



Healthy Ageing Fiesta

Geriatric Care, Emotional Well-Being, Beauty & Gentle
Aerobics for Elderly Women

IMPLEMENTED BY

**GRASSROOT PEOPLE AND GENDER DEVELOPMENT CENTER
(GRADE)**

SUPPORTED BY

AFRICAN WOMEN FOR CHANGE NETWORK (AFNET)

The **Healthy Ageing Fiesta: Geriatric Care, Emotional Well-Being, Beauty & Gentle Aerobics for Elderly Women** took place on the 27th of Dec, 2025 inside the Hall of St. Rita Catholic Church, Akesan. The event has in attendance a total of 35 elderly (34 women and 1 man) from across Igando-Ikotun LCDA of Alimosho LGA of Lagos State. The oldest woman in attendance was 88years old while the only man represented his wife who was nominated to attend but she could not due to eye blindness.

The Fiesta started with an opening prayer led by one of the participants and self-introduction of each participant by name, popularly name they are called in the community and name of their community/parish.

Objectives of the Event

The Healthy Ageing Fiesta aimed to:

- Providing practical guidance on healthy ageing, mobility, and daily self-care;
- Supporting emotional well-being and reducing loneliness through interactive sessions;
- Offering basic health checks and comfort packs to enhance daily living;
- Encouraging physical activity through gentle aerobics; and
- Fostering social connections and a caring community around older women, empowering them to lead healthier, happier, and more engaged lives during the festive season.



The man who represented the wife, Mr. Okeke, Executive Director of GRADE- Ms. Vivian Ifeoma Emesowum and the oldest woman in attendance (88years) Lolo Ogbede

The one-day event featured the following key activities:

a. Health Talk

It was delivered by Mrs. Anastasia Okudo, a qualified nurse with the Lagos State Teaching Hospital (LUTH). She provided health talks on:

- Common age-related health issues
- Nutrition and hydration for older women
- Managing stress and emotional health in old age



b. Gentle Aerobics

She also facilitated simple, age-appropriate aerobic exercises to promote mobility, flexibility, and circulation. The session was conducted in a joyful and inclusive manner, with participants engaging actively.





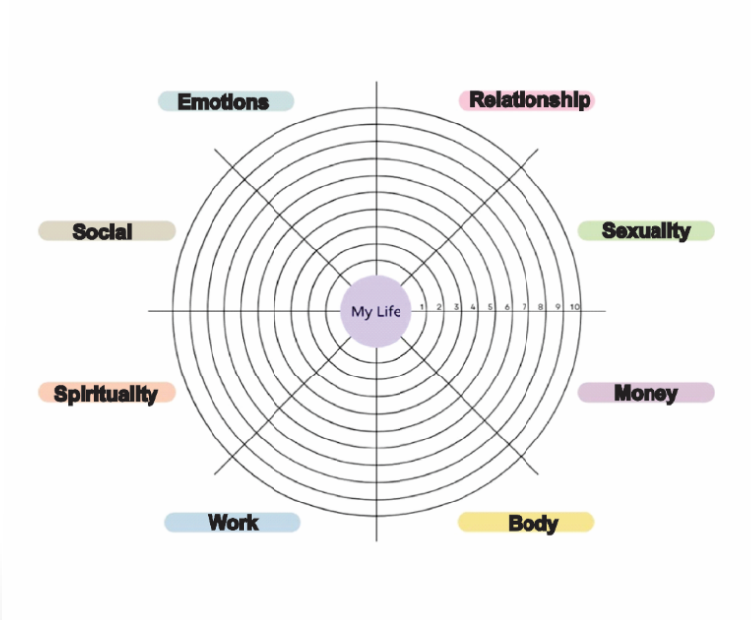
c. Emotional Well-Being & Expressive Colouring Session

