January

Activity Calendar For Seniors With Dementia

The month of January can represent a clean slate, a chance to make this upcoming new year as good as possible.

Remember to adapt these activities to the individual's abilities and preferences, always prioritizing safety and comfort.

So, take some time this month to enjoy the wonderful holidays that this month presents, then check out our other activity calendars in the following months.

Here's an activity calendar for January with outdoor and indoor activities for each day, along with brief explanations of how each activity benefits someone with dementia:

January 1:

Outdoor: Create a "New Year's wish" ice sculpture

Indoor: Host a "Noon Year's Eve" party with mocktails and party hats

Creating an ice sculpture by freezing objects in water encourages creativity and sensory exploration. A "Noon Year's Eve" party brings festive fun without disrupting sleep schedules, promoting social interaction and joy.

January 2:

Outdoor: Build a snowman (if there's snow)

Indoor: Make hot chocolate from scratch

Building a snowman is a fun, tactile activity that encourages creativity and physical movement. Making hot chocolate stimulates the senses with familiar smells and tastes, potentially triggering pleasant memories.

January 3:

Outdoor: Go on a "frost and icicle" photography expedition.

Indoor: Create a "snowglobe" terrarium in a jar.

Photographing frost and icicles encourages mindfulness and appreciation of winter beauty. Making a terrarium helps with fine motor skills and provides a lasting indoor nature display.

January 4:

Outdoor: Build a “bird cafe” with different types of feeders.

Indoor: Have a “silent disco” with wireless headphones.

Creating a bird cafe is a purposeful activity that connects with nature. A silent disco allows for enjoyable movement and music without overwhelming noise.

January 5:

Outdoor: Go “ice bowling” using frozen water balloons as bowling balls.

Indoor: Create a “texture wall” with various fabrics and materials.

Ice bowling is a unique, sensory-rich game. A texture wall provides ongoing tactile stimulation and can be a calming activity.

January 6:

Outdoor: Go window shopping at an outdoor mall.

Indoor: Play a card matching game.

Window shopping provides light exercise and visual stimulation. A card matching game helps maintain cognitive skills and can be adjusted to different difficulty levels.

January 7:

Outdoor: Create “frozen bubble art” on a cold day.

Indoor: Make a “family handprint tree” painting.

Frozen bubbles create magical, ephemeral art. A handprint tree painting is a collaborative art project that creates a keepsake.

January 8:

Outdoor: Go for a short walk after lunch.

Indoor: Do chair exercises.

A post-lunch walk aids digestion and provides exercise. Chair exercises help maintain strength and flexibility in a safe, controlled environment.

January 9:

Outdoor: Hang a winter wreath on the door.

Indoor: Make paper snowflakes.

Hanging a wreath is a simple seasonal task that provides a sense of accomplishment. Making paper snowflakes helps with fine motor skills and can be a calming, repetitive activity.

January 10:

Outdoor: Go on a "winter rainbow scavenger hunt" looking for colors in nature.

Indoor: Create "sensory bottles" with various materials and liquids.

A color scavenger hunt encourages observation skills. Sensory bottles provide visual stimulation and can be calming.

January 11:

Outdoor: Make "bird's nest" feeders using natural materials.

Indoor: Have a "shadow puppet storytelling" session.

Bird's nest feeders connect with nature and help wildlife. Shadow puppetry stimulates imagination and can aid in storytelling.

January 12:

Outdoor: Take photos of winter scenes.

Indoor: Create a winter-themed photo album.

Taking photos encourages mindfulness and appreciation of nature. Creating a photo album helps preserve memories and can be a great conversation starter.

January 13:

Outdoor: Go for a nature walk to collect pinecones.

Indoor: Make pinecone bird feeders.

Collecting pinecones provides light exercise and connection with nature. Making bird feeders helps with fine motor skills and gives a sense of purpose.

January 14:

Outdoor: Build a snow fort (if there's snow).

Indoor: Play a simple board game.

Building a snow fort encourages creativity and physical activity. Playing a board game provides social interaction and helps maintain cognitive skills.

January 15:

Outdoor: Make "ice cream" from clean snow and flavoring.

Indoor: Create a "texture book" with different materials.

Snow ice cream is a fun sensory activity. A texture book provides ongoing tactile stimulation and can be revisited often.

January 16:

Outdoor: Make snow angels (if there's snow).

Indoor: Listen to favorite music and dance.

Making snow angels is a fun, sensory experience. Dancing to favorite music is great exercise and can improve mood and recall positive memories.

January 17:

Outdoor: Visit a local greenhouse.

Indoor: Re-pot a houseplant.

A greenhouse visit offers visual and sensory stimulation. Re-potting a plant helps maintain gardening skills and provides a sense of nurturing.

January 18:

Outdoor: Go for a short walk in the neighborhood.

Indoor: Make a simple soup together.

A neighborhood walk offers light exercise and social interaction. Making soup together maintains cooking skills and provides a sense of accomplishment.

January 19:

Outdoor: Have a snowball throwing contest.

Indoor: Play a game of indoor bowling.

A snowball contest encourages physical activity and fun. Indoor bowling helps with hand-eye coordination and provides gentle exercise.

January 20:

Outdoor: Build a simple snow fort or igloo.

Indoor: Have a indoor "beach day" with sand play.

Building a snow fort or igloo encourages creativity and physical activity. An indoor "beach day" with sand play can evoke happy memories and provide sensory stimulation.

January 21:

Outdoor: Go on a winter tree identification walk.

Indoor: Make homemade playdough and create winter shapes.

A winter tree identification walk encourages observation and learning. Making and playing with homemade playdough stimulates the senses and encourages creativity.

January 22:

Outdoor: Create a winter fairy garden.

Indoor: Have a tea party with winter-themed treats.

Creating a winter fairy garden in a sheltered outdoor spot encourages imagination. A tea party with winter-themed treats provides a social activity and sensory stimulation.

January 23:

Outdoor: Collect pinecones for crafting.

Indoor: Make simple bird feeders with pinecones.

Collecting pinecones is a purposeful outdoor activity that encourages light exercise and observation. Using the collected pinecones to make bird feeders provides a sense of accomplishment and continuity between activities.

January 24:

Outdoor: Feed the ducks at a local pond.

Indoor: Create a winter-themed collage.

Feeding ducks is a calming activity that connects people with nature. It can spark conversations about animals and past experiences. Creating a winter-themed collage using magazine cutouts or printed images stimulates creativity and fine motor skills.

January 25:

Outdoor: Snow painting.

Indoor: Aromatherapy hand massage.

Snow painting is a creative, sensory activity that allows for self-expression. It can be done with food coloring in spray bottles. Aromatherapy hand massages provide relaxation and sensory stimulation, which can help reduce anxiety and improve mood.

January 26:

Outdoor: Create a winter-themed outdoor sensory bin.

Indoor: Make a simple no-sew fleece blanket.

A winter-themed outdoor sensory bin provides tactile stimulation in a natural setting. Making a simple no-sew fleece blanket gives a sense of accomplishment and results in a cozy, useful item.

January 27:

Outdoor: Make snow ice cream.

Indoor: Create a winter scene diorama.

Making snow ice cream is a fun sensory activity that results in a tasty treat. Creating a winter scene diorama encourages creativity and can evoke memories.

January 28:

Outdoor: Create a winter-themed obstacle course.

Indoor: Make a simple winter-themed wind chime.

A winter-themed obstacle course provides physical activity and cognitive stimulation. Making a simple winter-themed wind chime engages fine motor skills and results in a pleasant sensory item.

January 29:

Outdoor: Create a winter sensory pathway.

Indoor: Have a “snowball” fight with yarn pom-poms.

Creating a winter sensory pathway in the yard using different textures (like pine branches, smooth stones, and crunchy snow) stimulates the senses and encourages physical activity. An indoor “snowball” fight using soft yarn pom-poms provides gentle exercise and can bring joy and laughter, improving mood and social interaction.

January 30:

Outdoor: Create snow paint art.

Indoor: Make a simple no-bake dessert.

Snow paint art is a creative outdoor activity. Making a dessert together maintains cooking skills and provides sensory stimulation.

January 31:

Outdoor: Ice fishing simulation.

Indoor: Create a winter memory box.

An ice fishing simulation can be set up in the backyard using a kiddie pool with floating plastic fish. This activity provides a sense of purpose and can spark conversations about past fishing experiences. Creating a winter memory box with items like mittens, pine cones, and photos encourages reminiscing and sensory exploration, which can improve mood and cognitive function.

February
Activity Calendar For Seniors With Dementia

February is traditionally the month of LOVE (Valentine's Day!). But there are many other wonderful holidays to celebrate this month!

When caring for someone at home with dementia, it can be difficult to come up with activities to do with them every single day so why not use the quirky holidays to help you invent some new and fun activities?

Take a look at these great holidays and ideas and hopefully they will bring you some joy into your lives.

February 1

Outdoor: Take a slow walk at a local park to enjoy the cool winter air and any early signs of spring.

Indoor: Start a simple scrapbook using photos and mementos from past celebrations.

Walking outdoors helps with gentle exercise and fresh air, which can boost mood. Scrapbooking indoors encourages memory recall and offers a creative way to relive happy moments.

February 2

Outdoor: Visit a nearby garden or arboretum to observe winter blooms and interesting trees.

Indoor: Listen to a favorite album or collection of classic songs together.

Exploring a garden can provide visual stimulation and light physical activity. Listening to music indoors activates long-term memories and can lift spirits with familiar tunes.

February 3

Outdoor: Sit by a safe outdoor seating area and watch local birds or wildlife in the early morning.

Indoor: Read a short story or poem aloud from a favorite book.

Watching birds or wildlife outdoors can be soothing and engaging. Reading indoors helps with language skills and memory while sharing a quiet, calming moment.

February 4

Outdoor: Enjoy a walk along a scenic path or nature trail, noticing different textures like bark or leaves.

Indoor: Create a simple art project by painting or drawing what you saw outdoors.

A nature walk provides gentle exercise and sensory stimulation. An art project indoors encourages creativity and can help capture beautiful moments from nature.

February 5

Outdoor: Visit a local farmers market or outdoor vendor stand to see fresh produce and crafts.

Indoor: Make a homemade card for a loved one using simple materials like colored paper and stickers.

Seeing a farmers market offers a social and sensory experience outdoors. Crafting indoors builds fine motor skills and creates a personal keepsake that can boost self-esteem.

February 6

Outdoor: Take a leisurely walk around a historic part of town to see old buildings and learn a bit of history.

Indoor: Work on a jigsaw puzzle with large, clear pieces that are easy to handle.

Exploring historic sites outdoors can spark curiosity and gentle movement. Puzzles indoors help to challenge the mind in a fun, relaxed way, improving focus and problem-solving skills.

February 7

Outdoor: Enjoy a gentle stroll near a body of water, such as a pond or small lake, to enjoy the sound of nature.

Indoor: Have a quiet session of storytelling, where family members share favorite memories.

A walk by water outdoors can be calming and refreshing. Sharing stories indoors promotes social interaction and helps recall treasured memories, strengthening emotional bonds.

February 8

Outdoor: Visit a local sculpture or outdoor art display to appreciate creativity in nature.

Indoor: Try a simple craft like making a paper flower or heart to celebrate art and nature.

Outdoor art displays provide visual interest and a chance to move around gently. Indoor crafts stimulate creativity and fine motor skills while creating something beautiful to keep.

February 9

Outdoor: Take a walk in a nearby park while enjoying a light snack or warm beverage from a thermos.

Indoor: Bake a simple treat, such as muffins or a small batch of cookies, together.

Walking with a snack outdoors can turn exercise into a delightful outing. Baking indoors fills the home with pleasant smells and involves multiple senses, which can be very engaging.

February 10

Outdoor: Walk along a quiet neighborhood street to observe different house decorations or winter details.

Indoor: Play a memory game using familiar pictures or matching cards.

