

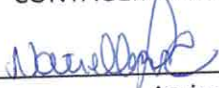


000616

PLANEJAMENTO MENSAL DE ATIVIDADES

INSTITUIÇÃO: Juntos.con		MÊS / ANO: ABRIL / 2021
PROJETO: Juventude Prateada		
ATIVIDADE: Pilates	NOME DO EDUCADOR (A): Natiellen Ingrid da Conceição	
Projeto: Juventude Prateada	(X) Termo de Fomento nº 002/2020; Processo administrativo nº 002/2020; Chamamento dispensado 002/2020.	
DATA/PERÍODO: 01/04/2021 a 30/04/2021	TEMA: Pilates domiciliar para idosos	
OBJETIVO ESPECÍFICO: Realizar atendimentos domiciliares para idosos acima de 60 anos, estimulando a pratica de atividade física.		
ATIVIDADES/ CONTEUDO: 1º Semana – Trabalho de equilibrio e alcance. 2º Semana – Ensino de posturas adequadas para o dia a dia. 3º Semana – Fortalecimento de membros superiores. 4º Semana – Fortalecimento de membros inferiores. 5º Semana – Fortalecimento e alongamento global.		
METODOLOGIA A SER UTILIZADA: Aulas práticas, mantendo distancia, sem aproximação, usando máscara e luvas. Estimulando a prática de atividade física no idoso a domicilio.		
RECURSOS: Uso de máscaras de ambas as partes, álcool em gel, mantendo distância, cadeira e degrais das casas.		
AVALIAÇÃO: Durante o mês, alguns idosos tiveram que cuidar de parentes hospitalizados. Muitos viajaram e testaram COVID.		
OBSERVAÇÃO:		

CONTAGEM, 30 de ABRIL de 2021


Assinatura



000617

pRELATÓRIO MENSAL DE ATIVIDADES

INSTITUIÇÃO: Juntos.con		MÊS / ANO: ABRIL/ 2021
ATIVIDADE: PILATES	NOME DO EDUCADOR (A): NATIELLEN INGRID DA CONCEIÇÃO	
Projeto: Juventude Prateada	(X) Termo de Fomento nº 002/2020; Processo administrativo nº 002/2020; Chamamento dispensado 002/2020.	
DATA/PERÍODO: 01/04/2021 – 30/04/2021	TEMA: PILATES PARA IDOSOS DOMICILIAR	
METODOLOGIA A SER UTILIZADA: Aulas práticas, mantendo distanciamento, usando máscaras, incentivando a atividade física, utilizando o método Pilates, fortalecendo e alongando a musculatura.		
RESULTADOS OBTIDOS: Melhora da força muscular, do equilíbrio diário e flexibilidade. Os idosos relataram melhora da ansiedade, demonstrando satisfação ao realizar a prática dos exercícios. Todos os idosos relataram diminuição nas dores articulares, melhora da funcionalidade diária e mobilidade articular.		

CONTAGEM, 30 de ABRIL de 2021

Assinatura



000618

Projeto: Juntos.con		MÊS / ANO: ABRIL 2021
ALUNO: BENTO SOARES		
ATIVIDADE: PILATES	NOME DO EDUCADOR (A): NATIELLEN INGRID DA CONCEIÇÃO	
1ª aula: 07/04/2021 Trabalho de equilíbrio e alcance.		
2ª aula: 14/04/2021 Aquecimento de posturas adequadas para o dia a dia.		
3ª aula: 21/04/2021 Feriado		
4ª aula: 28/04/2021 Não estava em casa		
5ª aula:		

