

100 program ideas for the new year!

1

barn babies

Celebrate National Farm Animals Day! Check out an organization like [Barn Babies](#) that allows you to have baby animals come to visit your community for the day. This program provides your residents with the chance to hold, play with, and admire the animals for a few hours. It is a great way to brighten their day! The comfort an animal provides can reduce stress, relieve social isolation, and can even calm anxieties. Your residents will love the visit from the furry babies!

2

relaxation station

Lead a soothing program with a relaxation station! There are many elements you can incorporate into this activity!

We suggest starting with these ideas:

- Creating a soothing atmosphere by dimming the lights
- Preparing aromatherapy (essential oils in a diffuser)
- Providing hand massages
- Playing relaxing music

Enjoy the peaceful program! For relaxing music, [check out the "Meditation" playlist](#) on the Eversound YouTube Channel.

3

president for a day

In honor of all our past presidents, think about what you would do if you were president!

Make it a discussion:

- What would be your first act?
- Of past presidents, who'd be your running mate?
- Would you keep the White House white (why not purple)?

4

banana bread cooking class

Who doesn't love the taste of warm, comforting banana bread? Why not celebrate this delicious treat with its own day! Host a cooking class to have residents make their own loaves or have an instructional class and allow residents to reap (and eat) the rewards!

Need a recipe? [Try out this one!](#)

5

city of love

If your residents were lucky enough in their lives to visit the city of love they know how magical it is! For those who have never been able to visit, take them on a virtual vacation to Paris! A virtual vacation can be educational, engaging and awe-inspiring. Use a short video [like this one](#) or there are plenty of DVD documentaries for purchase.

6

are you feeling lucky?

Learn your luck! With your residents, brainstorm different kinds of luck they would like to have for this month and year. For example, love, friendship, faith, wisdom, rest, laughter... Once you collect enough luck to go around, you can take small baggies and fill them with a few gold chocolate coins and one piece of luck written down on a paper (your residents can help make these)! Place all the lucky bags in a jar or container to mix them around. Once mixed, you can ask residents and even staff to pick out a bag of luck!

7

mouth-waterin’ grilled cheese

Cook up some gourmet grilled cheese and ask residents how they would put unique twists on the classic Grilled Cheese – [find some inspiration here!](#) Need some fun facts about grilled cheese? [We’ve got you covered.](#)

After sharing some fun facts, get the dining staff involved for an ultimate “Grilled Cheese Cook Off” competition and allow staff and residents to enjoy and vote on their favorite!



8

bus trip scavenger hunt

Print off sheets of paper with visuals of things you might see on a bus ride — pictures of a stop sign, school bus, police car, etc. Give each resident a clipboard with the sheet of papers and a crayon or marker. Have residents cross off the items as they see them during the ride!

Using Eversound for this program makes it a lot of fun to act as a “tour guide” throughout and allows the residents to focus more.

9

pjs and prizes

Encourage staff, residents and volunteers to be extra comfortable in their pajamas on this day. Make it fun by having a contest for most creative PJs and offer a prize!

Bonus points for those comfy bunny slippers!

10

look alike day

Social/happy hour with a theme! Grab a friend and become twins! With dollar store props (goofy sunglasses, funny hats, crazy wigs etc.), set up a photo booth in the community and take photos with a friend, resident, or staff member that dressed up as a “look alike”. Create a scrapbook or hang photos on the wall to commemorate a fun day.

11

pack up picnic

Enjoy the flowers with a picnic in the park! A picnic might bring back some nostalgia of days spent with loved ones, children and friends. Pack a lunch of sandwiches, snacks like pretzels, chips, or fruit. Invite family members to join on this outing with loved ones and enjoy fresh air and reminiscing.

12



music bingo

Create bingo cards with a variety of residents favorite songs that fill the boxes ([this Bingo Card Generator makes it easy!](#)). Choose music from a particular genre or generation to start. Print out the bingo cards and pass out to each resident. Connect your smartphone or iPod to Eversound and play the first 15–20 seconds of the song through the headphones. Play bingo as normal: first resident to get 5 songs in a row marked on their card wins!

Need music playlists?

[Check out our Eversound Spotify Channel!](#)

13



all the colors of the wind

Music therapy is a wonderful way to engage the mind. Combine music therapy with a free form, upper body exercise for your residents. Play music for your resident through your Eversound headphones. Pass out ribbon streamers and encourage residents to wave them around to the music to create a colorful exercise class!

Jam out to this [playlist](#) with these [ribbons](#).

