

Intergenerational Connections

Mica Saunders





Aurpose

Purpose Statement: Moxie Movez aims to bridge the gap between generations by fostering intergenerational interactions through fitness, dance, and cognitive activities. Our goal is to enhance the physical, mental, and social well-being of seniors while enriching the lives of younger participants through shared experiences and mutual learning.





Promote Physical Health and Fitness

- Encourage seniors and younger generations to engage in regular physical activities such as line dancing and pole fitness.
- Provide accessible and enjoyable fitness routines that cater to different age groups and abilities.



Enhance Cognitive Function

- Utilize brain games and cognitive exercises to keep seniors' minds sharp and engaged.
- Introduce activities that stimulate critical thinking and memory in participants of all ages.



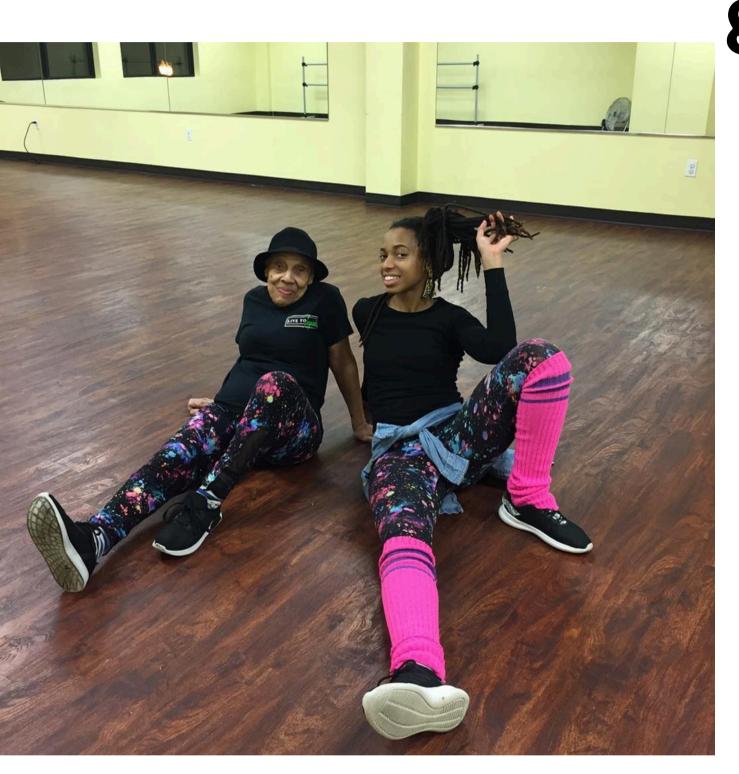


Foster Social Connections



- Create opportunities for meaningful interactions between seniors and younger participants through regular events and activities.
- Organize intergenerational events where participants can share stories, experiences, and skills.





Encourage Mutal Learning & Respect

- Promote the exchange of knowledge and life experiences between generations.
- Cultivate an environment of respect and understanding, highlighting the value each generation brings to the table.



Combat Ageism and Stereotypes:

- Challenge societal stereotypes about aging by showcasing the talents and vitality of seniors.
- Raise awareness about the benefits of intergenerational activities and the importance of inclusivity.







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Enhance Emotional Wellbeing

- Provide a supportive community where seniors and younger participants feel valued and connected.
- Address issues of loneliness and isolation among seniors through regular social interactions.



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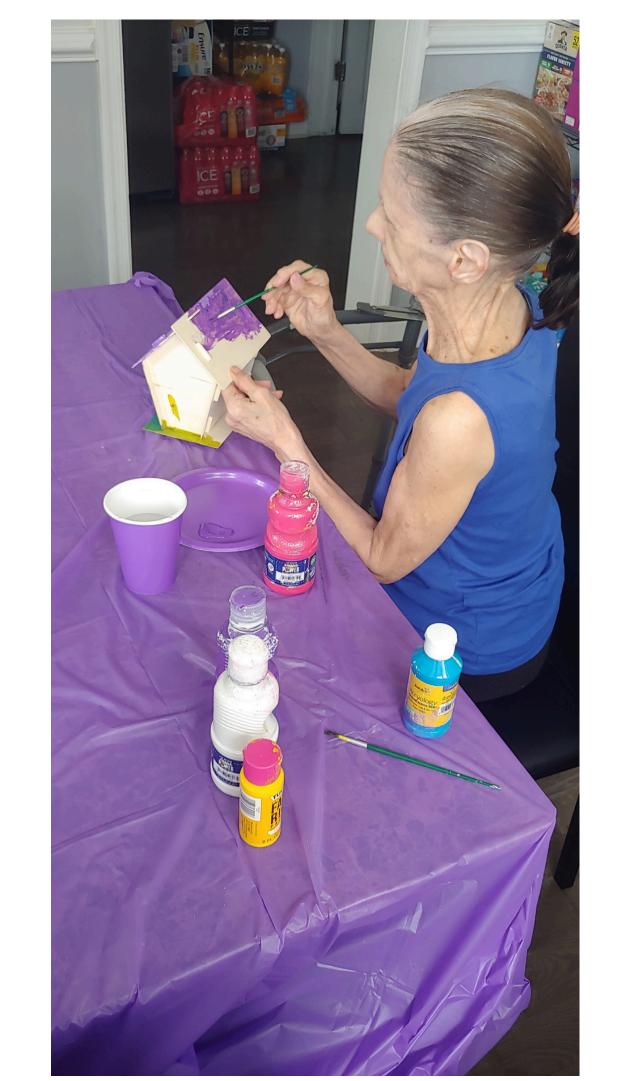




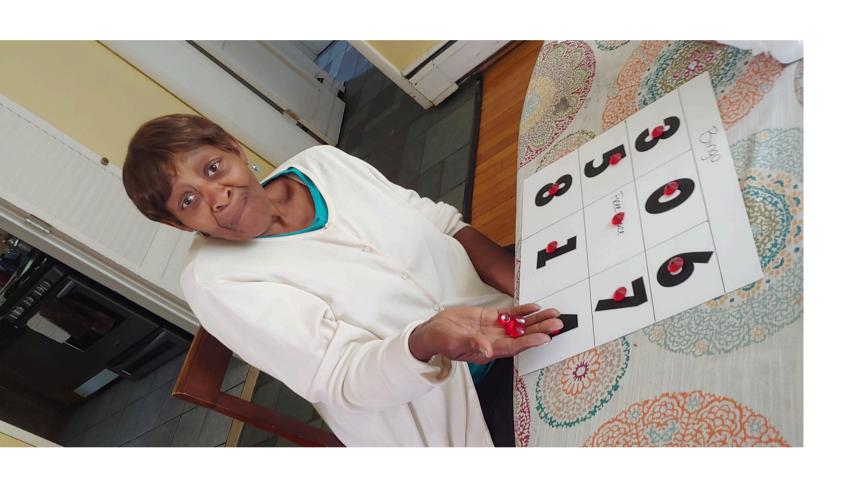
Promote Creativity and Fun

- Integrate creative arts and entertainment into the program, making activities enjoyable and stimulating
- Organize themed events and parties where participants can express themselves and have fun together.





Provide Recognition and Motivation:



- Acknowledge the efforts and achievements of participants through awards, performances, and public recognition.
- Encourage continued participation by highlighting the positive impacts of the program on personal well-being and community cohesion.





Stay in Contact

info@micathebodychemist.com

moxiemovez.com