CONTAGEM 30 DE ABRIL DE 2021

Assinatura



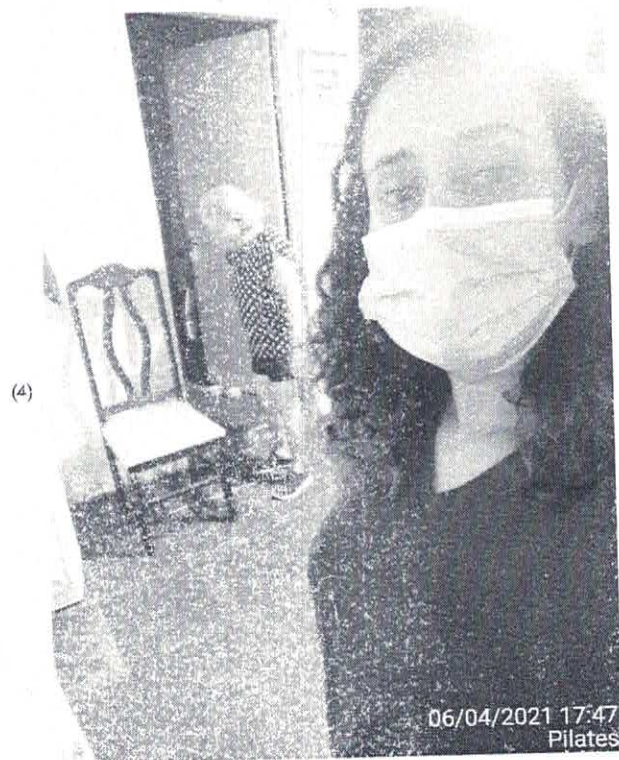
Luci de Fátima



Teresinha Bruzinga



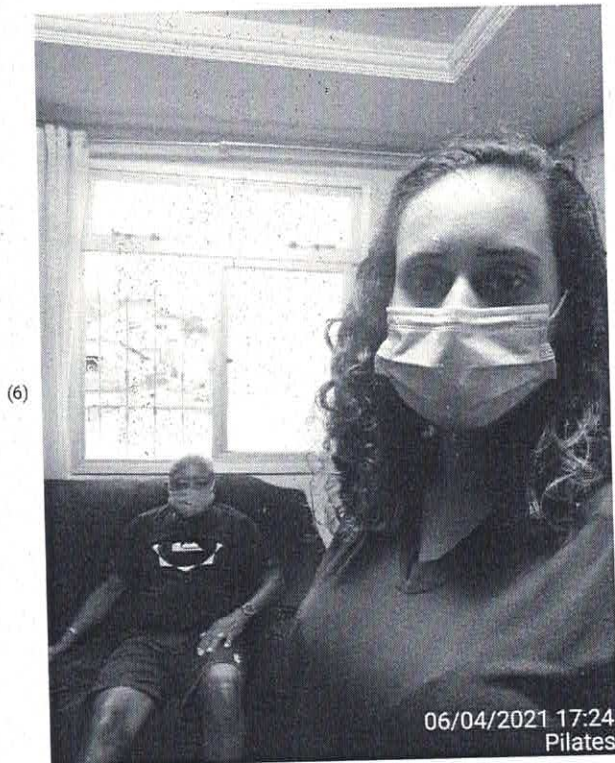
Felisberto Batista



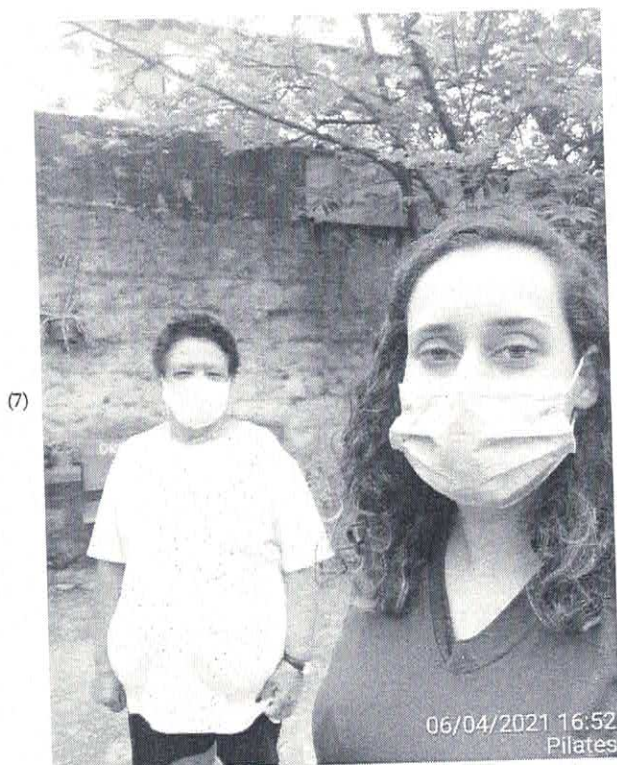
Terezinha Serafim



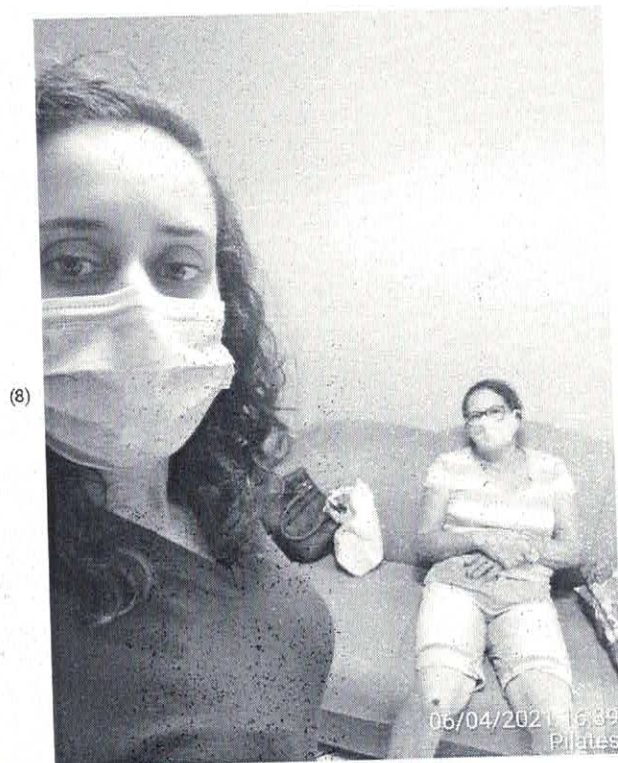
Clarice Raimunda



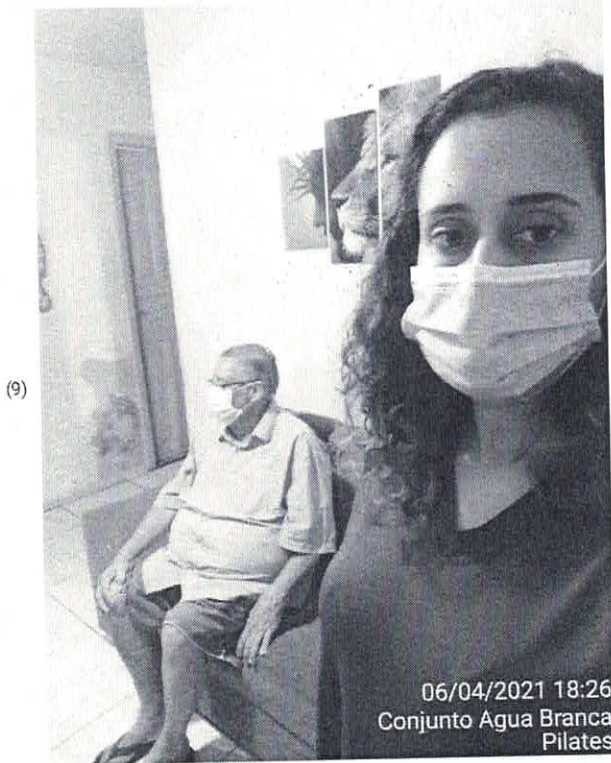
Gerzo Cristimiano



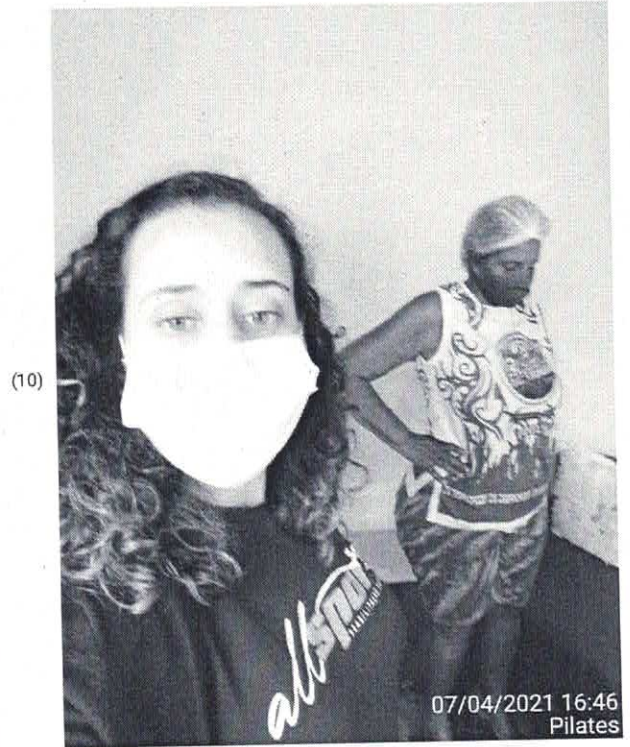
Aparecida



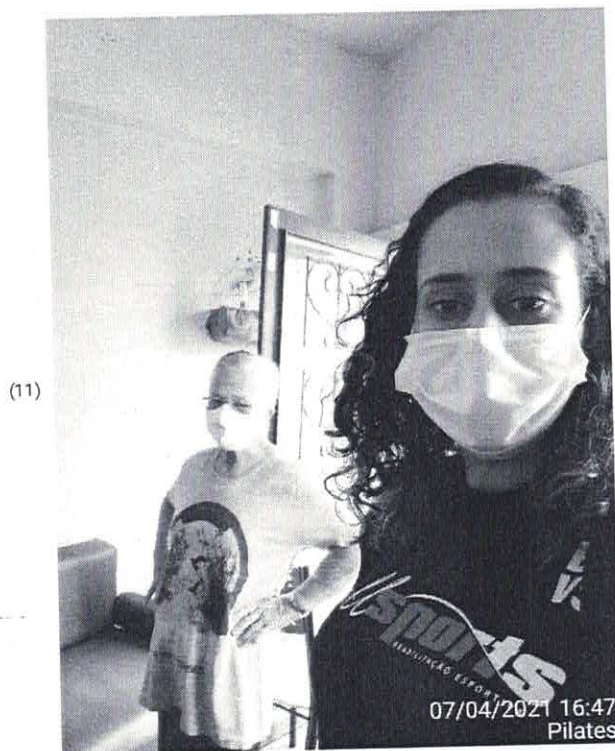
Neusa Serafim



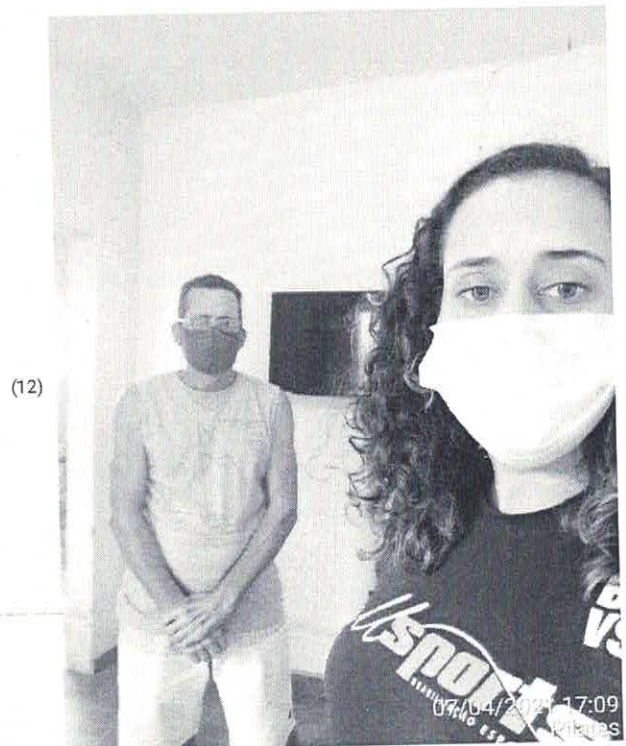
Claudio



Maria Ribeiro



Elvira Caetano



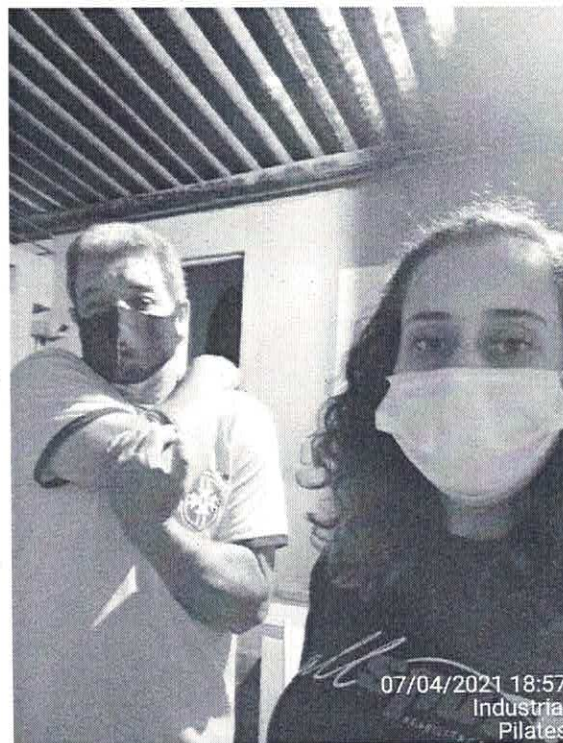
Antônio José

(13)



Maria Teixeira

(14)



José João

(15)

