

Midwest Geriatrics, Inc.

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IN THE KITCHEN

- Bake cookies
- Make lemonade
- Bake bread
- Make a pie
- Have afternoon tea
- Make homemade ice cream
- Pop popcorn
- Make a fruit salad
- Make sandwiches
- Bake a cake

FOR THE HOLIDAYS

- Sing Christmas carols
- Make a collage of Valentine's
- Dye Easter eggs
- Put together a May basket
- Clean out a pumpkin
- String cranberries or popcorn

EVERYDAY TASKS

- Vacuum
- Iron
- Wipe off a table
- Fold clothes or towels
- Wash silverware
- Clip coupons
- Sweep a room
- Dust furniture

SORTING

- Sort poker chips
- Sort cards by suit
- Put coins in a jar
- Sort similar items by color

HOBBIES – ARTS & CRAFTS

- Color or paint
- Make greeting cards
- Cut out paper dolls
- Mold dough or clay
- Paint with string
- Cut out shapes or pictures
- Sew sewing cards
- Roll yarn

HOBBIES – NATURE & ANIMALS

- Weed the garden
- Have a pet visit
- Water house plants
- Plant bulbs
- Rake leaves
- Arrange fresh flowers in a vase
- Take care of a bird cage / fish tank
- Put seed in the bird feeder
- Feed the ducks

HOBBIES - MUSIC

- Listen to a CD or the radio
- Sing favorite songs
- Play "Name that Tune"

HOBBIES - OTHER

- Play a game
- Put a simple puzzle together
- Sand wood
- Give a manicure
- Invite children to visit
- Take a ride

PHYSICAL ACTIVITY

- Take a walk
- Play horseshoes
- Dance
- Walk a pet

INTELLECTUAL ACTIVITY

- Read the newspaper
- Have a spelling bee
- Read a poem
- Identify states and capitals
- Write a letter
- Name the U.S. Presidents
- Simple trivia questions

REMINISCING

- Look at photos
- Make a family tree
- Talk about a first kiss
- Talk about famous events
- Remember a favorite vacation
- Read old love letters
- Talk about childhood memories
- Remember famous people

Always remember to offer encouragement. Many of these activities will spark a memory and will lead to conversation. Don't focus on completing the task perfectly. Instead, praise the effort that is given!