



# **Educational Activity Programs for Older Adults: A 12-Month Idea Guide for Adult Education Instructors and Activity Directors in Gerontology**

*Janice Williams, Janet C Downs*

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If you have ever found yourself frustrated by the lack of printed materials for ideas to be used in conducting classes or activities with older adults, look no more! Educational Activity Programs for Older Adults is an innovative guide for planning programs that meet the social, recreational, rehabilitative, and educational needs of older adults. This valuable resource includes detailed instructions for two activity programs and a list of events for each month of the year. Particular emphasis is placed on holidays and the events surrounding them, with every possible detail provided--history and culture, program overview, preparation, arts and crafts activities, and music, food, and costume ideas. The resourceful and skilled authors have also included a list of topics for every day of the month, which the creative activity professional can use to plan additional activities or generate discussions. Use this practical volume to offer new, unique, and effective instructional programs for older adults. The variety of the activities illustrates the wide range of choices and the limitless creativity you can use in program planning. The focus is on the individual and what benefits him or her most. You will learn how to prepare for each project and how to teach it--with step-by-step descriptions. Educational Activity Programs for Older Adults is a comprehensive book that gives you a wealth of ideas for flexible and fun projects that will motivate and educate the older adults with whom you work. Highlights of this useful book . . .

- theories related to aging that provide general background knowledge
- two activity programs and list of events for each month of the year
- a list of monthly events that contains at least one topic for every day of the month
- educational, stimulating, and fun activities for program participants and their instructors
- complete details of activities that develop specific motor skills and cognitive functioning in older persons
- an overview of the background of each holiday, as well as a thorough explanation of how to implement the program
- flexible programs to meet the needs of older adults
- step-by-step instructions for planning and teaching each activity
- lists of convenient materials for each project
- ideas for arts and crafts activities, music, and food that are appropriate for each holiday celebration
- ideas for activities that encourage individual participation, enabling older adults to express their interests, talents, and areas of expertise

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