

# June 2021 Activity Calendar For Seniors With Dementia

by SeniorSafetyAdvice.com

## June 1st

**Say Something Nice Day** – Get some stationary and write to a few people and say something nice to them. What a great surprise it will be for them to receive that!

**Outdoor Activity** – If you live in a home or area where you can set up bird feeders and maybe even make some bird houses – that would be a great activity.

**Indoor Activity** – Painting rocks for your outdoor garden or just to make as gifts can be a really fun and creative activity for the whole family.

## June 2nd

**National Rotisserie Chicken Day** – What a great excuse to go out and get some Rotisserie chicken or even better – make one on your [outdoor grill](#)! Make a picnic out of it in your backyard.

**Outdoor Activity** – Along with that outdoor picnic any game like [cornhole](#) or [croquet](#) or [ring toss](#) would be a fun activity not only for seniors but for the entire family.

**Indoor Activity** – Painting rocks for your outdoor garden or just to make as gifts can be a really fun and creative activity for the whole family.

## June 3rd

**Wonder Woman Day** – To most of us, our senior moms are wonder women so why not make today all about her? Take her to her favorite park, beach, etc. Get her favorite ice cream or meal or maybe just invite some folks over for a little coffee and cake.

**Outdoor Activity** – Even if you can't (or won't) ride a bike – just getting out to a park or Greenway to watch them can be enjoyable – especially if you bring along a snack.

**Indoor Activity** – There are some great bicycle themed movies that you can all enjoy like Breaking Away, Bicycle Thieves and American Flyers.

## June 4th

**Banana Split Day** – How much fun could it be to gather all the ingredients for a [banana split](#) and then enjoy the treat with the family!

**Outdoor Activity** – Before it gets TOO hot – spend some time at your local zoo! I bet it's been a long time since you've been there.

**Indoor Activity** – Get to the store for some bananas and [have a little fun with them](#)! From food to crafts – there's more to a banana than meets the eye.

## June 5th

**National Bubbly Day** – I once served champagne to my in-laws with dinner and my mom-in-law said, “*What are we celebrating?*” I said, “*It’s Wednesday!*” My point is, you don’t need a special event to make an everyday event special.

**Outdoor Activity** – Exposure to sunshine and fresh air has been proven to lift moods and reduce stress and this is certainly true for anyone with dementia.

**Indoor Activity** – A bubble bath may be something your senior loved one hasn’t done for a very long time and if they are physically capable of getting in and out of a bathtub safely – it may be something that they may enjoy.

## June 6th

**National Eyewear Day** – Make it a point today to take your eye glasses to get cleaned and adjusted or maybe even to get some new funky ones!

**Outdoor Activity** – Get those sunglasses out and take a drive! My aunt had a difficult time getting out and about so we often took car drives out into the country – just to get away, listen to some music and enjoy the fresh air.

**Indoor Activity** – Virtual reality for seniors with mild dementia can be very beneficial and fun too. “*VR can clearly have positive benefits for patients with dementia, their families, and caregivers. It provides a richer and more satisfying quality of life than is otherwise available, with many positive outcomes.*” [Dr. Chee Siang Ang](#)

## June 7th

**Daniel Boone Day** – A good day to grill in the backyard or a park and enjoy the outdoors.

**Outdoor Activity** – If you can enjoy some fishing and maybe some backyard camping today would be a good day for that.

**Indoor Activity** – Have a little fun with a [western themed Bingo game](#) or enjoy the old [Daniel Boone tv show](#).

## June 8th

**World Pet Memorial Day** – Honor the wonderful pets that you and your family have had in the past on this day by [writing down their stories](#) to share with the family.

**Outdoor Activity** – Plant a little memorial garden for your pets that have passed away.

**Indoor Activity** – Make some [memorial rocks with this rock painting kit](#) to remember the pets that have given you so much love through the years.

## June 9th

**Donald Duck Day** – Celebrate with some wonderful old [Donald Duck movies](#).

**Outdoor Activity** – If you have a park nearby where there are ducks in the lake then today would be a great day to enjoy spending some time with them.

**Indoor Activity** – Have some fun making Donald Duck cookies with this [great cookie cutter tool](#).

## June 10th

**Iced Tea Day** – Host an iced tea affair and ask everyone to bring their own iced tea concoction.

**Outdoor Activity** – If your town has a tea shop nearby – today would be an appropriate time to go visit them and maybe discover a different kind of tea.

