

Dane County Assisted Living Quality Program
Suggested Activities for Assisted Living Facility Residents

Individual activities:

Computer games (Solitaire, etc.)
Board games-Battleship, Scrabble, Yahtzee, Dominos
Math-based games (Sudoku)
Puzzle books
Books on tape
Reading
Sending cards to veterans in the hospital or enlisted persons overseas
Journaling
Jigsaw puzzles
Make models of cars/trucks/boats
Birdfeeder kits
Easels/paints; paint by number sets
Drawing (purchase good-quality paper, pencils, charcoal, etc.)
Stained glass kits
Photography
Music lessons
Knitting or crocheting (purchase large needles/large-print patterns if necessary)

Group activities:

Foreign language/culture class
Quilting
Book club
Travel DVDs with time for discussion after viewing
Discussion group-current events (or other selected topics)
Volunteer project
Fishing
Baking
Plan and prepare house meal once each week
Plan a monthly activity that includes family members (picnics, dinners, music, etc.)
Share pictures of self from past (for example, wedding photo, high school graduation)
and talk about how times were different then than now
Walking group
Computer/internet class
Create a scrapbook with pictures and memories as a gift for family

Outdoor “chores”
Filling bird feeders
Planting indoor plants in the winter (flowers or vegetables)
Sweeping the patio or sidewalks
Raking leaves
Raised vegetable or flower beds

Indoor “chores”

Cataloguing books or movies

Participating in meal preparation

Making up evening snacks for the unit

Helping serve food at mealtimes (an appetizer or dessert)

Planning and preparing an ethnic “sampler”

Preparing the appetizer or dessert

Outings-

Veteran’s Museum

Overture Center

Greenhouses

Farmer’s Markets

Pet Stores/Aquariums

Goodman Community Center

Drives: look at Christmas lights, changing colors in the fall, lilacs/blooming flowers in spring

Lunch or dinner out once a month

Other:

Have school class or family members (grandchildren) bring pets in for an hour

Ambulatory residents push wheelchair bound residents outdoors -weather permitting

Holiday decorations (paint pumpkins, make napkin holders)

Organizing family picture albums

Monthly “dinner with the director”