14

decoration station

Spring cleaning isn't just about cleaning out your home, it's also about bringing freshness into your life! Have residents decorate their walker or wheel chairs with this fun craft with this [Decoration Station program](#).

Encourage your residents to decorate their walkers, canes, or wheelchairs to best reflect themselves! Once everyone has finished decorating, set up a runway and let your residents strut their stuff.

15

virtual road trip

Did you know on this day in 1908, Mr. & Mrs. Jacob Murdock became the 1st people to travel across the US by car? They left LA in a Packard automobile and arrive in NYC in 32 days, 5 hours, and 25 minutes. Read more about their story [here](#)! What are your residents favorite road trips or travel stories?

Have residents present or share their favorite road trip stories or go on a "Virtual Road Trip" to a destination of their choice.

16

kite's up!

Reminisce on simple childhood afternoons for flying a kite in the park or on the beach! As a child, there was something so mesmerizing that watching your kite flyer higher and higher in the wind. Help your residents bring out their inner child with a good, old-fashion kite flying!

[Here's a deal we found on kites](#). Or [turn this into a craft](#) by having residents decorate their own kites before flying them on a sunny, spring afternoon! Or buy them.

Bonus idea: turn this into a intergenerational activity by inviting local school children in, pairing them up with a resident and have them decorate and fly the kites together!

17

pay it forward

Host a discussion around small acts of kindness that your residents have done for others.

Have residents volunteer, do a small act of kindness for fellow residents or a staff member and ask that they pass it on themselves. The small act may be picking up something someone has dropped, or telling them their haircut looks nice, or even help a staff member set up for a program. [Get more inspiration here](#)!

18

3D tulip craft

They say April showers bring May flowers! With May springing up on us in just a couple of days, make this eye-popping craft that is sure to bring spring fever to your community.

All you'll need is green, red, yellow, and orange cardstock, scissors and a glue stick. [Follow these instructions or video tutorial](#) to bring these Tulips to life. Hang the tulips on bulletin boards, on doors, or in windows to add a pop of color!

19

teacher appreciation

A good teacher can inspire hope, ignite the imagination, and instill a love of learning – Brad Henry.

Teachers play such a vital role in shaping the future of young children. We all have a teacher that we remember for the positive impact they played on our life. Do your residents have a favorite teacher from their childhood?

Purchase or make thank you cards and have residents spend time writing notes of appreciation or advice to teachers at a local school, daycare or after-school program.

20

tissue paper flowers

Create a bloom that won't wilt!

It is nice to be able to decorate your community with flowers but real ones only last so long. Creating and hanging paper flowers is an easy way to brighten your neighborhood and bring the "May flowers" inside!

Follow these steps to create your own beautiful flowers!

21

a picture is worth a puzzle

Have you ever heard "a picture is worth a thousand words"? That may be true, but sometimes there's a puzzle hidden beneath that picture!

Test your residents' brain power with a rebus puzzle! A rebus puzzle is a kind of illustration puzzle, often with letters or words, that depicts a word or phrase. Print out rebus puzzles for your residents and see who can come up with the answers the fastest! Or make it a group game – the group works out their puzzles the quickest gets a special prize!

Unsure where to look for puzzles? Here's a [pinterest board](#) to get your started.

22

grandfriends reading group

Research suggests that engagement in high-quality, meaningful intergenerational programs and relationships may decrease social isolation. It can also increase older adults' sense of belonging, self-esteem, and well-being.

Start a Grandfriends Reading Group where local elementary school children can visit the residents and practice their reading skills. Many communities use

Eversound by having residents wear the headphones and allowing one child to read their story with the microphone. It's a sure way to bring smiles to everyone!

Here's how to have residents and children participate in a reading program together!

23



"salsa silent disco"

Cinco de Mayo is a holiday that celebrates the victory of the Mexican army over the French in 1862. A common misconception is that Cinco de Mayo is the Mexican Independence Day, which was actually declared 50 years prior to this battle.

In Mexico, Cinco de Mayo is primarily celebrated in the state of Puebla, where the battle occurred. Today, it's often celebrated with parades, parties, traditional food and music.

To celebrate, host a Salsa Silent Disco complete with Salsa Music and chips & salsa. Use this playlist to dance and enjoy Salsa music while putting out various salsas for residents to have with chips as a snack!

24



pass it on

Your residents are full of wisdom and have plenty of life advice – help them pass that knowledge on to the younger generation!

Do so by teaming up with a local high school and have your residents write letters with their best advice to graduating seniors. The teachers can pass the letters out to their students a few days before their graduation or during their graduation rehearsal.

