

REPORT OF THE ACTIVITIES

Listed activities with full description and outcomes

01. Guess what

Description: We used a black board to draw a part of objects or animals. When the elder people see the part of the objects or animals, they should guess the names. The people are divided into small groups. The group which has the maximum points is the winner group.

Goal: To stimulate the brain activity. To promote the identification of objects, help the natural decline in cognitive abilities among older people, have a memorable time and promote competition.

Materials: Black board and markers

Type of activity: Group activity

Evaluation: In general it was possible for the elderly people to guess which object or animal we drew on the board. The elderly people liked the idea and their minds were stimulated to participate in the game. For some of them it was difficult to guess which objects we drew on the board, because it might be due to lack of education or because of the nature of the condition, which may be limitation to wake competitive spirit.

02. Bingo activity

Description: The elderly people were playing bingo individually. We printed bingo cards with numbers (random numbers). We wrote numbers on a board and the people should find the written numbers on their cards. The person who had all the numbers first was the winner. The second place and the third place belong to the persons who had the numbers just after. We also provided the winner gifts, which we made ourselves.

Goal: To stimulate the brain activity and promote competitive feeling.

Materials: Printed bingo cards, black board, markers and presents (made by collage, ribbons and glue)

Type of activity: Individual

Evaluation: We believe that the elderly people liked the game. Some of them had a competitive feeling because of the expectations and surprises of the numbers. The winners had maybe most fun, but the rest also seemed to enjoy the game in their own way.

03. World of music

Description: We found a lot of different, traditional music (via YouTube) from several places/countries. The people can listen, tell their meanings of the songs if they wanted and guess where the music came from. For instance we had music from Greece, France and India.

Goal: To stimulate the brain activity. To promote the identification of sounds, help the natural decline in cognitive abilities among elderly people, have a nice time and promote competition.

Materials: Music videos from YouTube, computer, loudspeaker, projector and wide screen

Type of activity: Group activity

Evaluation: Some of the people knew some of the specific music already, while it was a surprise for other to discover new kinds of music. One part of the elderly enjoyed more to discover the music, while a smaller part of the other people did not like it so much; probably due to lack of education or nature of the general conditions which may be limitation.

04. Boxes

Description: The idea for the elderly people were to make small boxes of cardboard, which they can put in their rooms and also use to put something inside (candies, pencils etc.). The boxes were decorated with collage, ribbons, glitter glue and pictures taken from magazines.

Goal: The main goal of this kind of activity was to stimulate the creativity and active ageing.

Materials: Cardboard, collage, ribbons, glitter glue and pictures from magazines

Type of activity: Group activity

Evaluation: They liked the idea that they can use boxes in some purpose and not only for decoration. Some of them were more interested and they liked the process of decoration of boxes, while the other part of them participated less in the process of decoration, while this part were relaying more on our help.

05. Danish day

Description: To prepare a presentation about the countries of origin of the volunteers and show them sights, monuments, customs, cuisine, traditional music and dance of those countries, to compare similarities and differences between countries and having a good time of reflection, discussion and entertainment.

Goal: To introduce the countries the volunteers are coming from to the elderly. To gain deeper learning about each other and different cultures. To promote and celebrate with the old ones the thematic day.

Materials: Computer, projector, wide screen, loudspeaker and microphone

Type of activity: Group activity

Evaluation: Some of the old people were interested to hear about another kind of culture. There was a part of the old people who were less interested because they were feeling cold, and it was winter. Some of them less interested because of the nature of general condition.

06. Argentinean day

Description: To prepare a presentation about the countries of origin of the volunteers and show represent (For example the **Danish day** – capital city, traditional music, food, monuments, proverbs and dances).

Goal: To introduce the countries the volunteers are coming from to the elderly. To give the elder people deeper learning about each other and different cultures. To promote and celebrate with the old ones the thematic day.

Materials: Computer, projector, wide screen, loudspeaker and microphone

Type of activity: Group activity

Evaluation: In general people liked the presentation. They were interested to hear about beautiful nature located in South America, about some of worlds “wonders”, the traditional spicy food and to see a video of Argentine tango performing on the streets of the capital city.

