

Movie



Objective:

The aim of this activity is to give elderly the opportunity to enjoy films, promote social interaction and build fellowship. Watching a film can be an enjoyable and relaxing experience that gives older people a chance to relax, be entertained and share their thoughts about the film with others.

Preparation:

- Gather a group of older people in a comfortable and relaxed environment.
- Choose one or more films that suit the interests and abilities of the group. These can be classic films, comedies, dramas or other genres.
- Create a suitable atmosphere by arranging comfortable seating and preparing any snacks or drinks.

Implementation:

- Start the film and make sure the sound and picture are of high quality.
- Let the participants enjoy the film and encourage them to be relaxed.
- After the film, start a discussion about the film. Ask participants about their impressions, favorite scenes, characters or messages in the film.

What is needed to carry out the activity:

- A place with a TV or projector screen to show the film.
- A collection of films to suit the group's tastes.
- Comfortable seating and any snacks or drinks.

Time: Long



Activity: Calming or activating



Fellowship: Together



The amount of time depends on the length of the chosen film and the discussion part afterwards. Typically, a film screening and discussion can vary from 1.5 to 2.5 hours. This activity is intended to be done in a group.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal