



Fun, Advocacy, and Brainpower



May Aging

Agenda:



Introductions:



Welcome everyone to your meeting.

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 interest 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.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at next month's meeting





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



Games

<https://www.youtube.com/watch?v=vfnyXiKZftc>

<https://youtu.be/1qPm8q32hyY?si=CccUKiQf7ZzfhdGa> – 10 mis
in One Ear and Out the Other? Focus on What You

Guess the Disney character – highlight the link and put it in your browser.

https://www.youtube.com/watch?v=EmZAh_SdzEE

[Free Printable Spring Break Word Search](#)



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://mcpres.mayoclinic.org/healthy-aging/aging-at-home-advice-for-staying-independent/>



https://youtu.be/8ffgeJoUsiQ?si=vys5962_ROPumTNw

10 mistakes that instantly age you



<https://www.waldenu.edu/online-doctoral-programs/phd-in-human-services/resource/helping-the-elderly-maintain-independence>



www.nia.nih.gov/alzheimers



<https://www.nia.nih.gov/health/heart-health/heart-health-and-aging>



<https://www.farmington-ct.org/Home/Components/ServiceDirectory/ServiceDirectory/64/1635>

Virtual



Cooking Ideas and Exercise



Recipes

Fruit Smoothie



1.

you will need:



1 cup
orange juice



2 cups
frozen berries



frozen
banana

tools:



Drinking cup



Blender



Spoon



Measuring cup

steps

1



Measure 1 cup
orange juice



Add juice to
blender

2



3



Pink Stuff



- 1 (21 ounce) can cherry pie filling
- 1 (14 ounce) can sweetened condensed milk
- 1 (20 ounce) can crushed pineapple, drained
- 1 cup chopped pecans
- 1 (12 ounce) container frozen whipped topping, thawed

Gather all ingredients





Fold in the whipped topping. Refrigerate until chilled.

2.

[file:///C:/Users/LibrandiP/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/22CKG2JD/2026 Aging Matters Registration.pdf](file:///C:/Users/LibrandiP/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/22CKG2JD/2026%20Aging%20Matters%20Registration.pdf) [Memorial Day Fruit Flagpoles – Accessible Chef](#)



3. Carrot and sweet potato shake– 3.10 mins

https://youtu.be/SvN_IC4VxxE?si=uTJeVf75V_R6of1s -10 mins

Exercises

<https://www.youtube.com/watch?v=pwwlSeTzCc4>

Zumba Dancing:

<https://www.youtube.com/watch?v=60fBjmYOGgw>

https://youtu.be/Hzc_44yaego?si=tDncckDtnjsRjofs 12 mins

[27 Minute Wheelchair Fitness Workout | Effective Seated Cardio Exercises for All Levels](#)

