

Meaningful Memory Care Activities



Created by: Rachelle Blough LTD

www.rachelleblough.com

Our objective is to provide personally meaningful leisure opportunities that are interesting and stimulating to the residents and staff each and every day.

These activity offerings should be based in the agreed upon 7 dimensions of wellness that are standards provided by ICAA

<http://www.icaa.cc/activeagingandwellness/wellness.htm#>

- Physical
- Social
- Emotional
- Spiritual
- Cognitive
- Vocational
- Environmental

Safety is always a very important first consideration. Working with the Director of Care determine which residents can safely participate in activities and most importantly if there is a medical reason that a resident is

unsafe to participate in an activity they are provided a meaningful alternative.

IMPORTANT

Please note that at all times these are ideas only and MUST be approved by the team at the community such as the Executive Director or nurse that the activity is safe and appropriate for the residents.

In addition ALL copyright laws must be followed if any internet links provided as samples.

Basic Group facilitation skills overview

Every group activity has an opportunity for 3 powerful touch points for every resident in a 30 minute program.

1. The person leading the program should welcome every resident, go around to every person and say hello and use their name, tell them we are glad they are with us.
2. For each group program the group facilitator should attempt to call on each resident once to contribute something that they can do successfully at their skill level.
3. At the completion of the group program the facilitator should go to each resident and thank them for coming and participating.

1 # - Physical - Flashcard Fitness

Supplies: Flashcards Fitness

Objective: to use the mind and body together and have a little fun

How to lead the program:

1. Ask a resident to hold the cards
2. Ask a resident to read the word on the card
3. Then stimulate discussion about the word and have the residents give input
4. Ask another resident to count to 10 for each card action
5. When possible involve facts about residents "MY story". For example the word "Row" you could say did you know Frank used to love to go boating in a row boat at his cottage in Port Clinton.
6. Thank every resident for their good workout
7. If needed you can go thru the set of cards 2x for a goal of 20 minutes of fitness.

2 – Physical -Moving to Music

Supplies: Ipad if available to play youtube clips or laptop to TV with HDMI cord when available.

Objective: To utilize music and singing and movement at the same time.

How to lead

1. Have all the residents sit down in sturdy safe chair and let them know we are going to exercise our brain and body by singing and exercising together.
2. Lead My Bonnie lies over the sea- and for every word that starts with B you lead the residents to move their hands up in the air and then on the next B move arms down to side. This will be several arm movements and do song 3x.

Here is youtube link if able to use:

<http://youtu.be/4d7xyhjXynU>

3. Lead When the saints go Marching In- and march in place for the entire song. Do the song 3x. Here is youtube link if you are able to use:

<http://youtu.be/p523RPhD24U>

4. Lead Row Row your boat and do the motion of rowing leading the song 5x.

Here is youtube link if you are able to use

<http://youtu.be/-3YjBP5MYTY>

5. Lead Take me out to the ball games and have the residents kick right leg then left lake for the whole song lead the song 3x. Here is youtube link if you are able to use:

<http://youtu.be/Tnh3Ag8yAfk>

6. Lead She'll be coming around the mountain .Have the residents use their arms to push forward back and forth thru the song doing the song 3x.

Here is youtube link if you are able to use

<http://youtu.be/g9eRTAK8qBE>

7. End by leading let me call you sweetheart and swaying back and forth in seat. Here is link if you can use youtube <http://youtu.be/nd3chQemYag>
8. End the group by telling everyone thank you and provide water to drink.

3 – Cognitive-Name 10

Supplies needed: A dry erase board and marker if available for visual if not a piece of paper and a pen

Objective: To stimulate retrieval and groups of words and have fun

How to lead:

1. Let the group know we are going to try to work together to come up with 10 items on the list of prompts together and have fun
2. Examples of lists to be made could include
 - Name 10 things you find in a kitchen
 - Name 10 things you find in a garage
 - Name 10 things you take on a picnic
 - Name 10 things related to Christmas
 - Name 10 things related to Easter
 - Name 10 ingredients in a cake

Name 10 things that are white

Name 10 animals

Name 10 singers

Name 10 fruits

Name 10 vegetables

4 Cognitive - Hosting a party – I need

Supplies needed: Dry erase board and marker if available or pen and paper

Objective: Have the group assist in giving advice and planning something and have fun

How to lead:

1. Let the group know we are going to have a party for our friends and family this month (Family social) and we need to make a shopping list of what we will need
2. Get input and advice from the residents
3. We are having a picnic what would we need to buy at the store.... Make list
4. What ingredients do we need to buy for recipes

5. Involve the residents to help with the theme and decorations and if possible have them go to the store with you to help buy supplies.

5 – Cognitive & creative Making Butter

Supplies: Need a clean empty jar (medium to large) with a secure lid, 1 container heavy whipping cream , spices, seasoning to add such as sugar, cinnamon, chives, garlic and a loaf of bread, and a towel, a butter knife, food service gloves and plates or napkins.

How to lead:

1. Ask one resident to pour heavy whipping cream in jar
2. Ask other residents what seasoning they want to add and have them add 2 tablespoons to the mixture
3. Then securely fasten the lid to the jar

4. Wrap the jar in a towel and pass the jar around the group and have every shake the jar as hard as they can safely for 25 shakes.
5. Continue to go around the group until the liquid sounds like it has become hard and is not making a “swishing “ sound any longer
6. Continue to go around the circle until the liquid separates and a ball of butter is left. Drain the liquid and stir/cream the remaining butter.
7. Have a resident put on food service gloves and butter bread and pass out to taste.

6 – Emotional & Social - Name that song

Supplies: Sing a Long CD if available or a group of fun people

Objective: To call on musical memory and have fun

How to lead:

1. Ask a person to begin singing a song and have every else join in and ask the group what the name of the song is
2. OR you can play a version of the song on the CD have everyone sing and then ask what the title is.
3. If you have the internet thru a IPAD or laptop might be fun to ask questions about history of song

4. Most important ask the residents what the song reminds them of, does it solicit any memories for them from their children etc.

Here is a youtube link you could use

<http://youtu.be/OrEzq-bR6i8?list=PLUNoKEY3alw1sZOdgv2E17YbRlq7mb-qb>

7 – Cognitive - Find the letter or find the word

Supplies needed: A book, copy machine, pens

Objective: Utilizing cognitive skills help keep the mind active.

How to lead:

1. Select a page in a book and go to the copy machine and blow up the font so it is larger to 16point scale.
2. Have the residents sit at a table and pass out pens
3. Have the residents look thru the page and find the letter or word you provide for them thru out the page

4. At the end together try to count up how many were found. Could be the word and, the or another easy word.
5. Could do more than one page.

#8 – Emotional /Creative/Cognitive-

Holiday Rag wreathes

Supplies needed: Wire hangers, masking tape or electrical tape, various seasonal fabrics and safety scissors



How to lead:

1. Determine what fabric will be needed for the season and go to fabric store and buy fabrics at 2 yards each.
2. Use ruler and space 1 inch apart begin a small cut on the end of the fabric
3. Have residents help tear the rest of the fabric
4. Cut the pieces to have strips that are about 5-6 inches long and create a bin of fabric strips
5. Have a staff member take the hangers and put in shape of a circle and use the tape to put ends

together and wrap in tape so is safe and not a sharp edge.

6. Begin to have residents tie the pieces of fabric around the loom until it is full.
7. When completed it can be trimmed down to have shorter ties but makes it easier for the residents to work with.

9 – Physical - Walk about

Supplies: Good walking shoes

Objective: To help our residents stay active and fit

How to lead:

1. Gather up the residents and determine if this will be inside or outside depending on weather.
2. It is good to have routine so consider the daily flow of other programs and determine 2 times such as 10:30am and 2:00pm that a staff member will gather a group of 3-4 residents who are safe and enjoy walking and do not have any concerns of elopement to join them for a brisk 20 minute walk.
3. It can be fun to make a course or “lap” such as the back courtyard how many “laps “ equals a mile and have a goal of where you as a group are trying to walk too and keep track of it over time.
4. In time it could be a perfect program to recruit high school or college student volunteers to pair them up to partner with 1 resident for walks after they have been thru volunteer orientation.

10 – Cognitive & Social- Jobs we loved

Supplies: Pictures of residents in their profession if available from “My story books”, dry erase board and marker if available.

How to lead:

1. Begin by asking the group if they worked and what kind of job they had...
2. Print down pictures of teachers, police officers, fire fighters, entertainers, chefs etc. and use those as visuals for the discussion here are some questions to use
 - a) Who knew a firefighter? Would you like to be one ? Yes or no and why
 - b) A police officer
 - c) President of the united states
 - d) Teacher
 - e) Chef
 - f) Nurse
 - g) Doctor
 - h) Lawyer
 - i) Construction worker
 - j) Banker
 - k) Artists

3. Ask if any knows how many various types of jobs there are in the U.S. According to www.bls.gov/soc/ there are over 800 – WOW!
4. Unique jobs... Professional Golf Ball diver, Ice Sculptor... What is a job you would do if money was not the most important reason.
5. Discuss what was first job, favorite job and worst job residents had and why...
6. When possible use pictures from “My story “ book

Foods that start with a “ A” , “B” , “C” ...etc

Supplies: A dry erase board and marker

How to lead:

1. Ask residents to begin to provide input on the topic and list answers
2. Begin with foods that start with the letter “A “ such as apple , asparagus, angel hair pasta, arugula etc. keep going until you run out and go to “B”
3. Discuss which letter you had the most words with

12 –creative/emotional /cognitive- Making Ice Cream

Supplies you will need: sugar, cream, vanilla, salt, bag of ice , gallon size zip lock bags, pint size zip lock bags, towels, bowls and spoons

How to lead:

1. Each resident gets a gallon bag and puts 6 tablespoons of salt in with ice to ½ way mark of gallon bag. Mix together
2. In pint bag put 1 tablespoon of sugar , ¼ teaspoon of vanilla, seal bag and put inside the gallon bag and seal.
3. Wrap a towel around it and shake it for 5 minutes
4. Put in bowl and serve

13 – Spiritual - Faith with Friends

Supplies: a HDMI cord and laptop

Objective: To allow residents to have meaningful connections to their faith.

1. Click on these links for 3 minute retreats....

<http://www.loyolapress.com/3-minute-retreats-daily-online-prayer> plan to complete process to

receive this for free and read them out loud and use them as the basis for the discussion

2. When finished ask the residents if they would like to sing “ Amazing grace “

3. Ask residents if they would like to finish the group with the “ our father prayer”

4. Ask if they have any other prayers or songs they have enjoyed over the years to share with the group.

14 – Social /emotional - Songs we love

Supplies: HDMI cord and laptop to play you tube links.
Rhythm instruments if available.

Objective: To use recall to enjoy songs from the past and play instruments along if available.

How to lead:

1. Welcome residents
2. Pass out rhythm instruments or if a resident knows how to play piano or another instrument have them lead the group
3. Ask if anyone has a favorite song they would lead the group in singing
4. If you have a favorite song lead the group in the song.
5. Use this link for more songs
<http://youtu.be/qy4zCA8qeiA>

#15 – Creative/emotional -Creative connection time

Supplies: Paints, colored pencils, markers, papers , brushes and HDMI cord for music to inspire creativity

Objective: To stimulate creativity and self expression

How to lead:

1. Thank the residents for coming
2. Have supplies out on the tables
3. Ask the residents what it means to be creative
4. Share topics that is a feeling, Happy, JOY, Mad and have the residents create a picture that comes to mind for that feeling, can be abstract or a real picture.
5. Play music that is created to inspire creativity
<http://youtu.be/3p5QqKANMWo>
6. When finished ask the residents to share their picture and discuss

16 – Social /emotional - Keepsakes Conversation

Supplies: Have resident's select 1 item from their room that they would like to share with the group

Objective: To help residents recall positive memories and reminisce with the group.

How to lead

1. Have each resident share their item and discuss the origin of the item and why it is meaningful to them.
2. If appropriate pass it around
3. Help residents take the items back to their rooms

#17 Social /Emotional - Words of Wisdom

Supplies: A large dry erase board, pen and paper , paper and ribbon

Objective: To have residents share and pass on the best advice they have received. To honor their wisdom and learn from their “my story”.

How to lead:

1. Discuss the meaning of wisdom
2. What is the best advice a resident ever received over their life... have them share and write it down with name of who gave them advice.
3. What advice would they share with others , write it down with the name of who’s advice it is
4. After this is gathered it can be put onto decorative paper in a nice font and the residents can help to “roll” the scroll’s of wisdom and wrap them with ribbon to give out to visitors who visit.

18# - creative/emotional/cognitive -Oreo Balls Bonanza

Supplies needed: 2 packages of Oreo cookies, 2 packages of whipped cream cheese, a food processor or BULLET blender, food service gloves, 2 large spoons, baking chocolate chips , 2 bowls, 2 baking trays , 10 soup size bowls , 10 spoons, wax paper

Objective: Residents to follow recipe and have fun together making a delicious treat

How to lead:

1. Have residents put gloves on and provide each resident a soup size bowl and a handful of oreo's to begin to crush with their hands
2. Take all the crushed oreo's and put into larger bowl and then added to the food processor or bullet to be pulverized
3. Put crushed oreo's back in each bowl and add approximately 3 spoonful's of cream cheese and have the residents mix together these contents very well
4. The resident will then roll the mixture into balls and place on wax paper

5. A staff member will melt the chocolate and assist resident by dipping their oreo balls into the melted chocolate and place on wax paper to cool. They can be refrigerated to help firm them up to make “oreo truffles”.
6. Serve when the outside chocolate has hardened with a nice glass of milk and enjoy!

