



With the wind in grey hair **Activity Booklet**

Erasmus+ Project
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Small Collaborative Partnerships in the field of Adult Education



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LIFE BEGINS AT 60



*The longer I live,
the more beautiful life
becomes.*

Frank Lloyd Wright

ABOUT THE PROJECT

With the wind in grey hair is a small collaboration project that joins forces of 6 water sports organisations in 6 countries for 18 months. The clubs consortium will work on activating senior citizens (over 60 years old) through sailing and other activities (not only sport related) in the Clubs.

With the wind in grey hair - **Activity Booklet with tips, ideas and pictures for sailing and other activities directed to seniors' wellbeing.** All activities have a physical, mental or educational purpose. Each will influence at least one of the areas - physical activity and better condition, mental wellbeing and connection with others or gaining new skills and knowledge.

PROJECT PARTNERS



HORN Kraków
Sailing Club



MOVE to
Be You



Sport Algés
e Dafundo



Nautilus Polisportiva
Nautica



3on3 Cyprus
LTD



Ankara Sailing
Club



With the wind in grey hair
Activity Booklet

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SAFETY FIRST

SAFETY FIRST

Ensure that the training area is properly prepared and free from potential hazards, such as slippery floors or protruding objects.

WARM-UP

Start with a short warm-up to prepare the seniors' muscles and joints for physical activity.

ADJUST INTENSITY

Keep in mind that seniors may need a gentler pace of training, tailored to their physical fitness level and abilities.

REGULAR BREAKS

Plan regular breaks during the training session, so seniors can rest and stay hydrated.

PAY ATTENTION TO BODY SIGNALS

Be attentive to signs of fatigue, pain, or discomfort in participants and adjust the training accordingly.

SUPPORT AND MOTIVATION

Encourage seniors to participate, acknowledge their progress, and provide a positive atmosphere during the training.

VARIED EXERCISES

Plan diverse exercises to engage different muscle groups and maintain seniors' interest.

AQUATIC ACTIVITIES

If possible, consider water-based training, which is gentler on seniors' joints.

MEDICAL CONTRAINDICATIONS

Ensure that each senior has consulted with a doctor before starting the training to rule out any medical contraindications.

Form for seniors to check their health before taking up physical activity
Please note that this sensitive information is confidential.

Diabetes?	YES	NO
Asthma?	YES	NO
Anaemia?	YES	NO
Epilepsy?	YES	NO
Eating disorder?	YES	NO
Heart problems?	YES	NO
Chest pain?	YES	NO
Fainting or dizziness?	YES	NO
Any bone or joint problems, e.g. arthritis, which could be aggravated with physical activity?	YES	NO
Is there any other reason, not mentioned above, for which your child should not be following a fitness program?	YES	NO
Any other health issues?	YES	NO
Are you receiving any medication?	YES	NO



LIFE BEGINS AT 60

”

*The spirit never ages.
It stays forever young.*

Lailah Biftly Akita

ACTIVITES



SAILING

Grab the Buoy
Hit the Ball into the Buoy
Man overboard
The Eight
Regattas



SUPING

Learning to paddle
Standing up & Recovering Technique
SUP Ride
SUP Fitness
SUP Game: Battle of SUPs



SWIMMING

Riding on the horse
Aqua fitness
Swim and Chill



SOCIAL GAMES

Juggle your attention
Role Play
Quiz Movie Night
European Quiz
The Living Library



MIND TRAINING

Find the difference
Find the sum of 11
Memory game



SAILING WORKSHOPS

A short cruise to Giglio Island
Ropes, knots and tackles
Flags
Splice a three strand mooring line
Handling ropes
Cooking pasta with a pressure cooker



SALSA

Salsa Rueda



STREACHING

Stretching Exercises
Strengthening Exercises
Corrective Exercises



TAI CHI

STOP The Stream of Thoughts

ADVANTAGES OF SPORT



SAILING

Taking sailing lessons or participating in sailing programs designed for seniors can provide guidance and support for a safe and enjoyable experience. With proper preparation and precautions, sailing can be a fulfilling and physically invigorating sport for seniors.

Benefits of Sailing:

- **Low-Impact Exercise:** it puts minimal stress on the joints.
- **Strength and Endurance:** particularly in the arms and upper body.
- **Balance and Coordination:** as you move around the boat, adjust sails, and respond to changing wind and water conditions.
- **Mental Stimulation:** navigation, reading wind patterns, strategic decisions.
- **Stress Reduction:** water can have a calming and therapeutic effect.
- **Social Interaction:** involves a crew of people working together
- **Enjoyment of Nature:** connect with nature and natural surroundings.
- **Independence:** to take control of a vessel and navigate the open water
- **Lifelong Learning:** continuous opportunities for learning and skill development.
- **Scenic Exploration:** allows to explore new places from a unique perspective.



GRAB THE BUOY

Short description	Collect as many buoys as possible without colliding.
Area	Mind Body
Sport / method	Sailing
Aim of the activity	Collected all the buoys
Duration	20 min
Equipment needed	2 sailing boats and 7 buoys
Description	<p>The group must be divided into teams of 5 elements (boat capacity) . We have 7 buoys / fenders / empty water jugs on a course.</p> <p>The boats are given a start and must collect as many buoys as possible without colliding.</p> <p>You can also adapt this game for kayaks.</p> <p>The game ends when they have collected all the buoys.</p>
Learning outcomes	coordination on the boat teambuilding communication spacial awareness



HIT THE BALL INTO THE BUOY

Short description	The teams must try to put the balls into the lifebuoy. The crew must maneuver the boats using the different types and respecting the rules of priority.
Area	Body
Sport / method	Sailing
Aim of the activity	Put the balls into the lifebuoy.
Duration	25 min
Equipment needed	2 sailing boats ex. Omega, tennis balls: 10 orange and 10 yellow, an orange lifebuoy
Description	<p>The group will have to be divided into teams of 5 elements (boat capacity). Distribute different colored balls to each team. The buoy is dropped a considerable distance from the shore. The boats are released, and the teams must try to put the balls into the lifebuoy. The crew must maneuver the boats using the different types and respecting the rules of priority.</p> <p>This game can also be adapted for kayaks and other floating equipment.</p>
Learning outcomes	coordination on the boat teambuilding communication spacial awareness



MAN OVERBOARD

Short description	A basic sailing manoeuvre performed on a sailor's course involving approaching a man overboard. The man overboard can be a person, buoy or other floating elements.
Area	Mind Body
Sport / method	Sailing
Aim of the activity	Safely approach the man overboard and pull him aboard.
Duration	10 min per one approach
Equipment needed	2 sailing boats ex. Omega, lifebelt, buoy
Description	<p>The "man overboard" (MOB) exercise is a crucial safety maneuver in sailing used to rescue a person who has fallen overboard. It's essential for all sailors to be familiar with this procedure to ensure the safety of the crew. Here's a basic outline of how the man overboard exercise is typically conducted:</p> <ol style="list-style-type: none"> 1. Immediate Actions: <ul style="list-style-type: none"> ◦ Shout "Man Overboard!" to alert the crew. ◦ Point at the person in the water to ensure everyone on board knows the location. ◦ Keep your eyes on the person in the water and never lose sight of them. 2. Designate a Spotter: If possible, assign one crew member as a dedicated spotter whose sole responsibility is to keep eyes on the person in the water and continuously point at them.



