

COA Senior Programming Brainstorming Session 8/26/21

Summary of points made placed in categories:

Relevant Information on Seniors

- consideration of full age range from 60-100
- activities to include all age groups
- self-presentation of seniors' needs and desires
- identification of priorities and problems

Center Program Activities (in coordination with Library)

- reading group for elders and kids
- book club
- story telling
- craft activities: sewing, knitting, quilting, etc.
- section designated for puzzles and games
- coffee hour
- movie night
- music and sing-alongs
- brown-bag lunches and meals
- holiday-related activities
- strategies for socialization and ice-breaking
- develop a program for outings, walks, etc.

Development of Health-Related Activities

- utilization of Lyra's pantry for seniors in need
- exercise fitness and wellness programs
- provide programs for others to help seniors dementia-friendly, home-bound, etc.
- medial support/information systems
- offer clinics: foot clinic, bones and balance, blood pressure check, etc.

Additional Work for COA

- develop volunteer groups: 1) visiting and bringing food for people and pets; 2) help with calls for events; 3) help with transportation to activities and medical appointments
- help for the home-bound
- develop monthly calendar and newsletter for distribution
- work on insurance and financial support; IRS tax program