19 – Cognitive/ Social - High or Low

Supplies Playing cards and poker chips, piece of paper, pen, prizes (candy)

Objective: To allow residents to have fun and feel successful at an adaptive card game allowing residents a chance to win

How to lead:

1. Have a small group at a table.
2. Shuffle the cards
3. Flip over a card have the residents guess high/or lower
4. Write down first initial of each player and put arrow up or down for their guess.
5. Whoever gets it right gets a poker chip.
6. Go thru the deck 2-3 x's , shuffle each time.
7. At the end the person with the most poker chips receives a prize. Or let everyone get a small prize and winner gets 2 pieces.

#20 – Emotional - Beautiful Baby's

Supplies: Baby clothes, baby reminiscing kit, HDMI cord for laptop to show video

Objective: To help residents reminisce and solicit positive memories of babies

How to lead:

1. Pass around baby clothes and items and talk about them
2. Ask the residents about when their children were babies
3. Did they have boy? Did they have girl? What did they find helped soothe their baby? How did they get their baby to go to sleep? Did they change diapers? Did they have sleepless nights with their little one?
4. Show resident my story books pictures of any babies
5. Show this video and discuss and LAUGH

<http://youtu.be/FvTVWjLiHM>

21- Physical -Marching Mania

Supplies : HDMI cord

Objective: Physical exercise and opportunity to reminisce about past memories with marching

How to lead:

1. Ask if anyone was in the marching band or marched in the military, have them share
2. Play clips of videos of marching music and have residents march in place in their chairs
3. Play these videos for marching music

http://youtu.be/Ycrb_ySffzY

<http://youtu.be/vnX2HxCiGb4>

<http://youtu.be/p523RPhD24U>

22 - Creative/emotional /environmental –

Paper mache Center Pieces

Supplies: 6 bowls, cooking spray, plastic wrap $\frac{3}{4}$ cups flour, 1 $\frac{1}{2}$ cup water, paint brushes, colorful tissue paper cut into pieces, white vinegar, paint brushes

Objective: To be creative and have fun

How to lead:

1. Coat the outside of one small bowl with cooking spray or vegetable oil, then cover it tightly with plastic wrap.
2. In the other bowl, whisk the flour and water together until smooth.
3. Have resident brush the paste onto the plastic wrap, then cover it with pieces of tissue paper as shown. She may need your help pressing down the pieces so that they stick to the paste. When the bowl is covered with one layer, have her brush on more paste and add another layer. Continue until you have a thick, defined bowl shape; you'll need at least five layers. If the brush gets too goopy, dip it in white vinegar, then rinse it with water. Let the papier-mâché dry (at least 12 hours).
4. Gently remove the papier-mâché bowl from the bowl mold and peel the plastic wrap away. For a smooth edge, trim the bowl's rim with scissors

#23 – creative/ environmental -Tissue Paper Flowers

Supplies: Colorful tissue paper, green pipe cleaners, vases, scissors

Objective: to be creative and have fun and make “decorations for the monthly family & friend social

How to lead:

1. Watch this video

<http://youtu.be/lXNeVq2RxFU>

2. Set up the residents to follow the instructions on the video with your assistance

3. If needed you may make a few and have the residents help to pull them apart to “FLUFF “ the flower for adaptive ability level of residents who may need more assistance.

#24- cognitive /physical - Bean Bag Bonanza

Supplies: Fabric of different colors, a large bag of beans, plastic wrap, yarn, and a hula hoop, scissors

Objective: To be able to assist and help create “games “ that can be played with the intergenerational visitors for family socials.

How to lead:

1. Cut the fabric into 12/12 squares
2. Put a piece of plastic wrap on top of the plastic
3. Have the residents count out 100 beans – put 100, 200 beans on the piece of fabric
4. Working together tie the piece of yarn around the beans 3 times tightly and knot the yarn securely
5. Put the hula hoop about 6 feet away and use as a “target” to get the bean bags into the hula hoop. If you get 3 in hula hoop the participant gets a prize.
6. Give each child or resident 6 bean bags
7. Have small prizes (candy) for wins

25 – Physical - Propercize

Supplies: Paper plates, scarves, soup cans, hats, 8 sets of anything that can be safely held, music for exercising

Objective: To use a creative approach to a physical fitness program stimulating the mind and body.

How to lead:

1. Have 6-8 of the same thing available for the participants
2. Determine what you will use for the day to have as “Prop” for the exercise class
3. Talk about the prop , ask for ideas from the participants how to use the prop.
4. If it is a scarf you can do 20 of each move and go up in the air with the scarf above your head, then hold with both hands in front of you and go side to side, etc.
5. The goal is to incorporate the “prop” into the exercise routine when possible to do safely and have fun!

26 – Physical Dancer’s Delight

Supplies: HDMI cord for video

Objective: To have fun while exercising and call upon past memories of fun

How to lead:

1. Ask the residents if they have a favorite dance if so what is it and discuss
2. Play chicken dance video and do together , can stay in seats and kick legs when partners twirl
<http://youtu.be/6UV3kRV46Zs>
3. Play the hokey pokey song from 1953 and discuss the artist and any memories of doing this dance. Have the residents twist in their chairs side to side when the hokey pokey turns around if they cannot stand safely
http://youtu.be/s_P9PU5FcMQhttp://youtu.be/s_P9PU5FcMQ
4. Discuss the BUNNY HOP and any memories of doing this dance and do it in the chairs with only moving

legs/and toes in place. For safety reasons “hopping” is not advised! 😊

<http://youtu.be/-gL2kRGA3SM>

5. Discuss the “STROLL” and any memories of doing this dance and again in the chairs as a group you can make moves up to have fun along the way.

<http://youtu.be/UrGLNtZ0rEg>

6. Discuss the “TWIST” and any memories of doing this dance and again do the dance adapted by doing while sitting in the chair , you can twist up high, low and then have residents twist their foot one at a time while sitting down

<http://youtu.be/KxQZQ86jJHg>

7. Have fun!

27 – Physical /Social -Pep Rally Round up social

Supplies: Pom Poms, rootbeer float supplies, or hot dogs, if possible get a local band or cheerleading team to come on site and do a song or 2 and mingle with the residents, HDMI cord to play songs

Objective: To solicit memories of pep rallies from school time past

How to lead:

1. Welcome everyone to the PEP RALLY
2. Lead everyone in a cheer – Say give me a O , Give me a H, give me a I – give me an I –what does that spell OHIO – Go bucks!!! OR as needed do Michigan too!
3. Play pep rally video and pass out pom poms
<http://youtu.be/WCgerWv8EY8>
4. Play Ohio state fight song
<http://youtu.be/xzSfCv3u3d0>
5. Play Michigan fight song
<http://youtu.be/PlS3twJWYSc>

#28 – Environmental /creative/emotional/

Toilet Paper pumpkin centerpieces



Supplies: Rolls of toilet paper for all participants, various pieces of fall seasonal fabric and brown paper bags and green pipe cleaners and or green yarn, black felt and glue

Objective: To be creative and help make centerpieces for fall for the kitchen tables or for the resident's room or as a gift for family members

How to lead:

1. Help everyone pick out fabric they would like to use
2. Measure and assist in cutting fabric big enough to wrap around
3. Use green yarn or pipe cleaner to tie tightly at top
4. Roll piece of brown paper bag tightly and stick in top center to make the stem

5. Cut out eyes, mouths, noses and decorate each pumpkin by gluing on the faces. (* this step is optional they look nice without faces too)

29 – Cognitive /Social/emotional- Applesauce Making

Supplies : 12 apples, 2 teaspoons of cinnamon , 3 ½ cups water, 1 cup sugar, 4 potato peelers, a large pot , food service gloves, spoon for stirring and an apple divider , corer , crock pot

Objective: To help cook and have fun

How to lead:

1. Have residents peel the apples
2. Have residents core /divide the apples
3. Put all ingredients in a crock pot all day until soft and mash together ingredients with a fork or potato masher and cool and serve

#30 – Sensory/social/emotional-

Taste Tester's Delight Social

Supplies: Variations of an item such as Pickles –various flavors, chocolates that are flavored, cheeses, Danish, plates, napkins serving utensils

Objective: Sensory Stimulation and discussion

How to lead:

1. Have at least 3 of the same thing cut up and prepared to have a discussion about the various tastes and what the residents favorite was
2. Have a vote on the favorite of the item
3. Could add a variation to this program by having a resident not know which kind they taste and have them guess the flavor.

31- Emotional /cognitive- of our life's conversation

Supplies: Wedding pictures if available from resident rooms, bring in a wedding gown if available, HDMI cord to show videos

Objective: Solicit positive emotion of reminiscing of loves past

How to lead:

1. Ask a resident to share how they met their spouse
have others share too

2. Show pictures

3. Show this video

<http://youtu.be/epQr44brBcQ>

4. Discuss weddings – How many came, where was it at? Did they go on a honeymoon

5. What is good advice about a happy marriage ask residents

6. Play best love songs from the 50's

<http://youtu.be/GchrCu4MP4Y>

Ask if any residents had a favorite love song

#32 – Spiritual - Magical Meditation Moments

Supplies: Comfortable chairs, HDMI cord to show videos

Objective: Relaxation

How to lead:

1. Ask residents to get comfortable
2. Ask residents when they feel most at peace?
3. What do they do to relax?
4. Ask the residents to take 3 slow breathes in and out
5. And then play this guided meditation of the beach for relaxation

<http://youtu.be/pOSfgOmiXWg>

6. Discuss relaxation at the end of the video if residents feel any more peaceful.
7. Here is 5 minute meditation clip to play as well if a shorter one is needed

<http://youtu.be/utfw-rJUvy4>

#33 – emotional /spiritual - I feel expression group

Supplies: HDMI cord to show video

Objective: Opportunity for self-expression

How to lead:

1. Show the video with 40 facial expressions
<http://youtu.be/t9NNm1sUz3g>
2. Talk about times the group felt very HAPPY
3. Talk about times the group felt very SAD
4. Talk about times the group felt very SCARED
5. Talk about times the group felt very CONTENT
6. Discuss how situations and our feelings make us stronger and that we are all there for each other.

34- Spiritual - Hymn Sing

Supplies: CD/ song sheets if available to follow

Objective: A chance to focus on spirituality with others

How to lead:

1. Welcome the group , ask someone to help be the song leader if there is a resident who enjoys singing
2. Play first song <http://youtu.be/3pJvPpc52KM>
Amazing grace
3. Play song <http://youtu.be/lXtFqCw6rH8>
He's got the whole world in his hands
4. <http://youtu.be/U-pkBTgV7Ns>
Jesus loves me
5. <http://youtu.be/wwm4F26lpY0>
Eagle's wing
6. <http://youtu.be/EcxOkht8w7c>
Here I am lord
7. <http://youtu.be/9cQnvLP8sDs>
Be not afraid
8. <http://youtu.be/yXAqoZuYvyA>
The old rugged cross

9. <http://youtu.be/9alhta9exts>

Come to the garden alone

http://youtu.be/iKZKe_BZ3XY

Make me a channel of your peace- Prayer of St. Francis

35 Spiritual - Bible Dips-Discussion

Supplies: Bible

Objective: Spiritual expression

How to lead:

1. Welcome the residents
2. Hand the bible to a resident
3. Ask them to open it to any page
4. Either have them read or you will read the verses at the top of the page on the right
5. Discuss what the meaning of the bible verses are and what it means to them
6. You can then hand the bible to someone else and again repeat steps 3, 4
7. It is good to end with a prayer at the end of this program

36 Spiritual- emotional - Sounds of Nature

Supplies: HDMI cord to show video

Objective: Self-expression and sensory

How to lead:

1. Ask residents if they enjoy nature
2. Have they ever been camping
3. Ask if anyone has favorite sounds of natures
4. Play the frogs and discuss

<http://youtu.be/6e5Xcu3GPMc>

5. Play ocean waves and discuss

<http://youtu.be/4mEbABPtTv8>

6. Play sounds of birds and discuss

<http://youtu.be/2G8LAIHSCAs>

7. Play sounds of campfire and discuss

<http://youtu.be/IJMk0b8kjWk>

8. Play sounds of a rain storm and discuss

<http://youtu.be/WvRv-243Cmk>

37 – Cognitive- Things you would find

Supplies: Dry Erase Board, marker

Objective: Cognitive Stimulation

How to lead:

1. Welcome the residents and let them know we are going to exercise or “brain “ together
2. Things we would find in a woman’s purse
3. Things we would find in a garage
4. Things we would find in a kitchen
5. Things we would find in a baby’s bedroom
6. Things we would find in a classroom
7. Things we would find in an office
8. Things we would hospital
9. Things we would find at Christmas time

38 – Cognitive - Finish the phrase /discussion

Supplies: Dry Erase board, and marker

Objective: Cognitive Exercise

How to lead:

Read the phrases out loud and discuss what each one means....