MAN OVERBOARD

Description

3. *Throw a Floatation Device: Quickly throw a lifebuoy, cushion, or any other floatation device toward the person in the water. Ensure it's securely attached to a line so that it can be retrieved.*
4. *Initiate the Man Overboard Drill:*
 - a. *The helmsperson should steer the boat upwind of the person in the water to help create a windward mark for reference.*
 - b. *The crew should begin the process of tacking or jibing the boat to return to the MOB location. The goal is to get back to the person as quickly as possible.*
 - c. *Deploy the sails as needed to maneuver the boat effectively. Reduce sail if necessary to maintain control and safety.*
5. *Maintain Visual Contact: Continue to point at the person in the water and shout their location to the helmsperson. The spotter should never lose sight of the MOB.*
6. *Retrieve the Person from the Water:*
 - a. *When the boat is close to the MOB, stop alongside them.*
 - b. *Use a boat hook or other suitable device to help the person reach the boat.*
 - c. *If possible, have a crew member positioned at the stern to assist in hoisting the MOB back on board.*
 - d. *Be cautious of the boat's propeller and ensure it's in neutral.*
7. *Safety First: Once the person is safely back on board, check for injuries and provide any necessary medical attention. Ensure they are warm and dry, as hypothermia can be a concern.*

Learning outcomes

*coordination on the boat
communication
boat rescue*



THE EIGHT

Short description	Making a figure eight on the water - making a circle with one tack and one jibe.
Area	Mind Body
Sport / method	Sailing
Aim of the activity	To learn sailing turns and practice them.
Duration	10 min per one "eight"
Equipment needed	2 sailing boats ex. Omega, 2 buoy
Description	<p>In sailing, the "eight" or "figure-eight" maneuver refers to a specific type of sailing maneuver used to change direction when tacking (sailing upwind) in a narrow or constrained waterway. Here's how the figure-eight maneuver is typically performed:</p> <ol style="list-style-type: none"> 1. Begin Tacking (Initial Tack): <ul style="list-style-type: none"> ◦ Start sailing on a close-hauled course, which means the boat is pointed as close to the wind as possible while maintaining forward momentum. ◦ As you approach the point where you want to change direction, initiate the tack by turning the bow of the boat through the wind. 2. First Turn (First Half of the Figure-Eight): <ul style="list-style-type: none"> ◦ As the boat completes the tack, it will come head-to-wind. The sails will luff (flap in the wind).



THE EIGHT

Description

- Continue to turn the boat's bow further in the same direction to complete the first half of the figure-eight. The boat will be turned around 180 degrees, facing in the opposite direction.
- Keep the sails luffing during this part of the maneuver.

3. Second Turn (Second Half of the Figure-Eight):

- Once the boat is facing the opposite direction, release the sails to allow them to fill with wind on the new tack.
- Begin to turn the boat in the opposite direction to complete the second half of the figure-eight.
- The boat should now be on a close-hauled course on the new tack, heading in the opposite direction from where you started.

4. Trim the Sails:

- After completing the figure-eight maneuver, trim the sails to the appropriate position for the new course.
- Ensure that the boat is balanced and sailing efficiently on the new tack.

The figure-eight maneuver is particularly useful in situations where there is limited space to make a traditional tack, such as when sailing in a narrow channel, between anchored boats, or in other confined areas. It allows the boat to change direction effectively while minimizing the risk of collisions and maintaining control throughout the maneuver.

Learning outcomes

*coordination on the boat
communication
sailing turns*



REGATAS

Short description	Regattas - sailing races with all flags, signals and sailing regattas rules.
Area	Body Mind
Sport / method	Sailing
Aim of the activity	To learn sailing rules and try sailing racing.
Duration	1 - 2 days
Equipment needed	sailing boats ex. Omegas, 3 buoys, 1 buoy with the flag
Description	<p>Fleet Racing: In fleet racing, all participating boats start together and compete on a specified course. The winner in race is typically the boat that crosses the finish line first.</p> <p>All information relating to the regatta in question is contained in The NOR and Sailing Instructions. There are documents provided by the regatta organizers that outline important details such as the schedule, courses, start times, and specific rules for the regatta. It's essential to thoroughly review these documents before the event.</p> <p>The goal is to sailing as fast as possible to win the race. All boats sail the same race course. It is good to perform those regatas in teams where sailors are mixed with non sailors to get them familiar with sailing rules and sailing itself.</p>



REGATAS

Description

The event opens with a starting ceremony. After ceremony there is meeting with the participants and explaining sailing instruction.

After an explanation of the event, the crews shall go on the water to race. The time of the starting signal for the first race should be given in the instructions. The race starts with a 5 min start procedure. After the starting signal (no false starts) the crews shall sail along the designated course. The first to finish the race and cross the finish line wins. The places of all the boats are recorded and the next race is held when everyone has finished.

The team with the least number of points wins the regatta. Rules of the regatta and rules on the water are described in the regatta rules. The regatta shall be organised by referees or persons familiar with the rules. It is advisable to match the level of racing with the activity participants and to provide skippers for each boat to support the activity participants.

Learning outcomes

teamwork
communication
sailing rules

ADVANTAGES OF SPORT



SUPING

SUP - Stand Up Paddle is a fantastic sport for seniors, offering a range of advantages for their physical and mental well-being.

Benefits of SUPing:

- **Improved Balance:** standing on a floating board while maintaining your balance
- **Strength and Endurance:** engaging various muscle groups, including the legs, core, and upper body.
- **Low Impact:** SUP is gentle on the joints because it's a low-impact exercise.
- **Mental Health:** being out on the water and enjoying nature can have a positive impact on mental health.
- **Improves Posture:** balancing encourage to maintain good posture, which can reduce back and neck pain.
- **Vitamin D Exposure:** providing a natural source of vitamin D, which is important for bone health.
- **Cognitive Benefits:** Paddleboarding requires concentration and coordination



LEARNING TO PADDLE

Short description	Learn to paddle with land drills and water drills number of participants plus 1
Area	the body
Sport / method	Stand Up Paddle (SUP) land & water drills
Aim of the activity	The aim is to learn how to paddle in the water and learn the handling techniques of SUP .
Duration	60 min
Equipment needed	number of participants plus 1 SUPs (Stand Up Paddle) 2 buoys with anchors
Description	<p>Exercise 1 - Land Drill: Each person holds a paddle and is sitting on the beach. The instructor is demonstrating.</p> <ol style="list-style-type: none"> 1. how to measure the paddle for your height 2. how to hold the paddle correctly and 3. demonstrating the movements of the paddle technique (how to go forward, how to stop, how to turn, and how to reverse). <p>Exercise 2 - Water Drill: In the water we will have 2 buoys. The distance between them is approximately 30 meters. Each person will go with their equipment in the water. They will be seated on the center of the board and with the command of the instructor, they will have to make the FIGURE of EIGHT course.</p>
Learning outcomes	<p><i>body awareness</i></p> <p><i>balance</i></p> <p><i>With the wind in grey hair</i> <i>Activity Booklet</i></p>



STANDING UP & RECOVERING TECHNIQUE

Short description	Learn how to stand on the board, find the board balance and how to recover from a fall. 8 participants and coach
Area	the body
Sport / method	Stand Up Paddle (SUP) land & water drills
Aim of the activity	Learn and understand the board balance, the standing and recovering technique.
Duration	60 min
Equipment needed	9 SUPs 9 paddles 9 buoyancy aids
Description	<p>Exercise 1 – Land Drill: The sups will be on land, and everyone will be on their boards. The instructor will be demonstrating step by step (write the methodology for every step) the standing up technique and the recovering technique.</p> <p>Exercise 2 – Water Drill: Everyone will go with their boards and paddles in the water and practice, with the instructor’s guidance, the standing up technique and recovering technique.</p>
Learning outcomes	<i>learn how to paddle safely</i> <i>balance</i> <i>body awareness</i>



SUP RIDE

Short description	Learn how to ride the Sup and clean up the sea while riding. 8 participants and coach
Area	the body, mind and spirit
Sport / method	Stand Up Paddle (SUP)
Aim of the activity	The aim is to improve their handling and their confidence on the board and bring more awareness in our environment by keeping it clean.
Duration	60 min
Equipment needed	9 SUPs 9 buoyancy aids
Description	We will begin with some warm up & stretching exercises on land for about 10 minutes, and then we will take our gear and go for a long distance ride all together as a group.
Learning outcomes	improve the sense of the balance and body coordination, environmental awareness



