

ACTIVITIES FOR THE YEAR 1995

- 1. NANAY's New Year Dinner Dance:** A formal Dinner-Dance was held at Blue Banquet Hall, Miami, Florida on January 1, 1995. Three objectives were met during this event: (a) to serve as NANAY's debut and officially introduce its concept to the community; (b) to encourage membership and raise funds for the organization; and (3) to honor the elders and provide them with social entertainment for the holidays. All elders (65 years and above) and performers were given complimentary tickets to the event. At least seventy younger guest paid for admission. A 15-seater passenger van was rented to transport the elders to and from the Banquet Hall. About 200 guests attended the affair. Of these, more than 100 guests 61 years and older were honored during the pinning ceremony). A Fashion Show was held, and a live band provided the music. Volunteer members took charge of the affair. A net amount of \$997 was raised and added to NANAY's funds, after all expenses were paid.
- 2. Space Negotiations.** Following the Dinner-Dance, various areas were scouted for potential warehouses for rent, to be used as Center space for NANAY's activities. Final negotiations were made to rent a 1100 sq ft section of San Villa Restaurant during weekends, for a nominal fee of \$200 for the month of March (or \$25 per weekend day). This arrangement was felt to be the most logical and most practical way to initiate the functional activities of NANAY, considering the amount of budget that the organization has at the moment.



Ballroom Dancing Class (20%). This activity will be open to all interested elders and were held for 2 or 3 sessions a month, starting with a 15 minute "soft" stretching exercise, followed by a 2-hour instructional class where elders were taught basic and

simple steps of Ballroom Dancing. Following a “rest” intermission of 15 minutes, the remaining time was used to practice the steps learned. This activity provided the elders with a means of physical exercise while also enjoying social activities.

Arts and Crafts Classes (10%). This activity will allow the elders to improve their hand dexterity and utilize their imaginative and creative side.

Health Session (20%). Free blood pressure screening, blood sugar and cholesterol tests will be performed by nurse volunteers and medical practitioners, including members of the Philippine Nurses Association of South Florida.

Bingo Socials and Fellowship Singing (10%). These activities will encourage socialization, group activity and personal interaction among elders. Fellowship singing will comprise of community or christian songs, and will be led by volunteer guitarists.

Educational Workshops and Seminars (15%). Group seminars, lectures and workshops will be organized to help the elders adjust to the psychological, emotional, social and mental changes associated with aging.

FUNDRAISING PLANS for 1995: This will comprise 25\$ of NANAY’s activities for the year:

- a. Mother’s Day Dinner Dance – This will be an annual formal event to honor the elders
- b. Anniversary Dinner Dance – This will coincide with the death anniversary of Jacinta Holgado Bruce to acknowledge members who have actively participated in the activities for elders
- c. Food Booth – Plans are being made for volunteer members to set up a Food Booth during the Philippine Day Celebration which will be held at a public park as a joint venture by the various Filipino-American organizations to observe Philippine Independence Day.
- d. Garage Sale – Donated goods will be solicited from various members to be sold at a garage sale which will be held on a one-time basis during the year.
- e. Membership Pledges – Throughout the year, NANAY will continue to solicit membership pledges from the community. It is anticipated that public interest and community participation will increase once the Center starts operating, and the word gets around. A newsletter will be published to inform the community about the various activities at the Center. Flyers will be issued from time to time during fund-raising events.

Grants. No grant proposals have been submitted to date because NANAY is still in its embryonic stage of development. This is one important venue that NANAY wishes to pursue in 1996, once the Center becomes more or less stable, and activities for the elders are well in place. NANAY believes that the success of having a grant proposal funded depends on its ability to show that the project is worthwhile and achievable. Therefore, no grants will be submitted to institutional agencies for the year 1995, until after NANAY has achieved some visible and recognizable results from its mission of helping the elders.