

99 ACTIVITIES FOR PERSONS WHO HAVE DEMENTIA

1. Clip Coupons
2. Read a short story or poem
3. Write a letter
4. Bake Cookies
5. Look through a hunting magazine
6. Look up names in yellow pages
7. Plant Seeds
8. Try different scented hand lotions
11. Describe a childhood
12. Toss a ball
13. Sort playing cards by color
14. Sort and ball socks
15. Fold baby clothes
16. Have a spelling bee
17. Sing favorite hymns
18. String Cheerios for birds
19. Watch old 'I Love Lucy' shows
20. Make sandwiches
21. Wind yarn
22. Decorate sugar cookies
23. Play balloon volleyball
24. Finish famous sayings
25. Make cards with decorative stamps
26. Have a beauty makeover
27. Weed the garden
28. Visit a neighbor
29. Plant a mini terrarium
30. Dust the furniture
31. Snap beans
32. Have an ice cream sundae
33. Feed the pet
34. Bake homemade bread
35. Straighten drawers
36. Polish silverware
37. Reminisce about the first kiss
38. Roll pennies
39. Sweep the kitchen floor
40. Color a picture of the flag
41. Cut up fruit
42. Play Uno
43. Remember great inventions
44. Watercolor
45. Cut out paper dolls
46. Describe something beautiful
47. Water the houseplants
48. Pop popcorn
49. Blow bubbles
50. Look through an old Sears catalogue
51. Have a high tea
52. Talk about a special vacation
55. Remember the 1st day of school
53. Give a manicure
54. Talk about how she met her husband
60. Make a collage
56. Finish famous quotes
57. Play Old Maid
63. Wipe off patio furniture
58. Make a clay sculpture
59. Make a family tree
66. Decorate paper placemats
61. Play favorite songs
62. Sing together
69. Make Jell-o
64. Name the Presidents
65. Make a vegetable salad
72. Play trivia games
67. Trace and cut out shapes
68. Talk about a favorite pet
75. Try on funny hats
70. Cut out magazine photos
71. Look at baby pictures
78. Visit the mall
73. Darn holey socks
74. Finish famous sayings
81. Talk about the wedding
76. Polish shoes
77. Put together a simple puzzle
84. Name states and capitols
79. Look through recipes
80. Play Horseshoes
87. Say a prayer together
82. Arrange flowers
83. Make cream cheese mints
90. Tell a joke
85. Plant flowers
86. Take a walk outside
93. Sponge paint
88. Plan menus
89. Sew sewing cards
96. Make a cake
91. Dance
92. Talk about family photos
99. Make a piece of toast
94. Sand wood blocks
95. Play a kazoo
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97. Talk about the children
98. Smell the kitchen spices

Most families and caregivers are not aware of the variety of activities which are available in our homes.

Families can also try planting a basil, sage, rosemary, thyme, etc herb garden as a sensory activity. Just pluck a few leaves and smell. Also, a few sprigs of rosemary in a vase next to the bed appear to be calming for some persons as a sleep aid.

Good luck to all.