

# 150 Activities

## to do with someone who has Dementia or Alzheimer's

1. Listen to music
2. Toss cotton balls and have an indoor "snowball" fight
3. Color pictures
4. Make homemade lemonade
5. Count trading cards
6. Clip coupons
7. Sort poker chips
8. Read books or short stories out loud
9. Rake or gather leaves
10. String beads
11. Bake cookies
12. Take photos and create a collage
13. Brush or comb one another's hair
14. Participate in the Alzheimer's Association's Memory Walk
15. Plant seeds indoors or outdoors
16. Look at family photographs
17. Wipe off a table or dust other furniture
18. Weed the flower bed
19. Tend vegetables in the garden
20. Fold laundry
21. Have a friend visit with a pet
22. Cut pictures out of greeting cards
23. Play dominoes
24. Ask the person about their favorite books or cartoon characters
25. Bake homemade bread
26. Create a Life Story Book or a pictorial history of their life in chronological order
27. Sort objects by shape, color or texture
28. Sing old songs
29. Invite the person to tell you more when he or she talks about a memory
30. Create a Reminisce Basket or a collection of items that evoke magical memories
31. Put silverware away
32. Talk about their Grandparents
33. Set the table for dinner
34. Make a Valentine card
35. Play favorite songs and sing
36. Ask the person about their siblings
37. Make a cherry pie
38. Play with old fashioned toys (i.e. tops/jacks)
39. Make a scrapbook
40. Take a walk around the yard or block
41. Write a poem together
42. Reminisce about the first day of school
43. String Cheerios for the birds
44. Make a fresh fruit salad
45. Sweep the front walk, garage or patio
46. Color or create holiday decorations
47. Fold towels
48. Have an afternoon tea party
49. Talk about great inventions
50. Look through the pages of a clothing or department store catalog
51. Look at the map of the United States and identify places you have or want to visit
52. Make a family tree poster
53. Color a picture of the United States flag
54. Eat a picnic lunch outside or inside
55. Water house plants
56. Play horseshoes
57. Dance the Polka
58. Watch TV together
59. Make homemade ice cream
60. Make replicas of old fashioned cards
61. Name the presidents
62. Reminisce about favorite sports activities the person enjoyed
63. Write a letter to a friend
64. Dress in your favorite football or soccer team's color
65. Pop popcorn – the old fashioned way
66. Talk about their favorite hobby
67. Give a manicure
68. Make paper butterflies
69. Plant a tree
70. Finish famous sayings
71. Feed the ducks
72. Model with play dough
73. Look at pictures in a comic book
74. Put a puzzle together
75. Sand wood
76. Rub hands with sweet smelling lotion
77. Arrange fresh flowers
78. Remember famous people
79. Recite nursery rhymes
80. Talk about their childhood

# AZURA<sup>®</sup>

## MEMORY CARE

Transforming the culture of care.

81. Make peanut butter sandwiches
82. Cut up used paper for scratch paper
83. Blow bubbles
84. Take care of a fish tank
85. Bake cupcakes and decorate them
86. Interview the person about their life using either a video camera or audio recorder
87. Play Hangman
88. Finger paint
89. Cut out pictures from magazines
90. Talk about their children
91. Put coins in a jar
92. Put bird seed out for the birds
93. Decorate a pumpkin, gourd, pear etc...
94. Reminisce about a favorite summer
95. Pick flowers for an arrangement
96. Ask them about their first job
97. Roll yarn into a ball
98. Trace and cut out autumn leaves
99. Cook a favorite family recipe together
100. Gather arts supplies and have fun
101. Wash silverware
102. Give them a hug
103. Bounce or throw a ball with them
104. Ask the person to show you how to do something (i.e. sew, paint etc...)
105. Make a frame out of popsicle sticks
106. Play a musical instrument
107. Keep a journal together
108. Ask the person about their "hero"
109. Sort playing cards
110. Ask the person about their pets
111. Wash windows together
112. Ask the person about their first car
113. Talk with them about their wedding
114. Play croquet
115. Pick out yarn colors for a new afghan
116. Play bingo
117. Take them to church
118. Pick flowers to plant in the Spring
119. Talk about their parents
120. Go for a drive in the old neighborhood
121. Have them help prepare a favorite dish
122. Bring in pictures, maps and mementoes from the trip you will or have taken and discuss your adventure with them
123. Give them an ear massage
124. Tell jokes
125. Unknot or knot neckties
126. Read or look at your loved one's genealogy
127. Ask them where they were when Pearl Harbor happened or another significant event
128. Dance the Waltz
129. Play Cats Cradle
130. Have them teach you to salute
131. Read your horoscopes out loud
132. Watch old movies together
133. Give them a pedicure
134. Sort socks
135. Think up new lyrics to old songs
136. Ask about first loves
137. Play bean bag toss
138. Ask the person about their favorite food
139. Make a rootbeer float together
140. Help them redecorate their room
141. Paint with water colors
142. Talk about their military service
143. Hold hands and snuggle
144. Sit by the fireplace and talk about camping or cold winter nights
145. Play the card game War
146. Look through a book about their favorite animal or bird
147. Brush their hair
148. Fill a bird bath or bird feeder
149. Stroke their face and cheeks
150. **Tell them that you love them**