

Simplistic Activity Suggestions for Seniors

From the Alzheimer's Association

1. Listen to music
2. Toss a ball
3. Color pictures
4. Count trading cards
5. Clip coupons
6. Sort poker chips
7. Read out loud chapters from favorite stories
8. String beads
9. Take photos of the person and you together and create a collage

10. Brush or comb one another's hair
11. Look at family photographs
12. Have a friend visit with a well-behaved pet
13. Cut pictures out of magazines
14. Play dominoes
15. Ask the person about his favorite childhood books or cartoon characters
16. Sort objects by shape or color
17. Sing old songs
18. Invite the person to tell you more when he or she talks about a memory
19. Make a card

20. Ask the person about his or her brothers or sisters
21. Play with tops or jacks
22. Make a scrapbook
23. Take a walk around
24. Write a poem together
25. Reminisce about the first day of school
26. String Cheerios to hang outside for birds
27. Talk about great inventions
28. Look through the pages of a clothes catalog
29. Look at a map of the United States and identify states & capitals

30. Make a family tree poster
31. Dance
32. Reminisce about favorite sports activities the person enjoyed while growing
up
33. Write a letter to a friend or family member

34. Name the presidents
35. Give a manicure
36. Give a gentle hand massage
37. Model play dough
38. Put a puzzle together
39. Arrange fresh or silk flowers

40. Cut up used paper for scratch paper
41. Blow bubbles
42. Decorate a cupcake
43. Interview person about his or her life and write/record a memoir
44. Play hangman
45. Finger paint
46. Put coins in a jar
47. Decorate a pumpkin
48. Roll yarn into a ball
49. Give him or her a hug

50. Ask the person to show you how to knit or crochet (or another favorite hobby)
51. Play a musical instrument for the other person
52. Keep a journal together
53. Ask the person to talk about their favorite sports hero
54. Sort playing cards
55. Ask the person about their favorite pet
56. Ask the person about their first car