Birds of a feather..... answer-flock together

Early birdanswer- catches the worm

The pot calling the kettle Answer – black

Every rose ... answer has it's thorn

Actions speak louder than – answer – WORDS

You are barking up the – answer Wrong tree

Can't judge a book – answer – By its cover

Costs an arm and – answer – LEG

Don't cry over spilled – answer- MILK

Don't count your chickens –answer before the hatch

Don't put all your eggs – answer – IN ONE BASKET

Hit the nail on the – answer – HEAD

It takes two to – answer TANGO

Let the cat out of the – answer BAG

Apple a day keeps the –answer Doctor away

When the cat's away – answer Mouse will play

39- Cognitive - Perfect Pairs

Supplies: Dry Erase Board, Marker

Objective: Cognitive Stimulation

How to lead:

1. Welcome the residents
2. Discuss that we are going to work our "brain" muscle and begin the pair and see if the group can provide the other word that would go with the pair

The list of paired words is:

Adam and Eve

life or death

back and forth

lock and key

bacon and eggs

lost and found

bed and breakfast

man and wife

birds and bees

name and address

black and white

nice and easy

body and soul

null and void

bread and butter

peaches and cream

bread and water
pen and pencil
bricks and mortar
pork and beans
bride and groom
pots and pans
business and pleasure
prim and proper
by and large
profit and/or loss
cause and effect
pros and cons
cloak and dagger
pure and simple
coat and tie
rain or shine
coffee and doughnuts
ranting and raving
cream and sugar
read and write
crime and punishment
right and/or wrong
cup and saucer
rise and fall
dead or alive
salt and pepper
down and out
shirt and tie
first and last
shoes and socks
fish and chips
short and fat
flesh and blood

signed and sealed
forgive and forget
slip and slide
front and center
soap and water
fun and games
sooner or later
give and take
stars and stripes
ham and eggs
suit and tie
hammer and nail
supply and demand
hemmed and hawed
sweet and sour
high and dry
tall and thin
high and low
thick and thin
hot and bothered
tossed and turned
huffing and puffing
touch and go
husband and wife
trial and error
in and out
trials and tribulations
Jack and Jill
up and/or down
knife and fork
wait and see
ladies and gentlemen
war and peace

law and order
wine and cheese

#40 – Cognitive- Names we Know

Supplies: Dry erase board, marker, list of names

Objective: Cognitive Stimulation

How to lead:

1. Let the residents know we are going to work our “brain” muscle and call on names we know
Start the first part of the name and see if they can guess the last name:

Marylyn Answer: Monroe

Elizabeth Answer: Taylor

Doris Answer: Day

Lucille Answer: Ball

Elvis Answer: Presley

James Answer: Dean

Frank Answer: Sinatra

John Answer: Wayne

Dean Answer : Martin

Lawrence Answer: Welk

Martin Luther : Answer King

Richard : Answer : Nixon

Glenn Answer: Miller

Johnny Answer: Carson

Humphrey Answer: Bogart

Grace Answer: Kelly

Charlie Answer: Chaplin

Marlon Answer: Brando

Ingrid : Answer: Bergman

Katherine Answer : Hepburn

Rita Answer: Hayworth

Betty Answer: Davis

Judy Answer : Garland

Clark Answer: Gable

Joan Answer: Crawford

Fred Answer : Astaire

41- Cognitive- Word Scramble

Supplies: Dry Erase Board, marker

Objective: Cognitive Stimulation

How to lead:

1. Select one large group word possibly of the season such as
Happy Easter , Happy Father's Day , Happy Mother's day, Happy Halloween, Merry Christmas, Happy Thanksgiving etc.
2. Working with the residents you are trying to make as many words as you can from the saying
3. You can list them on the dry erase board as a group or you can do it as a contest and have residents work at table with pen/paper and have a contest depending on ability level of the residents

42- Cognitive-Wonderful news stories

Supplies: HDMI cord and laptop to play news stories

Objective: cognitive stimulation and positive reminiscing

How to lead:

1. Welcome the residents
2. Talk about why it feels good to hear good news
3. Show these video's and discuss
4. GO to this website and together pick out videos that are positive that you may want to watch together (* these may be faith based)

<http://youtu.be/EKeLp5pCTgE>

<http://www.godvine.com/>

#43- Emotional- Sensory Siesta time

Supplies: Blankets, Ipod's with headphones, scented lotion, dolls, weighted stuffed animals

www.sootheze.com (*may need to help families purchase specifically for their loved one)

Objective: Sensory stimulation for residents living in later stages of dementia.

How to lead:

1. Help residents get in comfortable location, couch, chair , recliner , by a window if they prefer or in their bed.
2. Help place the music they prefer on their ipod, or cd
3. Give a hand massage with the scented lotion
4. Provide a comfy blanket to and "tuck" the resident in comfortably
5. Provide something soothing to hold such as a "doll" sootheze warmed animal to hold
6. If they enjoy it you may brush their hair softly with their hair brush as that may be comforting to them.

#44 – emotional /cognitive- Magazine Scavenger Hunt

Supplies: Magazines, poker chips

Objective: Cognitive Stimulation

How to lead:

1. Help each resident select a magazine that they may find interesting, sports illustrated, parents magazine, good housekeeping etc.

2. Let the residents know you are looking for a picture with a child in it , when they find it raise their hand when they find it they get a poker chip

3. Find a picture with a

- Flower
- Car
- Tree
- Dog
- Couch
- Phone
- Bed
- Meal
- Something fun

- Something sad
- Something happy
- Food
- Something sweet

45 – cognitive- emotional -Wrapping Presents Pals

Supplies: Wrapping paper, boxes, tape, safe scissors, bows

Objective: Cognitive stimulation and self esteem

How to lead:

1. Ask residents who would like to help wrap presents?
2. Then either have staff bring in presents they need wrapped or have empty boxes that can be used to stage
3. Here is a video about how to wrap a perfect present
<http://youtu.be/Ux4brKS0Sac>
4. These also can make for nice centerpieces if they are done seasonally with some fake flowers added

46- emotional/creative - Our ornaments



Supplies: ornament balls from craft store, preferably not breakable, seasonal fabrics, decorative ribbon, and plastic holly and berries, cinnamon sticks

Objective: a chance to make something for others and feel successful , can be made as gift for others

How to lead:

1. Have squares of fabric cut in 4 in/by 4inch squares
2. Wrap around the ornament ball
3. Tie with ribbon and use enough to make a bow
4. Cut a piece of holly or cinnamon stick and secure in the ribbon

5. Tie a ribbon in a loop thru the bow ribbon so it can be hung from tree

47 – creative/environmental –

Cinnamon Applesauce ornaments

Supplies: Cinnamon, applesauce, ribbon, cookie cutters

Objective: opportunity to feel successful and contribute by making for others, creative expression

How to lead:

1. Preheat oven to 200°F. Mix applesauce and cinnamon in small bowl until a smooth ball of dough is formed. (You may need use your hands to incorporate all of the cinnamon.) Using about 1/4 of the dough at a time, roll dough to 1/4-inch to 1/3-inch thickness between two sheets of plastic wrap. Peel off top sheet of plastic wrap. Cut dough into desired shapes with 2- to 3-inch cookie cutters. Make a hole at top of ornament with drinking straw or skewer. Place ornaments on baking sheet.
2. Bake 2 1/2 hours. Cool ornaments on wire rack. (Or, to dry ornaments at room temperature, carefully place them on wire rack. Let stand 1 to 2 days or until thoroughly dry, turning occasionally.)
3. Insert ribbon through holes and tie to hang. Decorate with opaque paint markers, found in arts and crafts stores, if desired

48 – Environmental- Snow, Snow, Snowman

** note-risk involved – be sure director of care or nurse has agreed who can safely participate or sit and observe while having a cup of cocoa

Supplies: gloves, hats, warm boots , coats, fun spontaneous spirit, scarf, hat, 2 sticks, a carrot, poker chips for eyes and mouth

Objective: To continue to live a spontaneous life and enjoy the seasons

How to lead:

1. Ask the residents who want to go outside and build a snowman
2. Make sure residents are bundled warmly
3. Work to create the snowballs that will be the snowman –this could be done before residents come out to be sure they stay warm
4. Bring a thermos of cocoa and cups and have the residents help decorate the snowman

49 – emotional/ social- Name that Christmas Carol

Supplies: rhythm instruments, bells and HDMI cord for videos

Objective: holiday cheer, self-expression

How to lead

1. Ask residents what Christmas carols they remember...

Here are a few to get the juices flowing

Walking in a winter answer- wonderland

Silent.... Answer –night

I am dreaming of a Answer – White Christmas

We wish you Answer – A merry Christmas

Away in the Answer- Manager

Frosty the ... answer – snowman

Rudolph the ...answer- red nose reindeer

50 – creative/environmental- Chains of Love

Supplies: Colored paper, scissors, glue sticks, marker

Objective: Reminiscing, sharing

How to lead:

1. Cut the paper into strips
2. On each piece of paper list the names of ALL the people that each resident loves.
3. Connect the pieces together to make chains



4. These could be used to decorate a tree in one of the neighborhoods for Christmas with the theme of love

51- creative /social- Strawberry Santa's



Supplies: strawberries, cream cheese, whip cream, black sprinkles , knife (staff can use), frosting dispenser

Objective: have fun, make something for the holidays

How to lead:

1. Clean and cut the steps of the strawberries
2. Cut the tips of the strawberries as shown above
3. Use frosting dispenser with fine tip to put cream on the strawberry then put top of strawberry back on
4. Use 2 sprinkles for eyes
5. Refrigerate until use

52 Cognitive - Names Galore...

Supplies: Dry erase board, marker

Objective: cognitive stimulation

How to lead:

1. Ask residents to help list names
2. Woman's names that start with A, B, C
3. Men's names that start with D, E, F , M

53- Social /emotional -Joyful Jokes

Supplies: HDMI card, laptop

Objectives: To have fun, self-expression

How to lead:

1. Ask the residents if they have a funny joke to share
2. Show this video <http://youtu.be/TYiXyQxEuzo>
3. Show this video http://youtu.be/3F_pUiRdQ8Q

#54- social /emotional - Twilight Talks

Supplies: creative minds

Objective: To have conversation and connect amongst friends

How to lead:

1. Lead in the courtyard at dusk and have a few conversation starters ready to use for conversation
Such as ...
Are you a morning person or night owl? Why?
What do you like to do to relax in the evenings?
Do you have any rituals you did with your children at night time when they were young?
Do you have any activities you did with your families in the evening before you went to bed
Do you see any stars tonight?
Do you hear any crickets?
2. End the evening with “Good night ladies” if you know the song or ask a resident to sing

#55 – Vocational /cognitive –

Letters, Letters, Letter's -for crafts

Supplies: Magazines, safe scissors, gallon zip lock bags; smaller sandwich bags zip lock and a permanent marker, paper for making cards

Objective: To have a purpose and assist with something meaningful

How to lead:

1. Together pull out pages of magazines with big letters on the pages. This can be a task that anyone can do at most ability levels
2. Then if able have the resident to assist cutting out the letters.
3. Eventually you will have residents sort the letters And label the bags with the letter so eventually you will want a bag for each letter.
4. Then you can fold a piece of paper and use letters to write – Thank you , happy birthday , happy anniversary etc. and make cards for people

56 Cognitive /social - Who Am I

Supplies: nothing

Objective: Have fun and use cognitive skills

How to lead:

1. You will give 5 clues to try to have the person guess who this person is.

- a. I wear a red suit
- b. I wear a black belt and boots
- c. I have a white beard
- d. I drive a sleigh
- e. I have reindeer

Who am I? – SANTA CLAUSE

- a. I have a great singing voice
- b. They called me old blue eyes
- c. I was a part of the brat pack
- d. I sang New York , New York

Who am I? – Frank Sinatra

- a. I wear a badge
 - b. I often carry a gun
 - c. I help other people
 - d. I drive a car with sirens on it
 - e. I do this for a living and starts with the letter P
- Who am I? – Police officer

- a. I wear a white coat
 - b. I work in a hospital or office
 - c. I help people when they are sick
 - d. Another way to say it is MD
 - e. I went to a lot of school to learn
- Who am I? – A doctor

- a. I like to paint
 - b. I like to draw
 - c. I like to use paint brushes
 - d. I like to use an easel
 - e. I like to create beautiful pictures
- Who am I? – I am an artist

- a. I write on a chalkboard
- b. I have help children learn
- c. I like to eat apples
- d. I make report cards
- e. I work at a school

Who am I? I am a teacher

- a. I wear a jersey
- b. I wear a lot of pads
- c. I wear a helmet
- d. I run on a long field
- e. The ball I carry starts with an "F"

Who am I? I am a football player

- a. I wear a hat
- b. I work in airplane
- c. I went to aviation school
- d. I keep planes in the air
- e. Traffic control helps me land my plane

Who am I? I am a pilot

- a. I wear a lot of equipment
 - b. I help put out fires
 - c. I ride on a truck with hoses
 - d. I often save and rescue people from burning buildings
 - e. My job starts with an "F"
- Who am I? A firefighter

- a. I work at a church
 - b. I lead a group of people
 - c. I say the sermon
 - d. I read the bible
 - e. I have a few titles
- Who am I? Pastor, minister, priest

- a. I like to cook
 - b. I use recipes
 - c. People eat my food
 - d. I charge for my food
 - e. I work in a restaurant
- Who am I? I am a chef

- a. I have floppy ears
- b. I deliver eggs
- c. I deliver baskets in April
- d. I am related to a holiday
- e. I am an animal

Who am I? The Easter bunny

57 – Cognitive /social -Red or Black

Supplies needed: large print playing cards, pen and paper

Objective: a chance to feel successful and play an adapted card game

How to lead:

1. Place the cards face down on the table , mix them up
2. Take turns guessing red or black. Then turn over a card
3. If you get a guess right you get a point and a 2nd guess
4. The person with the most points wins

#58 – cognitive- sensory - What's in the bag?

