

# Club Programming Ideas & Techniques

Saskatchewan Seniors' Association, Inc.

## Workshop Description

Share your best experiences and ideas for seniors' club activities and events, and learn what's been successful for other clubs. Use the "activity matrix" and "participation continuum" to think about your programming in new ways, and get more people involved. This is a guided, interactive workshop designed to send everyone back to their clubs with great ideas.

## Workshop Goal

To re-energize club programming by gathering ideas and looking at them in new ways.

## Instructions: List of Ideas

On your own, read through the list of programming ideas on pages 2 and 3.



Best ideas: Put a star beside any idea that is successful in your club.



New ideas: Put a checkmark beside any idea that is new to you or your club.



# Club Programming Ideas

Regular (daily, weekly, monthly) and special events (seasonal, occasional).

Drop-in coffee, breakfast, potluck or catered meals, take-out suppers.

Member-only, free special events like BBQs.

Hosting neighbouring clubs for dinner, entertainment, and/or games.

Hosting regional games, meetings, curling bonspiel, “Olympics”.

Hosting courses and workshops for your members or the community.

Provide opportunities to learn (i.e. art classes, line dancing, cooking classes, quilt making, cake decorating, crocheting, card making, etc.).

Guest speakers: travel, frauds and scams, internet and email safety, “Delight” program for dementia carers, Senior Safety Driver, preventing falls, cooking for one or two, home care, over the counter medications and possible interactions with prescription drugs, loneliness and social isolation.

Cards and other table games: Kaiser, Crib, Whist, Bingo, Crokinole, Canasta, Poker, board games.

Active games: shuffleboard, billiards, yoga and chair yoga, gentle exercise, walking (indoor and outdoor), line dancing, horseshoes, Wii sports, bocce ball, bean bag and ring toss.

Craft groups – receive donations of materials, then make items to donate and/or sell; drop-in crafting (bring own projects) – sewing, painting, quilting.

Sing-alongs, music jam sessions, chorus groups.

Movie Matinee – National Film Board (NFB) movies.

Music evenings with bands.



Tea Social with theme – seasonal, historical, time capsules each year.

Cultural displays.

Casino night.

Tournaments for cards or games.

Museum tours, excursions to concerts and theatre, trips to the farmers' market or greenhouse.

Purchase tickets to local events, for members to use.

Craft and bake sale – seasonal or for community events.

Community Yard Sale.

SSAI and other Walkathons.

Run the community museum.

Public health clinics: vaccinations, foot care, other.

Personal care such as manicures or pedicures.

Breakfasts for snow mobile rally and Canada Day.

Art and cultural displays during community events.

Collect for food bank, fundraise for other organizations.

Open your hall (if you have one) for Halloween, Christmas, and other community events so community members can warm up.

Visiting shut-ins.

Other ideas:

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## Instructions: Get Ready

- Each group has an extra handout with the list of ideas – this is the group worksheet.
- Appoint a recorder for this exercise.
- Give the recorder the group worksheet.
- There will be three rounds of group discussion.

## Instructions: Group Discussion 1



Take turns sharing one of the best ideas that you found in the list of ideas.

Recorder: put a star beside each “best” idea on the group worksheet.

## Instructions: Group Discussion 2



Take turns sharing one of the new ideas that you found on the list of ideas.

Recorder: put a checkmark beside each “new” idea on the group worksheet.

## Instructions: Group Discussion 3



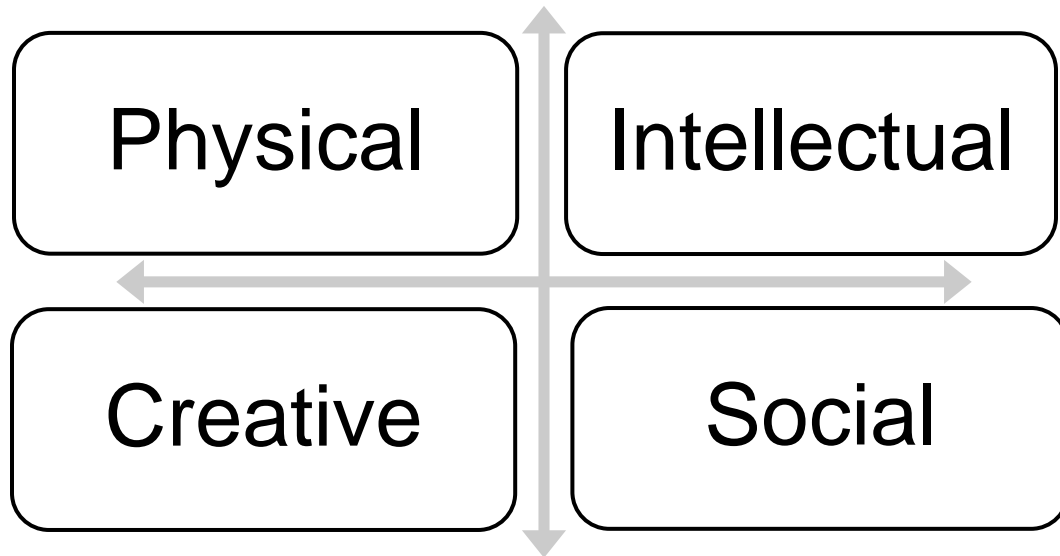
Take turns sharing a program or activity idea that is not on the handout, something you would really like to do or you think would appeal to potential members.

Recorder: add these ideas to the group worksheet.

**The group worksheet of programming ideas will be used for the rest of this workshop.**



## Activity Matrix



<b>Physical</b>	<ul style="list-style-type: none"> <li>• Movement-based</li> <li>• Hands-on</li> </ul>	<ul style="list-style-type: none"> <li>• Walking</li> <li>• Horseshoes</li> </ul>
<b>Intellectual</b>	<ul style="list-style-type: none"> <li>• Thinking</li> <li>• Learning about something</li> </ul>	<ul style="list-style-type: none"> <li>• Book club</li> <li>• Guest speaker</li> </ul>
<b>Creative</b>	<ul style="list-style-type: none"> <li>• Self-expression</li> <li>• Making something</li> </ul>	<ul style="list-style-type: none"> <li>• Knitting</li> <li>• Making birdhouses</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>• With others!</li> <li>• Informal or formal</li> </ul>	<ul style="list-style-type: none"> <li>• Drop-in coffee</li> <li>• Dinner theatre</li> </ul>

### Instructions: Group Activity

- Appoint a recorder to take notes on your newsprint.
- From your group worksheet of programming ideas, decide where in the matrix each idea fits.
- Start with the starred and checked ideas from your group list.
- If you have time, add other ideas, especially to areas of the matrix where you don't have as many.



## Participation Continuum



<b>Drop-in</b>	Immediate, no commitment	Coffee hour
<b>Sign-up</b>	Plan ahead	Guest speaker
<b>Regular</b>	Participates regularly	Weekly chair yoga
<b>Assist</b>	Contributes or helps	Sets up for cards
<b>Lead</b>	Makes it happen	Organizing an excursion

### Instructions: Group Activity

- Appoint a recorder to take notes on your newsprint.
- From your group worksheet of programming ideas, decide where on the participation continuum each idea fits.
- Start with the starred and checked ideas from your group list.
- If you have time, add other ideas, especially to areas of the continuum where you don't have as many.

