

List of activities for seniors:

Senior Citizens are the asset to the society. Their experience and knowledge is useful for all of us.

Elders should live as usual, they should keep themselves busy and active. We age more if our brain is idle. It is no longer inevitable to age and decline. It is entirely in their hands how happily and healthily they can grow older, not "get old." Its Productive Ageing and Successful Ageing.

Senior should keep on meeting people specially of their age, and share and interact with others.

There are NGO's and Sr Citizens Groups where many such kind of activities is held to make their life much happier and better.

Following are some of activities which can help our elders to live golden moments:

Developing hobbies

Music

Reading

Spiritualism

Playing Bridge

Exercise

Yoga

Laughter Club

Memory Games

Teaching

Computer Education

Internet

Social Work

For more information you can also visit the website of Dignity Foundation

:<http://www.dignityfoundation.com/enrichmentcentre.html> and

Harmony India: <http://www.harmonyindia.org/hportal>