Supplies: random safe items and a large brown paper bag

Objective: Sensory opportunities to utilize touch and try to identify what an item is

How to lead:

1. Locate 5 items that are safe and can fit in a large brown paper bag
2. Ask a resident to put their hand in the bag and put their hand on an item and try to determine what it is thru touch.
3. They can take it out of the bag and have a discussion about the item after they have guessed what it is.
4. It is good to guide discussion around the item. What is it used for? Have they ever used it? Could it be used for more than one thing?

59 – creative/emotional-Wash away water colors

Supplies: water color paper (stronger paper), water color paints, cup, water, brushes, rubber cement, eraser

Objective: Creative expression

How to lead:

1. Have a resident with staff assistance use the brush in the rubber cement and make a design on their piece of paper lightly applying rubber cement
2. Then have the resident fan the paper back and forth 100 times for “exercise” but also helping to expedite the drying of the rubber cement
3. Then paint with water colors over the cement.
4. When fully dry use an eraser or a finger to rub away the dried rubber cement and will create a pattern where the rubber cement was.
5. Hang and display artwork for enjoyment

60 – cognitive /social - Colors, Colors, Colors

Supplies: Could vary on the color for the day – you will want items that are all the same color, markers, paper

Objective: Creative expression and cognitive stimulation

How to lead:

1. Using a group of items that are all the same color, discuss the item and the color , you can do more than one color at a time
2. Ask residents what their favorite colors are
3. Talk about various colors and discuss what the color means to them. What emotions would they list that relate to that color to them?
4. To end the group ask the residents to draw something that they think is that color with that colored marker or they can use different colored markers

61- emotional - My Name ... About me

Supplies: Markers and paper

Objective: emotional expression, creative expression

How to lead:

1. Ask the residents to think about words that describe their personality
2. Have them draw the letter of their name and come up with words that start with that letter that they think describes them.
3. Here is an example:
M- Merry, A- agile, R- retired, Y- yacky
J- joyful – I – insightful – M –motivated
4. Have a discussion about the words they chose to you

62 Physical /cognitive- Ball Toss & Word Toss

Supplies: A light weight ball or beach ball

Objective: physical exercise and cognitive exercise

How to lead:

1. Welcome the residents and let them know they are going to work their brain and their muscles.
2. Provide instructions that they need to say ANY word that comes to mind and then pass the ball. It can be a category if you would like or it could be any word at all.
3. This can provide for laughs and stimulation
4. Create a goal of trying to pass to each person in the circle without dropping and then increase the goal to 2x to each person without dropping

63 Cognitive/social - Action & Reaction Circle

Supplies: None

Objective: cognitive stimulation and physical exercise

How to lead:

1. One person is named the leader after having the residents sit in a circle
2. The leader does a movement with their hand or gesture and everyone in the circle is to complete the same gesture and then when back to the leader they will pick a different gesture and everyone should follow and do that gesture. Example pull on the ear lightly, touch your nose, flap your arms like a bird...etc.
3. This should allow for creative expression and laughter if needed a staff member can assist along the way to help the residents to complete movements.

64 – Physical - Guess the steps

Supplies: tape, pen , paper

Objective: physical and cognitive exercise

How to lead:

1. Determine one resident who can safely walk and follow directions.
2. From their chair to the closest wall have all the residents guess how many steps toe to heel it will take to get to the wall. Write down their guesses
3. Have the resident who can safely walk with your assistance walk heel/toe to the wall.
4. Look to see who was the closest. Person who is closest wins
5. You can repeat and go in a different direction

#65 Vocational- Making dog biscuits

Supplies needed:

- 2 ½ cups whole wheat flour (substitute regular flour or oats if your dog is sensitive to wheat)
- 1 tsp. salt (or less)
- 1 egg
- 1 tsp. Beef or chicken Bouillon granules (can substitute beef or chicken broth/stock)
- ½ cup hot water
- Bone shaped pan

http://www.amazon.com/s/?ie=UTF8&keywords=dog+bone+baking+pan&tag=googhydr-20&index=aps&hvadid=33857601751&hvpos=1t1&hvexid=&hvnetw=g&hvrnd=10162636230017069586&hvpone=&hvptwo=&hvqmt=b&hvdev=c&ref=pd_sl_68bdof95ph_b

Directions

1. Preheat oven to 350 degrees
2. Dissolve bouillon in hot water
3. Add remaining ingredients
4. Knead dough until it forms a ball (approximately 3 minutes)
5. Roll dough until ½ inch thick

6. Cut into slices or bone shapes (you can purchase a bone shaped cookie cutter to make shapes with)
7. Place dough pieces on lightly greased cookie sheet
8. Cook for 30
9. When cooled bag up and take to a local animal shelter as a volunteer project

Read more: <http://www.cesarsway.com/dog-care/dog-nutrition/Recipe-Ideas-for-Quick-and-Healthy-Homemade-Dog-Treats#ixzz3LVv379gC>

66 Cognitive & Emotional- Let's Chat conversation group

Supplies: list of questions

Objective: Cognitive and emotional expression by sharing

How to lead:

1. Greet everyone and ask the questions to each person joining your group
2. Conversation starters are provided on the next page
3. If the question does not work try wording it in a different way
4. Provide input and examples about your life on the topic if you are willing to.
5. You can add having a cup of coffee to this as well.

Let's Chat...

Where did you grow up?

Did you have any brothers or sisters?

What is your middle name?

What is your favorite holiday?

Did you ever play an instrument?

What is your favorite childhood memory?

What type of child were you?

What do you miss about being a kid?

What was your favorite subject when you were in school?

What was your first job?

Have you ever been in love?

How did you meet your spouse?

Do you like to watch T.V? What shows?

Have you ever traveled? Where was your favorite place?

What is your favorite food?

What is the favorite dish your mom made for you?

Do you have a favorite song? If so what is it ? Will you sing it for me?

Do you have children? What are their names?

What is the best advice you ever received?

What is the most adventurous thing you have done in your life?

Tell me about your first car...

Do you like coffee? How do you take yours...

Do you speak any other languages ?

What is the best thing that ever happened to you in your lifetime?

What is your favorite season? Why?

Tell me about the house you grew up in....

Tell me about your parents...what were they like?

#67 – Emotional – What are you most proud of

Supplies: None

Objective: self expression

How to lead:

1. Welcome and thank everyone for coming
2. Start the discussion group by asking the residents to share what they are most proud of in their life
3. Go around and allow each resident a chance to share
4. Ask the residents what accomplishment they are most proud in their time in school
5. Ask the residents what they are most proud of as a wife/husband
6. Ask the residents what they are most proud of as a parent
7. Ask the residents what they are most proud of in their career
8. Ask the residents what they are most proud of as a friend to others
9. Ask the residents what they are most proud of as daughter or son

#68 Stained glass- creative expression



Supplies: colored tissue paper, safe scissors, wax paper, paint brushes, glue, water

Objective: A chance to feel successful and create something beautiful

How to lead:

1. Have residents who can safely assist in cutting or ripping pieces of tissue paper in approximately 1 inch size or smaller
2. Provide a piece of wax paper and brush for each participant
3. Paint a layer of the glue/water mixture(should be 1 part water /2 parts glue mixture)
4. Then begin to place various pieces of colorful tissue paper on the glued wax paper

5. Then when complete do one more coat of glue mixture of the tissue paper.
6. Let it dry for 1 day –then can be cut in shapes such as flowers, hearts , squares etc. and enjoy!

#69 No Bake Haystack cookies- cognitive/creative

Supplies: butter, oats, shredded coconut, cocoa, vanilla, parchment paper, 2 large mixing bowl, spoon, pan , brown sugar, milk , measuring cup, food handling gloves, tsp

Objective: To have fun, make something for others – could be used for a family social party or small bags of these made as gifts for others

How to lead:

1. Have each resident that is participating put on food handling gloves
2. Have all the residents take turn with one of the steps of there recipe
3. In one bowl mix 3 cups of oats, 1 cup of shredded coconut, 6 tsps of cocoa
4. In another bowl put in ½ cup of butter, 2 cup loose brown sugar, 1 tsp of vanilla, ½ cup of milk heat in microwave until close to bubbling
5. Mix this in with the other bowl of ingredients have every resident stir it 10 times
6. Each person will take turns spooning a dollop on the parchment paper on the pan.
7. Put in freezer for 15 minutes then ready to enjoy

#70 Broomstick ball game – physical

Supplies: 6-8 brooms depending on players, a smaller beach ball, 4 books for goals, 6-8 chairs depending on players

Objective: to get the ball in the opponents net, physical activity, and to have fun

How to lead :

1. Set up 3 -4 chairs about 12 feet from each other in a line
2. Assist residents to safely sit in their chairs
3. Place two books separated same space as the chairs in front of both sets of chairs as the goal
4. Blow up small beach ball
5. Hand each resident a broom
6. Drop the ball in the center and assist as the referee and help move ball as needed.
7. The goal is to keep the ball on the ground and shoot a goal into opposite goal.
8. Have fun, and keep score until 5 and start over.
9. Provide water after game

#71 Popsicle stick puzzles – cognitive

Supplies: Plan popsicle sticks, construction paper, tape, markers, zip lock bags

Objective: Have fun, cognitive stimulation

How to lead:

1. Lay popsicle sticks in a row right next to each other at least 20 in a row to make room to draw
2. Then tape down the popsicles on the ends so they will not move
3. Using markers draw a picture –Easy one and color in
Could do a tree, heart, smile face, something easy not too much detail
4. Un-tape mix up and sticks and put in a ziplock bag and label what it is
5. Pass to the next person and have them try to put in order and figure out what the picture is.

#72 Cutout crafts with yarn- expression/cognitive

Objective: cognitive stimulation, creative expression

Supplies: Cardstock paper or cardboard with a pattern cut out already by a staff member should be at least 6 inches by 6 inches – could be a HEART, STAR, CHRISTMAS TREE, EASTER BUNNY, SHAMROCK, various colored yarns depending on which item you do, scissors, tape

How to lead:

1. Provide each resident a cut out picture on the cardboard
 2. Cut several pieces of yarn from various colors that are 7 inches long each (longer than the cut outs)
 3. Ask the residents to take strands of yarn and lay them across the cut out in an order of colors, 3 colors try to follow a pattern if possible or a variety is fine too.
 4. When the whole thing is full use tape and carefully place a sturdy long piece of tape firmly across the yarn on both sides. Reinforce with more tape.
 5. Turn over the craft and you will have a creative piece of art to share with others as a gift or display
- # 73Emotional/creative- Dishbrush wreathes

Supplies: Sturdy white paper plates, 4-5 dish brushes (with actual brush), green paint, decorative gems, smaller appetizer size paper plates and glue, newspaper

Objective: creative expression

How to lead :

1. Have the paper plates center cut out so that the remaining is the shape of a wreath
2. Lay down newspaper and provide each person with the wreath and a dish brush and a plate of green paint
3. Assist each resident to safely put their brush in the green paint then press along the wreath
4. After it dries work with the residents to select decorative gems and place glue and press these down.

(* important to be aware of resident safety when using small items like these- should be aware of residents attending program who would not try to ingest these items)

#74 –cognitive & emotional / thankful alphabet

Supplies: pen and paper

Objective: self expression

How to lead:

1. Welcome all the residents and let them know you are going to be working together to list things from each letter of the alphabet we are thankful for
2. Work together to list the items
3. When you get to x, z – you can use words that have that letter in them and you may need to google or look up words on computer or tablet
4. This may be nice to type up in a nice font and print out around thanksgiving and have the residents use ribbon to tie around a scroll and pass out to visitors or guests in the month of November

#75 emotional- 2 day project -Craft clay /ornaments

Supplies: 1 box baking soda, 1 cup of cornstarch, 1 1/2 cup of water, sauce pan, cookie cutters, bowl spoons, straws, ribbon, non -toxic paint , parchment paper, rolling pin or something to roll dough out with.