**Indoor Activity** – Experiment with some different iced teas. My favorite is mixing [Red Zinger tea](#) with [Lemon Ginger tea](#)! Yummy!

## June 11th

**Corn on the Cob Day** – Besides just eating corn – [why not share it with your backyard pets?](#)

Many of us can spend hours just watching birds, squirrels and chipmunks enjoy these treats.

**Outdoor Activity** – Grilling corn on the cob and making a backyard (or park) picnic out of it with family and/or friends seems an appropriate activity today.

**Indoor Activity** – There are some wonderful [recipes that you can make with corn](#).

## June 12th

**National Marina Day** – If you live near the ocean or a lake or are lucky enough to have a boat then go and celebrate today by the water.

**Outdoor Activity** – Even if you can't get to a marina – you may be able to get to your local aquarium or just blow up a little kiddie pool and enjoy dipping your toes in the cool water.

**Indoor Activity** – A fun [game of Go Fish](#) can make a lazy hot summer afternoon just a bit better.

## June 13th

**Random Acts of Light** – This day is meant to encourage us all to bring some light into the lives of anyone suffering from cancer. If you know someone like that – a simple act of kindness would be a wonderful gift to give today.

**Outdoor Activity** – Put some [luminary bags](#) out (or make your own) and use [small flameless candles](#) in them.

**Indoor Activity** – Spend some time today calling and connecting with family and friends who are dealing with or have dealt with cancer.

## June 14th

**Family History Day** – Get your family’s history written down while you still have the seniors in your life who can give you that information. Today is the day to begin that project.

**Outdoor Activity** – Visit a history museum or spend some time with older relatives.

**Indoor Activity** – Either film your senior loved ones telling you their stories or write down what you find in this [Geneology Organizer](#).

## June 15th

**National Lobster Day** – I personally am not a fan of Lobster but if you are – then today could be your day to celebrate this delicacy.

**Outdoor Activity** – A trip to a seafood restaurant or a local fish store where you can pick out your own Lobster to bring home for dinner may be fun.

**Indoor Activity** – Anyone who enjoys lobster probably already knows how to make them but why not try something new and different? [Check out these 11 recipes](#).

## June 16th

**National Fudge Day** – Most everyone loves fudge so it’s no surprise that there’s a day dedicated to this delicious dessert.

**Outdoor Activity** – A trip to a candy store or a fudge store (if you have one nearby) could be a fun trip to do to celebrate this chocolatey delight.

**Indoor Activity** – Of course – making your own fudge recipe at home and inviting some friends or family and the kids could be a great indoor activity today.

## June 17th

**Bartender Day** – I suppose Bartenders need their own day too. After all, they work very hard to help others have a good time when they are out for a drink. Remember, even if you don’t drink alcohol, there’s plenty of [fun drinks you can make that are non-alcoholic](#).

**Outdoor Activity** – A visit to an outdoor local bar or restaurant for a late afternoon drink could be a fun thing to do – especially if you invite others along.

**Indoor Activity** – Today is all about what bartenders do and that is making a great drink. So have some fun and get yourself a [Mixology kit](#) and some recipes and enjoy the day.

## June 18th

**Clark Kent's Birthday** – Today is the birthday of [Bud Collyer](#), who was the voice behind the very first live-action Superman!

**Outdoor Activity** – Find a spot where you can spend some night time looking up at the stars and enjoy the vast expanse of space before us.

**Indoor Activity** – Your senior loved ones may remember the [original Superman TV show](#) which might be a lot of fun to re-watch with them.

## June 19th

**Garfield the Cat Day** – The cartoon cat Garfield is extremely popular and can be found on many products so it makes sense that he would have his own day.

**Outdoor Activity** – I sometimes like to go to the pet shelter and just sit in the room with the kittens and spend some time with them and then go sit in the room with the older cats and play with them too. You might enjoy that as well.

**Indoor Activity** – There are all kinds of [cat and pet related puzzles](#) that you can spend time putting together!

## June 20th

**National Sea Shell Day** – Some people just LOVE sea shells! Well, if that's you or your senior loved one then today is your day to celebrate.

**Outdoor Activity** – Of course, taking time to get to the beach for some sea shell hunting would be the logical outdoor treat of the day. But if you can't get to the beach, then why not [buy some sea shells](#) and make your own sea shell hunt in your backyard.

