



# Voice of Activity and Life Enrichment Professionals

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A low-angle shot of two mountaineers on a rocky mountain peak. The climber in the foreground is wearing a blue jacket and black pants, leaning forward. The second climber, in a red jacket and black pants, is standing slightly behind and to the right, holding a climbing tool. The sun is high in the sky, creating a strong lens flare and illuminating the scene. The background is a clear blue sky.

Welcome Back to Another Summit!

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Another year has passed.





How are we  
programming for the  
older adult?

- ❖ Varied
- ❖ Engaging
- ❖ Adaptable
- ❖ New
- ❖ Exciting
- ❖ Brings Joy



# Entertainment

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# Engagement







Which do  
you  
prefer?



# Creating Quality Engagement Programs



MEANING  
AND  
PURPOSE



SOCIAL  
INTERACTION



CREATING  
RELATIONSHIPS



PHYSICALLY  
ENGAGING



COGNITIVELY  
STIMULATING



A photograph of an elderly couple sitting at a table, clapping their hands. The woman on the right is wearing glasses and a light blue shirt, smiling broadly. The man on the left has a white beard and is wearing a dark sweater over a white shirt, also smiling. They are in a bright room with a window in the background. The text "Meaning and Purpose" is overlaid in white serif font across the center of the image.

# Meaning and Purpose





# Social Interaction





# Creating Relationships



# Physically Engaging





# Green Prescription

- ❖ Nature Walks
- ❖ Gardening
- ❖ Art's'n'Crafts
- ❖ Pet Therapy
- ❖ Mindfulness







Cognitively Stimulating





# The Calendar



# Quality Engagement Programming