SUP FITNESS

Short description	Learn how to use the Sup for fitness and wellbeing.
Area	the body the mind
Sport / method	Stand Up Paddle (SUP) Fitness
Aim of the activity	The aim is to use the board and the paddle as a fitness tool.
Duration	60 min
Equipment needed	9 SUPs 9 buoyancy aids
Description	<p>Exercise:</p> <p>We will begin the exercise with warm up on land, 5 minutes warm up and 5 minutes stretching. Then we will take our equipment and go in the water. We will start a sup ride that will take no more than 10 minutes and after we will arrive at a designated area. There, with the guidance of the instructor, we will perform different exercises/ poses of fitness.</p> <p>(These poses will challenge the body balance such as cat/ cow in all 4s, bird/dog, plank on forearms, plank on palms, downward dog, low lunge, low lunge with upper twist, chair pose, bridge, etc.)</p>
Learning outcomes	increase wellbeing, mental clarity, connection with nature



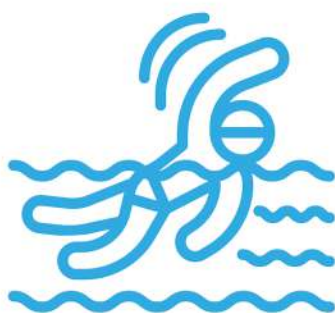
SUP GAME: BATTLE OF THE SUPS

Short description	A team game named Tug of War on the SUPs
Area	the body the mind
Sport / method	Stand Up Paddle (SUP)
Aim of the activity	The aim for this game is to have fun
Duration	60 min
Equipment needed	2 Sups 2 buoyancy aids 1 buoy 1 rope (6 metres)
Description	<p>Battle of the Sups or Tug of War (is a sport that pits two teams against each other in a test of strength).</p> <p>The game is played by 2 or 4 persons (depends on the size of the board).</p> <p>A rope will be tied on the tails of the boards and 2 or 4 persons will start paddling away from each other by pulling on opposite ends of the rope. The goal is to bring the rope a certain distance in one direction against the force of the opposing board's pull.</p> <p>For the center line we will set a buoy, a stable mark that the sups need to pass the center line.</p>
Learning outcomes	balance and body coordination team building

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Activity Booklet



ADVANTAGES OF SPORT



SWIMMING

Swimming offers numerous advantages for seniors, making it an excellent form of exercise and recreation for older individuals.

Benefits of Swimming:

- **Low-Impact Exercise:** gentle on the joints - the buoyancy of the water reduces the impact
- **Improved Cardiovascular Health:** helps improve heart health, lower blood pressure
- **Muscle Strength and Endurance:** engages various muscle groups, including the arms, legs, back, and core
- **Flexibility:** helps seniors improve flexibility and joint mobility.
- **Weight Management:** burns a significant number of calories
- **Balance and Coordination:** can help seniors maintain their stability and reduce the risk of falls.
- **Pain Relief:** can provide pain relief for seniors with conditions like arthritis
- **Stress Reduction:** relaxing environment can reduce stress
- **Improved Breathing:** can improve lung capacity and overall respiratory health.



RIDING A HORSE

Short description	Swimming in a sitting position on the pool noodle and moving in the water forward and backward with the hands and legs. Number of participants: +1
Area	the body
Sport / method	Swimming
Aim of the activity	The aim is to keep the body upright (sitting position) using deep muscles.
Duration	10 min
Equipment needed	pool noodles for each participant
Description	<p>Participants sit flailing on a swimming noodle, in a sitting position (like on the chair) and try to swim while pushing off with their hands. They can help yourself with legs by simulating running underwater.</p> <p>For beginners, it is a good idea to start the activity in shallow water. In a sitting position on the noodles, the task is to swim about 50 metres. First swim forwards and then backwards. The body will create resistance in the water as it moves. The goal is to keep the body upright in the water and moving in this position.</p> <p>The exercise is designed to strengthen the deep muscles by keeping the body in a pin position. In addition, it is a good exercise for the arms and legs.</p>
Learning outcomes	<p>balance and body coordination</p> <p>deep muscles exercise</p> <p>water awareness</p>



AQUA AEROBICS

Short description	Few aqua aerobic activities in the water with pool noodles. Number of participants: +1
Area	the body
Sport / method	Swimming
Aim of the activity	The aim is to relieve stress on the joints and strengthen the muscles by using the resistance of the water.
Duration	30 min
Equipment needed	pool noodles for each participant, music
Description	<p>Each participant, equipped with a swimming noodle, stands in water approximately up to their waist. The exercises can be demonstrated by a person standing on the shore or together with the participants in the water. Together they perform the exercises. Here are a few of them:</p> <p>Warm-up</p> <ul style="list-style-type: none"> • running in place • Legs still running at a standstill, hands try to push the water to the sides and back. • Jump from leg to leg, hands push water outwards to the sides. • Jump with both legs with a twist of the hips, hands push the water in the opposite direction to the legs • Swinging the water out in front of you while running at the same time



AQUA AEROBICS

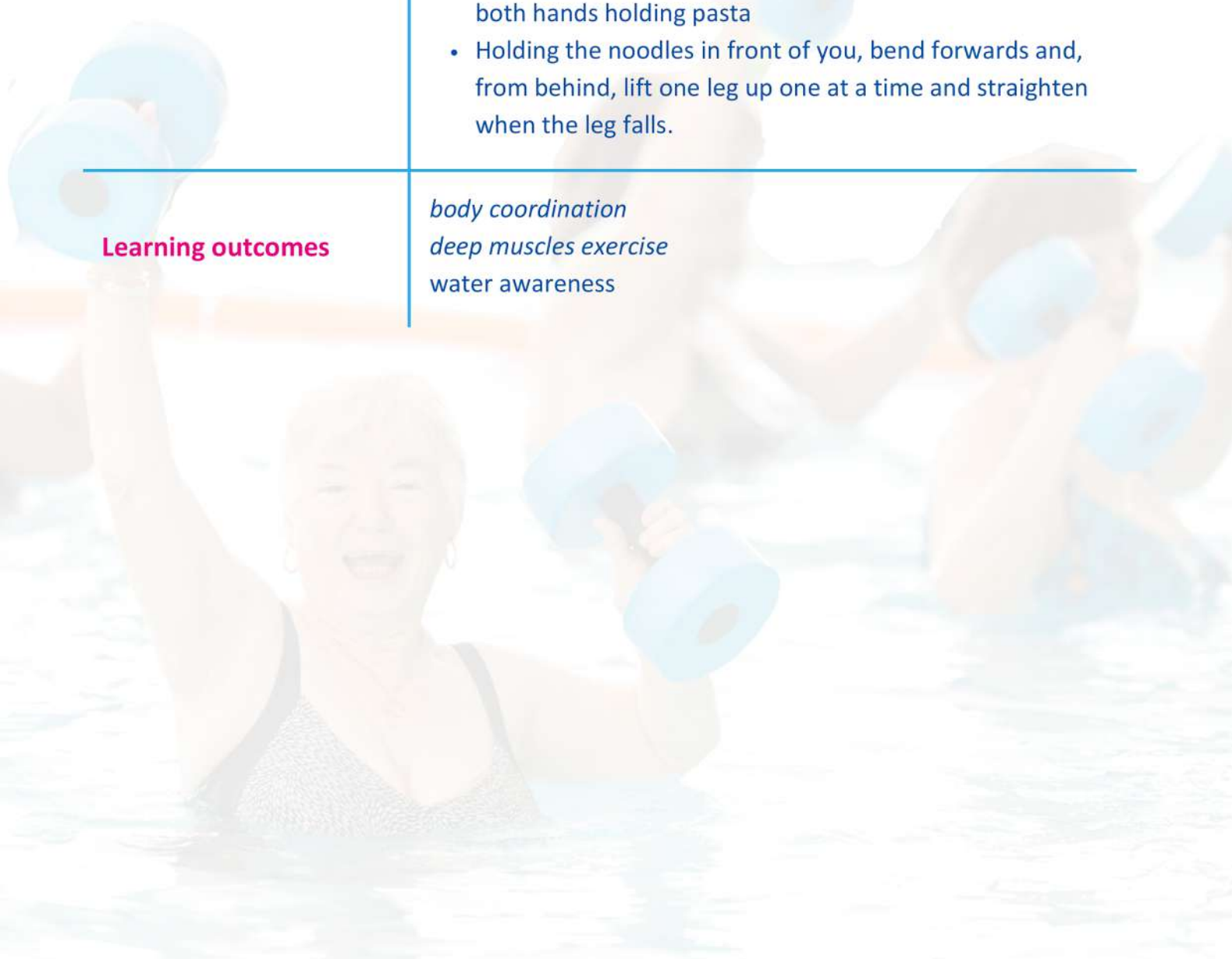
Description

Exercises with noodles:

- Pushing a noodle under the water in front of you
- Continue pushing the noodles under the water with lifting the legs - one leg at a time, then the other
- Bouncing with both legs while simultaneously pushing the noodles in with both hands
- Jumping over the noodles like a skipping rope
- Lying on your back with the noodles under your arms and flipping your legs back and forth
- Skipping with legs forward and backward with arms up, both hands holding pasta
- Holding the noodles in front of you, bend forwards and, from behind, lift one leg up one at a time and straighten when the leg falls.