A trauma-informed session was facilitated by Mrs. Vivian Emesowum, the executive director of GRADE, a certified coach on Women Empowerment. This session was to help participants express long-held emotions and life experiences. Using guided questions and colouring activities, elderly women were encouraged to reflect on their life journeys in a safe and supportive environment. Many participants shared stories of resilience, loss, faith, and hope. Four key exercises were used. They are

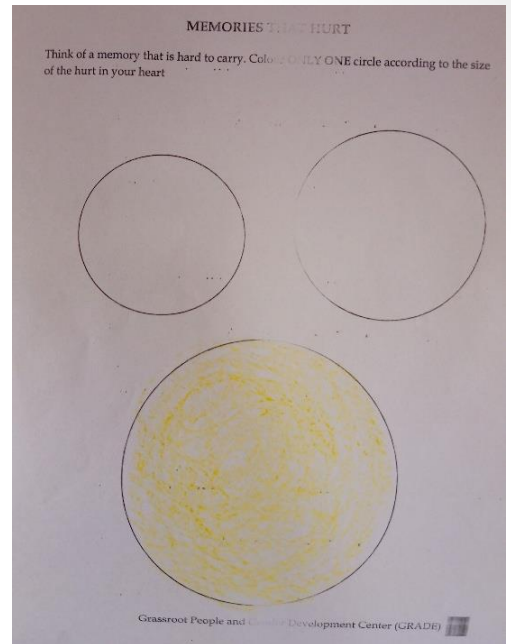
EMOTIONAL AND HEALING EXERCISES

✚ THE WHEEL OF LIFE

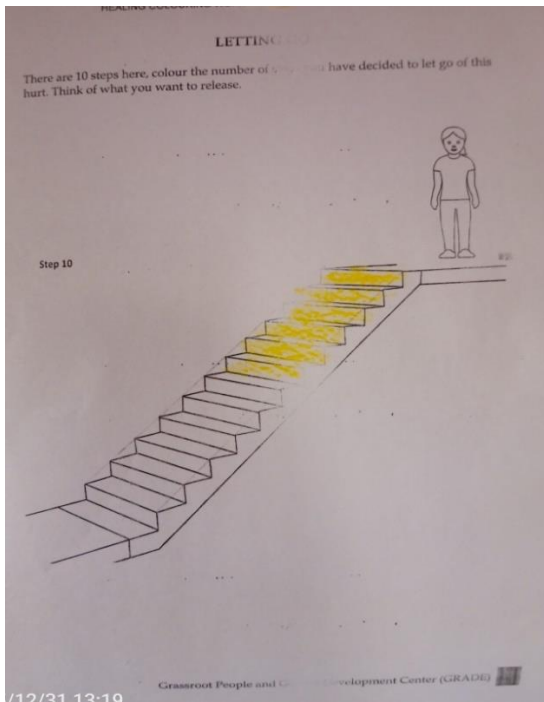
This is an exercise that helps them rate their satisfaction for each area of life from 1 (not satisfied) and 10 (very satisfied)



✚ **MEMORIES THAT HURT:** This exercise was to help participants reflect on a memory that is hard to carry. They are to Colour **ONLY ONE** circle according to the size of the hurt in your heart. **Out of 35 participants, 18 coloured very big, 10 coloured small while 7 coloured the medium size.** Some of the participants shared their experiences, unfortunately, majority were widows and shared experience with their inlaws when they lost their husbands. The only man present shared experience of also his inlaw, how he was very supportive to the family but when things turned around for him, they never assisted.