Exploring a neighborhood can be a safe way to get fresh air and observe small details. Indoor memory games stimulate the brain and provide fun social interaction, helping to sharpen recall skills.

February 11

Outdoor: Visit a local park to do some gentle stretching or tai chi in an open, sunny space.

Indoor: Listen to an audiobook or short story that is both engaging and nostalgic.

Outdoor stretching or tai chi helps with balance and flexibility while enjoying nature. Audiobooks indoors offer mental engagement and comfort through familiar stories and voices.

February 12

Outdoor: Go for a walk to a community garden or green space to admire the natural colors of winter.

Indoor: Create a collage using old magazines and photos that remind you of happy times.

Visiting a community garden outdoors can boost mood with natural beauty. Making a collage indoors taps into creativity and memory, allowing for a discussion of past positive experiences.

February 13

Outdoor: Enjoy a visit to a local park to watch children or community events from a safe distance.

Indoor: Have a themed movie afternoon with a classic film that brings back good memories.

Watching community events outdoors provides a lively, social experience. A movie afternoon indoors encourages relaxation and stimulates memory by revisiting familiar stories and scenes.

February 14

Outdoor: Take a romantic or family walk in a scenic park to celebrate love and togetherness on Valentine's Day.

Indoor: Make Valentine's Day cards together using simple art supplies like markers and stickers.

A gentle walk outdoors helps everyone feel connected on a day celebrating love. Creating cards indoors gives a chance to share feelings and express creativity, enhancing emotional bonds.

February 15

Outdoor: Explore a quiet trail in a local park, taking time to notice small details like icicles or frost.

Indoor: Work on a simple craft project such as making a small memory box to store keepsakes.

A nature trail walk promotes mindfulness and physical movement. Crafting a memory box indoors provides a creative outlet and helps preserve cherished memories, reinforcing personal history.

February 16

Outdoor: Visit an outdoor community event or market if available, to enjoy the atmosphere and local culture.

Indoor: Engage in a light board game or card game that everyone can enjoy together.

Community events outdoors offer social stimulation and a change of scenery. Indoor games promote mental activity and social bonding, making the mind and spirit feel engaged and connected.

February 17

Outdoor: Take a walk to observe local trees and plants, noting any winter berries or textures on bark.

Indoor: Do a guided relaxation or meditation session with soft music in the background.

Observing nature outdoors encourages gentle exercise and sensory awareness. Guided relaxation indoors helps reduce stress and creates a calm, peaceful environment, benefiting emotional well-being.

February 18

Outdoor: Enjoy a stroll around a local park to take in fresh air and natural light, even on a cool day.

Indoor: Try simple cooking by preparing a favorite soup or stew together.

Walking in the park provides gentle exercise and a change of scenery. Cooking indoors is hands-on, stimulates the senses with smells and textures, and creates a sense of accomplishment and comfort.

February 19

Outdoor: Visit a nearby botanical garden or conservatory if accessible to enjoy curated plant displays.

Indoor: Start a simple daily journal where everyone writes or draws something they enjoyed that day.

Botanical gardens offer a structured way to experience nature's beauty, even in winter. A daily journal indoors helps with memory and self-expression, providing a lasting record of joyful moments.

February 20

Outdoor: Take a scenic drive to a nearby landmark or nature reserve and stop for a short walk.

Indoor: Organize a puzzle day with a variety of brain teasers or a favorite jigsaw puzzle.

A scenic drive combined with a short walk gives a refreshing change of pace. Indoor puzzles challenge the brain in a relaxed setting, helping to maintain cognitive skills through enjoyable activities.

February 21

Outdoor: Walk in a park where you can sit by a pond or fountain and listen to the sound of water.

Indoor: Listen to or sing along with classic songs that have special meaning to the family.

The sound of water outdoors can be very soothing and help reduce stress. Singing indoors taps into long-term memories, lifts spirits, and creates an enjoyable shared experience.

February 22

Outdoor: Visit a quiet part of a local park to practice gentle balance exercises like standing on one foot (with support if needed).

Indoor: Do a simple art project such as coloring in a large, easy-to-use coloring book.

Practicing balance outdoors helps maintain physical coordination in a safe setting. Coloring indoors is calming, improves hand-eye coordination, and allows for self-expression through art.

February 23

Outdoor: Take a walk along a tree-lined street to appreciate the winter sky and crisp air.

Indoor: Build a small indoor garden by potting an herb or a small flower, letting nature come indoors.

A walk along a tree-lined street offers fresh air and peaceful surroundings. Building an indoor garden engages the senses and creates a connection to nature that can be comforting and satisfying.

February 24

Outdoor: Enjoy a gentle walk to a nearby viewpoint or hilltop to take in a broad view of the area.

Indoor: Create a memory jar where each family member writes a favorite moment from the week.

Reaching a viewpoint outdoors can boost mood and provide a sense of accomplishment. A memory jar indoors encourages sharing positive experiences and helps to preserve happy memories for later reflection.

February 25

Outdoor: Visit an outdoor public art installation or mural to stimulate conversation and curiosity.

Indoor: Work on a simple craft like decorating a picture frame with items that have special meaning.

Outdoor art installations provide visual interest and spark discussion. Crafting indoors with a picture frame project can boost creativity and serves as a reminder of cherished moments when displayed.

February 26

Outdoor: Take a leisurely stroll near a community landmark or historic site to learn something new together.

Indoor: Play a board game or card game that involves matching pairs or recalling simple rules.

Walking near a landmark outdoors offers gentle exercise and an educational twist. Playing games indoors challenges the mind and fosters social interaction, all while keeping the mood light and fun.

February 27

Outdoor: Enjoy a walk around a peaceful park, focusing on the sounds of nature like rustling leaves or distant bird calls.

Indoor: Create a simple craft, such as a hand-painted rock or a decorated mug, to remember the day.

A calm walk in the park helps reduce stress and increases mindfulness. Indoor crafts stimulate creativity and provide a lasting memento, strengthening the connection between activity and memory.

February 28

Outdoor: End the month with a gentle walk around your neighborhood to reflect on the changes of winter.

Indoor: Have a family game night with a trivia or matching game that uses favorite topics or photos.

Reflecting on a quiet walk outdoors encourages relaxation and mindfulness as the month ends. A family game night indoors reinforces social bonds and offers mental stimulation, wrapping up February with joyful interaction.

February 29 (on Leap Years)

Outdoor: Take a short visit to a local botanical garden or flower nursery. Spend time looking at the different flowers and plants, letting them touch and smell them if it's allowed. This activity provides a multi-sensory experience that can help elevate mood and encourage calmness.

Indoor: Create a simple photo book with pictures of nature, pets, or family members. Let them help select the photos and talk about each one as you go. This not only stimulates memory but also gives them a comforting and personal project to look back on later.

This final day offers a meaningful and enjoyable experience that reinforces the connection to nature and loved ones, which can be especially grounding for those with dementia.

March

Activity Calendar For Seniors With Dementia

Caring for a loved one with dementia or Alzheimer's at home can bring unique challenges, especially when it comes to finding engaging activities to fill their days.

That's why we've created monthly activity calendars – to make it easier for you to keep their days enjoyable and meaningful.

March is a time of renewal and change, making it the perfect opportunity to introduce some fresh ideas into their routine. Our calendar includes a mix of familiar favorites and new activities designed to spark joy and connection.

Take some time to explore them all – you might discover something special that becomes a new tradition!

March 1

Outdoor: Go on a "signs of spring" walk to look for budding trees or flowers.

Indoor: Start a small herb garden using pots or containers.

Encourage observation skills with a nature walk, pointing out the subtle changes of the season. Indoor gardening provides sensory stimulation and a sense of accomplishment.

March 2

Outdoor: Visit a local farmer's market to explore seasonal produce.

Indoor: Make a fruit salad together using colorful fruits.

A trip to the market offers fresh air and gentle exercise, while preparing a fruit salad engages the senses and promotes teamwork.

March 3

Outdoor: Fly a kite in an open area or park.

Indoor: Create paper kites and decorate them with markers or stickers.

Flying a kite promotes physical activity, while crafting kites indoors encourages creativity and fine motor skills.

March 4

Outdoor: Take a stroll in a nearby botanical garden.

Indoor: Explore a virtual tour of famous gardens around the world.

Enjoying a garden walk provides a calming experience, while virtual tours spark curiosity and conversation.

Feeding ducks fosters a connection with nature, and making a bird feeder offers a tactile and rewarding activity.

March 6

Outdoor: Arrange a picnic in the backyard with light snacks and drinks.

Indoor: Have a tea party with favorite treats and a soothing playlist.

Outdoor picnics provide fresh air, while indoor tea parties offer a relaxed, social setting.

March 7

Outdoor: Do some light outdoor yoga or stretching in the sunshine.

Indoor: Try chair yoga with guided videos or instructions.

Both activities enhance flexibility and relaxation, adapted to the individual's ability.

Gardening outdoors engages the senses, while decorating pots encourages creativity.

March 9

Outdoor: Visit a local petting zoo or animal shelter.

Indoor: Watch a heartwarming animal documentary or show.

Interacting with animals boosts mood, and watching animal shows brings similar joy from home.

March 10

Outdoor: Take a walk and collect small natural items like leaves or stones.

Indoor: Use the collected items to create a nature-inspired collage.

Collecting items connects with nature, and crafting indoors transforms them into art.

March 11

Outdoor: Attend a local outdoor music event or performance.

Indoor: Sing along to favorite songs or play simple percussion instruments.

Music uplifts the spirit and encourages active participation in either setting.

March 12

Outdoor: Take photos of nature scenes with a simple camera or phone.

Indoor: Create a photo album or scrapbook with printed photos.

Photography outdoors enhances observation skills, and scrapbooking indoors fosters storytelling and reminiscing.

March 13

Outdoor: Blow bubbles and watch them float away.

Indoor: Make your own bubble solution and experiment with different wands.

Blowing bubbles is a lighthearted activity, indoors or out, that promotes joy and engagement.

March 14

Outdoor: Visit a local historical landmark or park.

Indoor: Share and discuss old family photos and stories.

Connecting with history outdoors or through personal memories indoors creates meaningful interactions.

March 15

Outdoor: Watch the clouds and identify shapes or patterns.

Indoor: Create a painting or drawing inspired by cloud shapes.

Cloud watching sparks imagination, and creating art extends the experience.

March 16

Outdoor: Walk through a farmer's field or community garden if accessible.

Indoor: Create a vegetable-themed craft using paper and markers.

Outdoor walks inspire curiosity, and crafting keeps hands active and minds engaged.

March 17

Outdoor: Go on a “treasure hunt” for green objects around the yard.

Indoor: Make shamrock-shaped cookies or crafts.

Celebrate the holiday with a playful scavenger hunt or festive indoor baking.

March 18

Outdoor: Fly paper airplanes in the backyard.

Indoor: Make and decorate paper airplanes together.

Flying paper airplanes combines creativity and movement, indoors or out.

March 19

Outdoor: Sit in the sun and listen to the sounds of nature.

Indoor: Listen to calming nature sounds or music together.

Both activities promote relaxation and sensory engagement.

March 20

Outdoor: Plant a tree or prepare the garden for spring.

Indoor: Create a seasonal wreath using craft supplies.

Celebrate spring’s arrival with outdoor planting or a festive indoor craft.

March 21

Outdoor: Take a drive to see cherry blossoms or other blooming trees.

Indoor: Paint or draw a springtime landscape.

A scenic drive or art session can highlight the beauty of the season.

March 22

Outdoor: Play catch with a soft ball in the yard.

Indoor: Play a simple balloon volleyball game.

Light physical activities encourage coordination and laughter.

March 23

Outdoor: Visit a local playground and enjoy the swings.

Indoor: Build a cozy blanket fort for relaxing or storytelling.

Swings provide gentle motion, while indoor forts create a comforting space.

March 24

Outdoor: Walk along a nearby nature trail.

Indoor: Read or listen to a nature-themed book.