Learning outcomes

body coordination
deep muscles exercise
water awareness



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SWIM AND CHILL

Short description	Calm swimming on the back for relaxation and rhythmic rest.
Area	the body
Sport / method	Swimming
Aim of the activity	The aim is to relieve stress on the joints and strengthen the muscles by using the resistance of the water.
Duration	30 min
Equipment needed	pool noodles for each participant
Description	<p>The exercise is performed on the back. For those who cannot swim, it is a good idea to give a water noodle under the arms. The legs kick up and down (like scissors) while the arms work without leaving the water. Pull your arms under your armpits with your body, then spread them outwards (straighten) and push the water away by bringing your hands to your hips. The movement is a bit like that of a jellyfish. The movement reminds one of a jellyfish. This exercise is relaxing when done calmly, but also teaches you how to swim on your back without losing too much energy. This way of swimming can also be a lifesaver in stressful situations in the water - turning onto your back and swimming calmly without losing too much energy.</p>
Learning outcomes	<p>water awareness relaxation self-rescue (low-energy exercises)</p>

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LIFE BEGINS AT 60



*Aging is an extraordinary
process where you become the
person you always should
have been.*

David Bowie

ADVANTAGES OF SPORT



SOCIAL GAMES

These games provide not only entertainment but also opportunities for social interaction, mental stimulation, and physical activity.

Benefits of Social Games:

- **Social Interaction:** encourage seniors to interact with others.
- **Cognitive Stimulation:** require strategy, problem-solving, and critical thinking.
- **Memory Enhancement:** involve memory, such as memory card games or trivia
- **Emotional Well-Being:** can provide emotional support and create a positive, enjoyable atmosphere.
- **Improved Focus and Attention:** require concentration and attention to detail, helping seniors stay mentally sharp and focused.
- **Fine Motor Skills:** can help seniors maintain and improve their fine motor skills (board games)
- **Sense of Purpose:** can give seniors a sense of purpose and structure in their daily lives.
- **Friendship Building:** can help seniors build new friendships or strengthen existing ones.
- **Creativity:** can encourage seniors to express their creativity and enjoy the process of creating and sharing.
- **Stress Relief:** can be a form of stress relief, providing a mental break from daily worries and concerns.
- **Healthy Competition:** can be a source of motivation and fun, leading to increased self-esteem and a sense of accomplishment.

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JUGGLE YOUR ATTENTION

Short description	Little warm-up with juggle balls
Area	The body
Sport / method	Ice-breaking game
Aim of the activity	Warm-up, energizer
Duration	30 min
Equipment needed	Juggle balls
Description	<p>1. Spread around the space freely and start walking. Juggle balls are going to be passed in and shall be passed to others after making eye contact. (up to 6 balls, paste to be increased). (spend around 5 mins like this)</p> <p>2. Mind to whom you pass the ball to, from now on you always have to pass to this one while all shall move around the space</p> <p>a. slower, b. quicker.</p> <p>So they have fixed people they get from and give to.</p> <p>Test the speed and attentivity of the group as a facilitator.</p> <p>Additional commands may be added (style of walking, speed of walking, specific moves to be made etc.)</p>

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JUGGLE YOUR ATTENTION

Description

3. Now in your mind choose also one person who you shall be protected from while still paying attention to the original task of getting from the same, giving to the same.

Chaos may arise :)

Let them calm down with slow movement around without anyone to pass to and just letting them move freely as they like. Some stretching they may feel like doing or just being aware of their breath while walking around and starting to get back to relaxing.

Learning outcomes

*Self and group awareness
Mindfulness
Attentivity
Active listening
Cooperation skills development
Team building enhancement*



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ROLE PLAY

Short description	Role play discussion in pairs
Area	Emotions
Sport / method	Talking
Aim of the activity	Self-development, get-to-know each other
Duration	90 min
Equipment needed	No equipment needed
Description	<p><u>Role A:</u></p> <ol style="list-style-type: none"> 1. Take your time to think about something meaningful in your current life. Share your story with Role B 1. (10 mins) 2. Switch roles. (10 mins) 3. Listen to the question of Role B. You may think anything that is in your mind and makes you busy in this topic. 4. switch roles (10 mins) 5. How do you see your life when you look back at it. How were your achievements , your happy moments, the best things you have done. <p>What more there is that you wish to do / accomplish ? switch roles (15 mins)</p> <ol style="list-style-type: none"> 6. switch roles (15 mins)

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ROLE PLAY

Description

Role B:

1. Be an active listener. Listen to the story of Role A 1. Do not interrupt, if facing hardship to express you may ask positive, encouraging questions. (10 mins)
2. switch roles (10 mins)
3. Ask Role A about what are the current challenges, difficulties they are facing? What makes them worry during a day or in a week and how they are managing it. Be an active listener and encourage with some questions if needed.
4. switch roles (10 mins)
5. Be an active listener. Listen to the story of Role A 5. Ask questions and engage in conversation if you feel so. (15 mins)
6. switch roles (15 mins)

Learning outcomes

Empathy
Emotional intelligence development
Active listening
Communication skills development



QUIZ MOVIE NIGHT

Short description	Mime game about guessing movie
Area	the mind
Sport / method	Fun game
Aim of the activity	Team-building
Duration	60 - 120 min
Equipment needed	No equipment needed
Description	<p>Divide the group into teams. The game is played in the way like in an activity with miming. From both groups there will be one person in front (changed by each movie) who has to mime, without speaking to the other the movie.</p> <p>The group which finds out earlier the correct movie gets a point. This can be a nice afternoon or evening play activity with much fun and laughter.</p> <p>The winning group may ask something from the ones who lost. Like a massage, special service, something nice that they may wish from them or like them to do. In the spirit of community and team building of course may be advisable.</p>
Learning outcomes	<p><i>memory training</i></p> <p><i>general knowledge training</i></p> <p><i>ad-hoc reaction and speed response development</i></p>

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EUROPEAN QUIZ

Short description	Group quiz on European knowledge
Area	the mind
Sport / method	Fun game
Aim of the activity	Bring people together, in order to investigate and challenge prejudices
Duration	60 - 120 min
Equipment needed	No equipment needed
Description	<p>In order to keep the team members well engaged, divide them into groups of 3 or 4. Be the Master of Ceremony and start reading the questions one by one. If you want you may make the activity shorter.</p> <p>The winner at the end shall be asked to perform something to the others as their celebration dance / singing or a little performance (optional idea for more fun)</p>
Learning outcomes	<i>intercultural and general knowledge development memory training</i>





