



101 Physical and Brain Fitness Activities for Seniors: A Resource Guide for Activity Coordinators (Paperback)

By Renee a Gibbons

Renee Gibbons, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you overwhelmed with coming up with fun and engaging activities for your seniors? Do you struggle with finding effective physical and mental activities that focus on senior health? Do you wish you had a comprehensive resource full of activities for physical movement and brain fitness activities for seniors? 101 Physical and Brain Fitness Activities for Seniors is a comprehensive resource book for Activity Coordinators or anyone who want to deliver creative, fun and engaging activities for their senior population. This book includes 40 physical movement activities and 61 brain fitness activities, each with detailed delivery instructions. Each activity also lists requirements for equipment, resources and set-up. Almost all of the physical movement activities can be performed while seated. In addition, all of the activities in this Resource Guide have been utilized on seniors, from 60 to 100 years of age, to include those with physical disabilities as well as seniors who have been diagnosed with cognitive disabilities such as dementia. A unique feature of this book is the inclusion of sample old school songs that are paired with all of the activities...



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