Nature trails or themed books bring the outdoors to life, regardless of location.

March 25

Outdoor: Paint rocks to place in the garden.

Indoor: Create rock art using paints or markers.

Rock painting is versatile, allowing for creativity in any setting. Here are some great kits to help you paint those rocks.

March 26

Outdoor: Watch the sunset together.

Indoor: Paint or draw a sunset scene.

Sunsets inspire awe and provide a relaxing, reflective moment.

March 27

Outdoor: Fly small flags or ribbons in the breeze.

Indoor: Create a windsock using craft supplies.

Engaging with wind or crafting captures the playful spirit of the activity.

March 28

Outdoor: Build a simple birdhouse to hang in the yard.

Indoor: Decorate a pre-made birdhouse with paint or stickers.

Birdhouses connect with nature and encourage creativity. Here are some kits that you can use to build your birdhouse.

March 29

Outdoor: Explore a local arboretum or park.

Indoor: Make leaf rubbings with crayons and paper.

Both activities highlight the beauty of plants and encourage tactile exploration.

March 30

Outdoor: Play a simple ring toss game in the yard.

Indoor: Play a tabletop version of ring toss with small hoops.

Games promote focus and coordination in a fun, social way.

March 31

Outdoor: Sit outside with a hot beverage and enjoy birdwatching.

Indoor: Watch a bird-themed documentary or video.

Birdwatching fosters a connection with nature and encourages calm, mindful observation.

We hope that you enjoy these activities. Of course, create your own special activities for each of these wonderful days!

April
Activity Calendar For Seniors With Dementia

If you're looking for new and exciting ways to keep your loved ones with dementia or Alzheimer's disease engaged, this monthly activity calendar is just what the doctor ordered!

From painting sets or playing cards in different rooms throughout their house- there are so many options that they will never get bored.

April is the month of new beginnings and fresh starts. It is a time to set your intentions and goals for the year and start working towards them. So use these monthly calendars for activities to help you care for your senior loved ones.

April 1

Outdoor: Take a nature walk with a simple scavenger hunt. Look for a leaf, a small rock, or a flower along the path.

Indoor: Play a memory board game with family members.

These activities help by engaging both the body and the mind. The nature walk gives fresh air and exercise, while the scavenger hunt adds fun and focus. The memory board game encourages mental recall and social interaction.

April 2

Outdoor: Spend time in a garden, watering plants or simply sitting among the flowers.

Indoor: Have a painting session with watercolors or simple crafts.

Gardening outdoors brings calm and connects a person with nature. The indoor painting session can spark creativity and boost mood while encouraging fine motor skills. Both activities offer gentle stimulation for the senses.

April 3

Outdoor: Enjoy a picnic in the backyard or a local park with easy-to-pack snacks.

Indoor: Bake simple cookies or muffins together.

A picnic outside can bring joy and relaxation while offering a change of scenery. Baking indoors encourages memory recall through familiar recipes and provides a sense of accomplishment when enjoying a treat.

April 4

Outdoor: Try bird watching in a nearby park. Bring binoculars if available and note the different birds seen.

Indoor: Sing along to favorite songs or play familiar tunes on a music player.

Bird watching helps to focus attention on nature and can be a calming activity. Music indoors taps into long-term memories and can lift spirits. Both activities help build routine and engagement.

April 5

Outdoor: Do light exercises on a park bench or in a quiet outdoor space, like stretching or gentle walking.

Indoor: Work on puzzles or simple crosswords at the kitchen table.

Gentle outdoor exercise keeps the body active and can improve balance. Indoor puzzles exercise the brain and can improve concentration and memory. Together, they support both physical and mental well-being.

April 6

Outdoor: Take a walk with a pet or visit a local pet park.

Indoor: Create a photo collage by choosing favorite pictures and gluing them onto a paper.

Walking a pet outdoors provides companionship and light physical exercise. The photo collage activity indoors can bring back positive memories and encourage conversation among family members.

April 7

Outdoor: Visit a local farmers market to see fresh produce and enjoy the lively atmosphere.

Indoor: Watch old family videos together to spark memories and share stories.

Visiting a farmers market offers social interaction and sensory stimulation. Watching family videos helps with memory recall and emotional connection. Both activities can reduce stress and build a sense of community.

April 8

Outdoor: Walk through a botanical garden and admire the different types of plants and flowers.

Indoor: Read short stories aloud using picture books or favorite tales.

Strolling through a botanical garden provides peaceful time in nature and gentle exercise. Reading indoors stimulates the mind and can strengthen language skills, while also providing comfort and familiarity.

April 9

Outdoor: Attend an outdoor community event or concert if available, enjoying live music or local performances.

Indoor: Play board games like checkers or simple card games that encourage turn-taking.

Outdoor community events offer social engagement and a break from routine. Board games indoors improve concentration and memory while providing a fun way to interact with family members.

April 10

Outdoor: Sit on the porch or in the yard and enjoy the sunshine and fresh air.

Indoor: Start a memory jar where each family member writes a happy memory on a slip of paper.

Relaxing outdoors can lower stress and improve mood. The memory jar indoors is a creative way to recall positive moments and share them, which can boost self-esteem and connection with others.

April 11

Outdoor: Try simple nature photography with a camera or smartphone, taking pictures of interesting sights.

Indoor: Work on a scrapbook by gluing in photos and writing captions together.

Taking photos outside encourages attention to detail and appreciation of nature. Scrapbooking indoors uses those photos to tell a story and helps improve memory and communication skills.

April 12

Outdoor: Visit a nearby lake or pond and enjoy watching the water and nature around it.

Indoor: Have a cooking session where you prepare a simple recipe together.

Spending time near water outdoors is calming and can lower anxiety. Cooking indoors stimulates the senses with smells and textures and reminds someone with dementia of family traditions and past routines.

April 13

Outdoor: Enjoy a gentle bike ride or use a scooter on a safe path with family members nearby.

Indoor: Listen to familiar tunes and sing along together in a relaxed setting.

Riding a bike or scooter outdoors builds physical strength and balance while offering new sights. Singing indoors activates memories and emotions, helping to connect with long-term memories and improve mood.

April 14

Outdoor: Visit a park with a water fountain or splash pad for a bit of light fun near water.

Indoor: Do a simple yoga or stretching routine on a soft mat.

Watching water flow or playing near a splash pad can be both exciting and soothing outdoors. Indoor yoga or stretching promotes physical flexibility and relaxation, helping to reduce stress and improve sleep.

April 15

Outdoor: Take a walk through a historic part of town and notice old buildings and landmarks.

Indoor: Create a handmade greeting card using colored paper and markers.

Walking in a historic area encourages exploration and curiosity while providing light exercise. Crafting a greeting card indoors boosts creativity and fine motor skills and can serve as a keepsake that evokes happy memories.

April 16

Outdoor: Visit a community garden to see how vegetables and flowers grow.

Indoor: Organize an indoor treasure hunt by hiding small items around the house and looking for them together.

Seeing a community garden in person connects one with nature and the cycle of growth. An indoor treasure hunt is fun and mentally stimulating, promoting focus and gentle problem-solving skills.

April 17

Outdoor: Take a walk to see outdoor art displays or murals in the neighborhood.

Indoor: Work on a jigsaw puzzle with large pieces for an easy challenge.

Outdoor art displays stimulate visual interest and conversation about colors and shapes. A jigsaw puzzle indoors can improve attention and memory, while also giving a sense of accomplishment when completed.

April 18

Outdoor: Enjoy a gentle hike on a nature trail or in a quiet park.

Indoor: Start a journal or scrapbook where you can draw or write down favorite moments of the day.

A nature hike provides physical exercise and helps clear the mind. Journaling indoors is a creative way to express thoughts and feelings, which can boost self-esteem and preserve memories.

April 19

Outdoor: Visit a petting zoo or small farm if it is nearby, to interact with animals.

Indoor: Watch a classic movie together, choosing one that brings back happy memories.

Spending time with animals outdoors can be very comforting and bring joy. Watching a classic movie indoors can spark long-forgotten memories and encourage discussion among family members.

April 20

Outdoor: Do gentle stretching exercises or tai chi in a sunny spot in the garden.

Indoor: Play a memory matching game with cards that have pictures or words.

Outdoor stretching or tai chi improves balance and flexibility while calming the mind. A matching game indoors is fun and challenges the brain, helping to improve concentration and memory recall.

April 21

Outdoor: Walk along a river or by a beach if available, enjoying the sound of water.

Indoor: Create a collage with cut-out images from magazines that show favorite memories or themes.

Walking by water outdoors provides sensory stimulation and a peaceful environment. Crafting a collage indoors gives a creative outlet and reinforces positive memories through images and discussion.

April 22

Outdoor: Visit a local park and feed the ducks or watch the swans glide on a pond.

Indoor: Read or recite a favorite poem or short passage from a book together.

Feeding ducks or watching birds outdoors can be very soothing and provides a simple routine. Reading or reciting poetry indoors helps with language skills and memory, creating a calm and reflective atmosphere.

April 23

Outdoor: Try a simple outdoor exercise routine like Tai Chi in the park.

Indoor: Solve a word search puzzle that uses large print and clear words.

Practicing Tai Chi outdoors improves balance and concentration while enjoying nature. The word search indoors gives the brain a light challenge and helps improve focus in a relaxed, fun way.

April 24

Outdoor: Enjoy a scenic drive with stops at interesting landmarks or gardens along the way.

Indoor: Do a simple science experiment or sensory activity, like mixing safe ingredients to create a "volcano" with baking soda and vinegar.

A scenic drive offers a change of pace and sparks curiosity about the world. A small indoor experiment is fun and educational, stimulating the mind and senses through hands-on learning.

April 25

Outdoor: Visit a local flower garden to see the different colors and shapes of flowers.

Indoor: Make a scrapbook page by choosing a few favorite photos and decorating them with stickers.

Seeing a flower garden outdoors can be very uplifting and reminds someone of the beauty of nature. Scrapbooking indoors encourages creativity and helps reinforce positive memories with visual cues.

April 26

Outdoor: Take a gentle walk in a quiet neighborhood, noting the different houses and gardens.

Indoor: Play a board game that involves matching or memory, like a simple version of Memory or Dominoes.

A quiet neighborhood walk offers safe, low-impact exercise and a chance to explore at a relaxed pace. Playing a matching game indoors is a fun way to challenge the brain and improve memory skills in a social setting.

April 27

Outdoor: Set up an outdoor painting session by bringing art supplies outside and painting nature.

Indoor: Listen to calming music while sharing stories from the past or talking about favorite memories.

Outdoor painting combines creativity with nature, allowing for a new way to express feelings and observations. Indoor music and storytelling support emotional connection and help strengthen long-term memory through shared experiences.

April 28

Outdoor: Visit a community fair or outdoor market to see crafts, food, and local vendors.

Indoor: Prepare a favorite snack together, like making a simple fruit salad or decorating a small treat.

Exploring a fair or market outdoors can spark curiosity and social interaction. Cooking or preparing a snack indoors offers hands-on activity that uses familiar skills, promoting independence and enjoyment.

April 29

Outdoor: Take a gentle walk to see a local monument or statue and learn about its history.

Indoor: Create a simple craft, such as a memory bracelet using beads that represent different family members or important moments.

Walking to a local monument outdoors provides both physical activity and a chance to learn new facts, which can stimulate the mind. The memory bracelet craft indoors is a creative way to preserve memories and engage in a meaningful project with loved ones.

April 30

Outdoor: Host a garden tea party or simply sit outside with tea and healthy snacks in the garden.

Indoor: Spend time looking through family photo albums and sharing stories about the pictures.

An outdoor tea party in the garden creates a relaxed, social environment that can help lower stress and build routine. Reviewing family photos indoors encourages conversation, helps with memory recall, and strengthens family bonds.

May

Activity Calendar For Seniors With Dementia

May is Alzheimer's and Dementia Awareness Month, so we've put together a special activity calendar for seniors with dementia.