07. Bracelets

Description: The idea was that the elderly could make a bracelet of elastic strings and pearls with colours they chose by their own.

Goal: The main goal of this kind of activity was to stimulate creativity and promote the active ageing.

Materials: Elastic strings, pearls and a pair of scissors.

Type of activity: Group activity

Evaluation: The people were glad to make a kind of decorating hand craft, which they also can have as a memory. Mostly women were interested and enjoyed the activity. Some of the men were less interested, but they had fun as well. Probably this kind of group activity has positive effect to elderly because of social component, and a changing of the environment.

08. Plastecine activity

Description: We used a board to draw objects, which the old people could make by using plasticine. They made plants, flowers, animals and other objects inspired by their own imagination.

Goal: The main goal of this kind of activity is to stimulate the creativity and the active ageing.

Materials: Plastecine in different colours, black board and markers.

Type of activity: Group activity

Evaluation: It was a different activity for them and the half part of them were curious about realizing which design their imagination could lead to. The other part was less interested, but with our stimulation they were inspired more. Some of them made just simple objects, while the other part of elderly showed more creativity.

09. Food chain

Description: We printed cards with animals and cards with the animal's food. In this activity, we used simple animals which were familiar to the old people; like monkey – banana, mouse – cheese, chicken – corn. They were supposed to connect the animals with the food. After that, they coloured the cards with the animals and the food.

Goal: To stimulate the brain activity and promote the competitive feelings

Materials: Printed paper cards, computer and crayons

Type of activity: Group activity

Evaluation: By discovering the connection between the animals and their food the part of the elderly were participating with a competitive feeling. The other part of them with less excitement. Probably they did not feel enough motivation or they did not find this activity so interesting.

10. The “Microcosmos” movie

Description: We showed the movie “Microcosmos” to the people, which is about insects, their lives and the nature. After watching the movie, we spoke with the elderly about it.

Goal: To promote the interaction between the elderly and to give them an interesting time.

Materials: The "Microcosmos movie", computer, projector, loudspeakers and wide screen.

Type of activity: Group activity

Evaluation: The people were watching another kind of movie, but we are not sure about their exactly meanings. Some of them were interested in the film; they found it very fun to discover life of the insects, while the other part did not understand the meaning completely.

11. Under the cloth

Description: We chose different object (for instance keys, candle, coat hanger and orange) and we hid it under the cloth. The old people should guess what the hidden objects were, by touching but not looking.

Goal: To stimulate the brain activity and to promote the competitive feelings

Materials: Cloth and objects (orange, candle, keys, tape etc.).

Type of activity: Group activity

Evaluation: The elderly were curious regarding to objects and they wanted to guess what were under the cloth. Some of them wanted to look under the cloth, if they could not guess what was under it. One part of the people had more success in guessing than the others, but they had a lot of fun.

12. Serbian day

Description: To prepare a presentation about the countries of origin of the volunteers and show represent aspects (for example **Danish day** - traditional music, food, monuments, proverbs and dances).

Goal: To introduce the countries which the volunteers are coming from to the elderly. To gain a deeper learning about each other and understand cultural differences. To promote and celebrate with the thematic day with the elderly.

Materials: Computer, projector, wide screen, loudspeaker and microphone

Type of activity: Group activity

Evaluation: Because of a lot of similarities between two countries, the old people showed their feeling of closeness. They had fun watching the videos. Some of them were more interested about the topic of religion. Another part of them were less interested because of the nature of general conditions and illnesses. In general, they probably enjoyed because of the social component and

change of the environment.

13. Lady 7 feet

Description: We printed Lady 7 feet. All together with a social worker we talked about Easter, its meanings, traditions and religion. The people expressed their thoughts and opinions about this big holiday.

Goal: The main goal of this kind of activity was to share knowledge and to promote interaction.

Materials: Printed paper (Lady 7 feet) and crayons.

Type of activity: Group activity

Evaluation: The elderly shared their knowledge, their traditions regarding to the Orthodox church and their feelings connected to the Easter. Afterwards, they coloured Lady 7 feet. They kept the drawings in their rooms and cut one foot every week until Easter. In general, they were participating with exchanging of their thoughts. The smaller part was less interested because of the nature of their general conditions.