You can also provide a list of the residents who wrote advice and the address of the community so the high school students can write thank you notes.

Find this activity on Eversound Engage!

25

pen pals

Having a pen pal is a unique way to form a bond with someone who lives further away. It allows residents to express themselves through writing and to share more about themselves. Help your residents connect with other residents from a different community!

Get started by having residents write a general letter about themselves: where they're from, their career or profession, family and interests. Turn this into a monthly activity by coming together to share letters received, discuss new ideas to share, and write the next letters together.

[See the bonus tip here!](#)

26

a berry delicious day

Go strawberry picking at a local farm. Strawberries are in full season in May (ideal picking between April and June).

Pick some plump, red deliciousness today while you enjoy learning about the farm and soaking up some sun. Maybe take some strawberries back to the community for a baking class – [try one of these recipes!](#)

27

gratitude stones

One way to show gratitude is to present it in a way for all to see.

By creating gratitude stones with your residents, you will help to spread joy and appreciation while providing a unique bit of decoration to your community! You can place these stones in a garden outside, in a fountain, in a bird bath or in a flower pot inside the community.

[See full instructions here!](#)

28

heritage & history

Each of us has a ancestry full of fascinating history! Survey your residents to find out their ethnicities. Let them get as specific as they can or help them with generalizations (Irish v. Northern European).

[The World Factbook](#) is a great place to start for fun facts, national anthems, population facts, and more. You can also find virtual vacation videos to share with your residents on YouTube by searching "[Country] virtual vacation".

These presentations and videos are a great use for Eversound so you can ensure residents catch all of your facts and can fully enjoy the virtual vacation!

29

out of this world

In 1610, Galileo was the first to turn a telescope to the sky to observe space. Since then, the technology behind telescopes and what we've learned about the universe has vastly expanded! On May 20, 1990 the Hubble Space Telescope sent back its first picture of outer space.

[Check out that photo and others here!](#)

Host a discussion with your residents! Try discussing, the advancements in space exploration technology; if there is life outside of our planet; the launch of the [James Webb Space Telescope](#).

30



bottle bingo

Bingo is one the most popular activities but why not spice it up by playing Bottle Bingo?

Bottle bingo is a great way to combine bingo and happy hour!

Split up your group into separate tables and give each table two bingo playing cards and one Eversound headphone. Each table chooses a "captain" who wears the headphones and plays bingo while the rest of the table mingles and enjoys happy hour. Whichever table wins the bingo then gets to choose a bottle of wine for the table to enjoy. Play at least four games of bingo, switching off captains, so every table has a chance to win!

31

this tea or that tea

Put those taste buds to the test!

There are countless flavors of tea, each with different health benefits. Let's see if your residents can identify some of the most common ones in a taste test!

Check out this activity for step by step instructions on Eversound Engage!

32

you quack me up!

Feed the ducks at the park on a beautiful spring day!

When you think of feeding the ducks, you traditionally think of feeding them breadcrumbs. However, breadcrumbs are actually not good for ducks. It's like duck junk food, there isn't much nutritional value and uneaten bread crumbs easily grow mold which could seriously harm the next duck that comes along to eat that breadcrumb.

Instead, consider getting corn, peas, beans or something else off this list.

33

sun's out, buns out

On National Hamburger Day – grill out and play BBQ games!

Consider having a hamburger bar with all types of toppings available for residents to make one of a kind burger creations. Here are some options for toppings beyond just ketchup and mustard! Also put out some games for residents to mingle and play as they enjoy their burgers. Games to put out may be Frisbee, cornhole, horseshoes, or bocce.

34

DIY lava lamps

Watching those misshapen bubbles float up to the top of the lamp and sink back down can be mesmerizing. Help your residents create their own lava lamps in this safe and easy to make activity! This is also a fun activity for when kids, local schools, or grandkids come to visit. You can even bring in local school to make this a fun intergenerational program. Have residents help the kids

organize and construct these DIY lava lamps and enjoy their creations!

Create Your Own Lava Lamp: <https://members.eversoundhq.com/activity/diy-lava-lamps/>

35

adopt a team!

Do you have residents that are particularly into sports? Get them involved by having them share their love of sports! Partner with a local youth sports organization and have your residents follow the team's progress each week, go catch a local game in person for an outing, or invite the team to show off their skills.

36

save the bees & butterflies

Sometimes the smallest critters can play the largest roles! Although small, butterflies and bees play important roles in our ecosystem. Both are crucial in helping flowers pollinate. So how can we help? With your residents you can chose to support the bees, the butterflies, or both!

Learn some fun facts to educate your residents here.

