

Some Benefits of blending Montessori Approach with Health & Wellness

Physical: Physical Activity, proper nutrition, good sleep are all ways to promote physical wellness. Exercising at the YMCA blends both physical fitness and social connection. An opportunity to stay active and connect with our community, boosting self-esteem and physical fitness. Montessori Method relates to physical fitness in ways such as maintaining coordination of movement, body awareness, and balance. Maria Montessori stated that “Movement, or physical activity, is an essential factor in intellectual growth.” I believe it also helps us maintain and re-build our cognitive function.

As a form of self-care, movement, which is emphasized by Montessori, constitutes a pillar of wellness.

Putting Green: A backyard putting green costs an average of \$4,300 for a 200-square-foot green, and most home golfers pay between \$3,500 and \$9,000, based on several factors. Many of our residents love golf and many communities offer a putting green. (We are turning to other funders for the putting green.)

The Montessori aspect: We encourage our residents to be independent. An outdoor area for fitness, socialization and family involvement would be a welcome addition. Residents are active participants in deciding the types of activities they desire. Families can participate in this social activity. Many have mentioned putting. Residents could help maintain the putting green. Not only is it an opportunity to enhance physical fitness, but it is also a huge social draw.

Spiritual Wellness: Spiritual well-being is often said to be fostered through mindfulness. Continuing our YoQi classes which combine movement, breath and mindfulness.

Group based activities encouraging elders to socialize is important as it creates a sense of belonging and reduces feelings of isolation. Funding for entertainment is key as it brings people together, family, caregivers, and residents. Drum Circles, Group Singers, Artists , Presenters, Lecturers...

Lecturers connect us through the desire to be lifelong learners. Improving cognitive function. Whole Body Wellness includes mental/cognitive.

Social wellness involves connecting and engaging with others in meaningful ways. It also refers to creating and nurturing a healthy support system of family and friends, while appreciating the diversity in our communities. Many elements of Montessori contribute to building community and support social wellness by fostering connection.

Montessori: Community-based programs are also beginning to integrate Montessori approaches, recognizing the value it brings to engaging and supporting elders.

Art: Activities that engage the senses—such as creating art—trigger the brain to release pleasure-related neurons. Art lowers anxiety and promotes self-worth and enhances quality of life. Art promotes empowerment and a sense of accomplishment, all things that resonate with the Montessori approach.