14. Carnival masks

Description: The idea was that the elderly people could make carnival masks using carton and then decorate them, since the carnival was close. We used red and green colour of carton with different shapes we designed. The elderly could choose which one they wanted for themselves. The masks were decorated with crayons, ribbons, glitter glue and elastic for holding on to the face.

Goal: The main goal of this kind of activity was to stimulate brain activity and to promote active ageing.

Materials: Carton, glitter glue, ribbons, crayons and elastic strings

Type of activity: Group activity

Evaluation: We believe that it was individual from person to person if they liked the activity or not. But since they probably experienced carnival more times when they were younger, they can relate the activity to their youth. So in that way, we believe that the people in general enjoyed the activity, because it reminded them about the earlier time.

15. Black and white Charlie Chaplin movie

Description: To show to the elderly an old black and white movie and afterwards to speak about the movie and the people's impressions.

Goal: To promote the interaction between the old ones and stimulate their memories connected to their youth.

Materials: Black and white Charlie Chaplin movie, computer, projector and wide screen

Type of activity: Group activity

Evaluation: We chose this old historical black and white Chaplin movie, because it is from another generation which easier can be related to the elder people, than if it was a more modern film. In general they had fun, because it is a humorous movie. Some of them were not so interested to watch the movie. A smaller part of them had difficulties to concentrate and to pay attention from the beginning of the movie until the end. It was more interesting for them because it is a movie without speech.

16. Hand painting

Description: We drew different shapes like flowers, plants, animals and stars. The old people got gloves and they painted the objects by using oil-based colours on their fingers for painting.

Goal: The main goal of this kind of activity was to stimulate brain activity, creativity and promote active ageing.

Materials: Paper, tempera and gloves

Type of activity: Group activity

Evaluation: Some of the elderly used colours and their fingers to paint the objects. Other people chose to draw on a blank paper and then they used their imagination to create their own paintings. Because of the freedom of imagination, they could express their minds feelings. The part of them who was less interested was inspired by our help and stimulation.

17. Karaoke

Description: We printed traditional Greek songs and gave them to the old people. The purpose was to sing together, because music gathers people. While the people were singing, the computer played the same song, so we created a karaoke situation.

Goal: To promote the interaction between the old ones and to stimulate the memories connected to their youth.

Materials: Papers with Greek songs, computer and Greek music

Type of activity: Group activity

Evaluation: The elderly thought it was a joyful activity. Hopefully they enjoyed singing known, traditional songs, maybe with memories or stories which were connected to their lives. Later in the activity, some few people began to dance Greek dances, and it led to smiles on the elderly people's faces.

18. Musical map of Greece

Description: The elderly people were listening to traditional Greek music. While the music was playing on the computer, a picture of Greece (that marked the different provinces) was shown on the wide screen. Each person had a paper with pictures of instruments that often are used in Greek music. When a song finished, they guessed which instruments were used.

Goal: To promote the interaction between the elderly and to stimulate the memories connected to their youth.

Materials: Greek music, computer, projector, wide screen, map of Greece on the computer and paper with pictures of instruments

Type of activity: Group activity

Evaluation: In general the elderly liked the activity, because it both focused on known and unknown topics. Maybe it was individual which people knew which song/instrument. They used their recognition ability to remember or learn which instrument was playing. The activity was fun and relevant to them, because of the competition game, the ability to remember and the fact that the supposed interest to learn new things became mixed.

19. The Greek national day

Description: The elderly were making small Greek paper flags as a symbol of the time when Greece became independent after the Turkish control. Only the corner of the real Greek flag was drawn on the paper flags. When the flags were coloured, the elderly put a small tree stick through in 2 holes, so they could wave with the flag.

Goal: To celebrate the national day and to stimulate the memories connected to their youth.

Materials: Small rectangular pieces of paper, crayons, three sticks and a pair of scissors

Type of activity: Group activity

Evaluation: The elderly liked the historical aspect in this activity. They appreciated to have an activity based on the importance of independence. Some of them were less interested

because of the nature of the general conditions and illnesses.