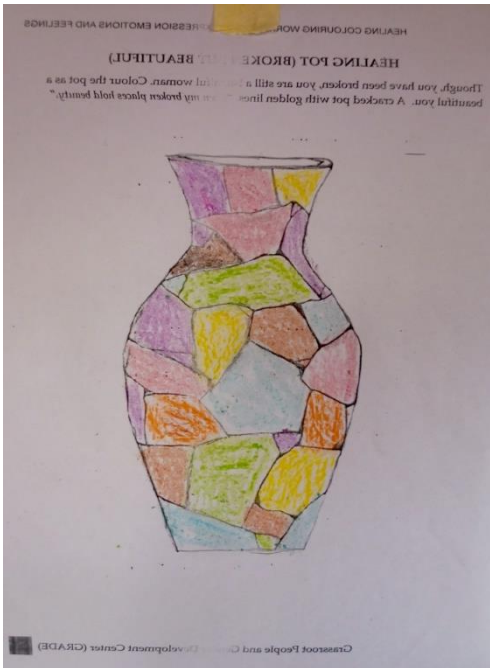
✚ **LETTING GO:** There are 10 steps, they are expected to colour the number of steps they have decided to let go of this hurt. This exercise was to help participants forgive those who have really hurt them in the past by letting go of those hurts.



I will forgive only half because the person offended very much and my circle is the big one. Until she ask for forgive, I want to leave it as half.

(Her mood changed and she became emotional)

✚ **HEALING POT (BROKEN BUT BEAUTIFUL):** Though, you have been broken, you are still a beautiful woman. Colour the pot as a beautiful you. A cracked pot with golden lines. *“Even my broken places hold beauty.”*



As I was colouring this pot, I feel proud and happy with myself that despite all that I have passed through in life, I am still very beautiful. Thank you so much for this opportunity to be part of this celebration.

Participants were grouped to discuss some other inspiring questions that helped everyone to speak. This exercise was to help them speak up in small groups after which we had a circle of discussion.





d. Beauty Care Session

This session demonstrated a gentle beauty care segment focused on personal grooming, self-care, and self-worth. This session boosted confidence and helped participants feel valued and celebrated.



e. Dancing and Networking



REFRESHMENTS AND CHRISTMAS PACKS

Participants were provided with refreshments and specially prepared Christmas packs as a gesture of appreciation and festive celebration.



Free blood pressure screening: While the session was ongoing, each participant took turn to check their blood pressure. Participants received health advice and referrals where required.



In her vote of thanks, she appreciated AFNet and GRADE, she said, *this type of event is really good for the elderly, most of the exercise I did today, I couldn't believe I can do them, I don't even know when last I reached my gate, always inside the house because of my legs.*

OUTCOMES AND CHALLENGES

The event recorded the following outcomes:

- ✚ Increased awareness of healthy ageing practices among participants
- ✚ Improved emotional expression and psychological relief, with many women reporting feeling “heard,” “lighter,” and “happy”
- ✚ Enhanced social connection, reducing feelings of isolation
- ✚ Renewed sense of self-worth and dignity among elderly women
- ✚ Identification of health concerns requiring follow-up

Participant feedback indicated high satisfaction, with many expressing gratitude for being remembered, celebrated, and cared for.

Challenges

- ✚ Untimely release of grant delayed proper planning and necessary logistics.
- ✚ There was limited time to address all individual emotional and health needs
- ✚ Some participants required follow-up medical attention beyond the scope of the event.
From the BP check, majority have high BP level, A follow up call have already been carried out to 7 persons.

LESSONS LEARNT AND RECOMMENDATIONS

Lessons Learned

- ✚ Holistic interventions that combine health, emotional wellbeing, and social celebration are highly effective for elderly women
- ✚ Creative tools such as colouring can be powerful for emotional expression among older adults
- ✚ There is a strong need for regular community-based programmes focused on elderly women's wellbeing

9. Recommendations

- ✚ Scale up similar healthy ageing interventions across other communities
- ✚ Integrate follow-up health and psychosocial support sessions
- ✚ Strengthen partnerships with healthcare providers and faith-based institutions

8. Conclusion and Appreciation

The Healthy Ageing Fiesta successfully met its objectives and provided a meaningful, dignified, and joyful experience for elderly women. Grassroot People and Gender Development Center (GRADE) sincerely appreciate African Women for Change Network (AFNet) for the financial and moral support that made this impactful initiative possible.

GRADE remains committed to promoting inclusive wellbeing, dignity, and gender-responsive community development.



HEALTHY AGEING Festival

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