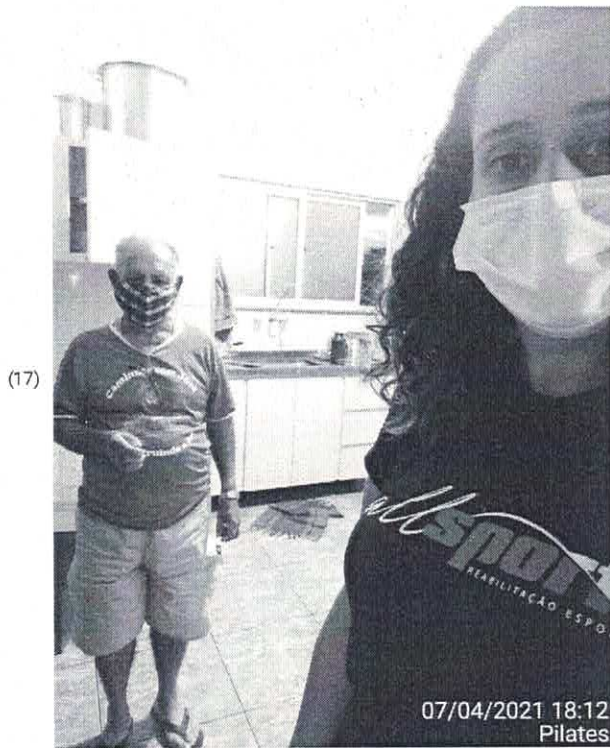


Maria Mercês

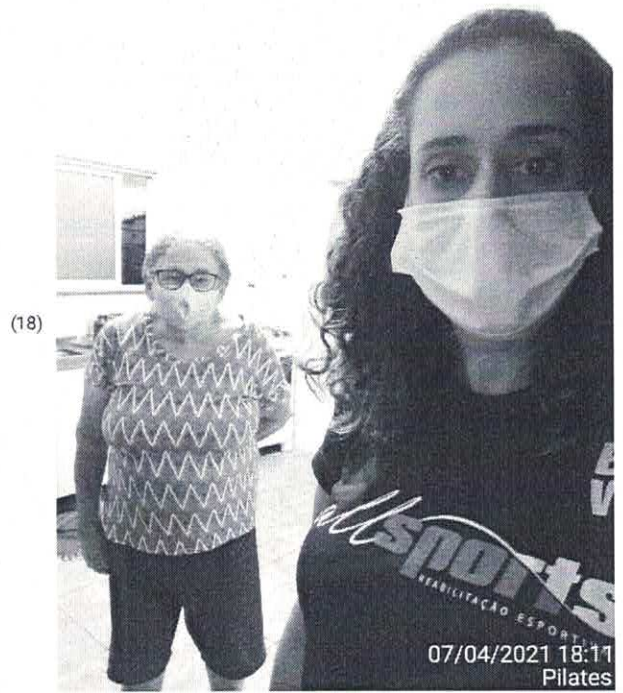
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Maria José



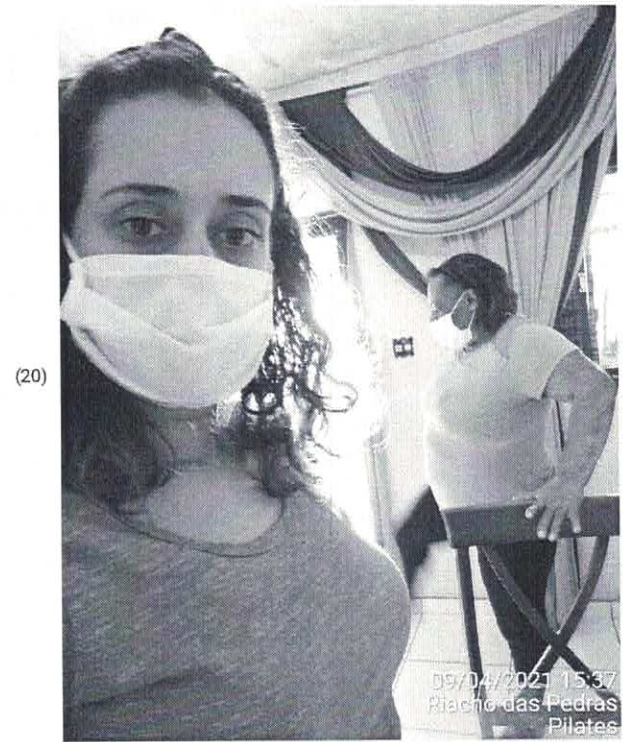
Bento Soares



Terezinha Soares



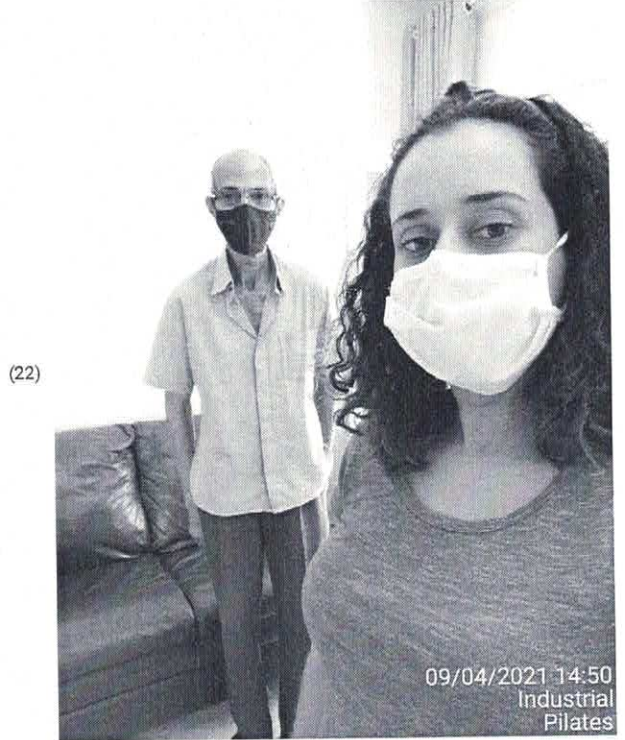
Terezinha Alves



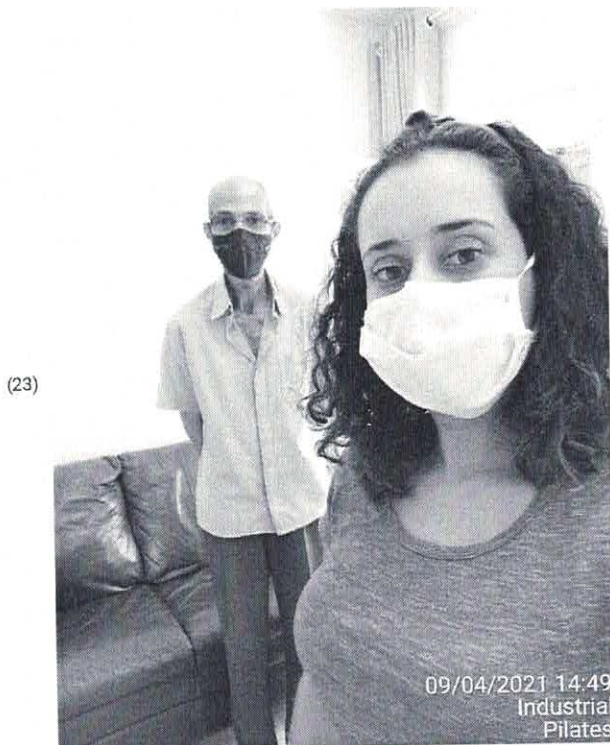
Maria Eunice



Maria Eunice



José Militão



José Militão



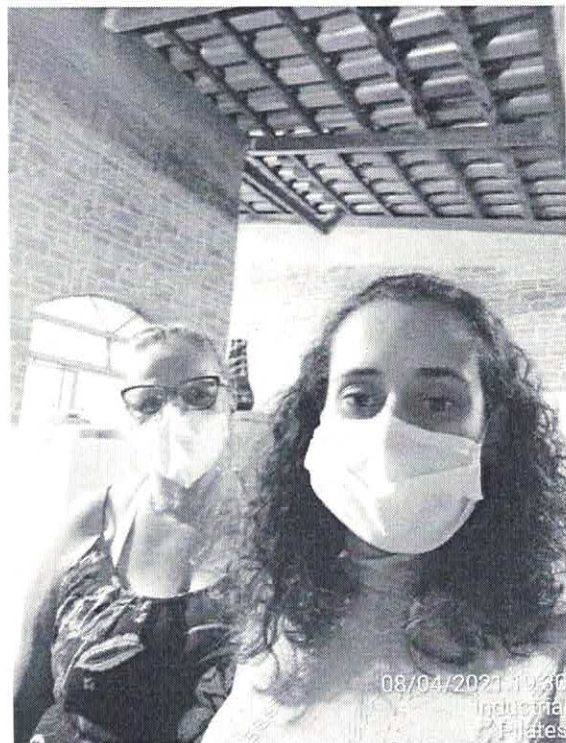
Maria Raimunda

(25)



Maria Raimunda

(26)



Helena

(27)

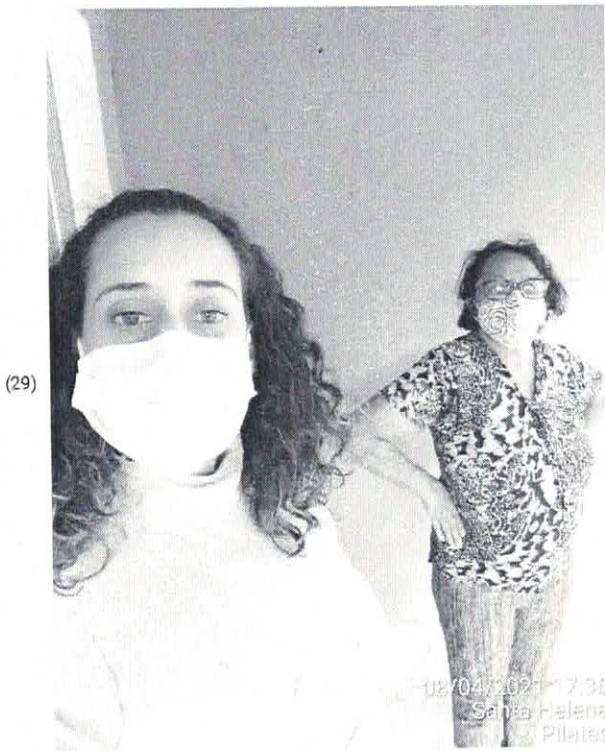


Nilza Paula

(28)