20. Alphabet game

Description: This is a competition between the elderly people. They were playing in teams. Each team had a paper with 4 categories like animal, plants, food and names. Accidental letters said that the teams had to find objects or creatures which start with the same letter as the pronounced one. The team with most names was the winner of the round.

Goal: To stimulate the brain activity. To promote the identification of objects, help the natural decline in cognitive abilities among older people, have a funny time and promote competitive feelings.

Materials: Papers with categories, board and markers

Type of activity: Group activity

Evaluation: In general the elderly liked the activity. They were participating by choosing the letters, they thought contained words. Sometimes the letter they have chosen was wrong, but they kept trying. The winners probably enjoyed it mostly, but in general they all liked to pick a letter and try. A small group of them was less interested probably because of the nature of general conditions and illnesses.

21. Easter eggs

Description: We used cardboard to cut a shape of an egg. Then the elderly decorated it by using crayons, glitter glue, ribbons and markers. They could also use crayons to write "Happy Easter" inside of the egg and nice wishes.

Goal: The main goal of this kind of activity was to stimulate brain activity and to promote active ageing.

Materials: Cardboard, pair of scissors, crayons, glitter glue and ribbons

Type of activity: Group activity

Evaluation: The elderly were excited while they were decorating the Easter eggs. Some of them more interested, while others' were less interested and motivated. They could feel the atmosphere of Easter holidays everywhere, so even if some of them did not participate in the activity as much as the others, they had enthusiasm and fun, anyway. They kept the Easter eggs and put them in the entrance door of their rooms as decoration. In general the elderly had fun by participating in this activity and it was also important as a change of environment and a social component, especially because of the common celebration of this big holiday.

22. "Lambades" (Easter candles)

Description: We prepared candles, which were going to be decorated with ribbons. The candles would be lighted on Easter Sunday during the liturgy. We wrapped the tape around each people's decorations on the candle and strengthen with a needle. For this purpose we made use of decorations and small flowers.

Goal: The main goal of this kind of activity was to stimulate the brain activity and to promote the active ageing.

Materials: Candles, ribbons, needles and small flowers for decorations

Type of activity: Group activity

Evaluation: Since the Easter was close, this was one of the activities the elderly enjoyed most. Some of them decorated the candles by their own, while other's needed our help. When the "Lambades" were ready, the people were happy and showed festive mood; probably they were reminded that Easter they before have spent with their families. They took "Lambades" to their rooms and kept it until the Easter Sunday. Some of them participated less because of the nature of the general conditions and illnesses.

23. Memory games

Description: We used cards with different animals, which were selected in pairs. The elderly should find two pairs of the same animal, but without looking. The cards were turned upside down and the elderly should turn the card, see which animal is on that card, memorize and turn it upside down again. By using ones memory regarding the cards, the people should find pairs of two cards with the same animal.

Goal: The main goal of this kind of activity was to stimulate brain activity and to promote the active ageing.

Materials: Animal-cards

Type of activity : Group activity

Evaluation: Few ladies participated in this activity. One was very successful in guessing animal-card pairs. The others less successful, but still they were motivated and interested. They liked the activity, and they wanted to turn the cards, memorize and try again very fast; their enthusiasm increased. In general they liked the activity, because it was spontaneous and different from the other activities.

24. Easter video

Description: The elderly watched a thematic religious video about Easter and Orthodox church traditions. Afterwards, we discussed their impressions and memories.

Goal: To promote the interaction between the old ones and to stimulate the memories connected to the big holiday.

Materials: Computer, thematic religious video, projector and wide screen.

Type of activity: Group activity

Evaluation: Some of the elderly paid more attention to the video, while some of them did not have so much concentration to watch it from the beginning to the end. After watching the video, they had a small discussion with a social worker about their impressions, memories, opinions and they sharing their knowledge, too. Some of them participated more in the discussion, while some of them less. A small part of them did not participate in the discussion; probably because they did not watch the video carefully or it was lack of the interest because of the nature of the general conditions and illnesses.

25. Celebration of thematic day – Agios Georgios

Description: To make some questions to the old people to understand the Orthodox church, the procedures and the traditions.

Goal: The main goal of this kind of activity was to share the knowledge and to promote interaction.