From memory games and art projects to walks in the park and days out, there's something for everyone to enjoy.

May 1

Outdoor: Take a nature walk in a local park and notice the new spring blossoms.

Indoor: Start a simple flower journal by drawing or writing about the blossoms you saw.

Walking outdoors gives a gentle exercise and helps to appreciate the beauty of spring. The flower journal indoors encourages memory recall and creative expression, making it easier to remember the colors and smells of nature.

May 2

Outdoor: Visit a community garden to see vegetables and flowers growing.

Indoor: Try a seed planting activity by potting a small herb or flower to care for at home.

The community garden provides a peaceful place to walk and observe nature's growth. Planting seeds indoors is hands-on, teaches responsibility, and connects the garden visit to a lasting, living project.

May 3

Outdoor: Enjoy a slow stroll along a tree-lined avenue, feeling the fresh spring air.

Indoor: Listen to a favorite nature-themed audiobook or podcast while relaxing.

A walk along a tree-lined avenue brings fresh air and natural beauty into the day. Listening to nature-themed audio indoors helps reinforce those outdoor experiences and offers gentle mental stimulation.

May 4

Outdoor: Take a walk to a nearby pond or lake to watch ducks and other waterfowl.

Indoor: Create a simple craft by drawing or painting the pond scene you observed.

Observing waterfowl outdoors can be calming and entertaining. Crafting the scene indoors not only nurtures creativity but also reinforces memories of the peaceful water and wildlife.

May 5

Outdoor: Visit a local park and sit on a bench to enjoy the sunshine and soft breeze.

Indoor: Work on a photo collage using favorite pictures from past outdoor outings.

Sitting in the park allows for relaxation and gentle exercise while soaking up nature. Creating a photo collage indoors stimulates memories and promotes storytelling about past happy moments.

May 6

Outdoor: Go for a short walk in a nearby botanical garden to admire diverse plant life.

Indoor: Try a simple watercolor painting session inspired by the garden's colors.

Walking in a botanical garden offers sensory stimulation from a variety of plants. Painting indoors helps express creativity, enhances fine motor skills, and lets you capture the garden's beauty on paper.

May 7

Outdoor: Take a nature walk on a trail to explore different textures like soft grass and rough tree bark.

Indoor: Do a tactile craft project, such as making a collage using different fabric scraps or textured papers.

Exploring nature's textures outdoors sharpens sensory awareness and encourages curiosity. A tactile craft indoors builds fine motor skills and creates a fun way to connect to what you experienced outside.

May 8

Outdoor: Visit a local farmers market to enjoy fresh produce and the vibrant energy of the community.

Indoor: Prepare a simple snack or salad together using one or two items from the market.

The farmers market provides social interaction and sensory stimulation from sights and smells. Cooking together indoors not only reinforces healthy eating habits but also sparks pleasant memories of the outing.

May 9

Outdoor: Take a gentle walk along a riverside or lakefront to listen to the water and feel the breeze.

Indoor: Enjoy a quiet reading session with a book or magazine about nature and water.

A walk by the water offers relaxation and helps improve mood with the sound of flowing water. Reading about nature indoors connects you to that calm feeling and enhances mental engagement.

May 10

Outdoor: Explore a local park trail where you can see a mix of open fields and shaded areas.

Indoor: Work on a simple puzzle that features a scenic outdoor image.

Walking the park trail offers gentle exercise and a changing environment that keeps the mind alert. A themed puzzle indoors continues the outdoor theme and provides a fun, low-pressure challenge for the brain.

May 11

Outdoor: Enjoy a walk to a nearby sculpture garden or outdoor art display.

Indoor: Try creating your own art by drawing or crafting a small sculpture with clay.

Outdoor art displays spark curiosity and provide cultural enrichment while encouraging movement. Creating art indoors allows for self-expression, creativity, and helps connect with the outdoor visual experience.

May 12

Outdoor: Take a walk through a neighborhood known for its beautiful gardens and colorful blooms.

Indoor: Make handmade greeting cards using pressed flowers or leaves collected from your walk.

Walking in a garden-filled neighborhood offers a burst of color and gentle exercise. Making greeting cards indoors builds fine motor skills and preserves the natural beauty you enjoyed outside.

May 13

Outdoor: Visit a local park to do some gentle stretching exercises or tai chi near a scenic spot.

Indoor: Watch a short, calming nature video that mirrors your outdoor exercise session.

Outdoor stretching or tai chi improves flexibility and balance in a serene setting. Watching a nature video indoors reinforces relaxation and provides continuity between outdoor activity and indoor rest.

May 14

Outdoor: Take a walk to see the local birds returning in spring and listen to their songs.

Indoor: Try bird watching from a window and record the different sounds or sketch a few birds you recognize.

Observing birds outdoors is engaging and offers auditory stimulation. Indoor bird watching and sketching keeps the mind active, sharpens observation skills, and ties back to the lively outdoor experience.

May 15

Outdoor: Explore a park where you can wander through a small maze of walking paths.

Indoor: Work on a word search or crossword puzzle that includes nature or spring-related words.

Exploring a park with varied paths provides both gentle exercise and mental stimulation through navigation. A themed puzzle indoors challenges the mind in a fun way and supports memory recall of seasonal words and concepts.

May 16

Outdoor: Enjoy a slow walk in a quiet garden, focusing on the different scents of flowers and fresh-cut grass.

Indoor: Engage in a sensory activity by filling small jars with items that remind you of spring (like dried lavender or petals).

A garden walk enriches the senses through sight, smell, and touch. The sensory activity indoors extends the experience, fostering memory through scent and texture while offering a creative, hands-on project.

May 17

Outdoor: Visit a local park and take a walk along a path lined with blooming trees and shrubs.

Indoor: Try a simple cooking activity such as making fruit salad or a smoothie using seasonal fruits.

Walking among blooming trees stimulates both the body and the senses with seasonal beauty. Preparing a light, fresh recipe indoors is engaging, supports healthy eating, and connects the indoors with the outdoors through seasonal ingredients.

May 18

Outdoor: Take a walk along a quiet street to notice the gentle changes in the neighborhood as summer nears.

Indoor: Create a memory board by pinning photos, ticket stubs, or small notes about favorite walks and outings.

Observing subtle neighborhood changes outdoors provides a calming exercise and a sense of connection to the community. A memory board indoors preserves these experiences and fosters conversation about shared memories.

May 19

Outdoor: Visit a local park to participate in a simple outdoor group game like tossing a soft ball or playing catch.

Indoor: Play a gentle board game or card game that involves matching pairs or simple strategies.

Group games outdoors promote social interaction and physical movement in a fun way. A matching or strategy game indoors offers mental stimulation and supports social bonding through friendly competition.

May 20

Outdoor: Enjoy a walk to a scenic overlook or hilltop to take in the view of the blossoming landscape.

Indoor: Do a creative craft project like decorating a picture frame that can later hold a photo of the view.

A scenic overlook provides both exercise and an inspiring view that celebrates nature. Crafting a picture frame indoors is a creative way to capture that memory and enhance fine motor skills.

May 21

Outdoor: Take a gentle walk through a park to notice the playful shadows and light patterns under the trees.

Indoor: Try a simple photography project indoors by taking pictures of items that remind you of that outdoor play of light and shadow.

Observing light and shadows outdoors enhances sensory awareness and invites gentle exploration. A photography project indoors encourages creativity, discussion about light and art, and preserves the beauty of the outdoor experience.

May 22

Outdoor: Visit a community garden to see if any volunteers are hosting a spring planting event.

Indoor: Create your own mini garden indoors by planting small succulents or herbs in a decorated container.

A community garden visit provides social interaction and a chance to observe the beauty of growth. Creating an indoor garden fosters responsibility and brings a touch of nature inside the home.

May 23

Outdoor: Take a walk along a nature trail to observe insects and butterflies beginning to appear.

Indoor: Do a craft activity where you make a simple butterfly or insect craft using paper, markers, and other art supplies.

Exploring a nature trail allows for observation of the small wonders of spring, like insects and butterflies. The craft indoors reinforces what you saw outside, nurturing creativity and reinforcing memory through art.

May 24

Outdoor: Enjoy a leisurely walk in a park with a pond to listen to the soothing sounds of water and nature.

Indoor: Work on a jigsaw puzzle featuring a nature scene or a pond to mirror your outdoor experience.

A walk by the pond is calming and offers both physical activity and mental relaxation. A themed puzzle indoors continues the connection with nature while gently challenging cognitive skills and problem-solving.

May 25

Outdoor: Visit a local park and find a quiet spot to sit and observe the flutter of leaves in the breeze.

Indoor: Engage in a simple reflective writing or drawing session where you record your thoughts about the peaceful scene.

Sitting quietly outdoors enhances mindfulness and provides a break from daily routines. Reflective writing or drawing indoors promotes introspection and creativity, preserving a memory of the calming moment.

May 26

Outdoor: Take a walk to a vibrant park where families gather and enjoy outdoor music or small events.

Indoor: Create a simple craft or decoration using recycled materials inspired by the community energy you witnessed.

Enjoying a lively park scene outdoors boosts mood and offers social stimulation. Crafting indoors using recycled materials is eco-friendly, sparks creativity, and ties back to the energy observed outside.

May 27

Outdoor: Enjoy a walk along a scenic garden path lined with colorful blooms and butterflies.

Indoor: Try a gentle dance or movement session in the living room with music that reflects the joy of spring.

A walk in a colorful garden engages the senses and celebrates the season's vibrancy. A light dance indoors boosts mood and physical coordination, reinforcing the lively energy experienced outdoors.

May 28

Outdoor: Visit a local park where you can take a slow walk and count different types of flowers or trees.

Indoor: Organize a simple counting game or matching activity that uses pictures of flowers and trees.

Counting flowers or trees outdoors sharpens observation skills and engages the mind in a fun, interactive way. A matching or counting game indoors reinforces these observations and provides a playful mental challenge.

May 29

Outdoor: Take a walk near a small body of water to enjoy the reflections and the sound of nature.

Indoor: Create a craft project, such as decorating a small mirror or piece of glass, to capture the idea of reflection.

The outdoor walk near water is calming and stimulates the senses with light and sound. A reflection craft indoors encourages creativity and ties the physical experience to a tangible keepsake.

May 30

Outdoor: Enjoy a slow, meditative walk in a quiet park, focusing on deep breaths and gentle movements.

Indoor: Practice a short guided relaxation or meditation session with soft music to continue the calm.

A meditative walk outdoors helps to reduce stress and brings a sense of inner peace. Following up with guided relaxation indoors reinforces calmness and promotes a smooth transition to restfulness at the end of the day.

May 31

Outdoor: End the month with a leisurely walk through your favorite park, reflecting on all the new spring sights.

Indoor: Host a small family sharing session where everyone talks about their favorite moments of the month, using photos or keepsakes to help remember.

A reflective walk outdoors encourages gratitude and mindfulness, celebrating the beauty of spring. A family sharing session indoors strengthens bonds and keeps positive memories alive, rounding off May with warmth and connection.

This May, make sure to celebrate these wonderful holidays with your senior loved ones who are dealing with dementia.

Having an activity to do each day can help to make life happier and easier for both seniors and their caregivers.

June
Activity Calendar For Seniors With Dementia

The importance of structured, meaningful activities for seniors with dementia cannot be overstated.

Such activities can significantly improve their quality of life, offering them joy, a sense of accomplishment, and opportunities for meaningful engagement.

This June, let's explore a calendar filled with activities tailored for seniors with dementia, ensuring each day brings a new opportunity for connection and enjoyment.

June 1

Outdoor: Take a gentle walk in a nearby park to enjoy the warm sunshine and listen to the sounds of summer.

Indoor: Start a summer journal by writing or drawing your favorite part of the walk.

Walking in the park offers light exercise and a refreshing dose of vitamin D. The summer journal indoors helps capture thoughts and memories from the day, boosting creativity and reflection.