37

night at the drive-in

Bring back the nostalgia of drive-in movie theaters in this two-part activity! To get your night at the drive-in started, have residents paint license plates to put on the back of their chairs. You can also ask residents to paint or color decorations that can be hung up around the room you are hosting the movie in such as stars or the moon. For an additional twist, hang string lights up to recreate the twinkle of the night time sky.

38



night at the drive-in part 2

“Oh those summer nights!” In 1972 musical “Grease” opened at Broadhurst Theater NYC for 3,388 performances. Stream Grease on Broadway or watch “Grease” the movie with John Travolta and Olivia Newton-John for a night to remember. For an added touch, set-up a concession stand with popcorn and candy!

39

horsin’ around

With the craziest Kentucky Derby in the history of the race earlier in May, what will happen at the final leg of the Triple Crown race? To celebrate, have your residents pick which horse they’d like to win. You could even have them place a bet on their pony and have them win a prize. Leading up to the race, ask residents what they would name their horse if they had one running and share the history of the race.

[Find facts here!](#)

40



what’s the scoop?

Trade coffee with your morning paper for ice cream in this fun twist. Treat your residents to a scoop of ice cream as you review the week’s current events. Keep the conversation going by inviting residents to discuss their opinions on current events, or even share video clips that match the headlines.

41

tai chi

Tai Chi is great for improving flexibility, muscle strength, and endurance through slow and gentle movements, perfect residents even if they are managing chronic conditions. Tai Chi is a wonderful addition to any exercise program that brings together the body and the brain by incorporating mindfulness elements.

Help your residents balance their yin and yang: <https://members.eversoundhq.com/activity/tai-chi/>

42



sing-along walkathon

Get your residents’ blood pumping and their voices singing by hosting a Sing-along Walkathon!

Plan out a course to walk around your community or a local park. When you’re ready to go, play music and encourage your residents to sing-a-long to their favorites! Walk around your course and sing along to get those heart rates up! For extra impact, gather your residents before walking and pass out your Eversound headphones to everyone. Your residents will be able to hear the music with perfect clarity!

[Check out the top songs from every decade on our Eversound Spotify Channel.](#)

43



you can dance if you want to

Never miss a beat with this great variation on Zumba that allows all your residents to participate. This variation of Zumba allows residents to dance from their chair while also getting in a great workout. Fun fact: Zumba was created by Alberto “Beto” Perez, an aerobics instructor in Cali, Colombia, when he forgot his workout music for a class. He improvised with some salsa and merengue tapes he happened to have in his backpack, and the class was an instant hit!

Sitting Zumba Video:

https://www.youtube.com/watch?v=GdHFAeC_Ys

44

don’t drop the ball(oon)!

Water balloon toss are a great way to get your residents outside and working together! Pair up residents and give them each pair a semi-filled water balloon.

Have residents line up in two lines facing one and other about 3 feet apart.

Each time a partner successfully catches the water balloon, they must take a step back from each other. Last pair standing wins! Reward winners with these [affordable prize ideas](#).

Water Balloon Toss Rules: http://www.mccshh.com/pdf/Pre_LaborDay_BBQ_Contest_Rules.pdf

45

farmer’s market frenzy

Nothing quite marks the start of spring and summer like a farmers market. [Find a market near you](#) for a daytime outing and have residents pick out local, fresh fruits and veggies to take back to the community to incorporate into your menu for that week. For easy planning, choose a menu item that can be served each day of the week and buy ingredients around that such as salads or smoothies.

[Seven Perfect Salads for Healthy Eating](#)

46

picture this

For an ongoing activity, start a scrapbook committee that meets monthly. They’ll be in charge of suggesting which events photos will be taken at. During the monthly meeting, help residents make pages that can be added to a scrap book that will be kept in the community for all to enjoy! For an added bonus, at the end of the year, scan the pages of the scrapbook and create a “yearbook” for families to enjoy!

47



local landmarks

A great way for residents to explore their community, create a scavenger hunt using [local landmarks](#) in your city. Create a checklist of items for residents to search for on the bus tour, and have them mark each item off as they find it. Make it a round trip and share interesting facts about the landmarks once the scavenger hunt has been completed!

48

head in the clouds

This multi-day activity is a great way to give residents a hands-on learning experience that can be used in the community year round. Residents will be their own meteorologists and build 4 easy to make weather gauges including a rain gauge, a barometer, a weather vane and an anemometer.

