

Name of Program: FLY SWATTERS

Recommended Duration of Program: 45 minutes

Size of Group: Eight to ten residents

Goals and Objectives: To help residents have fun while getting lots of exercising.

Materials/Equipment Needed: Fly swatters, balloons. Music is provided as background from boom box. Prizes for the residents hitting the balloons.

Procedure: Have residents seated in a very close circle so that the balloon is in reach of each resident. The residents start hitting the balloon up to the ceiling or straight up in the air with the fly swatter. Each time the residents hit the balloon it counts as a point. To win a prize, the residents who hits the tenth balloon up to the ceiling gets a prize. The next prize is given to the resident who hits twenty, thirty and so on. (THE ONLY TIME YOU CAN WIN A PRIZE IS TO HIT THE TENTH BALLOON). The game is over when the 100th balloon is hit.

Submitted by Mae Petty/Treasurer

ACTIVITY PROGRAMMING

Name of Program: Bell Choir

Recommended Duration of Program: 30 minutes

Size of Group: You can have six or more residents depending on how many colored hand bells you have.

Goals and Objectives: Designed for providing Residents an opportunity to enjoy and learn music techniques by using hand bells.

Materials/Equipment Needed: One or two sets of colored hand bells, colored 8 x 10 squares of cardboard, color coated music that comes with the hand bell set.

Procedure: Have residents seated in a line at a table with a colored hand bell in front of them. Have the color coated cardboard laid out in the order of the song. As the Activity Director picks up the colors, the resident who has that color of the cardboard will ring the hand bell, whoever has the next color will play that bell and so on. You will need to keep the songs very simple and fun.