

# Download Group Activities With Older Adults

13 Senior Activities To Try Today. There are hundreds of different ways that you can get up and get active today. Here are some fun, productive and beneficial activities with proven benefits for both your physical and mental well being. Active Older Adults (AOA) programs engage adults ages 50+ in wellness, exercise & leisure activities that support healthy aging. AOA programming includes outdoor excursions, luncheons, clubs, arts classes & other drop-in activities. Now I start my day with fruits and veggies by having a homemade smoothie for breakfast. I use almond milk, banana, berries, and kale or spinach (for iron). Check out our collection of fun problem solving activities! Choose from 17 problem solving games for your audience., Group Activities With Older Adults.

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