Gilda José



Fátima Miguelino



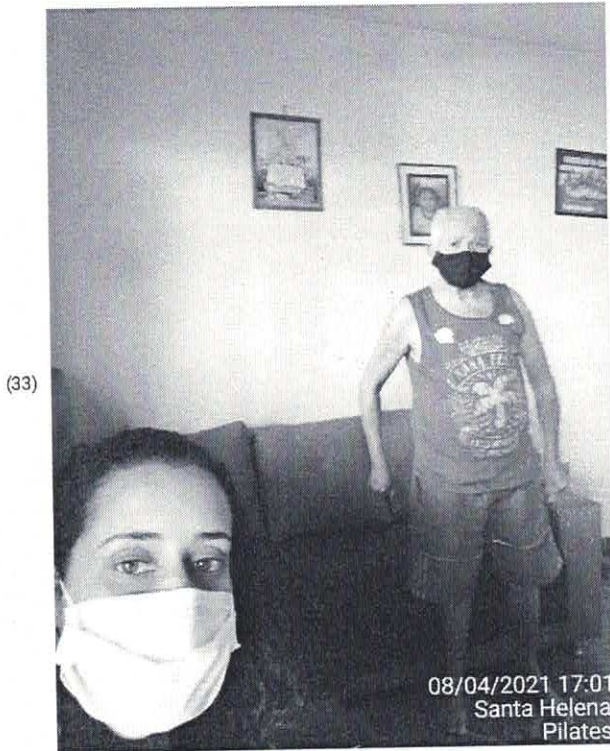
Domingos



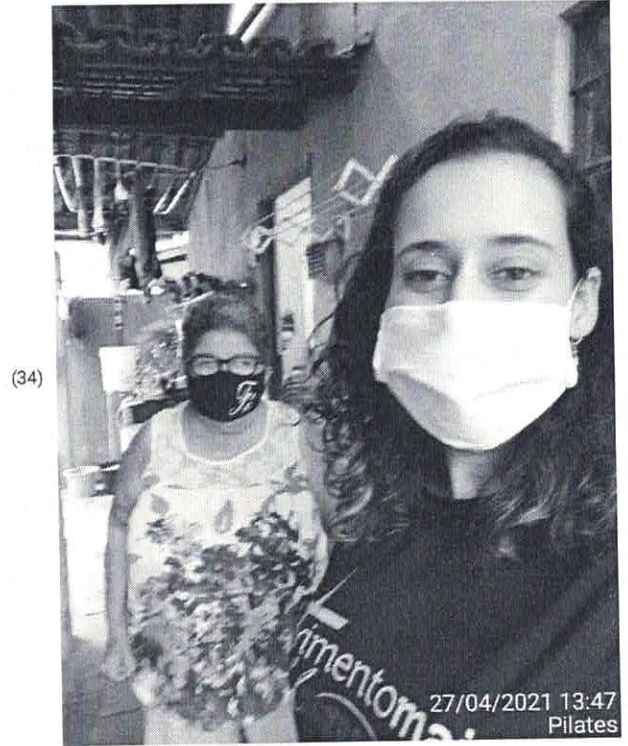
Maria Geraldi



Maria Geraldi



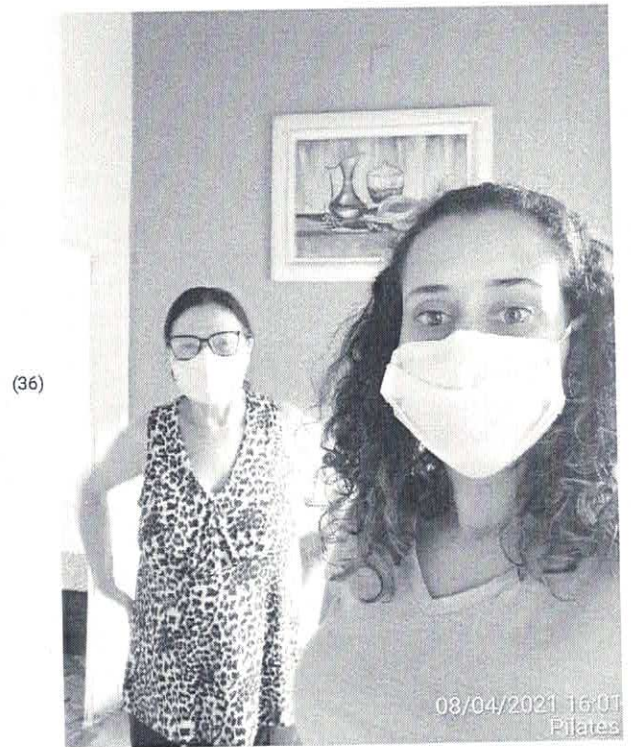
Domingos



Ivone



Lucia



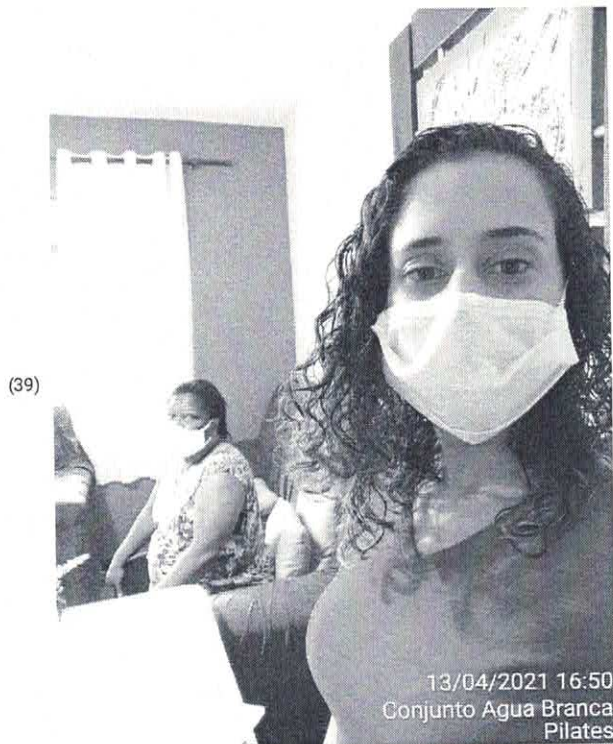
Lucia



Neusa



Luci de Fátima



Terezinha Bruzinga



Gerzo Cristimiano

(41)



13/04/2021 17:19
Água Branca
Pilates

Clarice Raimunda

(42)



13/04/2021 17:33
Água Branca
Pilates

Aparecida

(43)



13/04/2021 18:06
Conjunto Água Branca
Pilates

Maria Malaquias

(44)

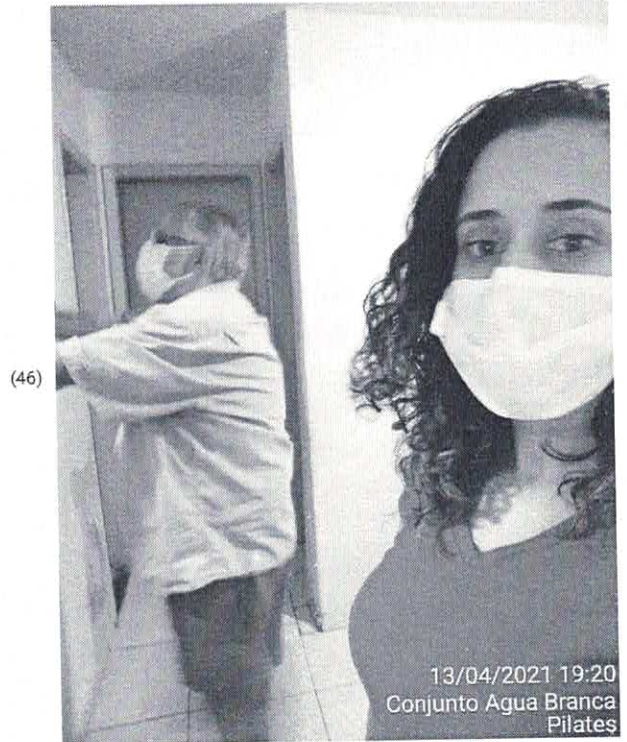


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Conjunto Água Branca
Pilates

