

Fun in Mexico (High and Low Functioning)

Intervention: Mexican Hat Dance

Domain: Physical

Population: Geriatrics

Goals:

To improve physical health

To improve mobility



Number of clients: 6-10

Time: 20 min

Supplies:

Music to Mexican Hat Dance: <https://www.youtube.com/watch?v=U6c9UZ3OxTw>

Video to Mexican Hat Dance: <https://www.youtube.com/watch?v=9udwl6HSEIY>

TV

Lap top, Ipad, Tablet

HDMI cord

Saberio's

Description

Position residents in a semi-circle. If clients are able to stand and keep themselves balanced have them stand with a chair behind them in case they would like to sit down otherwise have them remain sitting and make adaptations to dance.

Explain to the clients for the activity today they are going to learn the Mexican Hat Dance, assure them it will be fun and the benefits of the activity: balance, cardio fitness, strengthening ect....

Play music:

Mexican Hat Dance Steps

You can perform the Mexican Hat Dance either by yourself or with a friend. All you need is to be able to count to four and follow a basic rhythm. Start by standing with your feet together and your arms relaxed at your sides.

Step One

Fold your left arm across your stomach and set your right elbow on your left hand so that your write hand is palm opened to the audience. Move your right hand back and forth as you put your right heel out in front.

Step Two

Reverse step one, so that your right arm rests across the stomach with your left elbow on your right hand. Again, wave your left hand back and forth as your left heel goes out in front of you.

Step Three

Repeat step one.

Step Four

On count 4, clap twice very quickly. You then repeat these four steps seven times. If you are using traditional Mexican Hat Dance music, you will hear the music change after you have completed seven steps of what is described above. At the music change, clap four times and then raise your arms up in the air, exclaiming "olé!" for extra fun and expression.

The music will then restart, so you will repeat it all, going faster each time. If you choose to have many partners dance at once, all of the dancers can come together at the end to make a complete circle and side step in an agreed-upon direction until the music is over. Mexican Hat Dance steps are very energetic and a great way to have young students burn off some energy and bring some laughter into an otherwise humdrum day.

Fun in Mexico (High Functioning)

Intervention: Homemade Tortillas

Domain: Social

Population: Geriatrics

Goals:

To develop and build communication skills.

To develop and build interpersonal skills.

Number of clients: 6-10

Time: 20 min

Supplies:

Mixing bowl

Measuring spoons and cup

Rolling pin

Large nonstick skillet

Cooking spray

Spatula

Mixing spoon

2 cups all-purpose flour

½ teaspoon salt

¾ cup water

3 tablespoons olive oil



Description:

Sit client's at large table.

Instruct client that today we are going to make homemade tortillas.

Assist clients in placing ingredients into bowl and cooking tortillas.

Directions:

1. In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough. Let rest for 10 minutes.
2. Divide dough into eight portions. On a lightly floured surface, roll each portion into a 7-in. circle.
3. In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned. Keep warm. **Yield:** 8 tortillas.

Fun in Mexico (High Functioning)

Intervention: Mexico Word Mining

Domain: Cognitive

Population: Geriatrics

Goals:

To improve concentration skills.

To improve memory skills.

Number of clients: 6-10

Time: 20 min

Supplies:

Large writing board or

Paper and Pencils for each client

Description:

Take *Cinco de Mayo* or other Mexican words, such as *sombrero*, *guacamole*, etc., and make as many words as you can from the letters before time runs out. Work as a group to come up with as many words as you can.

Write answers on board.

Fun in Mexico (Low functioning clients)

Intervention: Ojo do Dias (God's Eyes)

Domain: Cognitive

Population: Geriatrics

Goals:

To improve concentration skills.

To improve memory skills.

Number of clients: 6-10

Time: 20 min

Supplies:

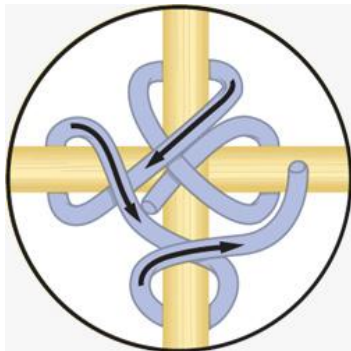
Colored sticks (can be purchased from many dollar stores or any craft store)

Yarn and/or embroidery floss in various bright colors

Scissors

Craft glue or wood glue

Diagram of yarn wrapping procedure



Description:

Ojo de Dios, or "God's eyes," are an ancient symbol. Originally, in Mexican culture, the middle of the God's eye was made when a child was born. Each year, a bit of yarn was added until the child turned five, at which point the "eye" was complete. Today, we like to make these fun ornaments in conjunction with Mexican holidays such as Cinco de Mayo.

Directions:

1. Select two popsicle sticks. They can be the same or different colors.
2. Crisscross the sticks to make an "X" shape and glue them together in the center. The sticks should be perpendicular to each other. Allow glue to dry.
3. Select the first color of yarn or floss. Cover the middle of the sticks by wrapping the string diagonally around both sticks a couple of times. Next, wrap diagonally in the other direction a couple of times. The string should form an "X" and hold the sticks in place.
4. Using the diagram as your guide, loop the string around one stick as close to the middle as you can get it. Rotate the project 90 degrees and loop over and around

the next stick. Make sure the string is firm but not too tight. Check that each loop is laid right up against the previous one. Don't be afraid to undo part of your work to straighten out a string.

5. Continue wrapping over and around one stick, then over and around the next, over and around the next, and so on. Keep going around the sticks until desired thickness of color is achieved.
6. If you want to change colors, tie a different colored string onto the old one and continue wrapping. Tuck in the ends when you are finished.
7. Repeat the process with other colors in the same manner until only about 1/2" of the ends of the sticks remain uncovered.
8. To finish the project, tie an overhand knot in the end of the string and slip it over the last stick you wrapped. Pull it tight to get out any slack. Tuck in any loose ends. You can also add a dab of glue to ensure that the ends remain secured.
9. Use another piece of yarn or floss and fashion a loop at one end to make a hanger.

Fun in Mexico (Low functioning clients)

Intervention: Aqua de Fresa

Domain: Social

Population: Geriatrics

Goals:

To develop and build communication skills.

To develop and build interpersonal skills.

Number of clients: 6-10

Time: 20 min

Supplies:

4 cups strawberries sliced

1 cup white sugar

3 cups cold water

1 lime cut in 8 wedges

8 fresh mint springs

Blender

Measuring cup

Cups

Ice



Directions:

Sit clients around a large table. Have clients assist preparing the drink.

1. In a blender, mix together sliced strawberries, sugar, and 1 cup of water.
2. Blend on high until smooth.
3. Add the remaining 7 cups cold water to the pureed strawberries and mix well.
4. Pour over ice and serve immediately. Garnish with lime slices or mint leaves.