

Spring 2025 UMass Boston Nursing Presentations



OLLI has again partnered with UMass Boston's Department of Nursing and its third year undergraduate students to create health and wellness programming for OLLI members.

Unlike previous years, the spring semester will feature more activity based programs focusing on movement, balance, music, and memory. The activities will last about 20 minutes, with about 10 minutes before and after for discussion and conversation.

Tuesdays will offer stretching exercises conducted online via Zoom. Thursdays will be various yoga sessions taught on campus at UMass Boston. There will also be a few programs on Mondays and Wednesdays that center on music and mind exercises.

These programs are a wonderful way to meet undergraduate nursing students. They also provide an excellent opportunity for these students to practice teaching health and wellness techniques to older adults. Explore the next two pages to learn more about the types of programs being offered and when they will be held.



The programs are open to all current OLLI members. Please register for these programs using [OLLI's online registration system](#), or [email](#) the OLLI office with your requests.

Music Mondays: 12–1:00 p.m. (all in-person at UMass Boston; exact room TBA)

- **March 31 – Music and Rhythm Games**

- **Explanation:** Interactive games involving clapping, tapping, or simple movements to the beat of music.
- **Key Benefits:** Enhances memory, coordination, and emotional well-being.

- **April 7 – Dance Aerobics**

- **Explanation:** A fun, energetic workout involving simple dance movements tailored for different fitness levels.
- **Key Benefits:** Boosts cardiovascular health, enhances coordination, and uplifts mood.

Tuesday Stretches: 12–1:00 p.m. (all online via Zoom)

- **March 11 – Hip and Knee Stretches**

- **Explanation:** Focuses on improving flexibility and reducing stiffness in the hips and knees, common areas of discomfort in individuals of all ages.
- **Key Benefits:** Enhances joint mobility, reduces pain, and improves posture.

- **April 1 – Back and Buttocks Stretches**

- **Explanation:** Targets the lower back and gluteal muscles to relieve tension and improve flexibility.
- **Key Benefits:** Reduces discomfort from prolonged sitting and improves posture.

- **April 22 – Arms and Sides Stretches**

- **Explanation:** Stretches targeting the shoulders, arms, and sides of the torso to improve flexibility and relieve tension.
- **Key Benefits:** Enhances upper body mobility and posture while reducing stiffness.

- **April 29 – Neck and Shoulder Stretches**

- **Explanation:** Targets the neck and shoulder muscles to relieve tension and improve range of motion.
- **Key Benefits:** Reduces pain from poor posture or stress and enhances upper body flexibility.

Wednesday Mind Exercise: 12:30–1:30 p.m. (online via Zoom)

- **April 9 – Strategy and Logic Games**

- **Explanation:** Games like chess, checkers, or puzzles that challenge cognitive skills and problem-solving.
- **Key Benefits:** Improves critical thinking, memory, and decision-making.

Yoga Thursdays: 12–1:00 p.m. (all in-person at UMass Boston; exact room TBA)

- **March 13 – Standing Balance Yoga**

- **Explanation:** Incorporates simple standing poses like Tree Pose or Warrior Pose to improve balance and stability.
- **Key Benefits:** Strengthens leg muscles, enhances coordination, and reduces the risk of falls.

- **April 3 – Seated Sun Salutations**

- **Explanation:** A yoga flow performed entirely while seated, incorporating forward folds, upward stretches, and breathing exercises.
- **Key Benefits:** Improves circulation, strengthens muscles, and promotes relaxation.

- **April 24 – Yoga Nidra**

- **Explanation:** A guided meditation practice often done lying down, promoting deep relaxation and mental clarity.
- **Key Benefits:** Reduces stress, improves sleep quality, and enhances overall mental well-being.

- **May 1 – Chair Yoga**

- **Explanation:** A gentle form of yoga performed sitting on a chair or using the chair for support.
- **Key Benefits:** Increases flexibility, strength, and relaxation, especially for those with mobility challenges.