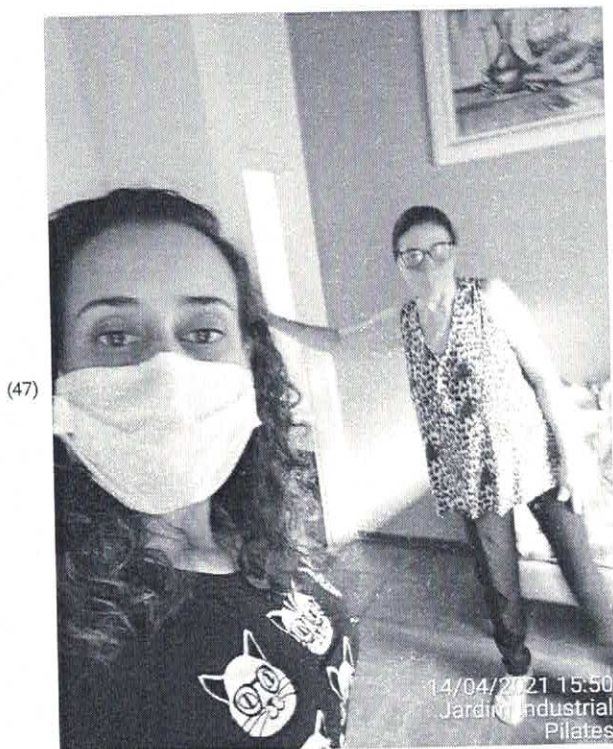
Terezinha Serafim



Felisberto



Cláudio



Lucia



José longuinho



José longuinho feriado



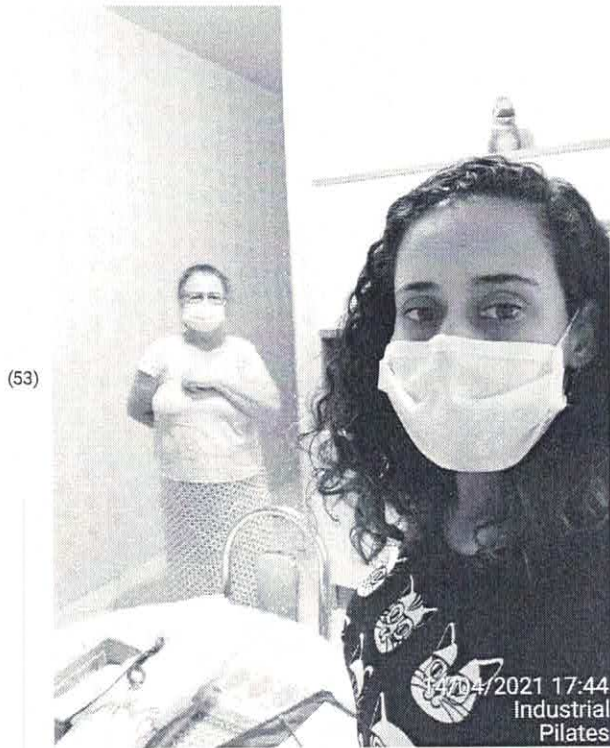
Elvira Caetano



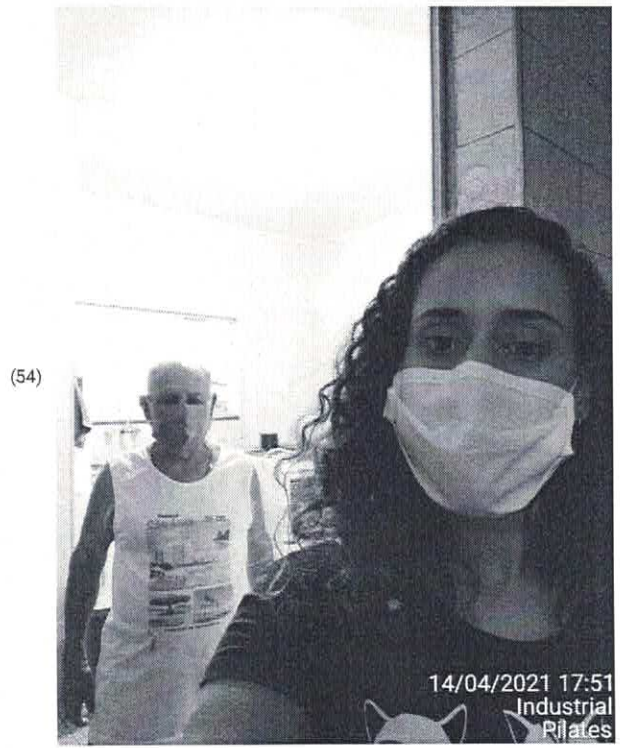
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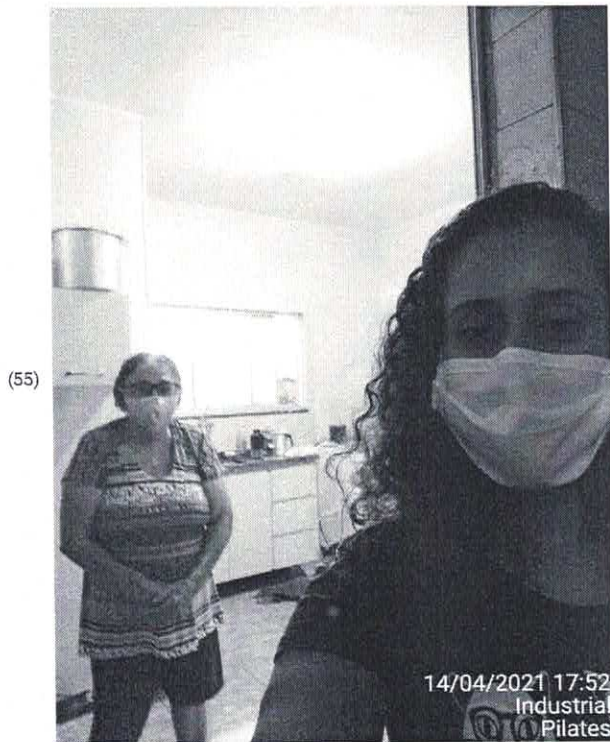
Antônio José



Terezinha Alves



Bento Soares



Terezinha de Jesus



Maria José

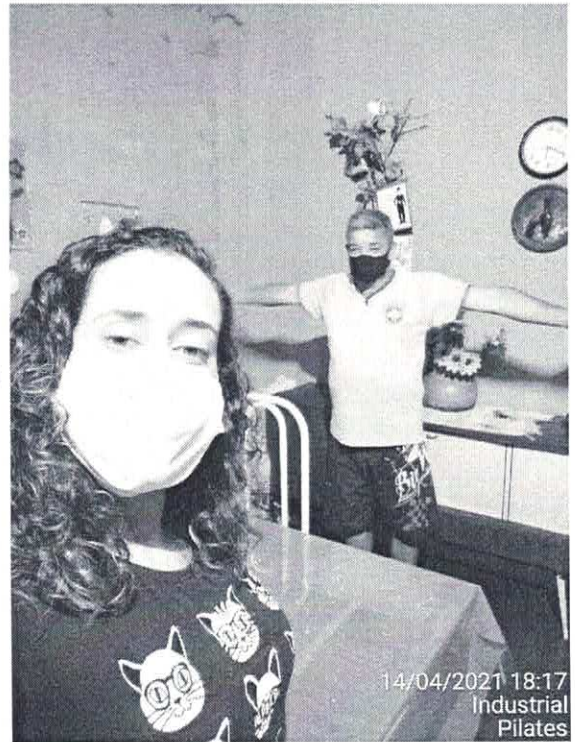
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14/04/2021 18:17
Industrial
Pilates

Maria Mercês

(58)



14/04/2021 18:17
Industrial
Pilates

José João

(59)



14/04/2021 19:29
Industrial
Pilates

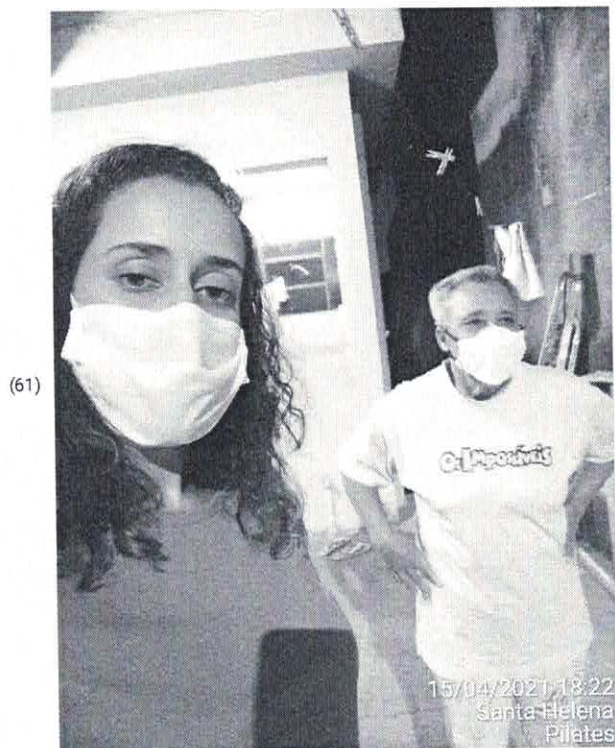
Maria Teixeira

(60)