THE LIVING LIBRARY

<p>Short description</p>	<p>The Living Library functions in exactly the same way as a traditional library. The only difference is that the “books” are human beings who are often subject to prejudice, stereotyping, discrimination or social exclusion and reading consists of a conversation.</p>
<p>Area</p>	<p>The mind</p>
<p>Sport / method</p>	<p>Talking</p>
<p>Aim of the activity</p>	<p>Bring people together, in order to investigate and challenge prejudices.</p>
<p>Duration</p>	<p>60 min</p>
<p>Equipment needed</p>	<p>No equipment needed</p>
<p>Description</p>	<p>The Living Library was developed by the Danish youth NGO Stop the Violence (Foreningen Stop Volden). It has now been part of the youth programme of the Council of Europe since 2003 and has proven its effectiveness in contributing to intercultural learning. An organiser’s guide published in 2005 and a training course for organisers complement the process.</p> <p>The Living Library functions in exactly the same way as a traditional library. That is, the “readers” may borrow a “book” for a limited duration of time. The only difference is that the “books” are human beings who are often subject to prejudice, stereotyping, discrimination or social exclusion and reading consists of a conversation.</p>

With the wind in grey hair
Activity Booklet



THE LIVING LIBRARY

Description

Facing one's stereotypes and prejudices by meeting someone and hearing their story is the conceptual basis of the Living Library. For more details, check "Don't judge a book by its cover", the organiser's guide and the Living Library website. Provide a space for a frank conversation in order to face one's stereotypes and prejudices by meeting someone and hearing their story

Learning outcomes

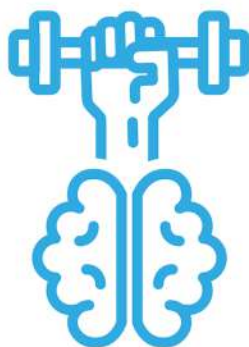
*intercultural awareness
interpersonal skills development
story telling techniques
active listening skills development*



*With the wind in grey hair
Activity Booklet*



ADVANTAGES OF SPORT



MIND TRAINING

By learning and training our memory, we stay efficient for longer. We are able to take on new intellectual challenges.

Benefits of Mind Training:

- **Cognitive Function:** can improve cognitive functions such as memory, attention, problem-solving, and reasoning.
- **Memory Improvement:** can help seniors better remember names, dates, and daily tasks, which can significantly improve senior's quality of life.
- **Reduced Risk of Cognitive Disorders:** engaging in mental exercises has been associated with a reduced risk of developing cognitive disorders like Alzheimer's disease and dementia.
- **Mood and Emotional Well-Being:** can help seniors manage stress, anxiety, and depression by promoting relaxation and positive thinking.
- **Increased Focus and Concentration:** can enhance a senior's ability to concentrate on tasks, which can be particularly useful in daily activities and conversations.
- **Enhanced Problem-Solving Skills:** can improve seniors' problem-solving abilities, helping them find solutions to challenges they may encounter in daily life.
- **Adaptive Abilities:** seniors can improve their adaptive abilities and cope better with changes and challenges in their environment.



FIND THE DIFFERENCE

Short description	A simple and effective visual perception training activity focusing on finding the differences between two pictures.
Area	The mind
Sport / method	Mind training / memorisation exercises
Aim of the activity	Exercising visual perception.
Duration	15 min
Equipment needed	pictures with differences per each participant
Description	Finding the differences between two very similar pictures, strings of letters or numbers, is a good way to exercise visual memory. You can easily find a number of ready-to-use boards on the internet, which you just need to print out. You can also find six examples below.
Learning outcomes	<i>ability to concentrate for a long period of time</i> <i>selecting stimuli</i> <i>choosing relevant information</i>

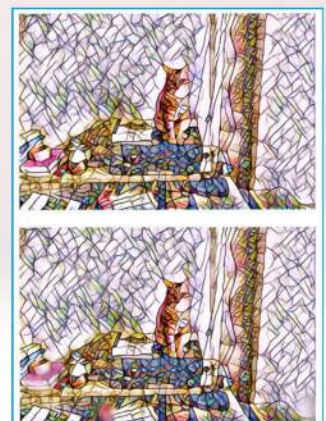
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FIND THE SUM OF 11

Short description	In a sequence of numbers, find and underline the pairs of digits giving a sum of 11.
Area	The mind
Sport / method	Mind training / memorisation exercises
Aim of the activity	Exercising short-term memory.
Duration	15 min
Equipment needed	printed sequence of numbers per each participant
Description	The activity consists of underlining pairs of numbers whose sum is 11. The goal is to solve mathematical tasks in mind - for example addition, subtraction, multiplication or division of larger numbers. Adjust the level of the tasks to seniors ability, as not everyone is a mathematical master, but with enough concentration you may be surprised by the results!
Learning outcomes	<i>exercising cognitive functions ensuring intellectual fitness selecting stimuli</i>

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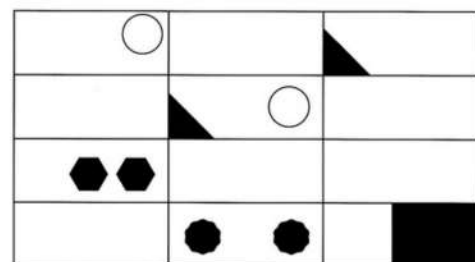
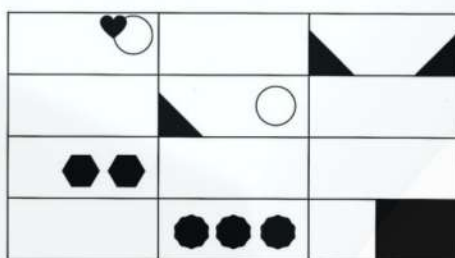
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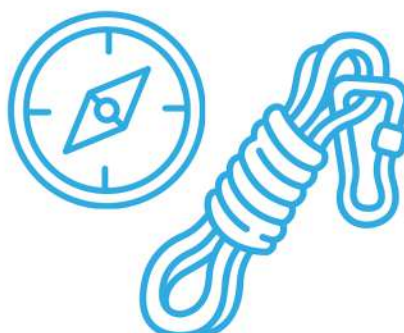



MEMORY GAME

Short description	Memorise the distribution of the elements and then indicate in the next picture which elements are missing.
Area	The mind
Sport / method	Mind training / memorisation exercises
Aim of the activity	Exercising short-term memory.
Duration	15 min
Equipment needed	printed drawings per each participant
Description	The exercise consists of two parts. First, memorise the distribution of the elements in the first picture, paying attention to the shape. Then, in the second picture, draw the missing pieces without looking at the previous picture. Each picture should be printed on a separate sheet of paper.
Learning outcomes	<i>exercising cognitive functions</i> <i>ensuring intellectual fitness</i> <i>selecting stimuli</i>



ADVANTAGES OF SPORT



SAILING WORKSHOPS

Sailing workshops on the shore provide seniors with the opportunity to learn, socialize, and engage with a maritime world, even if they may not have direct access to the water.

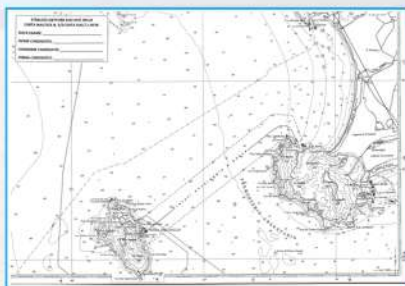
Benefits of Sailing workshops on the shore:

- **Educational Opportunities:** include educational components, teaching seniors about navigation, boat terminology, and safety procedures.
- **Camaraderie:** can provide social interaction and the opportunity to build new friendships.
- **Physical Activity:** participate in gentle physical exercises related to sailing, such as knot-tying or equipment maintenance.
- **Mental Stimulation:** learning about sailing, understanding tides, and weather patterns, and solving navigational puzzles can be mentally stimulating.
- **Cognitive Challenges:** Navigating a boat, even on land, involves strategic thinking and planning.
- **Environmental Awareness:** emphasize the importance of environmental conservation and stewardship.
- **Safety Knowledge:** can learn valuable safety information that may be beneficial in various aspects of life, not just sailing-related situations.



