

● ● ● Session 1

Activity 1:

Introductions

Activity 2:

Summary of the Program

Activity 3:

The Shopping List

Activity 4:

Balance & Strength Exercises

Activity 5:

Falls Risk Appraisal

Activity 6:

Closing & Homework

● ● ● Session 2

Activity 1:

Welcome & Outline

Activity 2:

Pros & Cons of Regular Exercise

Activity 3:

Review of Exercise Homework

Activity 4:

Shopping List Results

Activity 5:

Goal Setting for Mobility

Activity 6:

Walking Sticks

Activity 7:

Exercise Practice

Activity 8:

Moving About Safely

Activity 9:

Getting Up from a Fall

Activity 10:

Fall Stories

Activity 11:

Safety Alarm Systems

Activity 12:

Closing & Homework

● ● ● Session 3

Activity 1:

Welcome & Outline

Activity 2:

Exercise Practice & Review

Activity 3:

Apple Game Quiz

Activity 4:

Home Fall Hazards

Activity 5:

Pets

Activity 6:

Closing & Homework

● ● ● Session 4

Activity 1:

Welcome & Outline

Activity 2:

Exercise Review & Practice

Activity 3:

Home Fall Hazards Homework

Activity 4:

Vision & Falls

Activity 5:

Footwear & Falls

Activity 6:

Closing & Homework

● ● ● Session 5

Activity 1:

Welcome & Outline

Activity 2:

Review of Homework & Exercises

Activity 3:

Medication Management

Activity 4:

Sleeping Better

Activity 5:

Calcium, Vitamin D, Sunlight & Osteoporosis

Activity 6:

Past Participant

Activity 7:

Closing & Homework

● ● ● Session 6

Activity 1:

Welcome & Outline

Activity 2:

Review of Homework

Activity 3:

Travel Safety

Activity 4:

Balance & Strength Exercises

Activity 5:

Mobility Mastery Experiences

Activity 6:

Navigating Inclement Weather

Activity 7:

Closing & Homework

Stepping On Weekly Workshop Topics

● ● ● Session 7

Activity 1:

Welcome & Outline

Activity 2:

Review of Homework

Activity 3:

Exercises

Activity 4:

Community Mobility & Safety

Activity 5:

Safety Strategies & Review

Activity 6:

Talking With Your Provider

Activity 7:

Group Evaluation

Activity 8:

Farewells & Follow-Up

● ● ● Three Month Booster

Activity 1:

Welcome & Outline

Activity 2:

Review Progress

Activity 3:

Coping with Negative Stories & Fall
Stories

Activity 4:

Exercise Review

Activity 5:

Balance & Strength Exercises

Activity 6:

Brief Review of Key Issues