Creative Movement for Seniors Residency (Seniors)
Participants explore movement and personal stories in this movement class tailored for seniors. The class will conclude with a culminating performance by the participants. The goals of the creative movement workshops include: creating community and opening dialogue; increasing body awareness, increasing mobility and range of motion for participants; increasing movement repertoires though safe and supported movement activities, increasing group cohesion; and exploring personal narrative. The overall goal of the class is to create community and to explore the universal and specific themes of memory, story, emotions, and expression.

Activities: 5-16 class sessions and culminating sharing

Site Coordinator/Activities Manager: 1 planning meeting with administrative staff as applicable

Location: Senior Center, Community Center, Independent Living Residence, Assisted Living Residence, Memory Care Facility, Nursing Care Facility.

Space: Enough room for participants to sit in a circle in chairs

Materials: Electrical outlet, One sturdy chair for each participant, Chart paper and markers

Length: 45-60 minutes per class

Capacity: Up to 30 students per class

Cost: $125.00/class