A SHORT CRUISE TO GIGLIO ISLAND

Short description	Let's simulate a short sailing cruise in the Tyrrhenian Sea among the islands of the Tuscan archipelago to learn how to use nautical charts and bearing compass.
Area	The mind
Sport / method	Sailing / simulation
Aim of the activity	Familiarity with navigation and seamanship.
Duration	at least 60 min
Equipment needed	nautical chart, two squares at 45°, compass, pencil, eraser
Description	The nautical chart is distributed to each participant, following the presentation the navigation begins from Talamone towards Porto Santo Stefano, the Giglio island, to return to Talamone. During the course, the participants will have the opportunity to practice their ability to use a nautical chart imagining that they are experiencing a beautiful adventure.
Learning outcomes	<i>seamanship and navigation sailing culture geography knowledge</i>

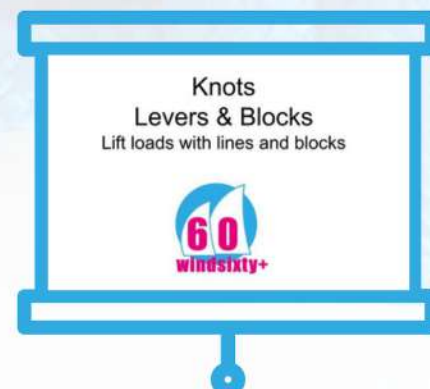


*With the wind in grey hair
Activity Booklet*



ROPES, KNOTS AND TACKLES

Short description	Let's learn to use ropes, blocks and tackles we find on board a sailboat.
Area	The mind the body
Sport / method	Sailing / practice
Aim of the activity	Learn to do knots and use tackles to simplify daily life. Stimulate problem solving skills.
Duration	60 min
Equipment needed	Presentation containing instructions. For each participant, or for each team: 2 short ropes (at least 1 meter long), one rope at least 2 meter long, 4 single blocks, 1 empty 0,5 liter bottle, 1 empty 2 (or 1,5) liter bottle
Description	After a brief theoretical explanation of the operating concepts, we invite the participants in a first phase to learn how to tie the main nautical knots, then to build simple and complex tackles. An exercise could be to lift a 2 liter bottle using a smaller half liter bottle and a tackle.
Learning outcomes	<i>seamanship</i> <i>handling</i> <i>problem solving skills</i>



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Activity Booklet



FLAGS

Short description	Know the International Code of Signals flags, the encoded messages each represents. Write your name with flags.
Area	The mind
Sport / method	Sailing / practice
Aim of the activity	Know symbols and flags and their meaning
Duration	30 min
Equipment needed	Nautical flags
Description	Before radio communications, remote communication at sea was done with flags. There is still an International Code of Signals made up of flags each of which indicates letters and numbers, as well as particular meanings related to navigation. Using the CIS flags the participants try to communicate or compose words.
Learning outcomes	<i>nautical communication</i> <i>sailing culture</i>

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Activity Booklet



SPLICE A THREE STRAND MOORING LINE

Short description	How to prepare a rope dedicated to moorings, equipped with eyelets and without knots.
Area	The body
Sport / method	Sailing / practice
Aim of the activity	Learn how to build rope from scratch ropes.
Duration	at least 60 min
Equipment needed	For each participant a three-strand rope at least 1.5 meters long, scotch tape, lighter, knife
Description	First show and then let do a splice on a three strand rope. The rope is wrapped with adhesive tape to limit the opening of the strands. Once freed, each one begins to pass under another strand in the dormant part, taking care to proceed in the opposite direction to the direction of construction of the rope.
Learning outcomes	<i>seamanship manual dexterity</i>



HANDLING ROPES

Short description	Learn to handle a long line.
Area	The body
Sport / method	Sailing / practice
Aim of the activity	Stimulation of both brain hemispheres through rope tying.
Duration	30 min
Equipment needed	For each participant a rope of about 10 meters
Description	The teacher shows the different techniques to the participants, who then practice. Cool to involve youngsters in a intergenerational activity.
Learning outcomes	<i>seamanship</i> <i>manual dexterity</i>

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Activity Booklet





COOKING PASTA WITH A PRESSURE COOKER

Short description	Learn to cook pasta with a pressure cooker, a seamanship and ecological way to cook.
Area	The body
Sport / method	Sailing / practice
Aim of the activity	The aims are cooking food in a buoyant kitchen and preparing ing spaghetti col pomodoro recipe.
Duration	60 min (with eating:)
Equipment needed	pressure cooker, 500g spaghetti, tomato sauce, 1 onion, basil, olive oil, salt
Description	The teacher shows how to cook spaghetti using pressure cooking on the boat.
Learning outcomes	<i>seamanship cuisine safety and survival cooking</i>

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Activity Booklet



BUILD A BOAT GROUP

Short description	Established group of members who built a boat before, and their regular meetings in the sailing club facilities to share their experience and encouragement and support of newcomers
Area	Mind Body
Sport / method	Boat building
Aim of the activity	To encourage people to think to build a boat of feasible properties.
Duration	Periodical gathering, continuous
Equipment needed	No equipment needed for the first phase to join the group, Later the plans-material-space for production, cooperation
Description	The club members who build their boats gather in the club facilities on weekends to share their experiences. They also have an online membership based communication channel among them. This channel is used for both rapid communication and information sharing. The newcomers were encouraged and guided by them in their periodical conversations. This is a continuous and long-lasting process. After decisions are made they start the process: choose the boat, decide the production venue, get the plans, study and discuss the details of the plan, investigate and obtain the materials and the tools, start building with cooperation.
Learning outcomes	<i>teamwork and collaboration</i> <i>learning by following</i> <i>learning by inclusion</i>

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Activity Booklet





INTRODUCING SAILING TO 60S

Short description	A brief introduction to sailing in a wide aspect from history/culture to sailing practice on the boat.
Area	Mind Body
Sport / method	Sailing
Aim of the activity	To take attention to sailing and introduce this sport for non-sailors with all health benefits of sailing (physical, mental).
Duration	Total around 8 hours (for example 4 x 2 hours)
Equipment needed	Optimist, 2-4 crew boats
Description	<p>Room/Shelter briefing: History, health benefits, culture, sailing at home-books-films, how a sailing boat moves parts of a boat.</p> <p>Land Session1: How to set up a boat (Optimist)</p> <p>Pier Session 2 How to set up a boat (2-4 crew boat)</p> <p>Sailing Session: Sailing practices</p>
Learning outcomes	<p><i>general knowledge on sailing</i></p> <p><i>sailing practices</i></p> <p><i>leadership</i></p> <p><i>teamwork</i></p>

With the wind in grey hair
Activity Booklet

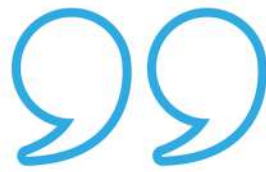


WINDY HANDICRAFTS

Short description	Hands on work in design and production of wind moved objects.
Area	Mind Body
Sport / method	Handwork
Aim of the activity	To gain inspirational and hand skills. To familiarize with the behavior of wind.
Duration	Total four hours sessions
Equipment needed	Paper-pencil Various inspirational videos Ready tool kits for windy objects to be mounted and painted Raw material for state of the art design object
Description	The production of wind operated objects. Ready made object kits will be distributed to the participants and the mounting of the objects performed by them. The Objects are colored sailin boat figures, four of them are connected by a wood stics. The design and production of creative ideas by the participants. This activity is normally a continuous activity among the club members and associates with a wide range of design and creative outcomes.
Learning outcomes	<i>understanding the wind manual practice exercising creativity</i>

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Activity Booklet*

LIFE BEGINS AT 60



*Pleasure is the only thing
one should live for, nothing
ages like happiness.*

Oscar Wilde

ADVANTAGES OF SPORT



SALSA

Salsa dancing is a vibrant and inclusive activity that promotes physical, mental, and emotional well-being for seniors. It provides an opportunity to have fun, stay active, and connect with others, contributing to a fulfilling and healthy lifestyle.