Objective: Can make for others as a gift can use for any season depending on the cookie cutter

How to lead:

1. In a large bowl have residents assist in adding ingredients to include all items listed above
2. With a large wooden spoon pass around and have each resident take a turn mixing the clay
3. Then using hands make ball of clay and roll it out
4. Cut the shapes out and use a straw to press all the way through for a location for the ribbon to go
5. Let dry for 1-2 days and then with supervision use non-toxic paint to decorate and let dry

#76 – emotional -Slippery Fish Sensory Program

Supplies: knox gelatin, food coloring , fish mold – available at JoAnn Fabrics on line .99 \$ item # 8218463, Pan, parchment paper , bowl with water

Objective: A sensory program opportunity

How to lead:

1. Have residents who can assist mix 2 cups of cool water, then mix in gelatin and wait a minute
2. Then bring mixture to medium heat
3. Add food coloring
4. Let set in the refrigerator for a few hours
5. Then for a group of residents who may benefit from sensory program provide a bowl of lukewarm /cool water and put different colored fish gels in their bowl and have them touch them and talk about the senses. (these are not meant to be eaten but are edible if this occurs but should try to alleviate that from happening)

#77 – cognitive/emotional – Pretzel Kiss surprise

Supplies- Bag of pretzels, large bag of mm's ,
Hershey kiss, parchment paper, cookie sheet, food
handling gloves

Objective: Opportunity to feel successful and make
something for others

How to lead:

1. Lay down parchment paper on the cookies sheet
2. Pre-heat oven for 275
3. Have all residents put on food handling gloves
4. Lay a pretzel in all area you can fill
5. Then place a Hershey kiss on each pretzel
6. Heat for 3 mins
7. Immediately put a mm on top of each
pretzel/kiss and press lightly
8. Let cool
9. Bag up as a treat /gift for a friend or family

78# - cognitive /emotional- Birdseed feeders

Supplies: 4cup birdseed, $\frac{3}{4}$ cup of flour, 1 envelope of knox gelatin, 3T of corn syrup, straws, ribbon, muffin tin, or other pan mold ,non-stick spray, spoon, sauce pan

How to lead :

1. Gelatin and water in saucepan to heat up
 2. Add in bird seed mix together
 3. Spray the muffin tin and pan with molds
 4. Scoop the content in the mold –let cool
 5. Use straw to push through at the top so that a ribbon can be strung thru after dry
- (* important- be aware of resident ability level that residents who may try to ingest this would not participate in this program without direct supervision)

#79 emotional-creative-xmas tree centerpieces

Supplies: green paint, brushes , large paper plates, glue , colorful pom poms , safety scissors, tape

Objective: can be utilized for centerpieces at the holidays



1. Lay down the paper plate flat and cut out $\frac{1}{4}$ section of the plate
2. Roll the remaining and tape it to make a cone shape
3. Paint the cone green –let it dry
4. Decorate with colorful pom pom's and display

#80 Sensory – Making stress balls

Supplies: colorful large balloons, a funnel or empty water bottle with end cut off, a bag of flour, sharpie permanent markers to decorate the outside, relaxing music

Objective: Could be used for exercise, sensory programs or for a resident who is anxious or make as a gift for others

How to lead:

1. Pass out a balloon to each participant
2. Talk about the word stress and ask the residents what they felt stressed them over their life time
3. What did they do to alleviate stress, share ideas
4. Play relaxing music and have everyone take 5 deep breaths
5. Providing assistance put the funnel or water ball in opening and funnel in the flour until it is full to 1 ½ inch or 2 inch approximate
6. Tie the balloon securely
7. Then decorate the outside with markers can draw words like : relax, peace, breathe or smile faces

#81 creative expression-Dots /Abstract art

Supplies: brushes, non toxic paint, sturdy canvas like paper, water, cups , newspapers

Objective: artistic expression

How to lead:

1. Set up each participant to have newspaper and a canvas and brush and a cup with water
2. Encourage each participant to select various paints and make 15-20 dots of paint on their canvas thru out the page
3. Then begin to spread and fill the page with those dots it will create a swirl/abstract painting for everyone to enjoy

#82 physical /cognitive– Alphabet walk

Supplies – paper , marker , good walking shoes

Objective: physical activity while having fun with others

How to lead:

1. Write letter largely 1 on each piece of paper
2. Place them in visible places on a indoor walking path or if they can be tied to tree's/fences outdoors can be done out doors
3. Walking with your group you are going on a “scavenger hunt of sorts”
4. You are trying to collect the letters you find along your walk and put them in order
5. Time yourself to see how long it takes and have fun!

#83 –spiritual – Mind Meditation jars

Supplies: recycled clean jars that are spaghetti sauce size jars, glitter glue , warm water, measuring cup

Objective: To create something purposeful that can be used to help people meditate or relax

How to lead:

(**Important – create these and collect them and only use them when supervised so that they are not ingested)

1. Provide each participant a jar
2. Put 1 tablespoon of glitter glue in jar
3. Put 1 cup of warm water
4. Tightly secure lid and shake
5. This is to be utilized to help calm the mind to watch the items falling to the bottom and do deep breathing while this is happening.
6. You may add affirmations such as “ I am peaceful and safe and have people to help me”

#84 Social- Jailhouse rock social party

Supplies: a computer to play video's , rootbeer, ice cream , cups, straws for root beer floats , black tape, black streamer, paper and fat tipped black markers

Objective: reminiscing and fun

How to lead:

**Announce to family , friends and staff to all wear white shirts if possible

1. Kick off the event by playing Jail house rock video

<http://youtu.be/gj0Rz-uP4Mk>

2. Click on link to discuss facts about jailhouse rock with the group

<http://www.songfacts.com/detail.php?id=574>

3. Put black streamers taped to window horizontally to create a "Jail" for pictures

4. Help guests take black tape and put across their shirts to make "jail shirts" – write a number on a piece of paper with marker and tape to shirt for the inmate number

5. Take pictures of families together

6. Make rootbeer floats pass out

7. Play more elvis music /encourage dancing

[http://youtu.be/-
VP30mF5Cb8?list=PLF18F023DD65F640F](http://youtu.be/-VP30mF5Cb8?list=PLF18F023DD65F640F)

#85 cooking- Making Brickle

Supplies: 1 cup of brown sugar, 1 cup of salted butter, saltines, foil, large cookie sheet, food preparation gloves, chocolate chip per batch, saucepan

Objective: Easy cooking project to feel successful can use for family social or give to others as gifts in small bags

How to lead:

1. Have all participating residents put on gloves
2. Pre heat oven 325
3. Have someone count out 40 crackers
4. Have another resident lay foil on the tray
5. Have another resident put 20 crackers down filling up all the space on $\frac{1}{2}$ of the pan
6. Have another resident put 20 crackers down on other $\frac{1}{2}$ of the pan so the whole pan is full
7. In a sauce pan mix butter /brown sugar to low simmer until bubbles
8. Then pour evenly over all of the crackers
9. Cook for 10 mins then put chocolate chips on top and when they are glossy /starting to melt spread

over top. Put in freezer for 4hours –turn pan over ,
pull off the foil and break into pieces and serve

#86 Cognitive- Globe Spin- Travels around the world

Supplies: need a globe and a computer, HDMI cord to TV to watch clips about the world

Objective: A interactive conversation about travels

How to lead:

1. Travel around the world in 5 minutes clip

<http://youtu.be/UGnrTOF-lgs>

2. Ask residents what they liked the most

3. Where have they traveled

4. Have someone come up and spin the globe and where it stops when they put their finger on it look it up on google and share facts and pictures of that location

#87 spiritual – Daily devotional for Seniors

Supplies: order the daily devotional book

subscription see link

<http://www.hope-fulldevos.com/order.php>

coffee, cups, and fellowship

Objective: A chance for our residents to get together and share their faith over a cup of coffee

How to lead:

1. Brew a pot of coffee
2. Offer coffee to all residents
3. Ask if anyone would like to open by leading a prayer
4. Ask if there is a resident who would like to read the devotion of the day. If there are no takers then read the devotion
5. Lead discussion and have questions about the devotion that day

Such as:

- *What did you like most about the devotion?
- * Can you think of how this relates to your life

#88 –social – Lawrence Welk Social

Supplies: computer , HDMI cord, refreshments

Objective: reminiscing

How to lead:

1. Introduce the social and ask residents if they watched Lawrence Welk show.
2. Ask what memories they have of the show
3. Show clips of this show
<http://youtu.be/q8XGAtm1xXA>
and discuss
4. Provide refreshments

#89 – Cognitive- reminiscing 1940's

Objective: positive memories discussed

How to lead :

1. Welcome the group and share that you are going to discuss the 1940's and ask if anyone has any memories to share to start

2. Show the clips below

1940'sCommercials from

<http://youtu.be/HUcjJ-yChjg>

songs from the 40's

<http://youtu.be/jF4lwjoj3Ag>

rationing food in 40's

http://youtu.be/RRQH59_xdgs

90 #Creative Experssion- “Leather” vases ...sorta

Supplies: Empty clean jars for each participant, rolls of masking tape for each participant, brown shoe polish

Objective: creative expression and purpose



How to lead:

1. Provide each resident a jar and a roll of tape
2. Assist when needed for them to rip off small pieces such as $\frac{1}{2}$ of an inch to 1 inch and begin to place them all over the jar, this could take a few days to work on this project
3. When finished you will assist the resident to safely use shoe polish to cover the entire jar and dry
4. You then have your vase that could be a center piece or a gift for others

91 Cognitive : News of the weird-current events

Supplies: HDMI cord, computer, or print out the stories and blow up on the copy machine for residents to read

Objective: Have fun

How to lead:

1. Welcome the group
2. Share that you are going to discuss news that is out of the ordinary....
3. Pre plan by identifying enough stories that could be used for 20 minutes then have discussion
4. Print the story and blow up on copy machine so that residents can read

Here is the clip

<http://www.newsoftheweird.com/archive/index.html>

#92 Sensory , emotional- Animals Galore....

Supplies: HDMI cord , computer to show videos

Stuffed animal versions of these animals if anyone has these to bring in to share for this, non toxic hand lotion (scented with lavender)

Objective : sensory stimulation

How to lead:

1. Welcome everyone
2. Ask everyone what their favorite animal is
3. If they are at progressed stages of the disease ask do you like dogs –wait for answer- do you like cats etc.
4. Show these video's and provide hand massages while they are playing

http://youtu.be/nt_363yXkfA

<http://youtu.be/u7RUz5MiqGs>

93 – Spiritual- Short daily devotionals and donuts

Supplies: Donuts and HDMI cord and computer to show the devotional

Objective: faith expression with others

How to lead:

1. Welcome everyone
2. Provide donuts
3. Share the devotional on the screen ask if anyone would like to read this
<http://shortdailydevotions.com/>
4. Then lead discussion about the devotion
What did this passage mean to you?
Can you share an example of how this has happened in your life?
5. Ask if anyone would like to close by leading a prayer

#94 sensory – Munchies & Music & manicures in the salon...

Supplies: Calming music, safe soft munchies that are appropriate for residents who have changed diet needs, manicure supplies, if possible 2 -3 staff , volunteers to be able to do this, use of the salon

How to lead:

1. Get permission to use salon
2. Set up prior to bringing residents with lights on, music going, and some snacks provided
3. Safely utilize the manicure supplies for the residents to have their nails done
4. Have residents who are waiting provided with support to have refreshments safely
5. Enjoy and have fun with spa experience

#95 Sensory time- Sun –catcher delights

Supplies: refreshments, light music

Objective: sensory, self expression

How to lead:

1. Assist residents to the SUN ROOM
2. Get everyone comfortable and offer a light refreshment
3. Ask everyone what they like most about sunshine
4. Ask everyone what benefits the sunshine has
5. Can anyone share where they might have vacationed that was more sun –such as florida etc.
6. Let's all close our eyes and breath in and out for 5 and take in the vitamin D
7. Play walking on sunshine, or sing you are my sunshine with the residents.
8. Thank everyone for coming

#96 Sensory- Beach in a box –

Supplies : Ocean music, sand, sea shells, sun tan lotion, beach ball

Objective: Sensory self expression

How to lead:

1. Gather the residents around the table who will participate
2. Start the ocean music
3. Ask the residents who likes the beach , what beaches did they go to
4. Go around to each resident and allow them to put their hand in the box and feel the sand and sea shells
5. Gently place a dab of sun tan lotion on their hand if they can safely tolerate it and rub it in and ask them to smell it or just have them smell the cap
6. Then do a game of beach volleyball

#97 – Cognitive/ Social – 1950's reminiscing

Supplies: HDMI cord, computer to show videos

Objectives: self expression

How to lead:

1. Ask participants what they remember most about 1950's
2. Show this video and discuss
<http://youtu.be/Jqe4W08124M>
3. Show this video and discuss
http://youtu.be/PFbCGT_AWBI
4. Play a few songs from this 50's greatest hits
http://www.youtube.com/playlist?list=PLuK6fIVUAj45QZ_A5ld0-pP3CIkoNQDk
5. Thank everyone for coming

#98 Social - Making your own pizza party

Supplies: English muffins, variety of cheeses, sauce, vegetables that are cut up, such as peppers, olives, tomatoes, pepperoni , plates, food prep gloves, toaster oven

Objective: To have fun

How to lead:

1. Have each resident put on gloves
2. Set up all the ingredients in the center and assist each resident to walk thru and top their pizza with the ingredients they would like
3. Help toast their pizza
4. Enjoy!