June 2

Outdoor: Visit a local botanical garden to admire the colorful flowers and well-tended landscapes.

Indoor: Create a flower collage using pictures from magazines or printed images that remind you of the garden.

Exploring a botanical garden connects you with nature and its beauty. Crafting a flower collage indoors encourages creativity and fine motor skills while reinforcing pleasant memories of the outing.

June 3

Outdoor: Enjoy a slow walk along a nature trail to notice different shades of green and bursts of summer color.

Indoor: Listen to a nature-themed audiobook or calming music while relaxing in a comfortable spot.

Walking on a nature trail offers sensory stimulation and gentle exercise. Listening to nature sounds or music indoors helps continue the calming outdoor experience and supports mental relaxation.

June 4

Outdoor: Take a stroll along a local lake or pond to watch the water sparkle in the sunlight.

Indoor: Draw or paint the scene you saw at the water's edge using watercolors or crayons.

Observing a lake or pond outdoors is both soothing and visually engaging. Painting or drawing the scene indoors provides a creative outlet and reinforces memory through artistic expression.

June 5

Outdoor: Visit a nearby park where you can sit on a bench and enjoy the fresh summer air and gentle breeze.

Indoor: Work on a simple photo album or scrapbook using pictures from past park visits.

Sitting in the park helps with relaxation and mindfulness, while the scrapbook indoors stimulates memories and encourages storytelling about happy moments outdoors.

June 6

Outdoor: Take a walk to explore a community garden where summer vegetables and flowers are in bloom.

Indoor: Try a seed planting activity by potting a small herb or flower to care for at home.

Exploring a community garden outdoors connects you with nature's growth and seasonal changes. Planting seeds indoors is hands-on and helps reinforce the cycle of growth while engaging the senses.

June 7

Outdoor: Enjoy a stroll along a tree-lined street, noticing the sunlight filtering through the leaves.

Indoor: Create a simple art project by making leaf rubbings or pressing leaves between paper sheets.

Walking along a tree-lined street offers gentle exercise and pleasant sensory experiences. Leaf rubbings indoors are fun and educational, improving fine motor skills and connecting with nature's details.

June 8

Outdoor: Visit a local farmer's market to enjoy the vibrant colors, fresh produce, and friendly faces.

Indoor: Prepare a simple snack together using one or two fresh items from the market, such as fruit or vegetables.

The farmer's market provides sensory stimulation, social interaction, and a burst of color. Cooking a healthy snack indoors is engaging and connects the fresh outdoor experience with a delicious treat.

June 9

Outdoor: Take a leisurely walk along a river or stream to listen to the water flow and feel the cool mist.

Indoor: Read a short story or watch a nature video that features water scenes and relaxing sounds.

A river walk offers both physical exercise and calming sensory input. Enjoying a related story or video indoors reinforces the outdoor experience and can help soothe and relax the mind.

June 10

Outdoor: Visit a park with open fields where you can gently stretch or do light exercises on the grass.

Indoor: Do a guided stretching or yoga session on a soft mat, using gentle movements and deep breaths.

Exercising outdoors on soft grass helps improve balance and flexibility in a natural setting. Following up with indoor yoga reinforces these benefits and offers a peaceful way to enhance mobility and relaxation.

June 11

Outdoor: Take a walk to a local historical site or monument and share a simple story about its past.

Indoor: Look through old photos or memorabilia related to the site to spark conversation and memories.

Visiting a historical site outdoors combines light exercise with learning and curiosity. Reviewing old photos indoors stimulates memory and nurtures family bonds through shared history.

June 12

Outdoor: Enjoy a slow walk in a botanical garden to see the variety of summer blooms and unique plants.

Indoor: Try a simple art project by painting your favorite flower from the garden on a canvas or paper.

The botanical garden walk offers visual stimulation and gentle physical activity. Painting indoors encourages creativity, fine motor skills, and creates a lasting memory of the beautiful flowers seen outside.

June 13

Outdoor: Walk along a shaded park trail to enjoy the dappled sunlight and cool spots under the trees.

Indoor: Work on a jigsaw puzzle featuring a nature or garden scene to continue the outdoor theme.

The shaded trail provides a comfortable setting for a gentle walk while enjoying nature's patterns. A themed jigsaw puzzle indoors offers mental stimulation and a sense of accomplishment when completed.

June 14

Outdoor: Take a leisurely walk in a local park to watch birds and other small wildlife during the early morning.

Indoor: Set up a bird-watching station by a window with binoculars or a bird guide to observe from indoors.

Observing birds outdoors is engaging and promotes gentle exercise and sensory awareness. Creating a bird-watching station indoors keeps the connection with nature alive and stimulates interest in wildlife.

June 15

Outdoor: Visit a local park to enjoy a picnic lunch on the grass, surrounded by nature.

Indoor: Work together to create a handmade recipe book featuring favorite simple recipes or picnic ideas.

A picnic outdoors provides social interaction, fresh air, and a delightful meal in nature. Crafting a recipe book indoors encourages teamwork and memory recall, while preserving cherished food traditions.

June 16

Outdoor: Take a walk along a quiet street or park path to notice the warmth of the summer day and gentle breezes.

Indoor: Organize a memory game using photos or objects that remind you of happy summer days.

A quiet walk outdoors offers a relaxing way to enjoy the summer warmth. The memory game indoors provides gentle mental stimulation and reinforces positive associations with summer activities.

June 17

Outdoor: Enjoy a slow stroll to a community park where you can watch families enjoying summer activities.

Indoor: Have a light board game session with family members, using games that are easy to play and promote conversation.

Observing community life outdoors is both stimulating and reassuring. Indoor board games encourage social interaction and gentle mental challenge, fostering a sense of community and fun at home.

June 18

Outdoor: Visit a park where you can sit near a pond or fountain to listen to the calming sound of water.

Indoor: Create a simple water-themed craft, like painting a water scene or decorating a small paper boat.

Listening to water outdoors is soothing and provides a serene backdrop to a gentle walk. Crafting indoors reinforces the calming outdoor experience and encourages creative expression.

June 19

Outdoor: Take a walk along a garden path in a local park, enjoying the mix of colorful flowers and green foliage.

Indoor: Try a sensory activity by filling a bowl with items like soft fabric, leaves, and small stones to explore textures.

A garden path walk provides visual delight and gentle exercise, perfect for a warm June day. A sensory activity indoors sharpens the senses and offers a fun, hands-on way to explore different textures.

June 20

Outdoor: Visit a local park for a gentle walk while observing the patterns of sunlight and shadow under the trees.

Indoor: Engage in a creative photography project indoors, taking pictures of light and shadows from around the house.

Observing light and shadows outdoors offers a unique perspective and mindful walking. Indoor photography encourages creativity and helps connect indoor spaces with natural patterns, sparking interesting discussions.

June 21

Outdoor: On the summer solstice, take a walk at sunrise or sunset to enjoy the longest day of the year.

Indoor: Create a solstice craft by making a sun catcher or decorating a frame with sun-themed elements.

Celebrating the solstice outdoors marks a special day with beautiful lighting and nature's rhythms. The indoor craft activity is a creative way to remember the day and brings a festive, meaningful touch to the celebration.

June 22

Outdoor: Take a walk along a waterfront or beach area (if accessible) to feel the gentle breeze and enjoy open spaces.

Indoor: Make a small craft, like decorating a seashell or creating a simple collage of beach images, to bring the waterfront indoors.

A waterfront walk provides fresh air, exercise, and a soothing soundscape from the waves. The craft indoors preserves that coastal memory and allows for creative expression with nature's treasures.

June 23

Outdoor: Enjoy a gentle walk in a local park, paying attention to the various scents from flowers and freshly cut grass.

Indoor: Create a scent jar by filling a small container with a cotton ball and a drop of your favorite summer essential oil.

The outdoor walk stimulates the senses with natural fragrances and gentle exercise. Making a scent jar indoors is a calming activity that reinforces sensory memories and offers a pleasant aroma to enjoy.

June 24

Outdoor: Visit a park with open green spaces where you can practice a few light balance exercises or stretching routines.

Indoor: Try a simple chair yoga or stretching routine indoors, following gentle movements with soft music.

Exercising outdoors on green grass boosts balance and coordination in a natural setting. A guided chair yoga session indoors further improves flexibility and relaxation in a safe, familiar environment.

June 25

Outdoor: Take a walk along a scenic trail to enjoy a change of pace and observe nature's details in the summer light.

Indoor: Work on a jigsaw puzzle that features a bright and cheerful summer scene to continue the outdoor theme.

A scenic trail walk is both invigorating and calming, providing a fresh look at nature's beauty. A summer-themed jigsaw puzzle indoors offers gentle mental stimulation and a satisfying challenge that ties in with the day's outdoor experience.

June 26

Outdoor: Visit a local park where you can sit quietly and enjoy people-watching or reading the day's headlines on an outdoor bench.

Indoor: Start a family conversation journal where everyone writes one good thing they noticed about the day.

Sitting in a park allows for peaceful reflection and gentle social observation. The family journal indoors encourages sharing positive thoughts and helps create a record of happy, shared moments.

June 27

Outdoor: Take a leisurely walk to a community center or library with outdoor seating, appreciating the day's pleasant weather.

Indoor: Organize a light game or trivia session that focuses on summer topics or fun facts from the community.

Walking to a community spot offers mild exercise and social engagement. Indoor games and trivia build mental activity and promote friendly competition, creating a lively, interactive environment.

June 28

Outdoor: Enjoy a walk in a nearby park that has plenty of open space and a clear view of the summer sky.

Indoor: Create a simple art project by drawing or painting a picture inspired by the wide, open summer sky.

Walking in an open park inspires a sense of freedom and calm while providing gentle physical activity. An art project indoors allows for creative expression and helps capture the beauty of the summer sky for lasting memories.

June 29

Outdoor: Take a gentle walk along a quiet neighborhood street, noticing the vibrant colors of summer gardens and decorations.

Indoor: Do a memory game using cards or pictures that feature summer themes, such as flowers, sunshine, and outdoor fun.

Observing summer gardens and decorations outdoors can be both delightful and stimulating. The memory game indoors challenges the mind gently while reinforcing the pleasant images of summer, encouraging conversation and fun.

June 30

Outdoor: End the month with a peaceful walk in your favorite park, reflecting on the summer experiences and changes throughout June.

Indoor: Host a family sharing session where everyone discusses their favorite moments of the month, using photos or mementos as prompts.

A reflective walk outdoors allows for gratitude and calm, closing the month with mindfulness. The family sharing session indoors strengthens bonds, preserves happy memories, and provides a warm end to June.

We hope you enjoy this list of activities for seniors with dementia. Be sure to share it on social media so that other families can find these ideas too!

July
Activity Calendar For Seniors With Dementia

Activities are not just about passing time. For seniors with dementia, engaging in various activities can significantly improve their quality of life.

Activities tailored to their abilities can help maintain their cognitive functions, reduce agitation, and provide a sense of accomplishment and normalcy.

Activities for seniors with dementia should aim to enrich their lives, providing stimulation, joy, and opportunities for connection.

By carefully selecting and personalizing activities, caregivers can make every day a positive experience for seniors with dementia, fostering their well-being and enhancing their quality of life.

As we do every month, we've listed some fun ideas on this July activity calendar for older adults with dementia!

July 1

Outdoor: Gentle stroll in a local garden or park, focusing on the sensory details (smell flowers, touch leaves).

Indoor: Listen to favorite music and gently sway or tap to the beat.

Outdoor activity provides exposure to nature and physical movement; indoor music activity promotes emotional well-being and reduces stress.

July 2

Outdoor: Water plants in pots or a small garden area, using a watering can.

Indoor: Sort through a collection of buttons, shells, or other interesting small objects.

Outdoor water activity engages motor skills while sorting provides cognitive stimulation and focus.

July 3

Outdoor: Sit on a porch or patio and listen to the sounds of nature.