[How to Build Your Own Weather Station Video Tutorial](#)

49

telephone pictictionary

Sit in a circle and give everyone a notepad (with plenty of sheets) and a pen. Have everyone write down an object, phrase or person on the second sheet of their notepad, close it, and pass over to the person on their right. Now everyone picks up the new pad, reads the phrase on page two, and draws it as best they can on page three. Pass the notepads again, only this time, you can only look at the illustration and try to guess the phrase on the next page. Keep passing and drawing or guessing until you have your original pad in front of you. Flip through the pages in front of the group for mega laughs as your phrase gets distorted, telephone-style, through the drawings and guesses.

50

“gone fishing”

Fishing isn’t for everyone but this at home fishing game makes sure there are enough fish in the sea for everyone. This activity doubles as a craft and game experience where residents can color and create the fish, then try to catch them.

[Get fishing here](#)

51

dog days of summer

A great way to collaborate with your community is to identify a local shelter that can bring their pets to your community for adoption day. Animal shelters are always looking for places to host their adoption days and as an added bonus, residents can engage with the pets or take them for walks in between sessions.

[Find an animal shelter near you](#)

52

leave your (book)mark

A fun and affordable activity, residents can create their own bookmarks for their favorite stories. Head to your local hardware store and collect some paint samples to act as the base of the bookmark. Then set-up a variety of stamp stations where residents can stamp fun designs onto their paint cards. Residents can even hole punch the card tops and tie their favorite ribbon or strings to them.

[Check out this site for more inspiration](#)

53

set up camp

The first activity in a 4-part series, get your residents excited by kicking off with some camping crafts. Have residents create campside decorations to hang up around your community and activity room such as paper birds, squirrels, bears and trees, to name a few. After decorating, set up a pop up tent in the middle or hang up some sheets using clothes lines!

[Camping Activity Room Ideas](#)

54



guess that sound: camping

For an interactive game that sets the mood for an indoor camping trip, play noises you might hear on a camping trip and have residents guess the sound. Examples include crickets, a babbling brook, campfire crackling, birds, etc. Enhance the experience with lighting incense that smells like campfire or have a video of a campfire scene playing in the background on mute.

[Check out this video with relaxing campfire sounds to play](#)

55

s'mores & more

Who says s'mores have to be chocolate, graham crackers and marshmallows? Create unusual s'mores by experimenting with ingredients like cookies, bananas, mini candy bars, flavored marshmallows (or even marshmallow fluff to help hold things together) and white chocolate. Set-up a bar with multiple ingredients where residents can pick and choose their toppings and get assembling for their camp night!

[Making s'mores without a fire](#)

56



fireside chats

You don't need a fire to tell a good story, just good company. Have residents sit in a circle and ask them to share stories of their favorite time camping or in their life! To create a night time ambiance, use electric candles and dim the lights.

Feeling spooky? You could also tell creepy campfire stories [like these](#) or encourage residents to make up their own.

57

summertime strollin'

Enjoy the simpler things in life with a stroll at your local park. Local parks often offer monthly walking clubs or nature outings that can be found online or on the parks on-site bulletin board. Encourage your residents to share stories from their life on the walk to make the time fly!

58

sparks will fly

It's no secret, kids love fireworks. This activity is a great intergenerational program that is just in time for Fourth of July. The best part about this craft? No fire necessary! These pop-up fireworks are recyclable, and can be used at birthdays or other year round celebrations. Residents can help their grandchildren decorate their firework or your community can partner with a local school during their art class.

[Pop-up Firework Instructions + Materials](#)

59



knock 'em dead

Unleash your resident's inner Picasso and create something abstract with this interactive painting activity. This activity uses water guns and acrylic paint to create works of art. Fill up water guns with different paint colors and have residents squirt canvas or any object you'd like to paint - canvases, vases, or even t-shirts. No painting skills required for this one! This activity is Eversound friendly, so as an added bonus have residents paint to a playlist of your choosing to inspire their creativity!

[Watch Squirt n' Paint Tutorial](#)

60



sunrise yoga

Exercise is key to keeping your residents happy and healthy. Yoga is a universally recognized exercise that accommodates all levels of fitness while also providing therapeutic benefits. In the spirit of National Great Outdoors Month, have residents partake in an early morning yoga session in your community's outdoor spaces or find a free class in your local park. For added serenity, play a relaxing playlist using Eversound.

61

hatch your own herbs

Reap what you sow in this easy and budget friendly activity, perfect for the summer weather. Herbs are among some of the easiest plants to grow which makes this activity great for gardeners of all levels. With only a few materials needed, including egg cartons, seeds, soil and a water bottle, residents can dig right in. Once the herbs have grown, have residents create food and drink recipes using fresh herbs. [View the full activity instructions here.](#)

For affordable seed packets, [visit this site for 20 seed packets for \\$20](#) or head to your local Dollar Tree for packets as low as \$.25.