99 Cognitive- Reminiscing 1960's

Supplies: HDMI cord/ computer

Objective: reminiscing

How to lead:

1. Welcome everyone
2. Ask everyone who has a memory from 1960's they would like to share
3. Start by showing these video's
<http://youtu.be/B2jfVjCsyqc>
4. <http://youtu.be/B2jfVjCsyqc>
5. _Discuss the video's with the residents
6. Thank everyone for coming

#100 Cognitive- Reminiscing – TOYS over the decades

Supplies: HDMI cord, computer

Objective: reminiscing of positive memories over the years

How to lead:

1. Welcome everyone
2. Ask the residents if any of them had a favorite toy growing up , what it was and why they loved it
3. Ask if their children had any favorite toys
4. Show these video's and discuss

Toys from the 30's

<http://youtu.be/TpZG8k6aYis>

Toys from the 40's

<http://youtu.be/Rzpn05zY6EI>

Toys from the 50's

<http://youtu.be/HZE3tOV4ZI8>

Toys from the 60's

<http://youtu.be/Q4VKd-Nuz9Y>

Toys from the 70's

http://youtu.be/oo3En_gvds8

101# emotional – Would you rather

Supplies: other

Objective: self expression

How to lead:

1. Welcome everyone
2. Share with the group you are going to give choices and they will have to share their choice
3. Have discussion
4. You can adapt this by having people raise their hand or stand up for their choice to make this a physical program as well.

Would you rather....

Coke or Pepsi

Dog or Cat

Hamburger or hot dog

Walk or drive

Cook or clean

Dance or Sing

Read or write

Music or quite

Swim or tan

Bike or jog

Radio or quiet
Book or newspaper
Laundry or dishes
Teacher or doctor
Swim or float
Ocean or mountains
Cold or hot
Sweet or salty
Carrots or cucumbers
Coffee or tea
Soft or hard candy
Plane or train
Winter or summer
Hot or cold cereal
Chocolate or vanilla

#102 Physical -Minute to Win it Challenge

Supplies: 6 pairs of chopsticks, miniature marshmallows, 6 bowls, paper towels

Objective: have fun, and dexterity

How to play:

1. Welcome the residents and let them know we are going to have some fun
2. Set up each participant at the table with a pair of chopsticks and a bowl
3. Provide a paper towel for each resident
4. Put a pile of marshmallows out for each resident
5. When you say go you are going to encourage the residents to use chopsticks to pick up as many marshmallows with their chopsticks as possible
6. When you say stop have everyone count their marshmallows.
7. Repeat and have fun
8. Discuss other silly challenges residents may have done over the years with their kids

103Physical - Toilet Paper Bowling

Supplies: 16 rolls of toilet paper, paper and pen to keep score, a 5 inch ball (not beach ball), masking tape

Objective : to have fun

How to play:

1. Welcome the residents
2. Place toilet paper about 6 feet away from a strip of masking tape on the carpet
3. Place 5 rolls stand up then 4 on top of that then 3 , then 2 , then one so that it makes a pyramid
4. Encourage the bowlers to have fun and do their best
5. Help them walk to the line where the masking tape is
6. Have then roll the ball on the floor and see how many of the toilet paper rolls they can knock over, right down their score and let the next player go.

#104 Sensory – Sensory Bottles

Supplies: clear water bottles , colorful beads and pompoms from a craft store, bright colored small plastic objects that will fit thru top, glue gun

**Important-Please be sure that residents participating are of the ability level to be safe around small objects

Objective: to create something for others to use

How to lead:

1. Welcome the residents let them know they are going to be making something for others to use
2. Place colorful items out and assist residents in selecting at least 30 items to put in their bottle
3. Fill the bottle 1/3 of the way with water after completing
4. Have a staff member use the glue gun to glue around the rim and place the cap on and let dry

5. This can be used for sensory programs for other residents

105 Physical – Target Golf Game

Supplies: A large old box, scissors, or box cutters , paint or large marker, golf balls and golf club

Objective: physical challenge and have fun

How to lead:

1. Staff will create the target box before using and this will include painting box(optional) cutting out sections at the bottom approximately 3 inches wide and high – create at least 3 of these
2. Paint above the hole the point value 100, 500, 1000
3. Let dry
4. Use this another day with the residents
5. Welcome residents
6. Allow each a turn to sit at least 6 feet away and take turns trying to shoot the ball and keep score of the points for reach resident
7. The winner receives some sort of prize

#106 Cognitive- Roll a face challenge

Supplies: laminator , yellow and black construction paper, pair of dice

Objective : Have fun

How to lead:

1. Staff will create the pieces to the game before playing this will include cutting out 6-10 large yellow circles –almost size of full paper and laminating these , laminate black paper then cut out black circles for eyes and nose and then cut out smiles , so their should be 3 circles and a smile for each large yellow circle to create a smile face.
 2. Create one finished smile face for the residents to see
 3. Then welcome the residents to play the game
 4. Allow each resident a chance to roll the dice.
- If the resident rolls a 7 they get an eye to put on their face
 - If a resident rolls 4 they get a nose
 - If a resident rolls a 10 then get the mouth
 - If a resident rolls a 2 they get the other eye

Who ever builds a full face first wins. Provide a small prize and play again and have fun

#107 – Emotional- Toilet Paper talk time

Supplies: 2 rolls of toilet paper

Objective: to have fun, self expression

How to lead:

1. Welcome all the residents
2. Let all the residents know you are going to pass around a roll of toilet paper and encourage every resident to take as many pieces of toilet paper as they would like
3. After you go around the circle help every resident count up the total squares of toilet paper they took
4. Then let each resident know that they will have to share 1 fact or word to describe themselves for each square of toilet paper that they took
5. Have some laughs and you can record what people say for fun

#108 Cognitive – Matching Mania

Supplies : 10 decks of affordable playing cards, laminator and construction paper , zip lock bags, glue

Objective: cognitive stimulation

How to lead:

1. Prior to leading this program and staff member will need to create the boards
2. Place playing cards From one deck with glue on a piece of construction paper approximately 6-10 cards
3. Laminate these as they will be the boards
4. Then put a unused set of playing cards in a zip lock back and assist the resident to try to match the card to the board
5. The first resident to complete the board wins a prize
6. Repeat and have fun

#109 Sensory – Pipe cleaner sensory bottles

Supplies : empty water bottles, glue gun, various colors of bright pipe cleaners, staff only to use glue gun and scissors.

**Important- please be sure that attending residents are of the ability level to safely participate in a program with small objects.

Objective: helping others

How to lead:

1. Before the activity cut up the various pipe cleaners into 1 inch pieces
2. Welcome the residents
3. Ask them to each select various colors and place at least 50 pieces in a bottle
4. Then the staff member will complete the bottle by using a glue gun to secure the lid
5. These can be used for visual stimulation for residents during a sensory program

#110 – creative/physical – Paper Plate ring toss

Supplies: original paper plates, paint, brushes, scissors, tape, paper towel roll (empty) , tape

Objective: to have fun and create something together

How to lead:

1. Have residents help paint paper plates bright colors on the bottom side and let them dry
2. Cut out the center about 2 ½ inches round
3. Tape 2 together so that they are sturdier and heavier
4. Take another set of 5 paper plates left together and cut out the center just enough to place the paper towel roll in the center (you can pain this too)
5. Then when everything is dry place the towel roll base about 3 feet away from residents
6. Show them how to toss the made plate rings – Like a Frisbee and keep track of who gets the most and give a prize
7. Repeat and have fun

111 Emotional – Wipe Board wonders

Supplies: locker size portable wipe boards and markers , set of 3

Objective – self -expression and communication

How to use:

1. This is a great way to do a small group program for sensory support for residents who have more progressed dementia
2. The beauty of this program is there are NO rules
3. You could begin by writing their name
4. Or ask them to draw you something
5. You can draw something ask them what it is
6. This is a chance to solicit communication and have fun
7. You can put music on in the background as well
8. Let the resident know you are glad they could visit with you and ask if you can do it again sometime.

#112 Emotional – physical- Beach ball get to know you

Supplies : large beach ball and black permanent marker

Objective- self expression

How to use:

1. The staff member will blow up the beach ball and using the black marker will write different statements on each color
2. Could be a conversation starter like....
Where did you grow up?
What was your favorite subject in school?
What is your favorite food?
Where would you like to travel?
What is your favorite season
3. You can also add actions people need to do such as
Clap your hands 10 x
Kick your right foot 10x
Raise your hands over your head 10x
4. Let the residents know you will throw the ball to each other and where ever their hand lands they will have to answer that question or do that action

#113 Spiritual – Bible words word search

Supplies: pens and photo copier

Objective: Have fun and work together

How to lead:

1. Go to this website and print these in large font if possible <http://rachelwojo.com/bible-word-search/>
2. Welcome everyone and thank them for joining
3. You can put this up on the screen and have them printed for everyone to look at
4. Together work to find words in the word search and discuss the words as you find them
5. This may be for those who are higher functioning but still those who can not actively participate could have adapted version to circle all the “letter A”s that they can find

#114 Spiritual- Matching game with bible verses

Supplies: print <http://rachelwojo.com/wp-content/uploads/2013/02/anxietyverses2.pdf>

Make 5 copies of each, large zip lock bag

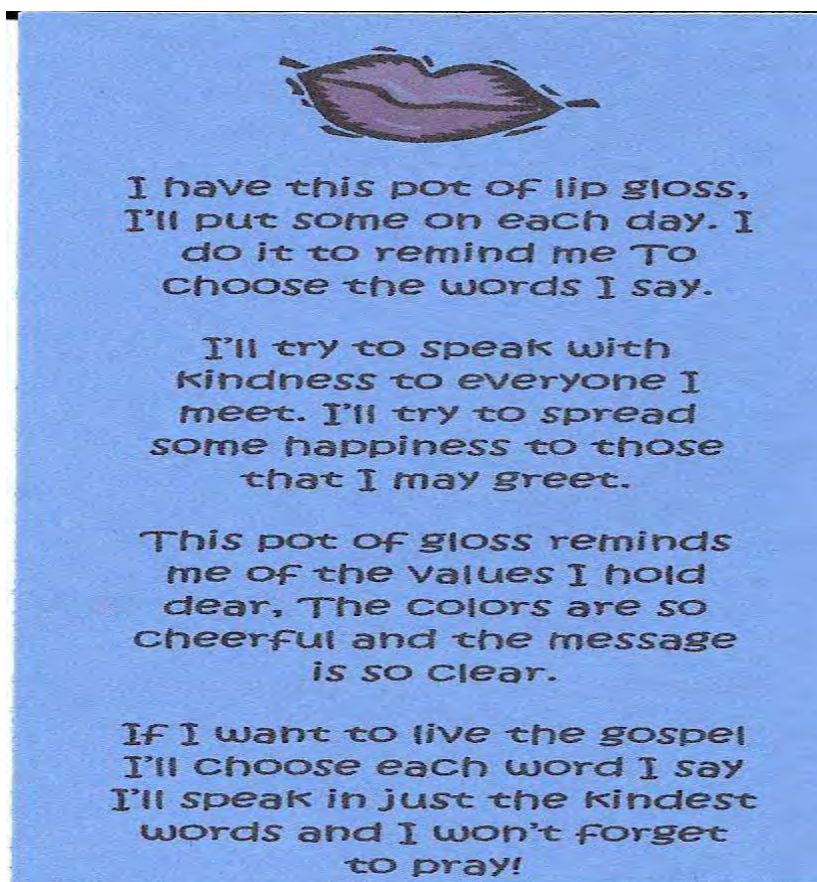
Objective: cognitive stimulation and spiritual support for anxiety for a person of faith

How to lead:

1. Welcome the residents
2. Let them know we are going to work together to match the cards and discuss the phrases on the cards
3. Work together and try to match. You can have 5 residents participate or have 1 resident do all of the and put into groups

#115 Vocational- Lip gloss gifts for others –spiritual message

Supplies: petroleum jelly, kool aid packets, and printed copies of the poem, order these containers , tissues paper, zip lock bags, and ribbon http://www.amazon.com/Quality-Empty-Plastic-Cosmetic-Containers/dp/B00J7A4SAW/ref=sr_1_1?ie=UTF8&qid=1420478528&sr=8-1&keywords=lips+gloss+containers,



How to lead:

1. Heat in 30 sec increments until jelly is soft

2. Add 1 packet of kool aid stir in then pour into containers
3. Put in freezer for 15 minutes to cool
4. When finished wrap each one in one colorful tissue paper and put into a zip lock bag with a copy of the poem. You can change the words so that it is not religious related and could be used for Christmas gift for families if you prefer.
5. Wrap each one in ribbon for decoration

#116 spiritual – Bible bowl – trivia

Supplies: Order this

http://www.99mainstreet.com/product/childrens-bible-trivia?product_id=0C911

Objective: Have fun with a light competition over bible related trivia

How to lead:

1. Split the group into 2 teams
2. Have a list of trivia questions related to the bible and if the player on the team thinks they know the answer they have to raise their hand. If no one on the team knows it go to the other team
3. In the end say you are ALL winners let's celebrate and have some refreshments but allow the winning team to go first in getting refreshments
Here is some simple bible trivia to start until you order more:

