

FAB

Fun, Advocacy, and Brainpower

May 2024							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

PrintableTree.com

Agenda




Introductions:



Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month. 
- ✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



Games

1. <https://www.youtube.com/watch?v=7ts4qmLm6DU>



2. [Memory Game | Train Your Visual Memory - YouTube](#)





Brainpower – Information and Resources to Empower

SA Members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting, you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes, and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm



<https://moddcouncil.org/wp-content/uploads/2020/04/SDM-BOOKLET-8-AGING-FINAL-1.pdf>



<https://selfadvocacyinfo.org/self-advocacy>



[Aging in Place: Growing Older at Home | National Institute on Aging \(nih.gov\)](#)

Virtual Board



Cooking Ideas and Exercise

Recipes



Tuna Salad: <https://www.thekitchn.com/essential-recipe-tuna-salad-recipes-from-the-kitchn-194944>



Slow Cooker Chicken Tacos

- 1 cup chicken broth
- 3 tablespoons taco seasoning mix
- 1-pound skinless, boneless chicken breasts

1. Gather the ingredients.



2. Combine chicken broth and taco seasoning mix in a bowl.

3. Place chicken in a slow cooker. Pour chicken broth mixture over chicken.



4. Cook on Low for 6 to 8 hours.
5. Shred chicken and Add what topping you'd like!



Exercises

1. <https://www.youtube.com/watch?v=-1y3oly6V4Y>



2. [Beginner exercise video for kids, adults, and people with disabilities \(PART 1\)](https://www.youtube.com/watch?v=-1y3oly6V4Y) (youtube.com)