Indoor: Look through old photo albums or family pictures together and reminisce about the past.

Outdoor activity reduces anxiety through calming nature sounds; indoor activity triggers positive memories and promotes social connection.

July 4

Outdoor: Have a very casual picnic in a shaded spot.

Indoor: Create simple patriotic crafts together, such as waving small flags or making a star collage.

Outdoor activity encourages social interaction and enjoying the holiday; indoor creative activities provide a sense of accomplishment and engagement.

July 5

Outdoor: Go birdwatching from a comfortable chair on a patio or near a window.

Indoor: Do a simple puzzle with large pieces.

Outdoor activity promotes mental stimulation through observation; indoor puzzle promotes problem-solving skills and hand-eye coordination.

July 6

Outdoor: Take a very short walk around the block and point out familiar landmarks.

Indoor: Play a gentle game of beanbag toss or ring toss.

Outdoor activity encourages mobility and connection to place; indoor game promotes gross motor skills and hand-eye coordination.

July 7

Outdoor: Fill a bird feeder together and watch the birds come to eat.

Indoor: Bake a simple treat, like cookies, and focus on the sensory aspects of the ingredients.

Outdoor activity provides nature interaction and engagement; indoor cooking provides sensory engagement and promotes routine.

July 8

Outdoor: Do chair exercises with gentle movements outdoors, while enjoying the fresh air.

Indoor: Read aloud from a favorite book or magazine.

Outdoor activity promotes physical movement and fresh air; indoor activity provides cognitive stimulation and relaxation.

July 9

Outdoor: Blow bubbles and watch them float in the air.

Indoor: Paint a picture with watercolors on large paper, focusing on process and not perfection.

Outdoor activity provides visual stimulation and joyful movement; indoor artistic expression reduces stress and promotes creative flow.

July 10

Outdoor: Spend time looking at the clouds and discuss what shapes you see.

Indoor: Fold laundry or organize a drawer together.

Outdoor activity stimulates the imagination and provides relaxation; indoor chore provides structure and promotes involvement in daily life.

July 11

Outdoor: Set up an outdoor musical instrument area (pots, pans, shakers) and make some “music.”

Indoor: Work with playdough or modeling clay, and create simple shapes.

Outdoor activity promotes sensory exploration through sound and movement; indoor modeling stimulates creativity and manual dexterity.

July 12

Outdoor: Go to an outdoor public event or farmer’s market (if not too crowded), and focus on sensory experiences.

Indoor: Do a simple craft with natural materials collected from your walk.

Outdoor event provides social engagement and sensory experience; indoor craft helps develop hand-eye coordination and creativity.

July 13

Outdoor: Visit a local park and gently swing on the swings, if able to, or watch others swing.

Indoor: Practice gentle chair yoga or stretching exercises.

Outdoor swinging or observation promotes relaxation and joy; indoor chair yoga promotes balance, flexibility, and calm.

July 14

Outdoor: Have a simple sensory experience by touching different textures (smooth rocks, soft leaves).

Indoor: Listen to the sounds of a rainstorm or nature sounds through an app or recording.

Outdoor sensory exploration fosters tactile awareness; indoor nature sounds promote relaxation and emotional regulation.

July 15

Outdoor: Engage in a simple backyard scavenger hunt by looking for specific items (a red leaf, a smooth rock).

Indoor: Watch old movies or TV shows that are familiar and comforting.

Outdoor scavenger hunt engages the senses and provides fun; indoor media helps stimulate memories and provide entertainment.

July 16

Outdoor: Have a picnic lunch at a park, focusing on enjoying a favorite food outdoors.

Indoor: Engage in light stretching exercises along with soothing music.

Outdoor activity encourages eating, socialization, and enjoyment; indoor activity provides physical flexibility and relaxation.

July 17

Outdoor: Take a walk with a wagon or wheelchair, and enjoy being pulled along.

Indoor: Sort through a box of scarves and other textiles with varied textures.

Outdoor ride stimulates the senses and provides a change of scenery; indoor textile exploration engages touch and motor skills.

July 18

Outdoor: Sit in a shaded area, have a refreshing drink, and enjoy the view.

Indoor: Work on a memory book or scrapbook with photos and mementos.

Outdoor activity provides relaxation and sensory enjoyment; indoor activity promotes positive memories and life review.

July 19

Outdoor: Play simple outdoor lawn games like bean bag toss or large ring toss.

Indoor: Do a paint by numbers or color by numbers project.

Outdoor games increase physical movement and visual stimulation; indoor activity fosters creativity and concentration.

July 20

Outdoor: Observe and identify different birds by listening to their calls.

Indoor: Build simple structures with blocks or other stacking toys.

Outdoor birdwatching engages auditory skills; indoor building activity promotes fine motor skills and problem solving.

July 21

Outdoor: Go for a very slow and short drive and enjoy scenery changes.

Indoor: Sing or listen to familiar songs together, using a lyric book if needed.

Outdoor ride provides a change of environment; indoor singing promotes emotional connection and engages memory.

July 22

Outdoor: Play with a beach ball or balloon while sitting outdoors.

Indoor: Work on a simple jigsaw puzzle with large pieces.

Outdoor play is fun and stimulating; indoor puzzling encourages focus and hand-eye coordination.

July 23

Outdoor: Enjoy a simple treat outside, such as ice cream, while feeling the warm sun.

Indoor: Engage in a gentle hand massage or foot rub.

Outdoor activity promotes enjoyment of a simple pleasure; indoor massage provides relaxation and reduces tension.

July 24

Outdoor: Play simple music through a speaker and dance gently or move with the music outside.

Indoor: Create a sensory box with various interesting objects and textures to explore.

Outdoor music activity stimulates movement and engagement; indoor sensory box provides tactile exploration and engagement.

July 25

Outdoor: Create simple chalk art on a sidewalk or patio.

Indoor: Prepare simple, familiar snacks together and eat them together.

Outdoor chalk activity stimulates creativity and encourages movement; indoor cooking experience fosters independence and enjoyment.

July 26

Outdoor: Water the garden using a sprinkler or gentle shower of water.

Indoor: Sort items by color or size and place them in different containers.

Outdoor water activity provides visual and sensory stimulation; indoor sorting helps maintain cognitive skills.

July 27

Outdoor: Visit a botanical garden and focus on the different types of plants and flowers.

Indoor: Look at magazines and make a collage with pictures that appeal to them.

Outdoor nature exploration provides sensory stimulation; indoor collage activity promotes self-expression and creativity.

July 28

Outdoor: Enjoy some time in the shade, maybe reading aloud from a favorite book or magazine.

Indoor: Play a gentle game of dominoes or matching cards with large print.

Outdoor reading time fosters relaxation; indoor game promotes cognitive function and engagement.

July 29

Outdoor: Build a bird feeder together with pine cones, seeds, and peanut butter.

Indoor: Fold towels together, focusing on the motions and textures.

Outdoor activity engages fine motor skills and a sense of caring; indoor activity helps maintain motor skills and provides structure.

July 30

Outdoor: Have a simple outdoor picnic of favorite snacks.

Indoor: Have a “spa day” at home with hand and foot lotion and gentle face cleaning.

Outdoor eating promotes relaxation and enjoyment; indoor pampering provides soothing relaxation and sensory pleasure.

July 31

Outdoor: Sit outside and enjoy watching the sunset or the night sky.

Indoor: Listen to soothing music or nature sounds and gently relax before bed.

Outdoor activity promotes calm and a sense of peace; indoor music promotes relaxation and calm before bedtime.

I hope that these activities help you to make July a wonderful month as you care for your loved one with dementia.

August
Activity Calendar For Seniors With Dementia

One of the most effective ways to support the well-being of older adults with dementia is through carefully chosen activities that stimulate their minds, encourage social interaction, and maintain their physical health.

That's why I've put together an August Activity Calendar specifically for seniors with dementia.

This calendar is not just a list of activities; it's a tool for family caregivers and professionals alike to create meaningful, enjoyable days for those they care for.

August 1

Outdoor: Gentle Gardening – Watering potted plants or a small garden area together.

Indoor: Photo Album Reminiscing – Look through old family photo albums and talk about the people and events.

Benefit: Gardening provides gentle physical activity and sensory stimulation, while reminiscing can trigger positive memories and conversations.

August 2

Outdoor: Bird Watching – Sit outside with a bird feeder or listen to bird sounds and try to identify them.

Indoor: Simple Music Sing-Along – Play familiar songs and sing together, or just listen and enjoy.

Benefit: Bird watching engages visual attention, and music can be very calming and elicit positive emotions.

August 3

Outdoor: Bubble Blowing – Blow bubbles and watch them float, and let the person with dementia try as well.

Indoor: Folding Laundry – Fold towels or washcloths together, focusing on simple tasks.

Benefit: Blowing bubbles offers a fun, visual focus, and helping with chores allows for a sense of purpose and accomplishment.

August 4

Outdoor: Nature Walk with Sensory Focus – Take a short walk and encourage touching leaves, smelling flowers, and listening to sounds.

Indoor: Creating a Sensory Box – Fill a box with safe, textured items (soft fabrics, smooth stones, etc.) for exploration.

Benefit: A sensory-focused walk stimulates the senses, and a sensory box can offer calming tactile exploration when needed.

August 5

Outdoor: Picnic in the Backyard – Have a simple meal outside, even if it's just snacks.

Indoor: Looking at Old Postcards – Read and discuss any old postcards you have collected from travels or loved ones.

Benefit: Enjoying the fresh air and eating together can improve mood, and postcards can spark discussions about past experiences and happy memories.

August 6

Outdoor: Sitting in the Shade – Find a comfortable spot to relax and enjoy the breeze, with or without conversation.

Indoor: Simple Art Project – Use large crayons or markers to draw or color together.

Benefit: Quiet time outdoors offers relaxation, and creating art provides sensory stimulation and encourages self-expression.

August 7

Outdoor: Looking at the Sky – Lay on a blanket and look at the clouds and talk about the shapes you see.

Indoor: Reading Poetry – Read short, simple poems together, or just listen to the rhythm of the words.

Benefit: Sky gazing is calming and encourages visual imagination, and poetry provides simple, beautiful auditory stimulation and a shared experience.

August 8

Outdoor: Listening to Wind Chimes – Hang a wind chime and listen to the calming sounds outside.

Indoor: Playing a Matching Game – Use large pictures or simple objects for a matching game.

Benefit: The gentle sounds of a wind chime are relaxing, and matching games keep the brain active.

August 9

Outdoor: Chalk Art on the Sidewalk – Draw simple shapes or pictures together with sidewalk chalk.

Indoor: Looking at Magazines – Look through magazines with big pictures and talk about the people, places, or items you see.

Benefit: Chalk art is a creative and fun, and browsing magazines provides simple visual stimulation and talking points.

August 10

Outdoor: Gentle Walking on a Path – Walk very slowly and focus on the environment around you.

Indoor: Gentle Stretching – Do some gentle stretching exercises, focusing on comfort and mobility.

Benefit: Gentle walking promotes physical well-being, and stretching maintains mobility and can ease muscle tension.

August 11

Outdoor: Water Play – Use a hose or sprinkler to water the garden or cool off, focusing on the sensory experience.

Indoor: Simple Baking – Mix simple ingredients for cookies or other easy-to-bake treats and enjoy the sensory experience of the dough.

Benefit: Water play is refreshing and provides sensory enjoyment, and baking together provides sensory input and can create a sense of shared accomplishment.

August 12

Outdoor: Visiting a Local Park – Even a short visit can provide a change of scenery.

Indoor: Listening to Nature Sounds – Play a recording of nature sounds, like rain or ocean waves.

Benefit: A change of scenery can be uplifting, and nature sounds are calming and can reduce anxiety.

August 13

Outdoor: Gather Flowers – Collect flowers from the yard and arrange them in a vase.

Indoor: Looking at Old Recipes – Look at old recipes and reminisce about favorite foods and meals.

