

Activities

Music Delight

- Music from 40's, 50's, 60's, 70's, and it still counts!
- Selected by people's choices
- Important facts regarding those particular years.



Vocalize

- Delightfully organized sing-along sessions.
- No requirement to be a musician
- Well-arranged in binders
- Accompanied by guitar.



Ditty Show

- Great for exercising and challenging people.
- Associated with 40's, 50', 60's, 70's, 80's
- Alternated between live music and recordings.
- Name the tune or songwriter.

Additional Activities

Story Maker

- Creating opportunities to share moments from the past, present, and free from expectations
- Reflections on their choice and rethinking of the stories

Stretching Bands

- Exercise in low and comfortable pace
- Upper and lower body
- Target to people who can't or don't want to use gym machines

Boogie it up

- Dancing activity that can also help to improve memory.
- Aerobic activity that requires coordination between the feet and the brain and a constant movement at participants' pace

Breathe, Stretch and Relax

- Designed to encourage people to pay attention to their own normal breathing and clearing their minds.
- Bringing nervous system back into balance

Joint Relief

- Aqua class suitable for every fitness level
- Low impact in the buoyancy factor
- Walking in the water combined with upper and lower body exercises.*Pool at least 87 temperature is required especially for people with arthritis, osteoarthritis and fibromyalgia.

BRING LIFE ENRICHMENT TO YOUR HOME. You deserve it!

*Look through the window of time and
share you vision*



Visualize, engage, and celebrate!

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About Luis Paschoa

Paschoa has 14 years of experience with active clients and those who suffer from traumatic brain injuries, dementia, including Alzheimer's disease, cerebral palsy, and multiple sclerosis, just to name a few.

Philosophy

A variety of approaches are applied to support people's quality of life.

"Working with the elderly population is inspiring and vibrant in my life!"
- Luis Paschoa –

Customizing programs to meet your specific needs.

Activities are delivered without regard to race, color, religion, age, sex, sexual orientation, handicap (mental or physical), or place of nation origin.

Activities Continued

Walking for Wellness

- Enjoyable physical activity (i.e. social group walking, walking in pairs, etc.)
- Opportunity to increase people's health and well-being
- Promoting social interaction and relaxation.



Gentle Joints

- Low-impact that alternates chair and standing up exercises.
- Stretching and dumbbells involved.
- Recommended to people with arthritis, and osteoarthritis



Percussion

- Creating a sparkling atmosphere
- Playing percussion awhile distinguishing beats and tones
- Different tools are utilized (e.g. empty containers, maracas, egg shakers and tambourines)



Stimulus + practice = improvements of the mind, body, and spirit!

Testimonials:

"Luis, your program is terrific!"

-Eleanor Covan- Professor of Gerontology Emerita UNCW

"I think the world of you and you have the most positive attitude of anyone I know - and you make the room light up. The people who get to experience your energy are so very lucky."

- Lauren Brahm - Cypress Cove Retirement Counselor, Fort Myers FL

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