

Preventive Aging Center, Inc.
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**PAC Preschool/Senior Companion Program
Activities Agenda**

Please review the other information on the Preschool/Senior Companion Program regarding the goals in bringing young children and the frail elderly together. A sampling of activities for this Program follows, with varied degrees of elderly participation at the discretion of the caregivers at the Facility:

* **Crafts**

Coloring	Painting
Holiday Projects	Murals

* **Active Games**

Kickball	Twister	Hot Potato
Relay Races	Duck, Duck, Goose	Parachute
Freeze Frame	Fishing Game	Ball Toss
Dancing	Bingo	Simon Says
Target Games	Piñata	
Exercises	Hula Hoop Contest	

* **Musical**

Holiday Skits	Sing-a-Long	Caroling
Rhythm Band	Musical Chairs	

* **Word Games**

Alphabet Game	Rhyming Game
Storytelling	Videos

* **Trips**

Graduations	Thanksgiving Dinner	Easter Luncheon
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* **Pet Therapy**

Children bring their pets for visits