

## Examples of Day Activity and Health Services Activities

<b>ACTIVITIES</b>			
<b>PHYSICALLY STIMULATING</b>			
Exercise/Music Dancing Bowling Horseshoes Gardening	Ball Bouncing Balloon Volley Parachute Wastepaperbasket Basketball Ring Toss	Bean Bag Toss Walking Music Appreciation Walk 'n Talk Fun 'n Games	Nerf Basketball Stretch 4 Life Sittercise Bone Benders Rhythm Band
<b>LOW FUNCTIONING</b>			
Reality Orientation Smell 'n Tell Slow and Easy Down Memory Lane	Cooking Class Awareness Group Ball Throw, Kick Ball	Flashcards (i.e., addition, subtraction) Exercise—Arm Lift, Vowels (a,e,i,o,u) Pet Therapy	
<b>EDUCATIONAL/INTELLECTUAL</b>			
Current Events Creative Writing Crossword Puzzles Study and Discussion Groups Lectures	Reading (clubs) Book Cart/Poetry Club Reminiscing Session Spelling Bees	Quizzes Talking Books (blind or visually impaired) “Wheel of Fortune”—residents participating “Price is Right”—residents participating	
<b>CREATIVE/EXPRESSIVE</b>			
Poetry, Stories, Music Dramatics Crafts Kitchen Band/Rhythm Band Choir Dance/Wheelchair Dancing Music Appreciation	Woodcrafts Knitting Art/Drawing Sing-a-long Ceramics Coloring Plaster Craft	Leather Craft Copper Tooling Mosaics Needlework Painting Sewing	Flower Arranging Weaving Rug Making Scrap Craft Cooking Placemats
<b>SOCIAL EVENTS</b>			
Wine 'n Cheese Party Time Sing-a-long Birthday Party	Movies and Popcorn Concerts Community Entertainment	Tournaments Tea Party/Cocktail Hour/Happy Hour Refer to the <i>Activities Update</i>	
<b>HOLIDAY PROGRAMS</b>			
This is not a party; it is an actual event involving participation. Easter Bonnet Contest Easter Egg Hunt Watermelon Cutting Jack-O-Lantern Cutting/Drawing Contest			
<b>Note:</b> Remember, on actual holidays some kind of program must be offered to the residents.			

**Examples of Day Activity and Health Services Agencies**

<b>ACTIVITIES</b>		
<b>GROUP</b>		
Dominoes Poker Discussion Group Woodworking Chess Club Men's Maintenance Group Monthly Fishing Trip	Checkers Group Games Trips Country Rides Coffee Social Luncheons Leather Craft	Photography Bird Watching Spectator Sports Movies Memory Lane—fishing tales, hunting, etc. Sports TV—football games, basketball, baseball, wrestling
<b>QUIET GAMES</b>		
Bingo Puzzles	Checkers, Chess, Card Games, Yahtzee, Uno, Word Games, Quizzes	Poker Guessing Games, Word Search
<b>SPECIAL EVENTS</b>		
Special Dinner Menu	Refer to the <i>Activities Update</i>	
<b>OUTINGS</b>		
Botanical Gardens Ice Cream Parlour	Park Auto Ride to see flowers	Circus Theater Community Events
<b>INDIVIDUAL</b>		
Gardening Therapeutic Work Program—resident volunteers Card Games	Handcrafts Word Puzzles Hobbies	Knitting Reading Pet Therapy
<b>CENSUS BUILDING</b>		
Health Fairs Contact with Retirement Groups, Senior Centers	Cookies Communication— baking cookies monthly for distribution to Meals on Wheels/Senior Centers	Arthritis, Alzheimers, Diabetic, Stroke Support Groups Girl Scouts Group Jr./Sr. Games Trick or Treat Safely Program
<b>SOCIAL SERVICE GROUPS</b>		
Discussions New Resident/Family Family Support Problem Solving Skill Building Validation	Remotivation Men's/Women's Groups Poetry/Creative Writing Relaxation Relationship Building Stroke Club	Diabetic Club Arthritis Club Dialysis Club Weight Club Mental Health Community Service Project