Benefits of Salsa:

- **Physical Exercise:** helping seniors improve their cardiovascular fitness, flexibility, balance, and coordination. It's a low-impact exercise that is gentle on the joints.
- **Weight Management:** can help seniors maintain a healthy weight by burning calories and increasing metabolism.
- **Muscle Strength:** engages various muscle groups, including the legs, core, and arms, helping seniors build and maintain muscle strength.
- **Improved Posture:** encourages seniors to maintain good posture and body alignment, which can reduce back and neck pain.
- **Social Interaction:** provides opportunities for social engagement and the development of new friendships.
- **Stress Reduction:** the combination of music, movement, and social interaction can reduce stress and promote relaxation, enhancing mental health.
- **Cognitive Benefits:** Learning and remembering dance steps, patterns, and timing can stimulate cognitive function, enhancing memory and concentration.



SALSA RUEDA

Short description	Learning some basic figures from the traditional Cuban dance: Salsa Rueda.
Area	Body
Sport / method	Dance
Aim of the activity	Learn to distinguish the beats in traditional Salsa music and dance accordingly.
Duration	Total four hours sessions
Equipment needed	Music and a dance floor, optional dance shoes
Description	<p>Dancing makes the usual tiresome and boring exercises enjoyable. By adapting desired exercises to dancing we can target any needed area. For this activity specifically the focus was on mind and body coordination. After the fundamentals of the rhythm and movement had been taught, the difficulty of the figures gradually increased to create a desired challenge.</p> <p>Figures and the rhythm is taught by vocal instructions and demonstrations.</p>
Learning outcomes	<p>distinguish the rhythms of traditional salsa music</p> <p>dance according to ryth and music</p> <p>improving eye-hand coordination</p>

ADVANTAGES OF SPORT



HEALTHY SPINE GYMNASTICS

Healthy spine gymnastics typically provide a comprehensive approach to spine health, incorporating exercises, education, and a supportive social environment, all of which can contribute to improved physical, mental, and emotional well-being for seniors.

Benefits of Healthy Spine Gymnastics:

- **Pain Management:** includes exercises and movements that can help seniors manage and alleviate back and neck pain.
- **Improved Posture:** These exercises focus on proper body alignment and posture, helping seniors maintain good posture, reduce discomfort, and avoid spinal strain.
- **Flexibility:** incorporates stretches and movements that improve the flexibility and mobility of the spine and surrounding muscles, reducing stiffness and discomfort.
- **Strength:** can build core and back strength through specific exercises, reducing the risk of injuries and enhancing overall stability.
- **Balance and Stability:** can improve balance and stability, reducing the risk of falls and related injuries, which is particularly crucial for seniors.
- **Enhanced Range of Motion:** can increase seniors' range of motion in the spine and joints, making daily activities easier and more comfortable.



STRETCHING EXERCISES

Short description	Stretching exercises for warm-up, mobility and as part of a healthy back class.
Area	Body
Sport / method	Gymnastics
Aim of the activity	The aim of the activity is to get stagnant muscles and joints moving.
Duration	15 minutes
Equipment needed	no equipment needed
Description	<p>Exercises should be done slowly and gently, avoiding jerking or bouncing. If there are any health concerns or complaints, it is advisable to consult your doctor or physiotherapist before starting a new stretching routine. When exercising, it is important to remember to breathe deeply and evenly.</p> <p>stretching exercises:</p> <ul style="list-style-type: none"> • Neck Stretch: Gently tilt your head towards one shoulder, hold for 15-30 seconds, and then switch to the other side. Repeat a few times. • Shoulder Stretch: Bring one arm across your body at chest height and use your other hand to hold the elbow, gently pulling the arm closer to your chest. Hold for 15-30 seconds and switch sides. • Trunk Rotation: Sit on a chair with your feet flat on the floor. Twist your upper body to one side while holding onto the back of the chair. Hold for a few seconds, then switch to the other side.

*With the wind in grey hair
Activity Booklet*





STRETCHING EXERCISES

Description

- Hamstring Stretch: Sit on the edge of a chair and extend one leg forward with your heel on the floor. Lean forward slightly, keeping your back straight, and reach for your toes. Hold for 15-30 seconds, then switch legs.
- Calf Stretch: Stand facing a wall and place your hands on the wall at shoulder height. Step one foot back and keep it straight, pressing the heel into the floor. Lean forward until you feel a gentle stretch in your calf. Hold for 15-30 seconds and switch legs.
- Hip Flexor Stretch: Hold onto a sturdy surface for support. Take a step back with one foot into a lunge position, keeping your back knee bent and your front knee at a 90-degree angle. Lean forward slightly to feel a stretch in the front of your hip. Hold for 15-30 seconds and switch sides.
- Quadriceps Stretch: Hold onto a chair or wall for support. Stand on one leg and gently grab your other foot, bringing it towards your buttocks. Hold for 15-30 seconds and switch legs.
- Chest Stretch: Stand tall and interlace your fingers behind your back. Gently straighten your arms and lift them away from your body, feeling a stretch across your chest. Hold for 15-30 seconds.

Learning outcomes

*increase joint and muscle mobility
introducing healthy habits into daily routines
maintaining psychomotor health*

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Activity Booklet*





STRENGTHENING EXERCISES

Short description	Strengthening exercises for the deep muscles responsible for maintaining good posture and supporting the spine.
Area	Body
Sport / method	Gymnastics
Aim of the activity	The aim of the activity is to focus on strengthening the deep muscles.
Duration	15 minutes
Equipment needed	no equipment needed

Description

Strengthening exercises are crucial for seniors to maintain muscle mass and bone density. It is always important to start with a few repetitions and gradually increase the number of repetitions as your strength improves. When exercising, it is essential to focus on maintaining correct form and breathing during each exercise. If you have any health concerns or limitations, consult your doctor or fitness trainer. safe and effective exercises:

- **Bodyweight Squats:** Stand with feet shoulder-width apart. Slowly bend your knees, as if sitting back in a chair, keeping your back straight. Return to a standing position. Use a chair for support if needed.
- **Wall Push-Ups:** Stand facing a wall, arms extended at shoulder height. Lean forward and place your palms flat against the wall. Slowly lower your body towards the wall and then push back.
- **Leg Raises:** Sit on a chair with good back support. Lift one leg straight out in front of you and hold for a few seconds,

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Activity Booklet*



STRENGTHENING EXERCISES

Description

- then lower it back down. Repeat on the other leg.
- **Step-Ups:** Use a stable step or staircase. Step up with one foot and then bring the other foot up, then step down leading with the same foot. Alternate leading legs for a set number of repetitions.
 - **Bicep Curls:** Hold light weights or use resistance bands. Start with arms straight down by your sides, palms facing forward. Curl the weights or bands toward your shoulders, then slowly lower them back down.
 - **Chair Dips:** Sit on the edge of a sturdy chair, gripping the front edge with hands. Slide your bottom off the chair and lower yourself down a few inches by bending your elbows. Push back up.
 - **Heel Raises:** Stand behind a chair for support. Slowly rise up onto the balls of your feet, lifting your heels as high as possible, then lower back down.
 - **Bridge Exercise:** Lie on your back with knees bent and feet flat on the floor. Lift your hips off the ground, creating a straight line from shoulders to knees. Hold for a few seconds, then lower back down.

Learning outcomes

*strengthening deep muscles
maintaining muscle mass and bone density.
maintaining correct posture
delaying posture-related disorders*



CORRECTIVE EXERCISES

Short description	Corrective exercises to improve posture, balance, and mobility while addressing specific issues.
Area	Body
Sport / method	Gymnastics
Aim of the activity	Learn how to improve posture with simple exercises to do every day.
Duration	15 minutes
Equipment needed	no equipment needed
Description	<p>Corrective exercises can be incredibly beneficial for seniors to address specific issues, improve posture, and enhance overall mobility. These exercises should always be performed within a comfortable range of movement and without causing pain. These exercises are generally safe for most seniors, but may need to be adjusted depending on individual needs. In case of specific concerns or conditions that require attention, consult your doctor or physiotherapist. Corrective exercises:</p> <ul style="list-style-type: none"> • <u>Forward Head Posture Correction: Chin Tucks</u> - Sit or stand comfortably with your spine straight. Gently tuck your chin towards your chest without tilting your head up or down. Hold for a few seconds and then release. Repeat several times. • <u>Kyphosis Correction: Thoracic Extension</u> - Sit on a chair or exercise ball with your back straight. Place your hands behind your head, elbows out to the sides.

