April 2022 Resources

resources curated and created by masterpiece

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| 2nd Quarter Suggested Program: **Aging Through the Ages**This four-session program explores the history of aging and the evolving role of older adults through time. In this program, participants will take a brief look at the Hunter-Gatherer and Agrarian Ages, the Industrial Revolution, the Technology Age, as well as a glimpse into our future. Each session will illustrate the evolutionary challenges during these various periods in time, what we – as a species – learned, how our older adults contributed to society and the overall view of aging. |
| National Days | Curated Resources and Ideas |
| April 6th: **National Walking Day** | * Learn about the power of walking barefoot on the Earth from this documentary on YouTube**:** [The Earthing Movie: The Remarkable Science of Grounding](https://www.youtube.com/watch?v=44ddtR0XDVU)  (1 hour).
* As it gets closer to April, check out [free Online Wellness Classes from Senior Planet](https://seniorplanet.org/virtual-fitness-wellness-events/) and include a morning or afternoon stretch before going out for a walk.
* Take a group to walk in the forest, use these resources to guide and inspire:
	+ Listen to Dr. Roger and Friends podcast episode: [Take a Bath in the Forest!](https://www.spreaker.com/user/11175410/nature-p1)
	+ [The Practice of Forest Therapy](https://www.natureandforesttherapy.org/about/the-practice-of-forest-therapy)

**TED TALKS*** [How More Walking Leads to Less Loneliness](https://youtu.be/sJlkAzoCWVI) (9 minutes)
	+ **Discussion Questions**:
* What is your favorite benefit of walking?
* How does walking alone clear your mind?
* How does social walking create a bond?
* [The Power of Walking and Silence](https://youtu.be/R4PMfoAK2Ek) (14 minutes)
	+ **Discussion Questions:**
* What or who speaks to you in the silence and is it comfortable?
* What discoveries have you made on walks?
* How is walking empowering?
* [The Transformative Power of Walking](https://youtu.be/2-8ams9yG98) (22 minutes)
	+ **Discussion Questions:**
* What makes a safe walking neighborhood so important?
* “Blooming Boulevards” and “Let Them Be Kids” started by filling a need. How can you support similar projects in your neighborhood?
* How can people walk their way through bouts of depression?
* Use these popular **Walking Apps** for motivation:
* [Charity Miles](https://charitymiles.org/). Get your steps in while supporting your favorite cause!
* [MapMyWalk](https://www.mapmywalk.com/us/). Create and discover new routes wherever you are.
* [WalkMeter](https://walkmeter.com/). The most advanced application for walkers!
* Invite an Exercise Specialist or Fitness Trainer to speak on the key benefits of walking and lead a short walk.
* **Map out walks** inside and outside the community. Consider who could make signs to mark the distances (Woodshop, Boy Scouts, team member, donation from a local sign company, etc.). Space these conveniently and at relatively short intervals (consider 1/10th mile markers). Provide a map and simple walking log and promote this as a regular activity.
* Begin a walking group with a plan to participate in a local **community walk.**

 * Ask regular walkers or team members to **lead a walking group** once a week or month and invite someone new each time.

**Walking boosts brain health.** The CDC reports that “Regular physical activity is an important part of a healthy lifestyle. Not only is it good for your muscles and bones, it can keep your brain healthy, too. Physical activity can **improve your cognitive health**—helping you think, learn, problem-solve, and enjoy an emotional balance.” [Physical Activity Boosts Brain Health](https://www.cdc.gov/nccdphp/dnpao/features/physical-activity-brain-health/index.html) |
| April 29th:**International Dance Day** | * Learn dances from around the world:
	+ [Five Best Dances from Around the World](https://www.lonelyplanet.com/articles/best-dances-from-around-the-world)
	+ [Travel the World Through These Dance Tutorials](https://www.nytimes.com/2020/07/25/travel/cultural-dances-tutorials.html)
* [Six recorded Sessions of MOVEMENT SPEAKS®](http://www.dvpnyc.org/free-access-videos/). This is the core program of dances for a variable population created and developed by Naomi Goldberg Haas, dancer, master teacher and choreographer. Each video lasts about an hour.
* Learn more about the Intergenerational dance troupe, [Kairos Alive!](https://kairosalive.org/), consider bringing them to your community.
* Try this [20-minute Dance Workout for Seniors](https://www.youtube.com/watch?v=E6lsGDntAEM) from Silver Sneakers!
* Pick a movie from this list of [7 Best Dance Movies in Classic Cinema](https://poweredbyorange.com/7-best-dance-movies-in-classic-cinema/) and have residents share their favorite dance memory.

**TED TALKS*** [You Are How You Move: Healing Through Dance](https://youtu.be/Vv3h0ifpB84) (19 minutes)
* **Discussion Questions:**
* What does dance expose vulnerability?
* What can dance connect you with?
* Children express joy through dance – why is that lost with adulthood?
* [Changing the World Through Power of Dance](https://youtu.be/98Gfv8SGjIg) (11 minutes)
* **Discussion Questions:**
* How did this young man break through barriers?
* How does his story speak to the power of conviction?
* How is the joy he shares with his gift relatable to you?
* Three **TEDx** dance performances, representing different cultures:
* [The Spirit of Ireland](https://youtu.be/EM1KzETrvyA) (6 minutes)
* [The Fastest Folk Dancers of the World](https://youtu.be/Ou2R6cW13q0) (3 minutes)
* [Ballet Folklórico Mexicano de Yale](https://youtu.be/BXYRqH-_RRU) (9 minutes)
* **Discussion Questions:**
* Do you appreciate these unique traditions and what is your favorite?
* How is dance important in representing cultures?
* What do you think is the relevance of maintaining these traditions?
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