

Program Mission

Jessica McCracken, the Arts Program Manager of the Center for Elders and Youth in the Arts (CEYA) aimed to structure classes that would "...encourage older adults to enjoy creative movement, story telling, and dance as a means to foster self esteem, socialization, and stimulate blood flow while enhancing flexibility, strength, and posture."

Under McCracken's guidance, Sienna Williams, along with Bay Area artist and choreographer, Eric Garcia designed and facilitated three creative movement classes for IOA members. Classes were held during the Autumn months of 2013.

Class Structure

Each class was developed with a specific theme, supported by activity and music selection.

All activities were created in chairs, so that IOA members could remain seated during each class.

Chairs were arranged into a circular formation.

Classes were approximately 45 minutes in length with the following schedule:

Warm-up

1-2 group movement activities

Cool down and closing



These Hands Have...

Theme: Hands

Music: "Born to Hand Jive" by, Sha Na Na

4th graders from a local school took the class along side IOA members.

Together, the group created:

- Variations of the Hand Jive
- A dance of hands and yarn
 - 4th graders wrapped the hands of IOA members together with colorful yarn to create ornaments.
- Physicalized memories
 - with the activity, "These Hands Have...", IOA members and 4th graders created gestural phrases to accompany stories about the past.



Continuing Research

This pilot program created a foundation for the psychological study Williams is currently designing. The study will explore the effectiveness of the program in terms of its potential to increase quality of life, exercise self-efficacy and adherence through creative movement and opportunities for social engagement. The findings from this study may increase our understanding of how to:

Optimize dance exercise programs as amenities of paid long-term care services.

Increase exercise adherence and overall quality of life for older adults.

Recipes & Memories

Theme: Food

Music: "Food, Glorious Food" by, Lionel Bart

IOA members offered their family recipes and coinciding memories to the group.

Three gestures were extracted from their offerings and taught to the class.

Together, the class performed each member's memory with their voices and bodies.

