

KARSP

PROGRAM IDEAS

Ever get stuck trying to think of a new program idea for your unit meetings? Below is a compilation of successful programs sent in from units across the state. Most likely you will see programs from your unit. Hopefully you will find ideas that you hadn't thought of and want to try for your own group. If your unit has had a program not listed please contact KARSP Community Service Chair, so it can be added to the next flyer. MANY THANKS to those units who sent in ideas.

Health & Fitness

AIDS & HIV issues
Alzheimer's issues
Area Council on Aging speeches
Arthritis Association speakers
Assisted living programs
Basics of Tai Chi instruction
Basics of Yoga instruction
Benefits of water aerobics, regular strength training & exercise
Cardiac concerns – get a doctor from your community or hospital
Diabetes information
Doctors without borders program
Health benefits from volunteerism
Healthful exercises
Independence Inc. organization discussing issues affecting the handicapped
Medicare / Medicaid issues
Mental health & adult services
Motivational speaker / attitude & health benefits of optimism
Nutrition
Occupational therapist demonstrating helpful devices for disabled & elders
Post retirement avocations
Prescriptions & over the counter drugs
Red Cross / classes

Social Security / tax changes
Staying mentally alert in retirement years
Stem cell research

Law Enforcement

Center for Public Health Preparedness / Disaster Preparedness Plan
Crime prevention & personal safety
Crime stoppers
District Attorney's office to talk on law & seniors' rights
Emergency management
Fire prevention & fire department programs
Homeland Security issues
Identity Theft & prevention measures
Kansas Highway Patrol & safe driving tips for seniors
Police department citizens' academy
Scams & consumer fraud
School Resource Officer program

Patriotism & Military

Military museums' curators / tours
Military personnel returning from deployment in Iraq or other places
Military recruiters to talk about today's forces

National Guard staff to discuss their duties – first responders to natural disasters
Peace Corps & home front assistance
ROTC drill teams perform
ROTC instructor
Veteran speakers & programs
VFW. American Legion programs - they also conduct veteran burials

History & Politics

Candidates running for office
Coalition work for COLA
Historical characters portrayed by living history buffs
KPERS & pension benefits
Legal issues affecting seniors
Legislators & local politicians
Local historians & historical societies
Trips to museums
Veterans & their experiences. Catch a WWII or Korean vet before they are all gone

Education

Child safety issues
Computer classes or instruction
District's School Foundation board to speak about their mission

Exchange student programs & participants

High school speech competitors to come & present tournament speeches

Invite high schools debate teams to put on a debate demonstration

Kansas Education Commissioner to talk about current trends

Lawrence Virtual School

Local schools' international students

Music programs from students

Preparing teachers in the 21st century

Private school programs

Puppet shows & plays - by students

Speakers: district's central offices

Speakers talking about how educational issues & how needs have changed

Voucher issue from both sides

Miscellaneous

AARP trainers to talk about various programs they offer. Tax aide, 55 Alive, Staying Sharp, etc.

A decades party: i.e. anecdotes & reminiscence from the 40's, 50's, 60's, come in dress from that decade

Art exhibits & demonstration by local artists

Astronomy buffs – if you are lucky enough to have an observatory near (or an astronomer with a telescope)- plan an evening of stargazing

Bingo game fundraiser for your unit

Birthday party highlighting members who are 80 plus years old

Book talks

CASA speakers to describe the program

Chamber of Commerce topics

Christmas party & gift exchange

City commission or city staff to speak

Coalition members or KARSP's executive director to speak about

lobbying efforts for a COLA

Community theater staff &

actors give presentations about current or up-coming theater productions

Community Development/Tourism director

Cooking classes & demonstrations

Cook out or picnic for members

Customs of the Christmas season around the world

Decorating Ideas from local decorators

Dinner theater together - as a group trip

Dole Center in Lawrence tour

Flint Hills staff to talk about their programs

Friends of the zoo – nearest you. Get a local zoo to host a catered meal - then tour

Genealogy buffs – RLDS is a resource

Golf tournaments

Habitat for Humanity program speakers

Halloween party for members - or host a party for kids

Hat/clothing show – women's history reflected in hats & clothing

Humane Society

Humorists, like Tom Averill from Washburn Univ.

Industrial facilities, businesses to tour - like the marble factory in Bonner Springs

Kanza Prairie Library programs' speaker

KARSP board members to come & speak

Library programs speaker

Local character & their talks, or reenactments of historical events

Local food bank administrators speak about their programs

Local Indian tribe: in traditional dress to dance or talk about their history

Local performers (music, humor,

magicians, dancers)

Master Gardener Program in your area

Members share talents

Mind games / table game day

National Weather Service

Poets & authors come to share their wares

Quilters & local quilt guild / sewing clubs

Salvation Army speaker

Scholarships' recipients come & speak

Senior centers' program coordinator

Speakers from the editorial staffs of local newspaper. Tour plant

Sports talks - or demonstrations

Tours of people's gardens or local botanical gardens

Training of service dogs for the handicapped & blind

Trips to attractions in our state – places of interest – like from Marci Penner's collection of Kansas sights

TV personalities like KTWU's Sunflower Journeys (Dave Kendall)

Utilities representatives / tour

Unit members' travel experiences, or travel experts

Unit or community members share collections & hobbies: guns, aprons, swords, glassware, thimbles, art

Valentines' party & love songs' medleys

Veterinarians on pet health & care

Visit other units for combined get together social

Wine tastings

Wood & stone carvers talk & demonstration

