



# Intergenerational Connections

Mica Saunders

MOXIEMOVEZ<sup>TM</sup>





# Purpose

Purpose Statement: Moxie Move3 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 Mutual 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 Well-being

- 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.







# 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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# 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](mailto:info@micathebodychemist.com)

[moxiemove3.com](http://moxiemove3.com)

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