Benefit: Arranging flowers offers gentle fine motor activity, and looking at old recipes can spark memories and stories about mealtime traditions.

August 14

Outdoor: Sitting on a Porch or Patio – Relax outdoors and chat or simply enjoy the quiet time together.

Indoor: Looking at Old Maps – Look at maps of places visited or areas that hold significance.

Benefit: Outdoor relaxation can boost mood, and looking at maps can prompt memories of past travels and experiences.

August 15

Outdoor: Playing with a Pet – If safe, spend time outside with a family pet.

Indoor: Gentle Hand Massage – Apply lotion and give a simple hand massage for relaxation.

Benefit: Pet interaction can be emotionally soothing, and a gentle hand massage is calming and can improve circulation.

August 16

Outdoor: Cloud Gazing – Lay a blanket in the grass and look at the shapes of the clouds.

Indoor: Listening to Old Radio Shows – Listen to old radio programs or stories that are familiar.

Benefit: Cloud gazing sparks imagination, and listening to old radio shows can provide a link to the past and evoke pleasant memories.

August 17

Outdoor: Walk around the yard – Simply stroll around the yard, enjoying the sights and smells.

Indoor: Sorting Objects – Sort colorful buttons, blocks, or other simple objects.

Benefit: Walking promotes gentle exercise, and sorting is a simple cognitive activity that can provide a sense of purpose.

August 18

Outdoor: Watering the garden – Use a watering can to gently water the plants.

Indoor: Playing with a Stuffed Animal – Hold and interact with a favorite stuffed animal.

Benefit: Watering plants allows for gentle physical movement, and holding a stuffed animal provides comfort and can reduce anxiety.

August 19

Outdoor: Looking at a Bird Bath – Spend time watching birds near the bird bath.

Indoor: Simple Puzzle – Work on a large-piece puzzle that is easy to see and handle.

Benefit: Bird watching is visually stimulating, and puzzles provide a manageable cognitive activity.

August 20

Outdoor: Drawing with Sticks in the Dirt – Draw simple lines and shapes with sticks in the soil.

Indoor: Playing Simple Card Games – Play games like Go Fish or War with large print playing cards.

Benefit: Drawing with sticks in the dirt is tactile and creative, and simple card games engage cognitive skills in a manageable way.

August 21

Outdoor: Picking a few herbs from the garden – If available, lightly pick herbs and smell them.

Indoor: Looking at an old yearbook – Open up an old yearbook and reminisce about school.

Benefit: Harvesting herbs provides gentle physical and sensory stimulation, and looking at an old yearbook can spark positive memories of the past.

August 22

Outdoor: Sitting under a shade tree – Relax outside under the shade and listen to the sounds around you.

Indoor: Simple Ball Toss – Toss a soft ball or balloon back and forth.

Benefit: Relaxing under a tree is calming, and a simple ball toss encourages movement and coordination.

August 23

Outdoor: Watching Butterflies or Bees – Observe pollinators in the garden.

Indoor: Listening to Audiobooks – Choose easy, enjoyable stories to listen to together.

Benefit: Watching pollinators engages visual attention, and listening to audiobooks provides gentle entertainment and mental stimulation.

August 24

Outdoor: Listening to the sounds of nature – Close your eyes and listen to all the nature sounds.

Indoor: Stringing Beads – String large beads or pasta onto a string.

Benefit: Listening to nature is calming, and stringing beads is good for hand-eye coordination and fine motor skills.

August 25

Outdoor: Gentle exercise – Do some gentle chair exercises outside on the porch or patio.

Indoor: Using a coloring book – Color simple pictures with large crayons.

Benefit: Gentle exercise promotes physical well-being, and coloring is calming and creatively engaging.

August 26

Outdoor: Collecting leaves – Pick up a few fallen leaves and look at their shapes and textures.

Indoor: Looking at Fabric Swatches – Feel and look at different colors and textures of fabric swatches.

Benefit: Collecting leaves offers gentle physical activity and a connection to nature, and fabric swatches provide tactile and sensory stimulation.

August 27

Outdoor: Sitting in a swing – Gently swing while listening to the nature around you.

Indoor: Play with a puzzle – Try a simple puzzle like a knob puzzle.

Benefit: Swinging offers a calming, repetitive motion, and a knob puzzle is mentally engaging and good for fine motor skills.

August 28

Outdoor: Listening to a water feature – Enjoy the calming sounds of water.

Indoor: Looking at family photo cards – Go through flash cards of loved ones and talk about them.

Benefit: Water sounds are very soothing and can lower anxiety, and talking about family members is good for memory and connection.

August 29

Outdoor: Building a Birdhouse – If able, work together to make a simple birdhouse.

Indoor: Looking at travel brochures – Look through brochures and talk about vacation memories.

Benefit: Building a birdhouse offers a simple craft, and travel brochures can spark conversations about past adventures.

August 30

Outdoor: Decorating the sidewalk with leaves and flowers – Create a nature collage on the ground.

Indoor: Gentle stretching exercises – Practice some slow and gentle stretches from a chair.

Benefit: Decorating with natural items provides sensory engagement, and stretching from a chair helps maintain mobility and reduce tension.

August 31

Outdoor: Enjoying the sunset – Find a comfortable place to watch the sunset.

Indoor: Enjoy a favorite snack with a calming drink – Enjoy a favorite snack or treat with some tea.

Benefit: Watching a sunset can provide a sense of peace and wonder, and enjoying a treat can bring comfort and calm.

Having an idea of activities to do each day can help to keep you busy with activities, especially if you are home caring for a senior loved one.

I do hope that these ideas inspire you to have a wonderful August!

September
Activity Calendar For Seniors With Dementia

Ahh, September is a month that I look forward to because it's the month when Autumn begins and that means beautiful cooler weather!

That means the ability to do more outdoor activities in breathable weather!

As we do every month, we've got a list of September activities that family caregivers can do with their senior loved ones while caring for them at home.

September 1

Outdoor: *Nature Walk & Sensory Scavenger Hunt.* Take a slow walk in a garden or park, collecting leaves, smooth stones, or flowers and discuss colors, textures, and smells.

Indoor: *Simple Recipe Creation.* Make a no-bake treat like fruit salad, allowing the individual to assist with washing fruit and mixing ingredients.

The outdoor activity stimulates the senses, while the indoor activity engages them in simple tasks to foster a sense of accomplishment.

September 2

Outdoor: *Gentle Seated Gardening.* Sit outside with pots of soil and easy-to-plant flowers or herbs; enjoy the tactile sensation of the soil.

Indoor: *Listening to Relaxing Music.* Play favorite tunes, sing along, or move gently to the beat while relaxing together.

Gardening offers the joy of nature, while music can be comforting and brings back happy memories.

September 3

Outdoor: *Bird Watching.* Observe birds in the yard or a park, noting colors, songs, and their behaviors.

Indoor: *Photo Album Reminiscing.* Look through old photo albums and share stories related to the pictures.

Bird watching promotes focused attention, while reminiscing encourages social interaction and memory recall.

September 4

Outdoor: *Bubbles in the Breeze.* Create bubbles and enjoy watching them float, or try to catch them.

Indoor: *Folding Laundry.* Sort and fold simple items like towels or washcloths together.

Bubbles offer visual stimulation and a sense of playfulness, and folding laundry promotes independence and a daily routine.

September 5

Outdoor: *Sidewalk Chalk Art.* Draw simple shapes, animals, or letters on a driveway with chalk.

Indoor: *Sensory Bin Play.* Fill a bin with dried beans, pasta, or smooth stones and let the individual explore textures using their hands or scoops.

Chalk art sparks creativity, while a sensory bin provides tactile stimulation and a calming focus.

September 6

Outdoor: *Porch Swing or Patio Sitting.* Relax and enjoy the fresh air together on a porch or patio, sharing a cup of tea.

Indoor: *Simple Puzzles.* Work on a large-piece jigsaw puzzle with a simple theme or a puzzle with big pieces and knobs.

Sitting outdoors promotes relaxation and calmness, and a puzzle encourages problem-solving and focus.

September 7

Outdoor: *Cloud Gazing.* Lie on a blanket in the yard and observe clouds, finding shapes and sharing imaginations.

Indoor: *Story Reading.* Read short, simple stories aloud, using clear and engaging language.

Cloud gazing stimulates imagination and conversation, while story reading promotes focus and calming interaction.

September 8

Outdoor: *Visit a Farmers' Market.* Walk through a farmer's market, taking in all the colors, sights, and smells.

Indoor: *Simple Craft: Collage.* Create a simple collage using cut-out pictures from magazines or colored paper.

A market visit provides sensory stimulation and social connection, and a collage encourages creativity and tactile interaction.

September 9

Outdoor: *Walk the Neighborhood.* Take a slow walk around the neighborhood, noticing changes in the landscape or decorations.

Indoor: *Gentle Stretching.* Engage in simple seated or standing stretches to improve circulation and flexibility.

A walk outdoors promotes physical activity and awareness of surroundings, and stretching helps maintain physical comfort.

September 10

Outdoor: *Picnic in the Park.* Pack a simple lunch and enjoy a picnic in a local park or your backyard.

Indoor: *Looking at Old Postcards.* Share old postcards, prompting memories of places, people, and events.

Picnics offer an enjoyable meal in a relaxed setting, while postcards spark memories and conversation.

September 11

Outdoor: *Leaf Collection.* Collect colorful leaves of various shapes and sizes, discussing textures and colors.

Indoor: *Simple Card Game.* Play a simple card game, like "Go Fish" or "Memory" with large cards.

A leaf walk encourages exploration of nature, while a card game promotes focus and lighthearted fun.

September 12

Outdoor: *Listen to Nature Sounds.* Sit quietly outside and listen to the sounds of nature, such as birds, wind, or rustling leaves.

Indoor: *Finger Painting.* Create art with finger paints, using colors that are easily seen and enjoyed.

Listening to nature offers a calming moment of reflection, and finger painting encourages creativity and sensory exploration.

September 13

Outdoor: *Flower Identification.* Walk in the garden and identify common flowers, noting colors and shapes.

Indoor: *Sorting Objects.* Sort objects like blocks, buttons, or utensils by color, size, or type.

Identifying flowers promotes observation and appreciation of nature, and sorting offers structure and promotes cognitive skills.

September 14

Outdoor: *Swing Set Fun.* If available, a gentle swing session can be a fun and relaxing experience.

Indoor: *Simple Knitting or Crochet.* Engage in simple crafting with large needles and yarn, even just winding yarn.

Swinging promotes movement and gentle relaxation, while yarn activities offer fine motor stimulation and focus.

September 15

Outdoor: *Outdoor Sing-Along.* Sing favorite songs outdoors while you walk or sit in the yard.

Indoor: *Simple Pictionary.* Draw simple shapes or objects, and have the person with dementia guess what it is.

Singing is uplifting and encourages engagement, while drawing promotes communication in a lighthearted way.

September 16

Outdoor: *Wheelbarrow Ride.* A gentle ride in a wheelbarrow can be a fun change of scenery with support for those who cannot walk easily.

Indoor: *Simple Building with Blocks.* Use large blocks to build simple structures together, focusing on basic shapes.

Wheelbarrow rides offer a change of perspective, while building with blocks encourages spatial reasoning and interaction.

September 17

Outdoor: *Patio Bird Feeder Refill.* Refill a bird feeder with bird seed and watch as the birds come for food.

Indoor: *Baking Simple Cookies.* Engage in the step-by-step process of baking simple cookies together, making sure to do all safety precautions.

Refilling a bird feeder connects to nature, and baking offers sensory engagement and a sense of accomplishment.

September 18

Outdoor: *Visit a Local Pond or Lake.* If accessible, a short visit to observe ducks, boats, or the water's edge.

Indoor: *Making a Simple Instrument.* Using household items, create a simple shaker to use while enjoying music.

Viewing a pond promotes peace and natural observation, while crafting instruments encourages creativity and musical fun.

