

# Celebrating the Senior Nutrition Program



## Activity Idea “Senior BrushStrokes”

*Submitted by Camden County Senior Center (Georgia)*

**Notes:** Can be conducted virtually, with limited space, using little/no technology, by 1-2 staff.

**Goals:** To allow each participant to use their gifts (mind, body, and soul), creating beauty with aging hands. To bring smiles inside and out while building friendships over conversation.

**Supplies:** Canvas/cardstock, acrylic/watercolor paints, paint brushes, plates, paper cups, water, paper towels, fruit slices

**Preparation:** Pick out or design a desired picture to paint (tip: stencils work well). If using cardstock, you can even print a design or picture on each one. When working virtually, send participants pre-packaged painting kits and go live on Facebook or another platform for interaction. Gather supplies and put kits together or purchase kits at a low-cost/craft store.



**Instructions:** Play music in the background very softly. Pass out (or, if virtual, encourage participants to “bring”) healthy snacks.

Make sure every participant has the supplies needed. Have participants select their paint colors and put a dime-sized amount of each around the paper plate. If available, show several examples of what finished pictures might look like (we are all creative in different ways).

As participants paint, ask how everyone is doing and help as needed. Encourage chitchat and interaction during the activity.

Let finished paintings air dry.