How many books are in the bible – A- 66

There were how many kings- 3

The first woman was – Eve

The first man was – Adam

They were in the garden of – Eden

What if first miracle –turning water to – Wine

Who built the arc? Noah

Where did Jesus grow up- Nazareth

There was a John the – Baptist

Name a book in the bible that starts with M- Mark

Name another – Matthew

Name a book that starts with L – Luke

Name a book that starts with P- Psalms

Name a book that starts with J- Job

What did Eve eat in the garden – Apple

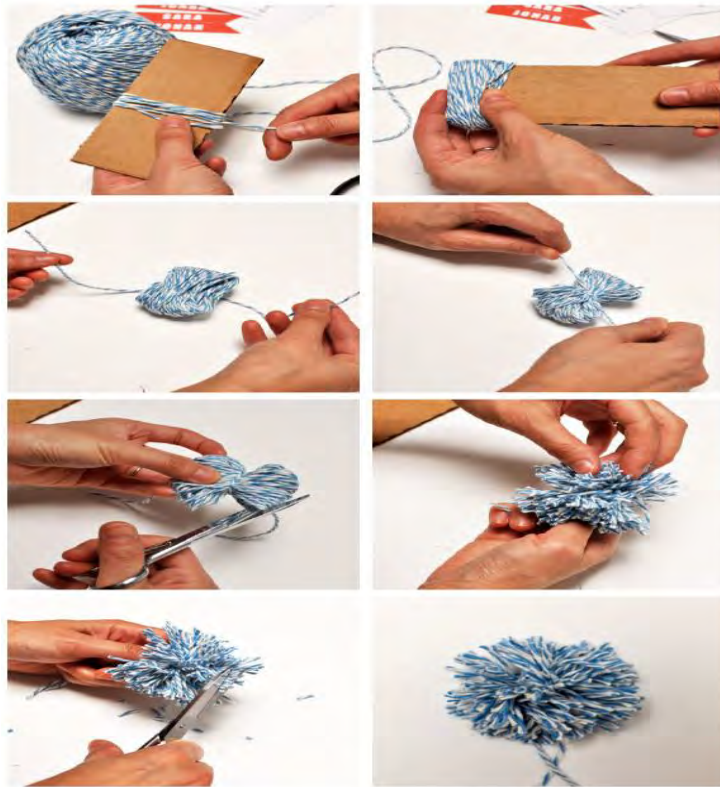
Who was Jesus mother- Mary

#117 social- Yarn Pom Pom's for Pom Pom match game

Supplies: colored yarn, colored bowls , cardboard, scissors

Objective: Have fun , create something

How to lead:



1. Have residents begin to roll yarn around card board approximately 30 -40 times. Bend and slide the cardboard out
2. Have a staff member tie a piece of string in the middle and cut the ends apart
3. Have the residents fluff these

4. Then after you have 10 of each color use the bowls and place them about 6 feet away and have the residents sit in chairs and toss and try to get the matching color in the bowl that color.
5. Have small prizes or candy for when they hit their target

#118 Candy social

Supplies: Have various types of candy in miniature sizes, bowls to share and taste and discuss

** please discuss with director of care any special diets to be aware of for residents

Objective : Have fun and have some tasty treats

How to lead:

1. Welcome everyone
2. Show this clip <http://youtu.be/ZC4PYe4fMqc>
3. Ask everyone what their favorite candy is
4. Have some taste testing of various candies
5. Show this clip <http://youtu.be/M76461YiQLg>
6. Have the candy matching game

Place 2 of every candy on the table within reaching distance, cover each with a bowl

Have residents lift bowls and try to get a match if they get a match they get to keep the candy if they can safely eat it .

#119 Wacky Weenies & Wig party

Supplies: order cheap reasonable priced wigs

<http://www.carnivalsource.com/store/p/1938>

[51-One-Each-Mod-Wig-](#)

[Purple.html?feed=Froogle&gclid=CJf928TB cl](#)

[CFVIV7AodoRQAiQ](#), hot dogs, and hot dog fixings

Objective: To have fun and laugh and be creative

How to lead:

1. This could be a great family social theme
2. Have entertainment , encourage guests to all wear a wig
3. Order reasonably priced wigs for residents to wear
4. Have hot dogs cooked with various fixings to top the hot dogs
5. Have fun and have a judging contest for wackiest wig wearer –have a banner and a prize for that person

#120 Cereal social –Cereal box puzzle making

Supplies: Have 5 boxes of cereal, show these videos

<http://youtu.be/D3htwq9kV-Q?list=PL7CE089C1FB595F8>

zip lock bags, milk , bowls, spoons,

** important to discuss with director of care any special diet requirements

Objective: Have fun, try various cereals

How to lead:

1. Have 5 boxes of cereal, set up for various taste testing of various kinds
2. Show the this link and discuss :
<http://youtu.be/D3htwq9kV-Q?list=PL7CE089C1FB595F88>
3. Cut up the box front in pieces and label and put in a bag and create a puzzle for residents to work on to put back together you can cut into 9, 12, 16 piece puzzles
4. You can also take a picture of the fronts and print and put in the bag as well for reference point

#121-Social- January 2nd National Motivation and Inspiration day

Supplies: Use these websites and pull up quotes for discussion

<http://www.curatedquotes.com/inspirational-quotes/short/>

<http://brightdrops.com/best-inspirational-quotes>

HDMI cord to put on TV, refreshments such as cookies and coffee

Objective: Chance to socialize and share and reflect

How to lead:

1. Welcome everyone
2. Ask everyone what motivates them
3. What is their inspiration / Is it someone or something
4. Share the websites above by clicking on them and discuss the quotes
5. Play a inspirational song to close

<http://youtu.be/E2VCwBzGdPM>

122 Social – January 19th National Popcorn day

****Important to speak with director of care of special diet requirements and safety of certain residents eating pop corn –have alternative option for other residents as needed.**

Supplies: various flavored popcorn, pop corn machine to make fresh pop corn if possible

<http://youtu.be/qA1XfVDXoMc> , show this video on the science and history of popcorn

Objective: Enjoy socializing and having a discussion about popcorn

How to lead:

1. Welcome everyone to the social
2. Ask who likes pop corn
3. Who has memories of pop corn at the movies
4. Make some pop corn fresh if possible
5. Have servings of various flavors of popcorn
6. Show the video clip

<http://youtu.be/qA1XfVDXoMc>

7. Review wacky flavored popcorns and discuss
<http://www.sheckys.com/2011/10/21/10-wacky-popcorn-flavors/6/>

8. Have a drink for everyone to wash down this
tasty treat
9. Thank everyone for coming

#123 Social – National Pie Day social Jan 23rd- or March 14th

Supplies- Buy various flavored pies for tasting, make a pie if possible

Objective: Sensory, cognitive and social

How to lead:

1. Welcome everyone
2. Ask everyone who likes pies
3. What is their favorite pie
4. Who was good at making pies? What kind
5. Have small slices of various pies for tasting
6. Has anyone ever been in a pie eating contest

<http://www.piecouncil.org/Events/NationalPieDay>

#124 Social - Superbowl Sunday

Supplies: Art supplies to create signs/banner for the 2 teams playing , miniature hot dogs and crossaint dough to create pigs in a blanket, non alcoholic beer and regular beer, chips, soda, and superbowl triva (see below)

Objective: Have fun and socialize

How to lead:

1. Have residents help make signs cheering for the teams they want to win for the super-bowl
2. Before the game pull up this on the TV and discuss trivia and fun facts

<http://www.kidzworld.com/article/25277-super-bowl-fun-facts-and-trivia>

3. Have residents put on food preparation gloves and roll the crossaint dough around the hot dogs and bake for the event
4. While watching the game discuss the commercials and see what is their favorite
Show a few past commercials

<http://youtu.be/yI4nShd4tVY>

5. Show highlights from 1971 superbowl and discuss <http://youtu.be/0pOe41DubSw>

#125 Social- National Spa Day February 24th

Supplies: Nail polish, nail polish remover, hand lotion , hand soap , water, bowl, gloves, flavored water, open up the beauty salon, if possible book massage therapist for 1 hour to give light hand, shoulder massages

***important- to be aware of safety when having chemicals such as the above around the residents. They should stay in in locked container at all times until being used and put back accordingly

1. Welcome everyone to the “spa” perhaps have groups of 5 come every 20 mins to have a “spa” experience.
2. Have light relaxing music playing
3. Have the lights dimmed
4. Offer light refreshments such as cucumber finger sandwiches
5. Let them know service is complimentary and enjoy themselves
6. Here is music that can be used
<http://youtu.be/QZbuj3RJcjl>

7. Here is a massage therapy school to contact so see if therapists would volunteer for national spa day for an hour...
8. *** Note may need to have a waiver if any massage is more than light hand massage

#126 Social- National Chili Day –last Thursday in February

Supplies: 1lb of ground beef, 3-15oz cans of diced tomatoes, 2 -15 oz cans of beans, 1 onion diced, 2tsp of chili powder, cheese, sour cream , green onions, bowls ,spoons, oyster crackers

***please check with director of care about special diet needs for safety of eating chili for certain residents

Objective: Chance to invite family and community in for a “chili cook off with the residents as the judges with a prize for the winner

How to lead:

1. Here is video clip on chili cook off to get residents excited <http://youtu.be/qZ-HeI8VjaM>
2. Have Chef work with residents to make their chili and add secret ingredients.
3. You could set it up to have the tags ready to put in front each chili and have chili’s in the various neighborhoods.
4. Have a group of residents selected to be the judges
5. Have small cups to put taste testers near each chili and bowls

6. Announce the winner /provide prize

7. HAVE FUN!!

#127 Social- Feb 28th National Floral Design day

Supplies: vases, and various purchased tasteful plastic flowers for arranging for center pieces for the dining room tables. Contact a local florist to come out and do a demonstration on this and pay for the arrangement they make for the lobby or ask them to volunteer

Objective: Learn about flower arranging, and have fun and contribute the neighborhood beauty

How to lead:

1. Welcome all the residents
2. Ask who has ever arranged flowers and discuss
3. Show this tutorial how to arrange <http://youtu.be/HP4KxKEJFyE>
4. Have florist do demo
5. Have residents participate to make arrangements for all the tables
6. Have fun!

#128 Social- March 1-National Compliment someone day

Supplies: Paper, pen's, markers etc, envelopes, refreshments for social such as finger sandwiches and a drink

Objective: To provide a sincere compliment to others and make a difference

How to lead:

1. Welcome everyone and go around the room and share one nice thing about someone in the group
2. Then explain it is national compliment someone day
3. Have everyone decorate and help make greeting cards for various people they want to say thank you and share a compliment such as the mailman , beauty shop, caregivers, others who they appreciate and want to share a compliment with that person why they are special
4. It is also nice to put the name of each resident at the top of the page and pass around and have

everyone write one nice word , could also be done
for all the staff at the community

#129- Social- National Oreo Day

Supplies: various flavors of oreos, HDMI cord to show videos, lots of milk 😊, glasses

** please check with the director of care about the special diets before having residents participates

Objectives: Learn something, have fun, taste something good

How to lead:

1. Welcome everyone and let them know that the world's best selling cookie is being celebrated today
2. Show these video's
<http://youtu.be/NJpTinngZ88>
<http://youtu.be/6Bp-RKaS1to>
http://youtu.be/x0Fu4y_Ap6k
3. Ask the group who has memories of oreo's and have them share
4. Show this website and discuss the 22 flavors of oreo's over the years

<http://www.kidskubby.com/22-weird-oreo-flavors/23/>

5. Pass out oreo's and milk and enjoy !
6. You could also make the oreo truffles on this day as an option as well

#130 Social- Employee appreciation day –First Friday in March every year

Supplies: Candy mints, chocolate mints, art supplies, ribbon, paper to make signs, blank cards to make thank you cards, refreshments to have a social in honor of the staff on day, evening shift , sparkling cider, plastic champagne glasses ,

1. Have residents work for a few days before this day to begin to make the gift bags with some mints and then tie with the ribbon and print off these tags to punch a hole thru and put on each bag

<http://www.juliabettencourt.com/printables/tags/Thankyouvmint.pdf>

2. Plan to have a social on both shifts at 2pm and 6:30 to honor the staff , it would be great to invite families in to join and bring pot-luck treats- invite all staff (volunteer-if HR approves) to stop in for the socials with their families-as a social “not work”

3. Have fun, appreciate the hard work of the team and have the residents contribute and do for others and build their self esteem

#131 Social – Valentine’s day social –Feb 14

Supplies- black, orange, white felt, googly eyes, card stock for making pattern, and have printed in nice font to put on the penguin “My heart shiver’s for you” Happy Valentine’s day ! , red ink pad, white paper, red cardboard, red ribbon, paper hole puncher, strawberry wafer cookie sticks, white chocolate chips for melting, various valentine sprinkles, scissors, paper plates, parchment paper , napkins, red punch, glue, several boxes of conversation starter hearts candy, print and laminate bingo cards



Objective: Could be great ideas for a preparing for a family social and contribute for others

How to lead:

1. Have supplies available to be able to make these items either before or together as a group for the valentines' day social
2. Melt chocolate chips to have bowls of dipping chocolate – dip wafer cookies and then roll in sprinkles that you may have on paper plates to put these cookies in . **Check with director of care about any special diet requirements
3. Have patterns cut out for the felt penguin, have a family member, staff member help with the cutting portion of craft
4. You could have 3 stations that you would go to 3 neighborhoods or different tables to complete these projects.
5. Print these bingo cards and laminate and have a game of fun using conversation starter candy (scroll to link – click here for bingo cards)
<http://www.createcraftlove.com/2014/02/conversation-heart-bingo.html>
6. Then have a party – and have fun!
7. Try to have an entertainer who play's love songs booked for party as well

#132 Social- National Potato chip day –March 14th

Supplies: various flavors of potato chips for tasting, Chef to come do demonstration cooking and create fresh potato chips for the residents and then have various seasoning they can season their own chips. ** please check special diet needs before having residents eat these chips

Objective: Have fun and learn something new

How to lead:

1. Show the history of the history of the potato chip video <http://youtu.be/OQNdafyhx50>
2. How to make potato chips –show video and if possible have residents assist with peeling the potatoes <http://youtu.be/gd85tuywDTA>
3. Have various flavors of potato chips in un labeled bowls –have a sensory discussion and have residents guess what flavor they are eating

#132 Social- St. Patrick's Day March 17th

Supplies: pretzels, green MM's, green ribbon, rolo's candy, candy lollipop sticks, large gladware bowls (enough for each table) , thick black ribbon, gold paper, large amounts of green paint (that will stick to plastic), paint brushes, shamrock pattern below, parchment paper, pan



<http://www.enchantedlearning.com/crafts/stpatrick/templates/> shamrock pattern

Objective: to do for others, and have fun

How to do:

1. Plan to have an activity the day before the social or the holiday to begin the leprechaun hat.
2. Gather supplies to do the crafts and baking the day before to be used for the family social the next day.

