

Activities to do at Home

Anything [underlined with blue text color](#) is a clickable link that will lead you to another website

1. Bake/ Cook Simple Recipes- Clickable link for recipes below

- A. [Simple Berry and Vanilla Cream Trifle Recipe](#)
- B. [Easy Chocolate Pudding Recipe](#)
- C. [Easy Sugar Cookies Recipe - Allrecipes.com](#)
- D. Prepare tea or coffee

2. Cleaning

- A. Fold laundry
- B. Wipe tables
- C. Wash/dry dishes
- D. Put silverware away
- E. Set the table
- F. Redecorate/reorganize the house

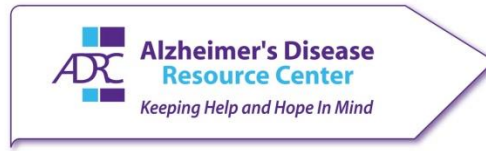
3. Physical Activity- clickable link for video tutorials

- A. [Seated Exercises for Older Adults](#)
- B. [Standing Exercises for Older Adults](#)
- C. [Core Strengthening Exercises for Seniors](#)
- D. [Fuzion Fitness with Alexis #31: Chair Workout - November 2015](#)
- E. [Yoga for Seniors ♥ Chair Stretches for Pain Relief, Relaxation, Joint Health, Flexibility, Stress](#)

4. Arts and Crafts- clickable guides below

- A. Paint

If you do not have a paint or a paint brush you can use food coloring or a toothbrush as an alternative



Activities to do at Home (Continued)

You can make paint by taking 1 cup warm water, 12 oz flour, salt- mix until smooth then add food coloring.

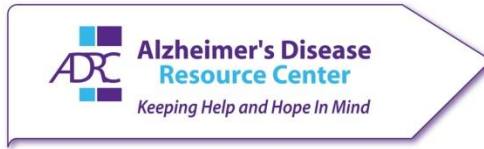
[How to Make Paint: 3 Easy Homemade Paints | CREATIVE BASICS Episode 4](#)

Make a collage- [Collage Techniques — The Art League School](#)

Take photos from magazines or around the house and glue them onto an old cardboard box.

- A. Puzzles
- B. If you do not have a puzzle accessible you can make one by cutting a cereal box into square like pieces
- C. Knitting
- D. Sculpt using model magic or play dough
- E. Make a rain stick- [How to Make a Rain Stick : Supplies for Making Rain Stick](#)
- F. Soup can Flower Pot- [Tin Can Flowerpot - DIY // How To](#)
- G. [Paper guitar](#)
- H. Bird feeder-[Water Bottle Bird Feeder Homemade | Easy Bird Feeder Craft | Plastic Bottle Recycling](#)

- 5. **Read books**
- 6. **Go through photo albums**
- 7. **Go for a walk**
- 8. **Go for a drive through a park**
- 9. **Play Music or sing songs**
- 10. **Tend to garden**
- 11. **Games – clickable printouts below**



Activities to do at Home (Continued)

12. Cards

- A. Uno
- B. Go fish
- C. Rummy 500
- D. Spit
- E. War
- F. Opposite Game

Example: I say UP you say DOWN

- B. Dominoes
- C. Crossword Puzzles- [Free Daily Printable Crossword Puzzles](#)
- D. Sudoku- [100 Free Printable Sudoku Puzzles](#)
- E. Checkers
- F. Board Games
- G. Balloon Volleyball
- H. Online Brain Games:
 - A. [Lumosity Brain Training: Challenge & Improve Your Mind](#)
 - B. AARP Game List- [Staying Sharp | Games](#)

13. Personal Care

- A. Give/receive hand massage
- B. Brush hair
- C. Give/receive manicure

14. Clickable links to Irish music

Listen to Irish Music

[Irish Music | Beautiful Celtic Music | Traditional Irish Folk Music](#)