

IT DOESN'T TAKE A LOT OF TIME TO MAKE A BIG DIFFERENCE

## SENIOR SHUFFLE



### WHY FAMILY VOLUNTEERING?

Family Volunteer Day is a day of service that celebrates the power of families who work together to support their communities and neighborhoods. Volunteering is a great way for kids and adults to make new friends, develop compassion for their neighbors, and even pick up a new skill or two!

### THE ISSUE OF DEPRESSION AND OLD AGE

Did you know that 1 in 5 seniors citizens are clinically depressed? Older adults who exercise have better physical health and experience less anxiety and depression. Get your local seniors up and moving by throwing a dance or shuffle at your local senior center!

### WHAT YOU'LL NEED

- A nursing, retirement, or assisted living home
- A playlist on an iPod, CD or some other device that will hold a musical playlist
- Speakers
- Refreshments
- Cups
- Decorations (streamers, balloons, posters, etc.)
- Your dancin' shoes!

### IDEAS TO CHAT ABOUT

- Why is it important to spend time with the elderly?
- What are some questions you can ask the seniors at your party?

### ADDITIONAL RESOURCES

[Read more](#) about the importance of helping the elderly!

### HOW TO KEEP THE GIVING GOING

Continue to visit the friends you made at the Senior Shuffle!



## PROJECT INSTRUCTIONS

1. Contact a nursing home, retirement home or assisted living home and ask them if it is possible for your club to host a dance. Ask if there is an activities director; he or she will be your best contact.
2. Set a date.
3. Get other families in your community involved by posting information online, in stores or at the location itself, and remember to include the date and time of your Senior Shuffle.
4. Decide whether you will purchase, collect or make decorations. (If you're involving multiple families and making decorations yourself, invite the others to help.) Then do it!
5. Ask the activities director or other staff member for ideas on some of the seniors' favorite songs.
6. Make a playlist. Make sure it is in a format that can be used in the senior center. It could be on a CD, an iPod or mp3 player, computer or phone. Don't forget the stereo or speakers (or check with the coordinator if they have them already).
7. Setup and decorate the dance room.
8. Have fun dancing and laughing with your new senior friends!

## SAMPLE BUDGET

Item	Cost
Streamers (4)	\$5.56
Speakers (2)	\$30.98
Balloons (15)	\$1.99
Cups (50)	\$5.48
Refreshments (4 sparkling water, 33.8 oz)	\$8.20
<b>TOTAL</b>	<b>\$52.21</b>

## REFLECTION

*Game idea!* Have the families all come together in circles after the project is over. Challenge each family to come up with 5 words that describe the day's experience. One in each of the following categories:

- Why doing this project was important
- How they helped each other or the world
- What it was like to volunteer with their family
- What was the funniest part of the experience
- What they would like to volunteer doing next

After every team has chosen a word for the category, have each family call out their word. If two families use the same word, their answers don't count towards the winning sum. Whichever family has the most original answers wins the reflection game!