3. Lay parchment paper on the cookie pan, lay 3 pretzels together like in the picture. Place a rolo in the middle – melt for 1-2 minutes- until shiny – remove from oven. Place green mm in the middle and gently when soft but cooled off insert the stick in the center. When place in refrigerator to cool then remove from parchment paper and put ribbon around the sticks
4. For the painting craft have newspaper, bowls of green paint and brush at each chair. Paint the bowl. Have some coffee and refreshments and let dry then place the black ribbon and glue in the back like the picture. Use the gold to make the buckle, use these as center pieces or to be worn for the party
5. For the social, try to secure a irish singing band or guitar player, have other green treats, green beer
6. Print these items- there are a few games that could be done with family such as word search and word scramble for events

<http://www.mommygaga.com/2012/02/st-patricks-day-activities-for-kids-free-printable-coloring-pages-and-games.html> - can also do Happy St Patrick's Day

– how many words can you make out of that – have a prize for the winning family.

135 Social- National Corn dog day- March 21st

Supplies: <http://youtu.be/0jctnnV-j9A> history of the corn dog , <http://youtu.be/N29y12uDvp4> the corn dog story at Disneyland, clip trying to set record for most corn dogs eaten at 1 time

<http://youtu.be/5MWQnMJ2U3M> , supplies to make corn dogs , how to make corn dogs video

<http://youtu.be/2PsvhaY3t2Y> ,

Objective: Create something, have fun, reminisce

How to lead:

1. Welcome everyone
2. Ask the group who likes corn dogs and what memories they have of corn dogs. Where did they eat them?
3. Show the video's discuss the history of the corn dog
4. Show how corn dogs are made in a factory
<http://youtu.be/aSMa6V7rJjQ>
5. Ask your dining coordinator to come and do display cooking and help the group make fresh corn dogs together

6. Have some ketchup and mustard to enjoy their treats

7. Have fun!

#136 Social- National Spinach Day- March 26th

Supplies: Spinich, video about spinach

<http://youtu.be/No4FAG0yv7U>

Objective: learn something new , have fun

How to lead:

1. Welcome everyone
2. Ask the group who likes spinach?
3. Can anyone think of a recipe they cooked or liked that had spinach in it? What was it?
4. Show /discuss – on the TV –with HDMI cord

<http://topfoodfacts.com/10-interesting-facts-about-spinach/>

5. Make Spinach balls with recipe below

- 2 (10 ounce) packages [frozen chopped spinach](#)
- 1 (6 ounce) package chicken [Stove Top stuffing mix](#)
- 1 cup grated [parmesan cheese](#)
- 6 [eggs](#), lightly beaten
- 3/4 cup [butter](#), melted
- [salt](#), & pepper to taste

Directions:

1. Cook spinach according to instructions, drain in a sieve, use back of a wooden spoon to press the spinach against the sieve to get as much moisture as possible out In a bowl combine the spinach, stuffing mix,cheese, eggs, butter, salt& pepper Mix thoroughly& roll into small balls 3/4 to 1" size.
2. Place on a cookie sheet& freeze.
3. When frozen place in a plastic zip lock bag.

4. To serve place frozen balls on a cookie sheet and bake at 350F 10-15 minutes or until lightly browned If you are doing them fresh or thawed only bake for 7-10 minutes.
5. Serve hot

#137 Vocational - National Doctor Day- March 30th

Supplies:

<http://doctorsday.org/gift-box/Doctor-RX-Bag-Gift-Box-Small.html>

<http://www.holidayinsights.com/moreholidays/March/doctorsday.htm>

<http://youtu.be/OkCF7-D0dR8>

Objective: To do for others and make a difference for the people who help us.

How to lead:

1. Identify if there are any family /long term doctors of residents who live in the grove
2. Discuss as a group in early march 3-4 weeks before the holiday what would everyone like to do to thank their Doctor's
3. Have discussion-does anyone have a Dr. they really appreciated and why?
4. Make shirt cookies with food handling gloves front with white frosting and use black to put stethoscope around the neck. (Perhaps invite

local bakery to come out and do display decorating of these cookies as an activity and pay for the cookies that can be taken to various dr. office's

5. Stuff the goody bags(see link above with various candy and have resident write personal thank you cards <http://media-cache-ec0.pinimg.com/originals/79/42/46/7942465fcedcefc4d4706093768a41e7.jpg>
6. Have a resident or 2 go with our program director to deliver these goodies and brighten someone's day for making a difference

#138 Social/intergenerational - National Twinkie Day-
April 6th

Supplies: pretzel sticks, pretzels, peeps bunny's ,
twinkies, marshmallows , colored construction paper,
safety scissors, a nice marker for lettering , masking tape



Objective: invite children in to join this social –perhaps a
local day care or mom’s play group or a young class from
a staff member’s child

How to lead:

1. Show the history and overview of the twinkie

http://youtu.be/E4Lq62-BM_Y if children are at the
program turn off clip after history portion as it says a
word that may be offensive for children

2. (***)note any special diet needs) Then give each participant the ingredients to make their race car twinkie and have fun making , take picture , then eating their twinkie creations
3. Then have the residents work with the children to create the picture below by creating chains using various colored paper on 2 poster boards taped together.



4. Ask everyone their favorite thing about spring and go around the circle and let everyone share
5. Here is action song for the children to participate in and the residents to watch or join as the like http://youtu.be/NwT5oX_mqS0
6. Thank everyone for participating

#139 Social- National Pet day April 11th

Supplies: have everyone residents, staff bring in pictures of pets and with appropriate arrangements bring pets in (if in a cage –such as bird, bunny, hamster etc.) (** any staff or family who want to bring dogs in must bring pet records and keep dog on a leash)

Objective: Solicit positive memories

How to lead:

1. Let people know a week in advance about National pet day and see if anyone has caged animals can bring in to share, may want to also see about a pet therapy group being dogs on this day if possible
2. Have anyone who brought pictures to share their picture of their pet and share about the pet
3. Ask residents about their first pet-name –and memory they may have about their pet
4. Show video's of the worlds cutest /funniest pets

<http://youtu.be/y3VMhFCLxRc>

#140 Social- Easter Brunch

Supplies: chow mein noodles, chocolate chips, jelly beans, various pastel colored yarn, pastel colored construction paper, clear bags, colorful ribbons, parchment paper, on cookie pan, scissors and tape

Objective: Enjoy a family social with friends and family

How to lead:

1. A day before the brunch have residents assist with making the egg nests. Have a staff member melt the chocolate in the microwave on 30 second increments
2. Stir into the chow mein noodles and drop on parchment paper in spoonfuls
3. While still melted add 3 jelly beans -3 different colors added and pushed lightly so they stick
4. When cooled put then in a plastic bag with a ribbon , these can be used as the party favors for easter
5. For the actual day of the event prepare to have your dining team assist with having a brunch available to families. At a separate area or

- neighborhood have the supplies set up to make the yarn bunnies.
6. On the table have a pattern of bunnies
<https://docs.google.com/file/d/0B2Ewc2yBcufqOWRmNWFkNmMtY2NiYy00ZWNmLTg1ZGUtYjVhZTZjZDQxZTIz/edit?hl=en&pli=1>
 7. Have someone assist with cutting pieces of yarn that are large enough to cover the bunny cut out
 8. Place the bunny on the table and work to make a pattern of various colors of yarn being placed over the pattern until it is full
 9. The tightly hold the yarn in place and tape down firmly securing using 3 piece and you know how a beautiful Easter bunny . (see below)



#141 Social- Cinco De Mayo party- May 5th

Supplies: colored tissue paper, pipe cleaners, plastic spoons, 5 rolls of masking tape, beans , plastic Eggs, colored markers, lettuce, tomatoes, cheese, soft tortilla, ground beef, salsa



** note to small items(beans) extra caution must be used to assist the use of beans so that there is no choking hazard. Any resident that could possibly put them in their mouth should be accompanied by a staff member working on this project.

How to lead the program:

1. The morning of the party have the residents assist with the 2 craft projects , this would also be a great program to have children join in and make it intergenerational

2. The tissue paper flowers you will put 4-5 pieces of colorful tissue paper together , then assist the residents to fold the paper in accordion style and fold in half twist the end and tie a green pipe cleaner around the end as the stem
3. Use these as decorations on each table
4. Then to begin making the maracas. Have each person receive 2 spoons, 1 plastic egg and a handful of beans
5. Assist in putting the beans in the egg place the egg between the two spoons assist with using masking tape to wrap around this tightly and several times
6. Then have the resident decorate the item using the colored markers
7. When everyone has completed their maracas Have everyone do the Mexican hat dance together

<http://youtu.be/9udwl6HSElY>

<http://youtu.be/U6c9UZ3OxTw>

8. Have the residents with staff assistance help with making their own taco's that the dining team has put together
9. Have fun

#142 Social- National Nurse appreciation Day
May 6th

Supplies: Life savers, starburst, Hershey kisses, peppermint patties, tootsie rolls , clear gift bags, ribbon ,a large cake center cut out to look like a donut, with sprinkles, A HUGE SIGN made, decorated by the residents that says “ we DONUT know what we would do without you! THANK YOU! , type in a nice font the survival kit/thank you on the next page minus the matches, paper clip, rubberband

Objective: To do for others and say thank you to our nurses

How to lead:

1. A few days before the event make the thank you bags with the residents you would put a few pieces of each candy listed in the clear bag with the survival note included then tie each bag with the ribbon,
2. Post a flyer that there will a social for nurses at 2:00pm and invite them to all stop by

3. Have dining help make a huge cake and cut center out to look like a donut and decorate with frosting and sprinkles
4. Have the residents help decorate and hang the sign up above the cake and have all the gift bags out
5. When the nurses arrive play this tribute to the nurses <http://youtu.be/kCaLQKfLGbo>
6. Thank all the nurses for all they do.



#143 Social – Mother's Day Tea

Supplies: fruit, ice trays, floral paper from craft store, cream cheese, mayo , garlic, cucumbers, bread, cookie cutters, ice cream cones, miniature Reese's peanut butter cups, chocolate pudding, pretzels, melting chocolate, vanilla wafer cookies , hats, and tea cups, doilies, twine, pastel colored plastic silverware

1. Make the invitations at least a month before and send them in the mail to the daughters/moms
2. Encourage everyone to bring in tea cups and hats and flowers if they are willing to do so in the invitation
3. Have the residents assist in making fruit salad with the dining team the day before the party and finger sandwiches that are cut into shapes. Cucumber finger sandwiches include cream cheese, mayo equal parts with 1 tablespoon of garlic mixed , cucumbers peeled by residents with help of staff member , put sandwiches together

and use cookie cutters to cut into shapes of diamonds, hearts, flowers etc. the day before the program

4. Here is the template for invites

<http://www.do-it-yourself-invitations.com/support-files/tea-pot-tea-party-invitations-templates.pdf>

5. The day before have the residents help wrap the silverware as seen below (make sure they wash their hands prior



6. Here is the link how to make edible tea cups. These could be made the day before

or made at the social together with the families

7. Consider trying to secure a harp player or piano player (a resident or volunteer would be great for this event). Here is harp music if needed. (<http://youtu.be/IEEZ5jB5pWk>)

8. A tribute to mom's that can be played on the tv <http://youtu.be/GQ4TPn8hjxl>

9. Here is a link to mother's day poems.

Review them select one –give rights to author and type up on nice paper and roll up as a scroll with ribbon – On the other side of this type up the reminiscing quotes from the residents that were shared about memories of their mother's.

What did you love the most about your mom?

Tell us about your favorite holiday with your mom and how she made it special

<http://www.aplaceformom.com/blog/2013-9-8-20-grandparents-day/> more

conversation starters to use

