park or rec center.

The choice of sports is limited only by their physical condition and interest.

A few of the possibilities include:

- Golf
- Tennis
- Croquet
- Badminton
- Softball

This activity has the following objectives increased self-control, improve the leisure time, development of physical abilities, com

bat sedentary lifestyles and stress, prevention of depression and increase self-esteem. This activity will be developed through warm-ups exercises, traditional games and sports, hiking, use of the electric bike and Bars.

Material that can be used: balls, ropes, plastic bottles, specific balls for bocce game, chairs, rubber bands, sticks, fabric, carpet and cycling, among others.

Human resources: sociocultural animator, trainees (when running professional internships), the elderly, external means the institution.

Target: All users of the Home and Day Centre who wish to participate.

Days / Time: 3 times a week for 40 to 90 minutes per session (to be adjusted according to the requirements / limitations of the users)



An important component of the animation, in its most playful and purest sense, is the game. Play, play, as an adult, also fits up those myths and stereotypes that advocate that play, play is child's play. Big mistake, the desire to play accompanies us throughout life, but our different social roles assumed distract us from the practice of regular play, which has not eliminated, however, our desire to do so. The game, whether in children, in adults or elderly is of the best ways we transmit a message and have fun. With the game we

can:

- Follow our creativity;
- Release tension and emotions;
- Positively orient the daily anguish;
- Reflect;
- Increase the number of friendships and relationships
- Have fun in
- Increase the cultural level and the collective commitment;
- Have predisposition to perform other duties;
- Get intergenerational integration when possible opportunities.

5.- CONCLUSION



Cultural animation is defined, in general, the way to work in all fields of development of the quality of life of a particular community. Is a set of steps to facilitate access to a life more active and more creative, to improved relations and communication with others, to greater participation in the life of the community, to which one belongs, developing the individual's personality and their autonomy.

The cultural entertainment is presented as well as a broad perspective Change / social transformation and as a new area for education and recreation cultural.

As for the animation specifically for the elderly, this is defined as a stimulus of mental life, physical and emotional of the elderly. The animation encourages it to undertake certain activities which contribute to its development, giving you the feeling of belonging to a society in which evolution can continue to contribute. Contradicting the idea that most of the elderly have, that they no longer good for anything, that does not interest the family, much less to society.

In this issue of society, it excludes the elderly or sometimes are themselves seniors who self exclude, already due to these preconceived ideas that no longer good for nothing and that only left them to die.

It is one of the exciting functions - in the context of seniors animation – do with these ideas and prejudices disappear or in other cases, they never arise. For this, the animator is incumbent on to create moving, life and activities. It needs to submit proposals and suggestions, which seduce, to imagine, arousing, to inspire and influence the elderly, without exerting any obligation or requirement.

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4 Conclusion

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