62

3 things in common

This activity is perfect for introducing new residents to your community and even getting residents to learn more about one and other. 3 Things in Common is an interactive game that encourages residents to mingle and is very easy to implement for an afternoon activity. For complete instructions on setting up this activity, [visit here.](#)

63

my main squeeze

When life gives you lemons, make lemonade...in all different flavors! Have residents make their own variations of lemonade by using syrups, fruits and even fresh herbs (perfect way to use herbs from “Hatch Your Own Herbs” Activity). After each resident has created their concoction, have each person participate in a blind tasting and rate their favorites on a simple score card. The lemonade with the highest score, takes home the crown!

[Here are some unique recipes to get you started!](#)

64

when life gives you lemons, make a volcano!

Science never gets old, which is why this volcano building activity is sure to be dynamite! This activity uses seven simple steps and seven household materials to create Lemon Volcanoes! These colorful explosions are mesmerizing and low maintenance, and also a perfect way to use any extra leftover lemons from Lemonade Stand Day.

[Lemon Volcano step-by-step instructions](#)

65

what floats your boat

This science experiment will bring out the curiosity and competitiveness in your residents. Using only a select few materials, residents will be challenged to create their most buoyant boats and then, put their strength to the test. Residents will test their boats durability, and the boat that holds up to the challenge wins!

For instructions on how to set this activity up, [visit here.](#)

66



napa valley bottle bingo

Napa Valley, the heart of America’s wine country, is only a cork away! Split your group into two and give each table two bingo cards and one Eversound headphone. Each table chooses a captain to wear the headphones and plays bing. Whichever table wins can choose a bottle of wine for the table to enjoy! With the Napa Valley Wine Festival this month, celebrate with bottles of Napa Wine for an added twist.

67 **bye bye birdie**

Encourage a sense of accomplishment and get residents working with their hands in this bird house building group program. Great for men's groups, have residents assemble pre-cut bird houses, including everything from sanding, nailing and painting. Hang finished birdhouses in your courtyard and see what visitors fly by!

[Pre-Cut Wooden Birdhouses from Home Depot](#)

68 **hot air balloon festival**

Bring a little science into your programming this month as you have residents make simple hot air balloon in this easy science project. Residents will learn about air density and the important properties of gas. This activity uses items you can easily find around your community and is simple to construct. [Full activity instructions can be found here.](#)

69 **recycled poetry**

Still have magazines and newspapers from last month or even last year? Don't throw them out just yet...make some recycled poetry! To get started, cut out words from these magazines and newspapers. Pick words that are interesting, and make sure to also choose simple words (the, a, at, to, and, from). Have residents use these cut outs to assemble different types of poetry, such as haikus or limericks. At the end, hold a poetry reading session and invite residents to attend.

[Full activity instructions can be found here.](#)

70 **putt-putt parade**

Golf is a timeless sport. Putt-putt...not quite as timeless, but it sure is fun! For a kickoff to summer, get every department to decorate their own putt-putt hole! You can have all the holes fall under the same theme or let each department create their own theme! Get residents to team up and walk around the community putt-putting with stops for lemonade, photo ops, and more!

Decorations can get pretty elaborate but for the simplest version, make a putting green by laying down green felt in different shapes – skinny long rectangles, squares, curves. Complicate holes by adding obstacles like a bucket to putt around, a 2X4 backboard to putt off of, or a hill. The options are endless!

[Full instructions can be found here.](#)

71 **build-a-bouquet**

Create beautiful flower arrangements using real or silk flowers in this crafty art activity. If using real flowers, take residents on a walk to select their own wildflowers or to a local farmers market for a few large bouquets. Silk flowers can be purchased online or your local craft store. Check their site in advance for deeply discounted coupons to purchase flowers with! Have residents arrange their flowers in vases or paint plastic bottles. After residents can decorate their rooms or place their arrangements around the community for all to enjoy! Add music to make the session more enjoyable using Eversound.

Find free playlists for your session on our Spotify [channel here.](#)

72 **in full bloom**

For this activity, residents will create their own cards that they can send to relatives. This is a wonderful activity for residents with mild to moderate cognitive decline. To get started, have your local print shop or drug store print out 4 x 6 cards (Walgreen's, CVS, Walmart). During the activity, talk to residents about each flower, and then have residents choose their favorite for their cards. Have residents look through stickers or other small decorations that they can decorate the inside of their card with. At the end, have them sign the card and send them out to the family members of their choice!