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Santa Helena
Pilates

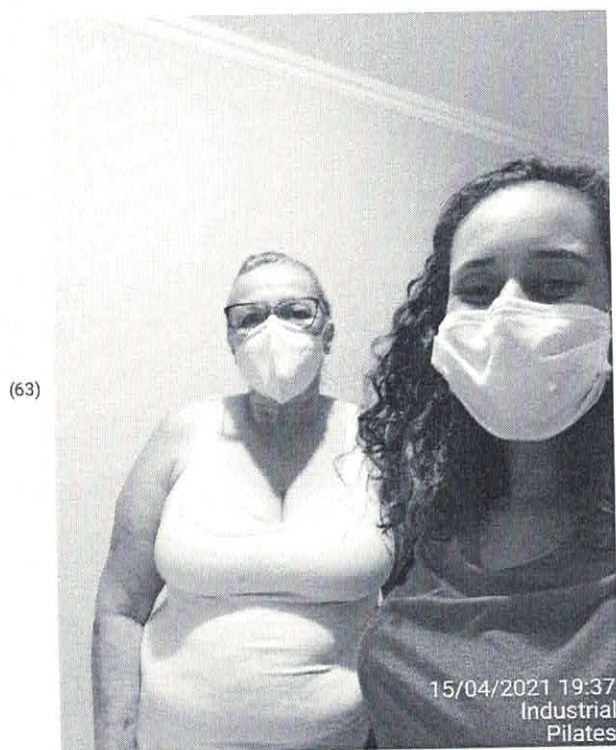
Fátima Miguelino



Gilda



Nilza



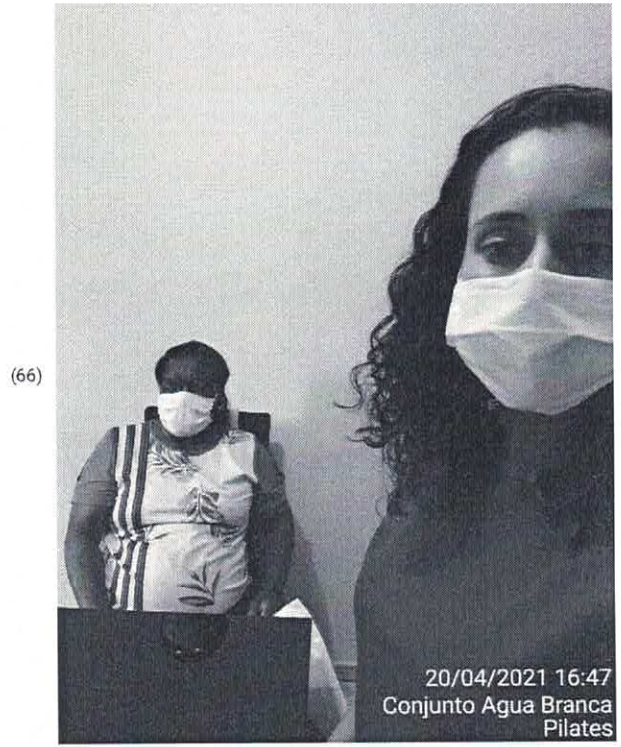
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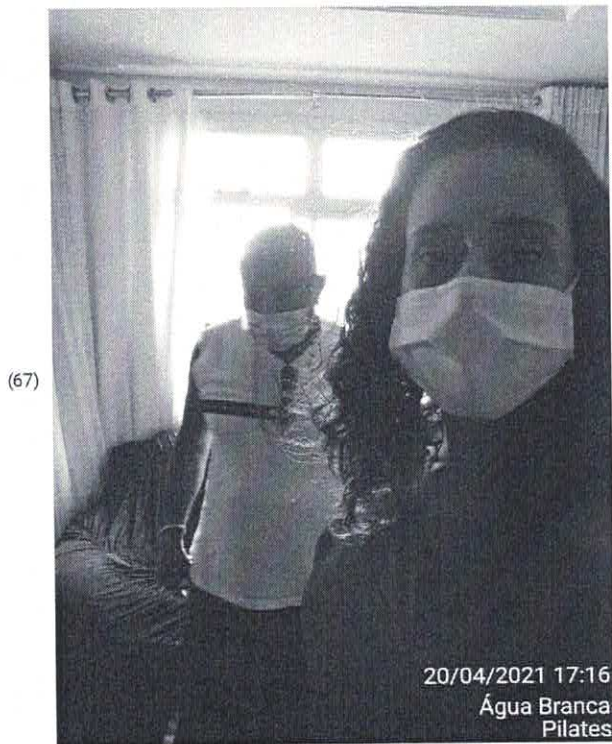
Maria Eunice



Luci de Fátima



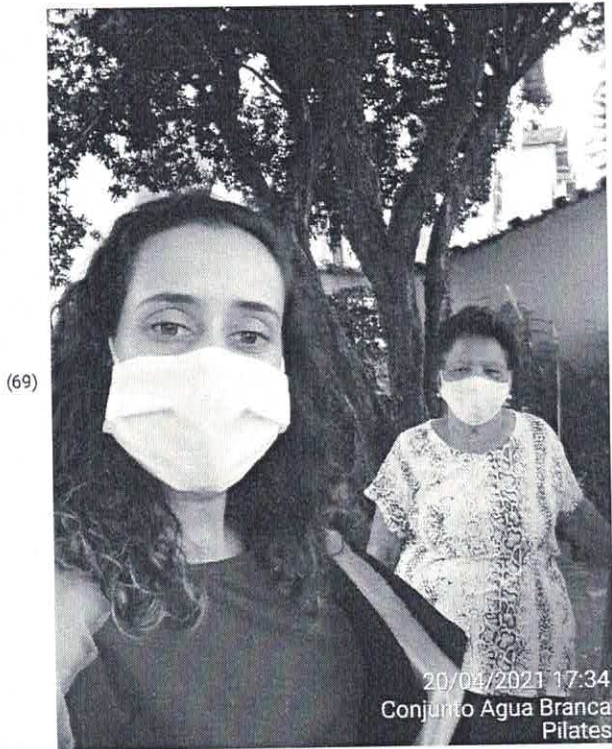
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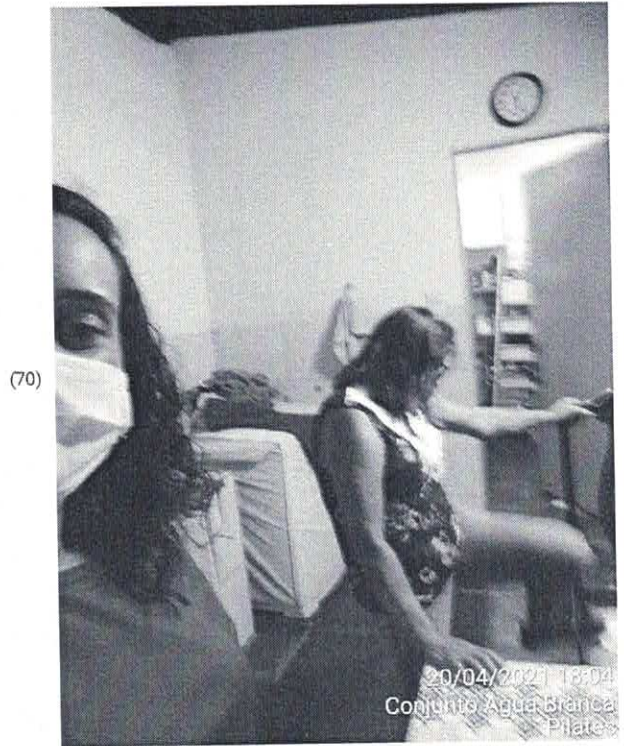
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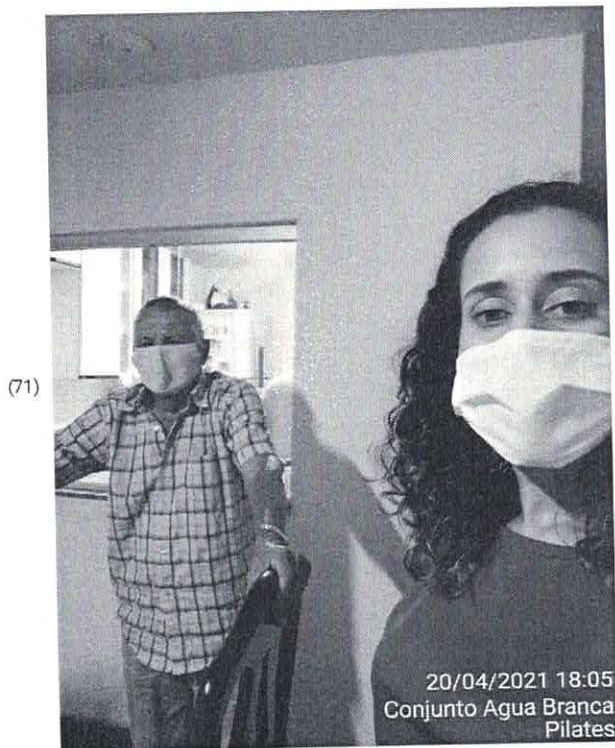
Clarice Raimunda



Aparecida Fernandes



Neusa



Felisberto



Terezinha Serafim

(73)



20/04/2021 18:48
Conjunto Agua Branca
Pilates

Claudio

(74)



20/04/2021 20:03
Água Branca
Pilates

Maria Malaquias

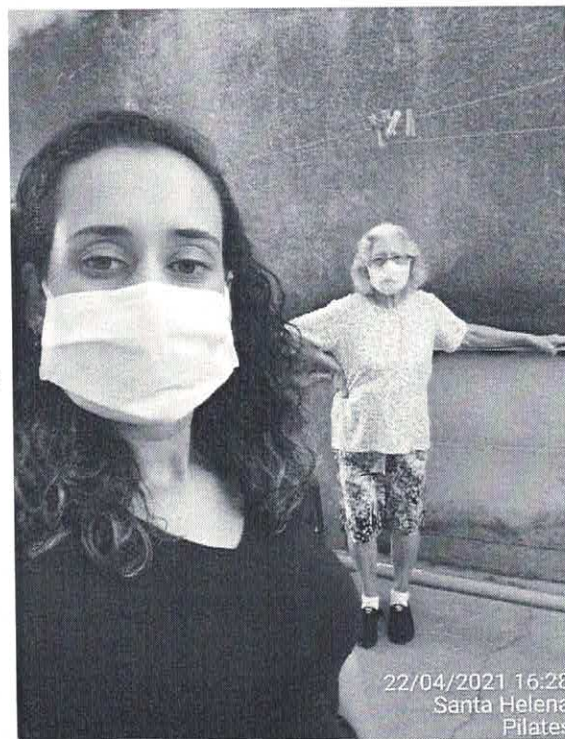
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Pilates

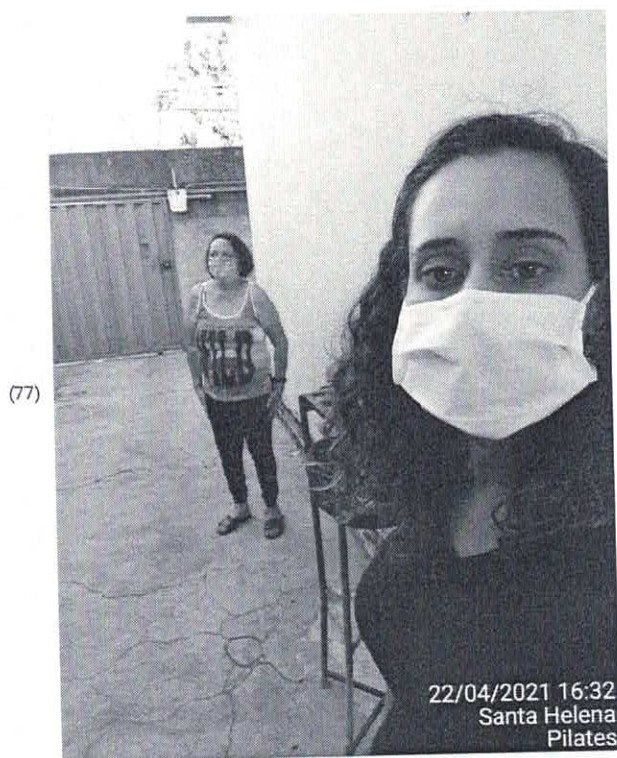
Gilda

(76)

