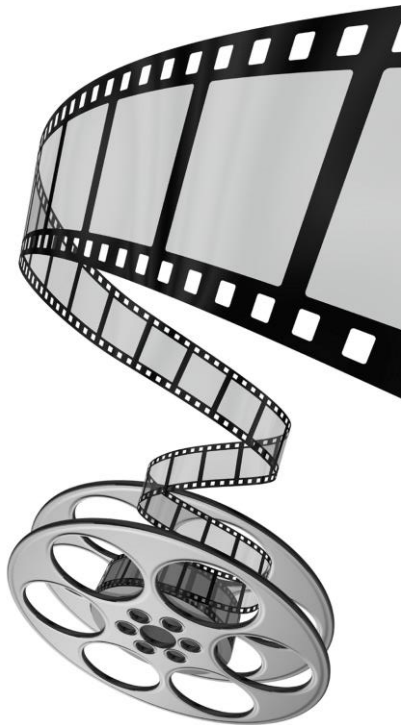# UTA in Lubsko - activities

Increase and development of manual skills and physical vitality of citizens of the European Union over 50 years

6th SEPTEMBER 2019

Organisation:

University of the Third Age in Lubsko, Poland

Lector:

Monika Kolodziej,

Work shop group:

Michalina Mnich, Jolanta Mickiewicz, Bożena Róg, Maria Wasilewska, Elżbieta Ponulak, Wojciech Róg, Janina Wójtowicz, Janina Kałużna, Barbara Bartnicka, Józefa Prętka, Irena Dąbkowska, Zofia Gotlib, (12)

Time and date of study program:

01.03.2019, 04.03.2019, 11.03.2019, 15.03.2019, 18.03.2019, 25.03.2019, 01.04.2019, 05.04.2019, 08.04.2019, 15.04.2019,
 (total 20 hours/10 meetings)

Work shop activities

Description of activities:

1) landscapes painting
2) portraits painting
3) painting on glass - Ebru method
4) Easter eggs' painting - Ebru method

Experience and best practice

Why Are Manual Skills Important For The Elderly?

1) the manual abilities of the elderly keep the body elements in good condition, which makes everyday life easier
2) allow to continue or develop passions, interests, etc.
3) intensive brain work - develop the brain

What are the advantages and disadvantages of manual skills for the elderly?

Advantages:
1) teach precision
2) teach dexterity
3) teach patience

Disadvantages:
1) may cause back problems
2) may cause vision problems
3) may cause injuries

Experience and best practice

What are my personal experiences of manual skills for elders?
1) high student involvement in class work
2) the need to develop imagination
3) ability to be patient

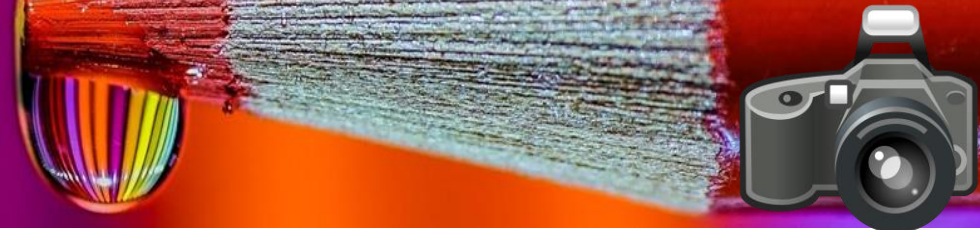What are my recommendations for manual skills lectors for the elderly?
1) forbearance
2) being consistent
3) a lot of smile and fun

What are my recommendations for elderly in manual skills?
1) regular training
2) patience
3) making attempts to overcome current barriers

Other interesting information:
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GALLERY OF ART ACTIVITIES

GALLERY OF ART ACTIVITIES

Thank you