With the wind in grey hair
Activity Booklet





CORRECTIVE EXERCISES

Description

Slowly arch your upper back over the ball or chair while squeezing your shoulder blades together. Hold for a few seconds and then return to the starting position. Repeat several times.

- Shoulder Mobility: Wall Slides - Stand with your back against a wall and your feet shoulder-width apart. Raise your arms to shoulder height, keeping your elbows and wrists against the wall. Slowly slide your arms up and down the wall in a controlled motion, focusing on maintaining contact with the wall.
- Hip Mobility: Hip Circles - Stand behind a chair for support. Lift one knee and rotate it in a circular motion, trying to make circles with your knee. Repeat with the other leg. Perform several circles in both directions.
- Ankle Mobility: Ankle Alphabet - Sit comfortably in a chair with one foot lifted off the ground. Rotate your ankle in the air, tracing the letters of the alphabet with your toes. Switch to the other foot and repeat the alphabet.
- Balance and Stability: Clock Reaches - Stand near a sturdy surface for support if needed. Imagine standing at the center of a clock. Reach one foot forward to 12 o'clock, then return to center. Repeat the reach to 3 o'clock, 6 o'clock, and 9 o'clock, both with the same foot and then with the other foot.

Learning outcomes

working on specific postural complaints
improving posture
improving motor coordination and balance
improving overall mobility

ADVANTAGES OF SPORT



TAI CHI

Tai Chi is both a sport and an art, but also a method of self-improvement of both physical and mental health.

The art lies in the beauty of perfecting the movement, and perfecting the state of Mind so that the movement becomes even more lurid, and this more lurid movement raises the state of Mind even higher, and so in a mutual dance of transformation we rise ever higher on the path of Tai Chi.

It can also be compared to a rope braided from three cords.

- the cord of health and longevity
- the cord of meditative self-development
- the cord of combat, because all the movements are also seen as such.

We can choose the one that suits us best, but we should keep the others in mind, as each of them reinforces the strength of the rope.



STOP THE STREAM OF THOUGHTS

Short description	Exercising composure, quieting the world of emotions, but also the restless stream of thoughts clouding the Mind.
Area	Body Mind Spirit
Sport / method	Tai Chi
Aim of the activity	The aim of the activity is to generate, strength, confidence, balance and improve health, physical and mental.
Duration	15 min
Equipment needed	no equipment needed
Description	<p>Practising Tai Chi is an exercise in composure, quieting the world of emotions, but also the restless stream of thoughts muddling the Mind. This is achieved by perfecting a state of Mindfulness that, over time, encompasses with calm insight the ever-widening circles of our humanity as such, deepening the process of self-knowledge, of one's psychic depths as a human being. One of several man-made tools for precisely this purpose is Tai Chi. It is a specific, one might even say somewhat mysterious movement of choreographies performed with one's whole self in calm relaxation, by which one first begins to feel and then to conduct within oneself the streams of vital energy called Qi. Thanks to this, the condition of the internal organs, indeed of every cell in the body, is restored to balance, renewed, while bones, muscles, tendons and joints are strengthened.</p>

With the wind in grey hair
Activity Booklet





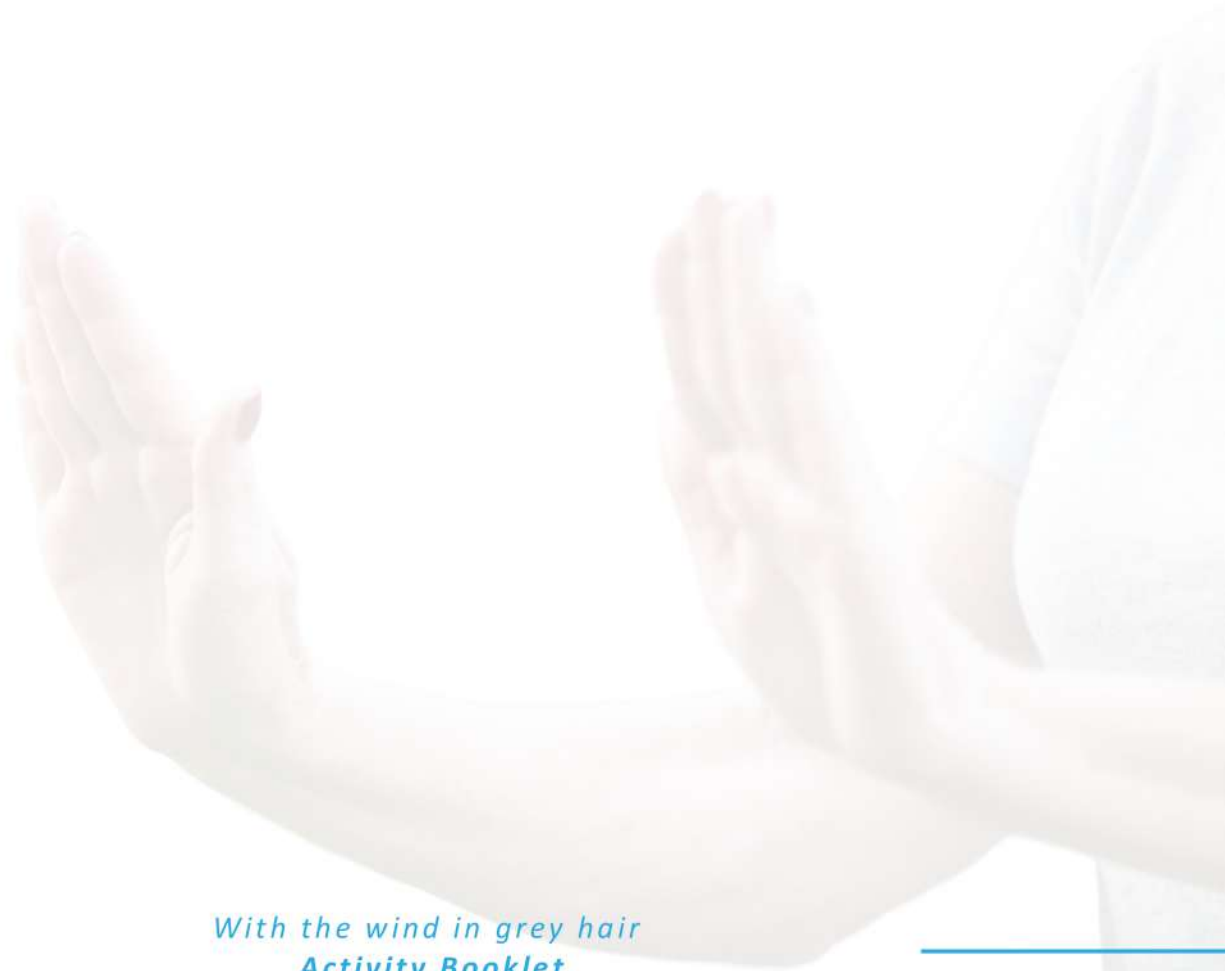
STOP THE STREAM OF THOUGHTS

Description

Considering how long the Art of Tai Chi has been respectfully cultivated, and that in 2020, its value was recognised by UNESCO through its inscription on the List of Intangible Treasures of Humanity, one can assume that it does indeed have immeasurable significance for the well-being of life.

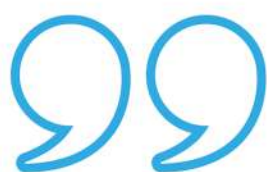
Learning outcomes

*strengthening position
self confidence
mastery, calming the world of emotions*



*With the wind in grey hair
Activity Booklet*

LIFE BEGINS AT 60



*In the end, it's not the years
in your life that count. It's
the life in your years.*

Abraham Lincoln



*With the wind in grey hair
Activity Booklet*

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