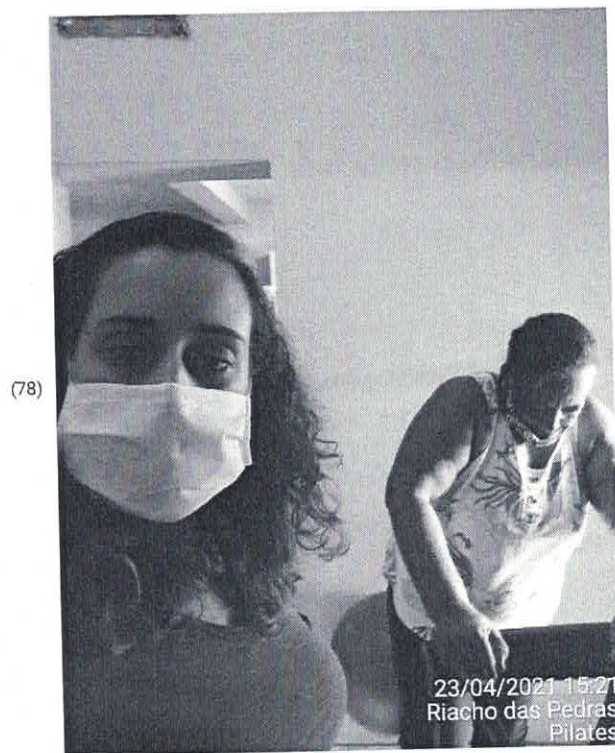


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Santa Helena
Pilates

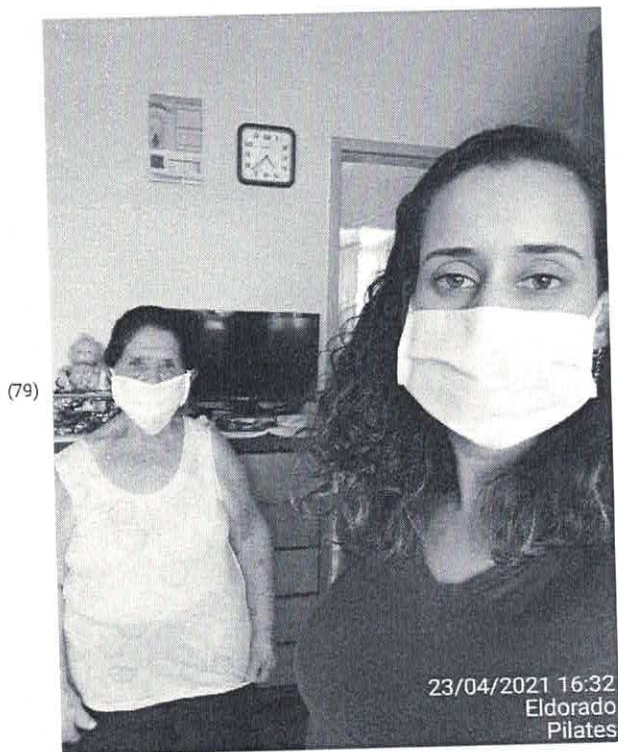
Nilza Paula



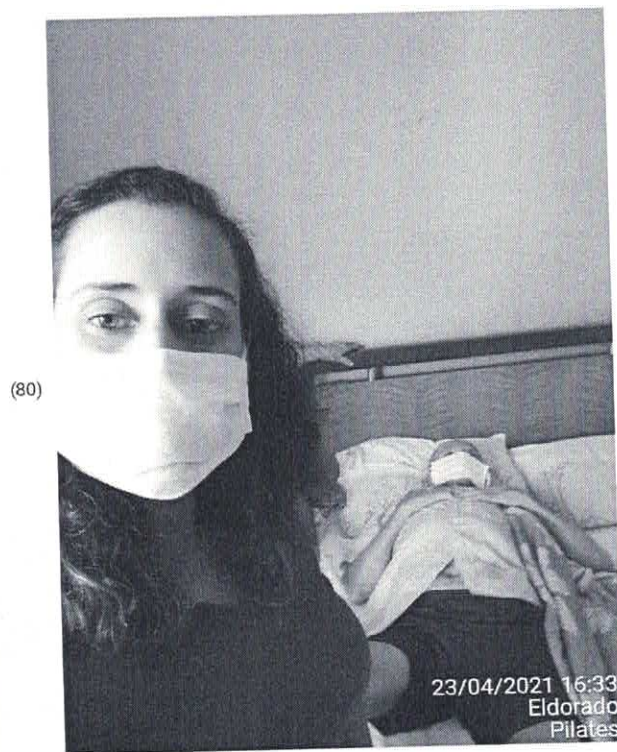
Fátima Miguelino



Maria Eunice



Maria Miranda



Ozorino Marques



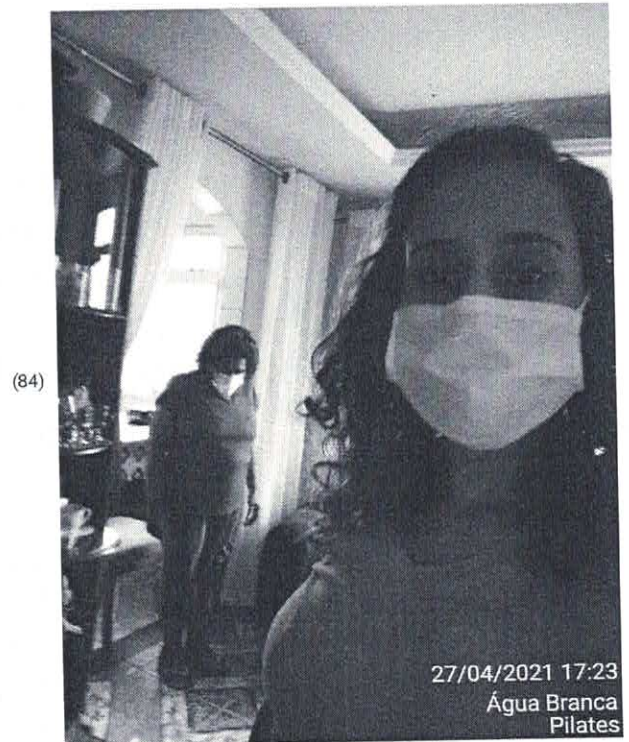
Ivone Martins



Teresinha Bruzinga



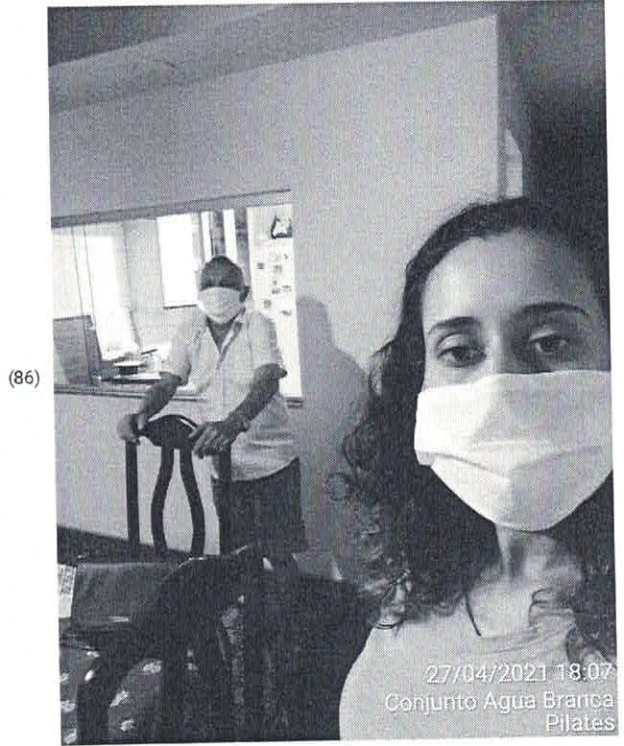
Gerzo



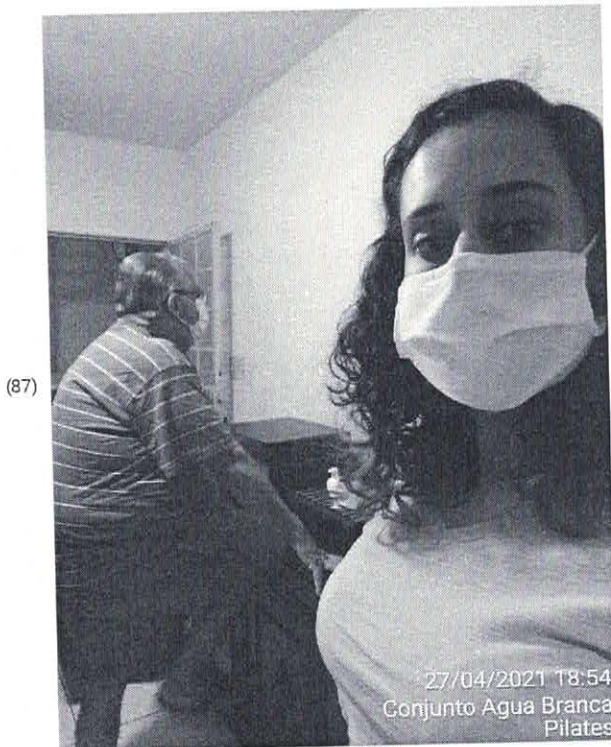
Clarice



Terezinha Serafim



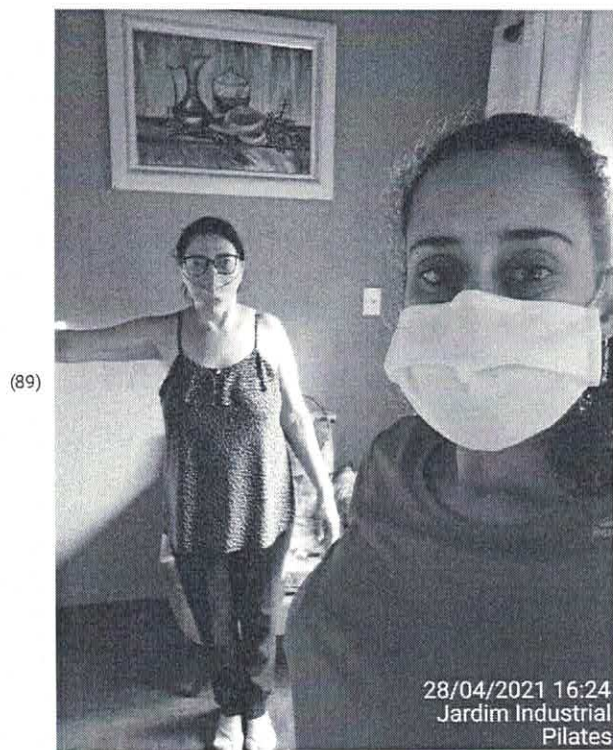
