

International Creativity and Innovation Week.

As people enter their Golden Years, more strenuous physical pursuits can become difficult. However there are plenty of activities which can still keep both mind and body alert without having to run a marathon or take an IQ test!

Older people, just like everyone else need to participate in interesting activities to keep their bodies and minds alert and vibrant.

Studies on the effects of social and creative activities on older people have found significant reductions in depression, loneliness and stress.

Creativity and Innovation Week takes place between the 15th and the 21st April and is a fantastic opportunity to set up some stimulating and creative activities and encourage your residents to get involved in them. The week aims to inspire people to pursue their passions and get them being creative and having fun. Obviously, this ties into exactly what Hale & Fun is all about!

Below are some suggestions for exciting and motivating group activities that should suit all tastes.

Arts and Crafts

Arts and Crafts activities are fun for all ages and can keep seniors from becoming bored as they can have total creative freedom over what they wish to do. Why not take the group on a walk and paint some nature? Or if people prefer to stay inside you could hold painting, knitting or needlework classes. These projects can keep the elderly person's mind creative and stimulated. Why not encourage them to make gifts for the family, such as knitting a shawl or scarf or making a unique and personal gift card?

There are some great gift card making ideas at www.cutoutandkeep.net.

Alternatively, Hale & Fun has a broad range of Arts and Craft programs that can easily be incorporated into your existing activities calendar.

Call Hale & Fun today on 02 8034 6945 for more information

Gardening

Another great activity for those who are a little more energetic is gardening. For the elderly individual who enjoys the outdoors, gardening can be beneficial in preserving both mind, and body. Start small by buying some seeds and asking residents to plant them in pots. Seeds such as sunflower seeds or tomato plants are good as they grow quickly. This is a great pastime that is really rewarding as they can watch their plants develop and grow and will bring enjoyment to them long after the activity is done. Why not go a step further and ask residents to paint or decorate their plant pots as well?

Not sure where to start? Hale & Fun has recently incorporated a number of new programs that focus on this very area under our loving nature schedule.

Call Hale & Fun today on 02 8034 6945 for more information

Organising a special meal

Special meals can be great fun and an excellent social activity that promotes interaction and builds the community spirit. Each day during the week a different recipe could be tried and tested. You could ask the residents to put forward suggestions for their favourite meals and everyone could try them out together. Old favourites such as Lamington cakes will go down a treat. A great recipe can be found at <http://www.joyofbaking.com/Lamingtons.html>

Playing games

Playing games can also be a great way to have residents interact, socialise and have fun. You could set up a board-game tournament and put all participants in teams. Each team has a go at each game for example Dominoes, card games, Trivial Pursuit, and you could give prizes to the winning team. Or why not host a bingo night? If you wanted to be particularly creative, why not come up with your own quiz game which could revolve around events, film stars and singers of their era, or even the residents themselves!

Hale & Fun has recently started trials of new “sample bag” that would be perfect for this- it involves a program where each session focuses on a different board or card game- allowing residents to get a taste of a wide range to see what takes their fancy

Call Hale & Fun today on 02 8034 6945 for more information



Whatever you choose to do for Creativity and Innovation week remember this is a great opportunity to do something different, promote fresh thinking, encourage others to be creative and inspire them to continue to pursue activities which will lead to a healthier happier lifestyle. By doing so you'll make their world a better place to be in.

Still stuck for ideas? Hale & Fun can help, we have a number of program specifically designed to help your residents get their creative juices flowing. These include courses Art, literature, science appreciation programs as well as courses to help the residents actively start writing, painting and creating. We also offer both introductory and advanced courses in a broad range of highly popular games such as Poker, Mah-jong and Chess.

Call Hale & Fun today on 02 8034 6945 for more information