



Senior Companion Program
70+ Activity Suggestions For Seniors & Companions

1. Talk about what you both have been up to since your last visit together.
2. Make a Match scrapbook of your activities and time together.
3. Write or video/audiotape your memoirs and life story.
4. Bring vacation photos, souvenirs, postcards, maps and stories of your travels.
5. Read aloud from newspapers to help your older adult stay in touch.
6. Help your older adult write letters or send greeting cards out to people.
7. Make greeting cards.
8. Listen to music.
9. Play card, table and board games together – lifelong favorites and new ones.
10. Work crossword puzzles together – or on your own to see who can finish first.

11. Watch television and talk about the programs you have seen.
12. Read a chapter of a novel or several poems each time you visit.
13. Write poetry of a short story together – send it off to be published.
14. Keep a mutual journal of the interesting discussions you have during your visits.
15. Tell jokes to one another – bring along a joke book if one of you needs helps.
16. Take a walk together outside when weather permits, or sit on the porch or patio.
17. Ask your older adult to share changing memories of the community over the years.
18. Make a list of all your favorites – food, movie stars, songs, etc.
19. Start a collection of something you are both interested in.

20. Try cooking a favorite family recipe together.
21. Share family photos and the stories that go along with them.
22. Take a trip to your local library - they often have speakers or special events throughout the month. Along with checking out books, you can also rent classic movies for free.
23. Around garage sale season look in the paper, plan your routes and enjoy all the great deals you will find at local garage sales.
24. Enjoy a trip to a local bookstore. Browse books, have a cup of coffee and chat.
25. Take a trip to a used book sale - often held at libraries.
26. Teach computer skills.
27. Attend one of the many events at local Senior Centers - such as Bingo, parties, educational programs and craft classes.
28. Build a model car, plane, etc.
29. Form your own book club together. Read the same book and discuss it on visits.

30. Research family trees.
31. Feed birds or go to a park and feed ducks.
32. Attend local festivals, art fairs and events.
33. Start a hobby like sewing, crocheting, astronomy, painting, stained glass, coins, stamps, etc.
34. Watch sports.

35. Play a computer game.
 36. Make a collage.
 37. Draw, paint, work with clay, paper-mache, knit, paint by numbers together.
 38. Watch a parade.
 39. Take a walk and bring a special bag to collect interesting objects along the way.
 40. Watch fireworks.
 41. Build a birdhouse or bird feeder.
 42. Write and send letters to each other between visits - we all love getting things in the mail!
 43. Start a garden, both indoor and outdoor.
 44. Go out to breakfast, lunch or dinner together.
 45. Go to the movie theatre.
 46. Teach each other something.
 47. Look through and cut out coupons for discounts on places and activities you can do together.
 48. Go out for a meal, a cup of coffee or tea.
 49. Write a newsletter together and send to relatives and friends.
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50. Go apple picking.
 51. Volunteer together based on your abilities and interests.
 52. Keep a journal of your visits.
 53. Visit a museum.
 54. Have a picnic
 55. Go fishing.
 56. Antique window shopping.
 57. Resale shopping.
 58. Travel without ever leaving your home by renting travel videos that capture breathtaking parts of the world.
 59. Go for a scenic drive.
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60. Take classes to learn something new.
 61. Attend an exercise class - many cater to seniors' mobility.
 62. Visit pet stores or animal shelters.
 63. Introduce each other to your family or friends.
 64. Attend religious services.
 65. Style hair or give a makeup makeover.
 66. Make a cookbook of your own recipes.
 67. Decorate cookies or cupcakes.
 68. Arrange silk flowers.
 69. Give each other a manicure.
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70. Gentle hand massages.
 71. Teach how to use Smartphone, iPad or other new technology.
 72. Attend a play or musical.
 73. Join a group or club.