Materials: List with questions about the theme (Ag. Georgios)

Type of activity: Group activity

Evaluation: The elderly liked to interact between each other and to explain some doubts. They liked to participate in the activity and the discussion, because they were sharing their knowledge; they felt important and satisfied. The elderly were interested in the activity. They liked to answer the questions and it was possible to involve them to participate more.

26. 1st of May – “Stefania”

Description: To make the "Stefania" crown of flowers as the Greek tradition for 1st of May and to celebrate the thematic day.

Goal: The main goal of this kind of activity was to stimulate brain activity and promote the active ageing

Materials: Crown for making "Stefania", paper ribbons, glue, flowers and leaves for decoration.

Type of activity: Group activity

Evaluation : They enjoyed in the activity making "Stefania". Most of them made it by themselves, while another part of them created it with our help. Since we made this activity in a more lightened room and change the environment, they liked the idea. In general they had a lot of fun. After the activity, they took "Stefania" to their rooms as a decoration and a memory to remind them of the holiday and the activity together with volunteers.

27. Mobility activity – kinesiology therapy class

Description: To make exercises with the old ones, while the elderly were sitting in a chair or in a wheelchair

Goal: To promote the active ageing and to promote the health mobility of the elderly.

Materials: Wooden sticks and balloons

Type of activity: Group activity

Evaluation: We made a small group of walking people who participated in this activity. We made breathing exercises in the chairs, by moving arms and shoulders. Other exercises were with wooden sticks and with balloons. The elderly enjoyed the activity, because it was different and new. They listened to instructions of the volunteer and they managed to do the exercises. In the background we played Greek music, which was there to relax the old ones and bring a nice atmosphere. With the small corrections they could do all the moves.

28. Religious thematic activity video

Description: To show to the old ones a video about the Greek Orthodox church and traditions and to make a discussion with them.

Goal: To promote the interaction between the elderly and to stimulate the memories connected to the Orthodox church and its traditions.

Materials: computer, thematic video, projector and wide screen

Type of activity: Group activity

Evaluation: The elderly people watched the thematic video. Afterwards, they had a small discussion with the social worker. Few of them actively participated, while some of them did not participate. Some of them were less interested, probably because of the nature of the general conditions and illnesses.

29. Danish songs

Description: This activity focused on traditional Danish music. Some of the songs were shown as YouTube videos, while the other songs were performed by voice and synthesizer. All the chosen songs have an important role in Danish history. At the same time, more of the songs were selected because of their messages or their symbols and metaphors. The songs were presented and short, general translations were made. Between the songs, the elderly people were asked about their meanings of the specific music, as well as we asked if they could connect the lyrics or the melody to experiences in their lives.

Goal: To give the elderly people perspectives and knowledge about the Danish language and music. To free their minds and to let them memorize some of their life stories. The basal goal was to give the people a joyful, musical hour with a different activity, because of the live music. Hopefully, they would notice that music can gather people, so they became interested to sing together and participate with their views, if they liked, after every song.

Materials: Computer, projector, wide screen, loudspeakers and a synthesizer

Type of activity: Group activity

Evaluation: The elder people showed enthusiasm and joy for music. Some of the songs made them recall moments from their life, while other songs (which they could not connect experiences to) gave them wide perspectives, anyway. Some of the elderly people became so cheerful, that they were singing under the activity. One of them was still singing after the activity ended. The music activity brought living and happy moments for the elderly people.

30. Music therapy

Description: Music can release feelings and help people mentally in different situations or moods. In this activity, the focus was emotions and memories. Different parts of songs were played on a computer. Both classical and rhythmic music were used. When the music stopped, questions were given to the elderly people: If the song reminded them about something in their lives? Which feelings they could connect to the music? Which impressions they got? Because of the different kinds of music, the hope was that it would be a wide activity. With new music perspectives for the elderly people. In some ways, the activity was an extension of the activity with Danish music – but the focus behind the music therapy activity was more abroad, spiritual and therapeutic. The songs were presented (title, artist and general meaning of the lyrics).

Goal: To let the people experience the therapeutic effect which music can lead to. To give the elderly people the opportunity to listen to music, which they maybe would not hear; because it is from other countries and some of the chosen songs were not very famous. To let the openness, patience and trust between the people be deeper, so it hopefully was a possibility

for them to express their feelings about this sensitive world, which is called music.

