



Stacy for Seniors: Activities and Inspiration for Positive Aging

Stacy Connelly

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Stacy for Seniors is an activity book that offers senior citizens safe, practical ways to improve and enhance their daily lives. With the use of activities and exercises that can be done anywhere, elderly people can enjoy the benefits of a group exercise/activity class even when they are not able to be there. Stacy gently encourages (with her own style of love and humor) the health and well-being of elder readers. This book will be a helpful tool for those who visit their elderly relatives or work with senior citizens and are looking for ideas and new ways to interact. Readers will find simple, useful exercises for the BODY. Based on Stacy's experience working with senior citizens, she leads the user through straightforward ways to enhance strength, balance and flexibility. For example, "With the Flick of a Wrist" targets flexibility in the hands and wrists using simple motions directed in a clear manner while adding a touch of humor. Major muscle groups are addressed with safe, practical suggestions without intimidating jargon or the "drill instructor" mentality. Fun, engaging activities for the MIND are included because it is just as important to exercise the brain as it is the body. Many experts agree that regularly stimulating the brain helps keep seniors active and independent. Readers will find word puzzles, memory challenges, and some original mental games that showcase Stacy's creative side! Answers to all the mind activities are provided in the back of the book. An inspirational, peaceful image for the SPIRIT balances each page describing a body or mind activity. A full page, color photograph of scenes ranging from mountain vistas to colorful flowers will soothe the soul and provide visual interest. On each photo page is an uplifting or thought provoking quotation from a variety of sources. For example, "Life's tragedy is that we get old too soon and wise too late" by Benjamin Franklin is shown on the photo of a beautifully detailed walkway. This colorful, 80-page, soft cover book includes pleasant illustrations of "Stacy" offering gentle instructions and encouragement. Stacy for Seniors makes a great gift for the special seniors in your life!

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