You can find royalty-free stock photos of flowers from [Pixabay.com](#)

73

bird to the wise

Bird watching is a great hobby for residents to partake in that peaks curiosity while getting residents outdoors. Create a pamphlet or print out with pictures and quick facts about common birds in your area that residents can reference on an outing. Find a local park or easy nature trail for residents to explore, and see how many birds they can spot!

For some information on some of the most common birds, use this [reference guide](#)!

74

the great cookie dunk challenge

A tasty science experiment, this activity uses a variety of cookies and milk to learn about buoyancy. Have residents guess which cookies will float and which will sink and turn the experiment into a friendly competition. The resident who guesses the correct cookies, gets a prize. This activity is ideal for residents who enjoy science or learning and is cognitively stimulating.

[Cookie Challenge Instructions](#)

75

a trip to the Smithsonian

Take a trip to the Smithsonian and explore consumerism from the 1920s to 1970s in these detailed lesson plans. Residents can learn about the items they are most familiar with activity plans for days of learning. Lessons include artifact analysis, discussion questions, and detailed briefs about artifacts from this era in the Smithsonian.

[Consumerism at the Smithsonian Lessons](#)

76

the art of origami

Origami is the art of paper folding and is often associated with Japanese culture. This is a great activity to get residents to use their hands and can be incorporated into a day of learning about Asian cultures. Simple origami folds include fans, hats, foxes, frogs and even alphabet letters.

[Simple Origami Folding Instructions](#)

77



name that tune

A fun and interactive activity that is a great way to trigger memories and get residents to reminisce about a certain era. Play a game of “name that tune” with playlists from different genres. Check out our pre-selected playlists on our Spotify channel [here](#). This is also a great activity to use Eversound with. For residents struggling to name a song, provide visual aids such as the album cover or provide words and images provided in the song.

78

build me up, buttercup

This easy activity allows residents to combine food and science. This activity uses less than five items, most of which can be found around your community. Once the butter is made, you can have residents create specialty butters by combining jellies, fruits or even herbs. Serve the butter at your meals for the week and let residents try each combination and vote on their favorite!

[Butter in a Jar Instructions](#)

79

what am i?

Charades will get your residents moving and cognitively stimulated. This game can be played standing or seated for residents who have more trouble moving around. Add variations to the game such as having a single theme, or team play where the other team has a chance to steal to put a new spin on this classic game.

[Charades Words and Variations](#)

80

sensory board

Sensory boards are a great way to invoke memory through touch and is ideal for residents with mild to moderate cognitive impairment. By creating sensory boards with textures and familiar objects, such as knobs, residents can connect with past memories and help with dexterity. Sensory boards can be built with family and friend input, using materials they love such as fleece or silk.

[Sensory Board Instructions](#)

81

recycled & upcycled

Have some plastic containers laying around from your kitchen? Upcycle plastic containers by decorating them using scrapbook paper and Modge Podge. Find various scrapbook sheets from your local craft store and foam brushes for the Modge Podge. Ideas for the containers can be to hold pens, brushes, make-up, plants or supplies.

82

speed dating

Whether you are introducing new residents to your community or want to encourage your current residents to get to know each other even more, a round of speed dating is a great place to start. Pair residents up around a table or create a space with two chairs facing each other in a row or circle and have each resident choose a partner. Give each resident 5 minutes to ask questions and then switch. Create notecards with questions to hand out to each resident to help the conversation along!

[Speed Dating Question Ideas](#)

83



murder mystery dinner

Dinner just got a little bit more mysterious. A popular past-time, murder mystery dinners combine entertainment with role play, giving all residents a part in the experience. Residents receive random roleplay assignments, some with speaking parts and others as audience members. Murder mystery games can be purchased or created using note cards. For an added bonus, allow residents to dress-up to match the theme!

[Free Murder Mystery Games](#)

84

backyard games

Enjoy the last days of summer outdoors with a variety of backyard games for residents to play. If you do not have a courtyard to set-up games, try setting them up in your parking lot or a large indoor space. These backyard games a great way to get residents up and moving as well as get some friendly competition going. This activity can also be a great intergenerational experience for visiting families.

[Backyard games ideas](#)

85

the hen that feeds

Bring birds to your community space by hanging these easy to make bird feeders around. This upcycling activity uses only a few materials and is a budget-friendly activity. Extend the life of the activity by monitoring the birds coming to the feeders and documenting them in your community for bird watching enthusiasts!