Felisberto



Claudio



Maria Malaquias



Lucia



José longuinho

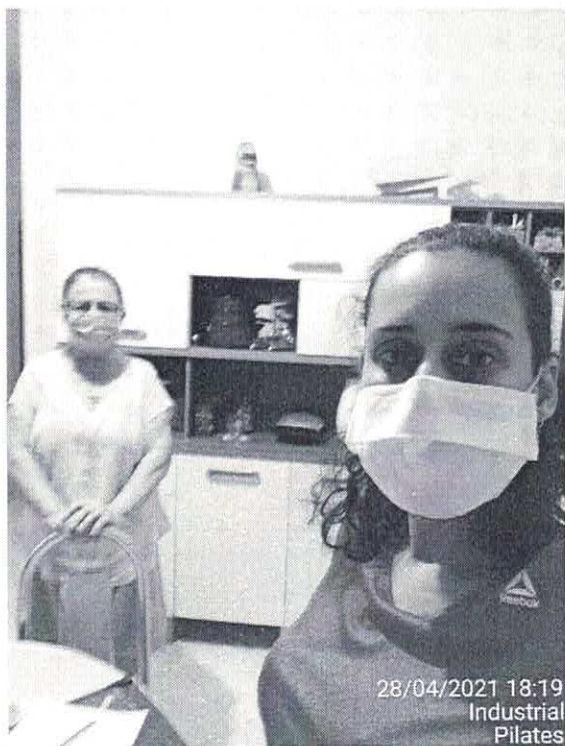


Elvira



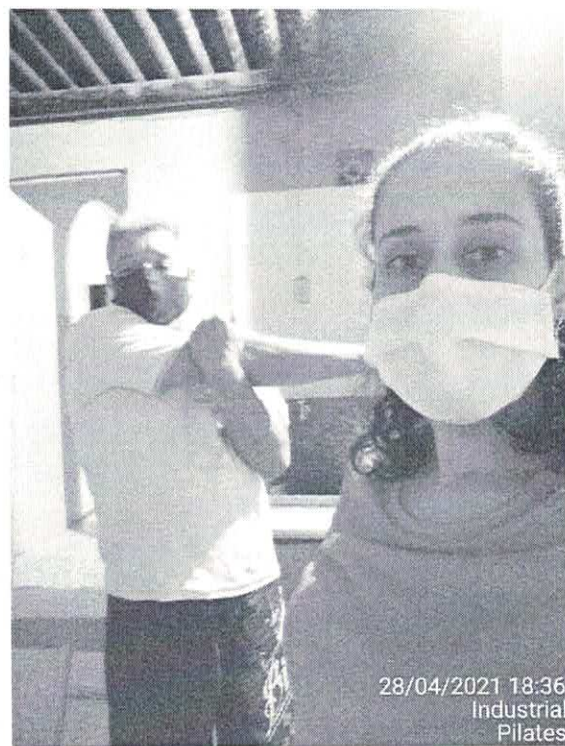
Antônio José

(93)



Terezinha Alves

(94)



José João

(95)



Maria José

(96)



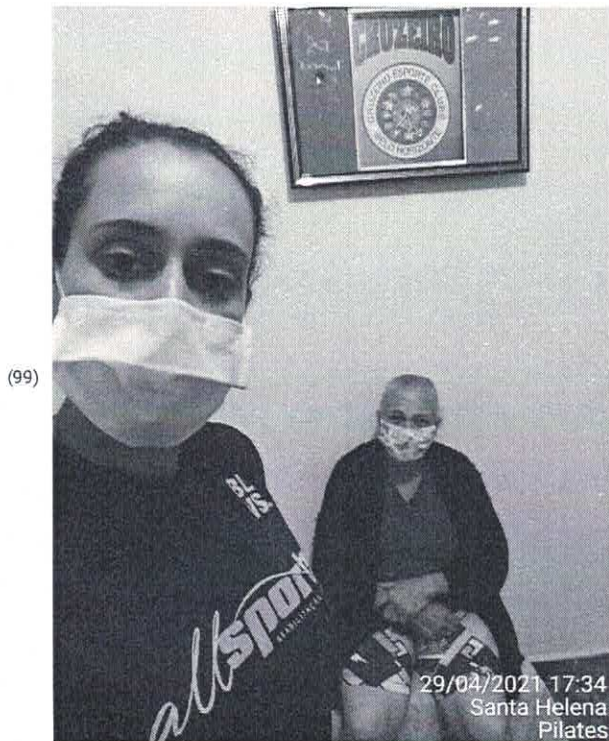
Maria Mercês



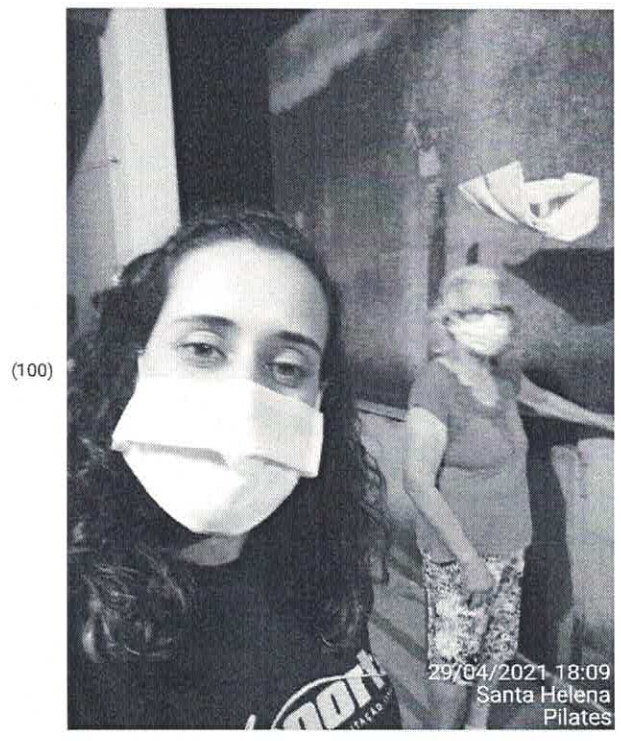
Maria Teixeira



Domingos



Maria Geraldi



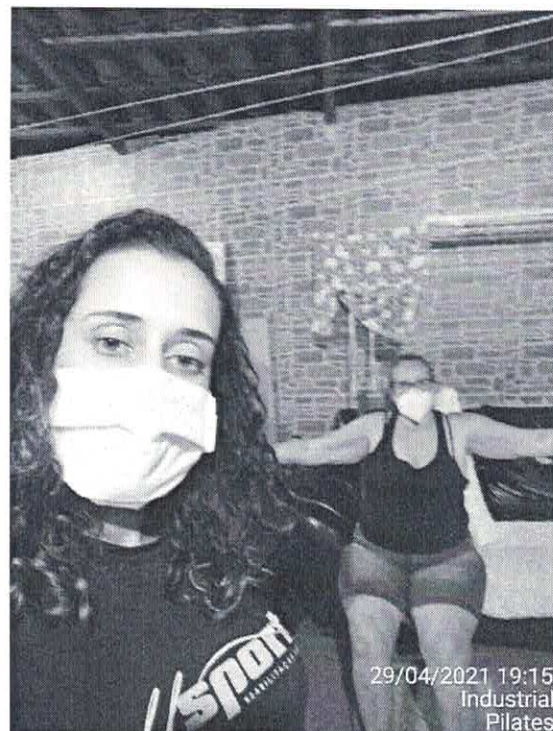
Nilza

(101)



Gilda

(102)



Helena

(103)



Maria Marques

(104)



Ozorino