**Indoor Activity** – There are many different kinds of [sea shell crafts](#) that you and your family can enjoy doing while indoors.

## June 21st

**National Selfie Day** – Strike a pose, take a selfie and share it with family and friends cause today is the day to celebrate a selfie!

**Outdoor Activity** – Get outdoors for any activity and click away! You can use a [selfie stick or tripod](#) to take some photos.

**Indoor Activity** – Share your new selfie photos with others via text or social media.

## June 22nd

**World Rainforest Day** – Many of us who do not live near rainforests rarely think of them but they provide so much to us by stabilizing climate through absorbing carbon dioxide and increasing humidity.

**Outdoor Activity** – Take some time to visit a local botanical garden.

**Indoor Activity** – Take some time to consider joining the [World Rainforest Day organization](#) and helping to support saving these very precious parts of the world.

## June 23rd

**National Detroit Style Pizza Day** – I honestly didn't even know there was a Detroit style pizza! But if you're from this great city – then today should be a day to celebrate.

**Outdoor Activity** – Detroit, Michigan is the birthplace of the American automobile and Motown music so take a drive, listen to some great songs and head to your local pizza joint for a treat!

**Indoor Activity** – But if you would prefer to make your own pizza at home, then [check out this great recipe](#) for this regional and flavorful pizza.

## June 24th

**World UFO Day** – If you are a SyFy fan like me, then any day celebrating science fiction and space anomalies is a day to celebrate!

**Outdoor Activity** – Take out your [telescopes](#) and spend some time out tonight staring up at the night sky searching for any UFO's!

**Indoor Activity** – The classic [UFO movie, Close Encounters of the Third Kind](#) is a must watch to celebrate this holiday.

## June 25th

**Color TV Day** – I certainly remember black and white television so I know that your senior loved ones remember it too. Today we celebrate the advent of color television which although it was introduced in 1939, it didn't become a commercial product until 1953.

**Outdoor Activity** – Get yourself an [inflatable movie projector screen](#) and a projector and enjoy movies in the backyard.

**Indoor Activity** – Or spend some time today celebrating some of the first movies and shows from 1953 that were broadcast in color. How to Marry a Millionaire, Gentlemen Prefer Blondes, War of the Worlds and more. [See the list here.](#)

## June 26th

**Great American Backyard Campout** – What a great idea! Instead of plowing everyone into a car and heading off to the wilderness for some camping – why not do it right in your own backyard!

**Outdoor Activity** – Get your camping gear and head out to your backyard for a little “roughing it”! I would not necessarily recommend that your senior loved ones spend the night sleeping on the ground but you can still spend a few hours in the back, roasting marshmallows or just enjoying the sounds of nature.

**Indoor Activity** – Make some [S’mores indoors](#) with this great recipe!

## June 27th

**Log Cabin Day** – The [Log Cabin Society](#) decided that they should have a day dedicated to their topic of interest so hey, why not?

**Outdoor Activity** – Check to see if there is a log cabin builder in your area and tour them.

**Indoor Activity** – Check out the [many log cabin crafts and puzzles](#) that you can enjoy.

## June 28th

**Paul Bunyan Day** – The story of Paul Bunyan first appeared in 1906 but the tales may have started as far back as 1837.

**Outdoor Activity** – Getting out to any National Park or local park today would seem an appropriate activity to celebrate this American outdoorsman.

**Indoor Activity** – Contact your local library and ask them if they have any books about Paul Bunyan that you can take some time today to read.

## June 29th

**National Camera Day** – I guess it makes sense that the same month there’s a selfie day, there should be a camera day too.

**Outdoor Activity** – Get your camera or your phone and get out and start snapping away towards a project. Maybe you can search your town for photos of flowers, or scenery, or maybe even artwork.

**Indoor Activity** – Today is a good day to sort through those boxes of family photos and begin working on organizing them or maybe even [scrapbooking](#) them.

## June 30th

**Social Media Day** – Love it or hate it, [social media](#) is here to stay. So why not make the most of it.

**Outdoor Activity** – Gather those great photos you took this month and post them online!

**Indoor Activity** – Celebrate the day by recognizing the fact that too many people are using social media to hurt others. So, give up doing ANY posting, tweeting, etc. for the entire day!