Materials: Computer and relevant, considered songs for music therapy

Type of activity: Group activity

Evaluation: A wide scale of music was chosen. This meant that some songs did not appeal to the elderly people. So some of the songs were only played a short time, because they either did not appeal to the people, the songs were too silent or the people could not hear the music. After all, the people were delighted for the opportunity to listen to different kinds of music, even though it was not the type of music they used to hear. However, the first song that was played was Greek. That song reminded them about their youth, when they were going to the fields. Another song from a Danish singer-songwriter had accordion music in the beginning. This effect is used in more Greek songs, so the people liked this song more, because it had connection to the music from their culture. In the end, when people went back to their rooms and one man was touched. He was thinking about one of the songs, that were played, which tells about the beginning of a love relationship – and he related this song to his own earlier experiences. More or less, the people seemed thoughtful, touched or glad to have listened to unknown music from abroad.

31. Puzzle game

Description: A home made puzzle game was prepared before the activity began. We found different pictures of objects, coloured them, glued them on corrugated cardboard and cut them in a number of pieces – some in 4 pieces, one picture in 3 pieces, other pictures were cut in 6 pieces and some in 9 pieces. When the activity began, the different pictures of the puzzle game were sent around to the different tables with small groups, so the elderly put the jigsaw pieces together. While they were doing the puzzle game, one of the volunteers played background music on a synthesizer.

Goal: To stimulate the elderly people's mind in a game, which they hopefully would enjoy. Furthermore, the goal also was to increase their moods and motivations, because of the effect of background music.

Materials: Pictures of different objects, crayons, a pair of scissors, glue, corrugated cardboard, synthesizer and notes (for music).

Type of activity: Group activity

Evaluation: Most of the people enjoyed the puzzle game, and they were glad to experience live music at the same time. Some people were more interested in the puzzle game than others, but we think that they all enjoyed to be situated in a social activity. The elderly with the worst disabilities had problems about the managing of the game, so they were supported.

32. Heart activity

Description: This activity was about the creation of a collage. We had the idea to cut red cardboard in heart shapes, but since this form did not give enough space to all the photos, we did not cut the cardboards into shapes, anyway. We had printed photographs of each person and a common picture with all of us. The people were supposed to glue their own picture on the cardboard, which later would decorate a wall at the infirmary. Furthermore, we decorated the collage with small artificial flowers, too.

Goal: To increase the elderly people's feelings of importance, because they will have their photographs on a common collage. It is a sign of community spirit. We also wanted the residents to remember the activity (as well as other activities) as a memory about the friendships we have built to each other.

Materials: A pair of scissors (only if the cardboards needs a specific shape), cardboard, glue, photographs, artificial flowers or other decoration objects.

Type of activity: Group activity

Evaluation: Most of the elderly enjoyed the activity and the focus on making a common collage. Hopefully it will remind them about good memories from the last months. A few of the residents were not so motivated about the activity, because they did not like photographs of themselves. They were sitting away from the other people, while we had another game for them (a home made game with drawings, colours, numbers and small regards like "you are a good friend") which they seemed to enjoy.

33. Greek music activity

Description: This activity was dedicated to traditional Greek songs. A synthesizer was brought to the project, so one of the volunteers was playing while the elderly people could sing, if they liked to, but mostly they listened when the music came from the synthesizer. A social worker had printed the lyrics of the different songs, so it was easier for the people to participate with singing. A few of the people were singing solo in a microphone. After a song was played on the synthesizer, the same song was played from a computer – in this way, the elderly people in general were singing more. The song was discussed in the end (before another song was played) and we asked the elderly about their views of the song.

Goal: To give the elderly a musical joy with the opportunity to sing together as a society, where music becomes the rallying point for a common experience.

Materials: Synthesizer, Greek music notes, papers with lyrics, computer, loudspeakers and microphone.

Type of activity: Group activity

Evaluation: The elderly people liked the music activity a lot. They could relate feelings or memories to the songs because of the traditional aspect and the individual stories behind. The music brought energy and joy into their day.