[Plastic Bottle Bird Feeder Instructions](#)

86

game night (family fun month)

August is Family Fun Month and this intergenerational activity allows you to play games from each decade! Set up a video game system such as a Wii that allows everyone to interact with the game by moving their bodies. You can also set up card games, board games, and even a karaoke machine so everyone can play their favorite!

87

where in the world

Get to know your fellow communities in this fun game that lets your residents interact with residents across the nation, or even the globe! Set-up a webcam or laptop in your community room. Using Skype, connect with a community in a different part of the country or globe. The aim of the game is to guess the location of the other community by asking each other questions. This is also a great opportunity for residents to learn about other parts of the country and world.

88

tie-dye extravaganza

Have some old fabrics lying around your community? Give them some love with a full fledged tie-dye session! Purchase packs of white t-shirts that residents can tie-dye alongside any [white materials](#) you may have lying around such as sheets, cloth napkins or even towels.

[Tie-Dye Instructions](#)

89

bad to the minton

What would summer camp be without a little friendly competition? Get your residents together for a badminton tournament! For each round, play a different variation of badminton in the seven ways below. Have each team choose their name and team colors to keep spirits high!

[7 Easy Ways to Play Badminton](#)

90

a walk in nature

Get to know the great outdoors in your neighborhood! Take residents on a tour around the park, or local green spaces after a lesson on the most common plants in your area. Create a presentation with the different types of plants that residents can expect to find using the site below.

[Find Plants in My Zip Code](#)

91

you've got talent

Your community has talent, now it is time to share it! Hosting a talent show is an excellent opportunity for your residents to share their special skills. Skip the auditions and ask residents to sign-up with their talent and promote the show to family, friends, staff and other residents. If family and friends are unable to attend, film the show and send it to them after!

92

puzzles & pajamas

Just like a camp sleepover, have residents wear their favorite pajamas in this pajama and puzzle picnic! Set-up makeshift tents around a common space with puzzles and other games at the center. Have residents split off into groups. This is also a great activity to use Eversound with using either campside sounds or their favorite playlists.

[Puzzles and Pajamas Instructions](#)

93

follow the yellow brick road

The Wizard of Oz premiered on August 25, 1939. Turn this anniversary into a day of themed activities including trivia, matching games, bingo and even relay races! End the day with a movie night, playing your community's favorite version of the Wizard of Oz!

[Wizard of Oz Activity Ideas](#)

94

pom-pom cactus

This low maintenance "plant" brings the outdoors to your community. These cute pom-pom cactus are a fun activity that livens up any space, and the best part? It is everlasting! This easy craft uses few materials and can be made with different colored pom-poms. Another great idea? Use your upcycled plastic containers from the "Recycled & Upcycled" activity.

[Pom-Pom Cactus Instructions](#)

95

staycation vacations

Pack your bags! Take a summer vacation to these five destinations, all chosen by National Geographic as the top places to visit this summer. These vacations are week long activities that allow you and your residents to explore all aspects of an area, finishing with a virtual tour of the destination.

[5 Virtual Vacation Activity Plans](#)

96



painted rock garden

With countless [health benefits](#), painting is a great therapeutic option for residents. Decorate your community garden with painted rocks, a popular way to jazz up your garden or mark plants. If you do not have rocks around your community, you can take residents to your local park to collect rocks to paint.

[Painted Rock Garden Ideas](#)

97

state fair

Fair season is around the corner, with carnivals popping up all over town. Most state fairs happen in late summer and early fall, as temperatures begin to cool. Even if your area's state fair is a trek, you can go to your local fair or bring in hot dogs and funnel cakes for residents.

98

pumpkin spice & everything nice

Autumn can mean a lot of things, but one staple is pumpkin spice. From scents to lattes, the coming of fall also means the coming of pumpkin spice. Have residents create pumpkin spice or even cinnamon scented candles in this easy, 2-ingredient candle making activity. For an added bonus, serve fall flavored drinks such as apple cider alongside the class.

[Instructions: DIY 2-Ingredient Candle Making](#)

99

in flying colors

Start fall off with a glimpse of the nation's most spectacular fall foliage. Host video sessions that take residents across the country to see the best fall foliage from a birds-eye view. Encourage residents to share their own leaf peeping experiences or suggest where to go next!

[Aerial View of Utah's Fall Foliage](#)

100

community documentary

Video is steadily becoming more and more popular and a favorite pastime for families and residents. Create a "seasonal" documentary of your community and ask residents to partake in various skits mixed with candid video. Make sure to receive consent from your residents before filming. At the end of the season, compile all the videos together and share with residents and their families!