September 19

Outdoor: *Fly a Kite.* Find an open space where you can fly a simple kite.

Indoor: *Simple Ball Toss.* Toss a large soft ball back and forth gently with the individual.

Flying a kite engages visual tracking and joy, while a ball toss offers gentle exercise and interaction.

September 20

Outdoor: *Sensory Garden Walk.* Explore a garden with different plants and textures, focusing on feeling different leaves and smelling flowers.

Indoor: *Looking Through a Travel Brochure.* Discuss a past trip, or a place the person with dementia would like to visit and look through a travel brochure together.

Sensory walks stimulate the senses, while travel brochures can spark positive memories and conversations.

September 21

Outdoor: *Visit the Park.* Stroll through a park and watch kids play, enjoy the outdoors, or have a picnic.

Indoor: *Dance Party.* Put on some favorite upbeat music and dance together for a few minutes.

A park visit provides social stimulation and relaxation, while a dance party engages physical movement and fun.

September 22

Outdoor: *Nature Photography Walk.* Take photos of nature with a simple camera or phone.

Indoor: *Simple Paint by Numbers.* Work on a simple paint-by-numbers project with large color sections.

Photography stimulates creativity and attention to detail, while paint-by-numbers encourages artistic expression and focus.

September 23

Outdoor: *Relaxing in a Hammock.* A gentle sway in a hammock can be a relaxing experience.

Indoor: *Gentle Hand Massage.* Provide a gentle hand massage using a scented lotion.

Hammock time is calming and soothing, while a hand massage promotes relaxation and comfort.

September 24

Outdoor: *Walking in the Sand.* If accessible, walk on a beach or sandbox; the sand provides a different sensory experience.

Indoor: *Looking Through a Cookbook.* Read through simple recipes from a cookbook, discussing favorites.

Sand walking engages tactile senses and provides a new experience, while cookbooks can spark memories of past meals.

September 25

Outdoor: *Watering Plants.* Gently water plants with a small watering can, enjoying the outdoor activity.

Indoor: *Sorting Spices.* Sort common spices from the kitchen and identify by smell.

Watering plants connects to nature and provides a physical task, while spices provide familiar scents and cognitive stimulation.

September 26

Outdoor: *Outdoor Reading Time.* Read a book or magazine out loud together in the backyard.

Indoor: *Dominoes.* Play a simple game of dominoes, focusing on matching ends of the tiles.

Reading outdoors promotes relaxation and engagement, while dominoes encourage simple problem-solving.

September 27

Outdoor: *Listening to Wind Chimes.* Relax and enjoy the soft sounds of wind chimes together outside.

Indoor: *Making a Simple Smoothie.* Create a smoothie together by adding pre-cut fruit and other ingredients to a blender.

Wind chimes offer a calming and sensory experience, while making a smoothie promotes sensory engagement and task participation.

September 28

Outdoor: *Painting Rocks.* Gather rocks outside and paint them with simple designs or colors.

Indoor: *Creating a Memory Box.* Collect some significant personal items to place in a box to represent a good memory.

Rock painting is a creative and tactile activity, while creating a memory box sparks conversation and reflection.

September 29

Outdoor: *Backyard "Campfire".* Sit together outside in the evening with some lights or candles and share a snack (without real fire, of course).

Indoor: *Simple Lacing Activity.* Use a lacing board with large holes or a large embroidery hoop and shoelaces to complete a simple task.

A "campfire" offers a relaxing evening setting, while lacing promotes fine motor skills and focus.

September 30

Outdoor: *Visit a Local Park with a Carousel.* Enjoy the fun and movement of a gentle carousel ride (if accessible).

Indoor: *Sing Favorite Songs.* Sing along to favorite songs together with lyrics on hand if needed.

Carousels bring enjoyment and gentle sensory stimulation, while singing brings pleasure and connection.

October

Activity Calendar For Seniors With Dementia

The crisp cool air of autumn is finally on it's way and I couldn't be more excited!

Just being able to go outdoors more, to breath the fresh air and to enjoy more time outside of the house is something I look forward to.

As we do every month, we've provided a dementia activity calendar that family caregivers can use to do fun projects with their senior loved ones while caring for them at home.

October 1

Outdoor: Take a short walk to collect colorful fall leaves. Create a simple leaf collage together.

Indoor: Bake pumpkin-shaped cookies and decorate them with icing.

The walk stimulates sensory engagement with nature, while baking encourages creativity and fine motor skills.

October 2

Outdoor: Visit a local farmer's market and pick out a seasonal fruit or vegetable.

Indoor: Make a simple fruit salad together using the produce you bought.

The outing provides social interaction, and preparing food together fosters a sense of accomplishment.

October 3

Outdoor: Sit outside and listen to calming nature sounds or bird calls using a smartphone app.

Indoor: Paint or color a picture of a peaceful outdoor scene.

Both activities promote relaxation and reduce stress for both the caregiver and the person with dementia.

October 4

Outdoor: Plant fall flowers like mums in pots or a garden bed.

Indoor: Arrange a small indoor herb garden on a windowsill.

Gardening improves mood and provides a sense of purpose through nurturing living things.

October 5

Outdoor: Go for a drive to see fall foliage and stop for a warm drink at a café.

Indoor: Play a memory game using old family photos.

The drive offers a change of scenery, while the photo activity stimulates memory recall and connection

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October 6

Outdoor: Have a picnic in the backyard or a nearby park with simple, favorite foods.

Indoor: Watch a classic movie or musical from their younger years.

The picnic encourages fresh air and light physical activity, while the movie sparks nostalgia and joy.

October 7

Outdoor: Visit a pumpkin patch and pick out a small pumpkin.

Indoor: Carve or paint the pumpkin together.

The outing provides sensory stimulation, and the creative activity fosters collaboration and fun.

October 8

Outdoor: Take a stroll around the neighborhood and wave to neighbors.

Indoor: Write and mail a letter or postcard to a friend or family member.

Social interaction boosts emotional well-being, and writing enhances cognitive engagement.

October 9

Outdoor: Sit outside and watch the sunset while wrapped in cozy blankets.

Indoor: Make a scrapbook page with fall-themed decorations.

Watching the sunset promotes calmness, and scrapbooking encourages creativity and fine motor skill.

October 10

Outdoor: Visit a local park and feed the ducks (if allowed).

Indoor: Play a simple card game like Go Fish or Memory.

Feeding ducks provides sensory engagement, and card games stimulate cognitive function.

October 11

Outdoor: Take a short walk and collect pinecones or acorns for a craft.

Indoor: Use the collected items to make a fall-themed centerpiece.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

October 12

Outdoor: Visit a local library or bookstore and browse books about autumn.

Indoor: Read a short story or poem aloud together.

The outing provides mental stimulation, and reading together promotes bonding and relaxation.

October 13

Outdoor: Sit outside and blow bubbles together.

Indoor: Fold laundry or sort socks together while listening to music.

Blowing bubbles is a calming sensory activity, and folding laundry provides a sense of routine and accomplishment.

October 14

Outdoor: Take a walk and collect rocks, then paint them at home.

Indoor: Arrange the painted rocks in a decorative pattern.

The walk encourages light exercise, and painting rocks fosters creativity and fine motor skills.

October 15

Outdoor: Visit a local orchard and pick apples (if accessible).

Indoor: Make applesauce or apple crisp together.

Apple picking provides sensory engagement, and cooking together fosters a sense of achievement.

October 16

Outdoor: Sit outside and listen to a playlist of their favorite songs from their youth.

Indoor: Dance or gently sway to the music together.

Music stimulates memory and emotional connection, while dancing encourages light physical activity.

October 17

Outdoor: Visit a local pond or lake and skip stones or watch the water.

Indoor: Work on a simple puzzle together.

The outing promotes relaxation, and puzzles enhance cognitive function and patience.

October 18

Outdoor: Take a walk and look for signs of autumn (e.g., changing leaves, cooler air).

Indoor: Make a gratitude list or jar, writing down things you're thankful for.

The walk encourages mindfulness, and the gratitude activity fosters positivity and emotional well-being.

October 19

Outdoor: Visit a local garden or arboretum to enjoy the fall scenery.

Indoor: Paint or draw a picture of your favorite part of the visit.

The outing provides sensory stimulation, and the art activity encourages creativity and self-expression.

October 20

Outdoor: Sit outside and watch the clouds, describing their shapes.

Indoor: Make a simple bird feeder using pinecones, peanut butter, and birdseed.

Cloud-watching promotes relaxation, and making a bird feeder fosters a sense of purpose.

October 21

Outdoor: Take a walk and collect fallen branches to make a DIY fall wreath.

Indoor: Decorate the wreath together with ribbons and faux leaves.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

October 22

Outdoor: Visit a local coffee shop and enjoy a warm drink together.

Indoor: Play a board game like Checkers or Bingo.

The outing provides social interaction, and the game stimulates cognitive function and fun.

October 23

Outdoor: Sit outside and listen to an audiobook or podcast about nature.

Indoor: Knit, crochet, or work on a simple sewing project together.

Listening to stories promotes relaxation, and crafting enhances fine motor skills and focus.

October 24

Outdoor: Take a walk and collect colorful leaves to press in a book.

Indoor: Use the pressed leaves to create a fall-themed bookmark.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

October 25

Outdoor: Visit a local park and have a mini photo shoot with fall decorations.

Indoor: Look through old photo albums together.

The photo shoot provides fun and creativity, while reminiscing with photos stimulates memory and connection.

October 26

Outdoor: Sit outside and watch birds, using a bird guidebook to identify them.

Indoor: Make a simple birdhouse or bird feeder together.

Bird-watching promotes mindfulness, and the craft activity fosters a sense of accomplishment.

October 27

Outdoor: Take a walk and collect acorns or pinecones for a craft.

Indoor: Use the collected items to make a fall-themed garland.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

October 28

Outdoor: Visit a local bakery and pick out a treat to enjoy together.

Indoor: Play a memory game using playing cards or matching tiles.

The outing provides sensory enjoyment, and the game stimulates cognitive function.

October 29

Outdoor: Sit outside and watch the stars or moon together.

Indoor: Make a simple dreamcatcher or star-themed craft.

Stargazing promotes relaxation, and the craft activity fosters creativity and fine motor skills.

October 30

Outdoor: Take a walk and collect sticks to make a DIY scarecrow.

Indoor: Decorate the scarecrow together with old clothes and accessories.

The walk encourages light exercise, and the craft activity fosters creativity and teamwork.

October 31

Outdoor: Sit outside and tell spooky (but not scary) stories or jokes.

Indoor: Make Halloween-themed cookies or cupcakes together.

Storytelling promotes bonding and laughter, while baking encourages creativity and fine motor skills.

November

Activity Calendar For Seniors With Dementia

Welcome to our November Activity Calendar, specially designed to bring joy, engagement, and cognitive stimulation to seniors living with dementia. As the autumn leaves fall and the holiday season approaches, this calendar offers a variety of simple, meaningful, and enjoyable activities tailored to support memory care and enhance quality of life.

From festive crafts to sensory experiences, each day provides an opportunity to connect, create, and celebrate the season together. Let's make this November a month filled with warmth, creativity, and cherished moments!

This calendar is designed to support family caregivers who are caring for a loved one with dementia at home. Each day features two engaging activities – one outdoor and one indoor – specifically chosen to benefit individuals living with dementia.

Here's an activity calendar for November with outdoor and indoor activities for each day, along with brief explanations of how each activity benefits someone with dementia:

November 1:

Outdoor: Take a walk and collect pinecones or acorns for a craft.

Indoor: Use the collected items to make a simple fall-themed centerpiece.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

November 2:

Outdoor: Visit a local park and enjoy the crisp autumn air.

Indoor: Bake a batch of cinnamon-spiced muffins together.

The outing provides fresh air and sensory stimulation, while baking encourages collaboration and a sense of accomplishment.

November 3:

Outdoor: Sit outside and listen to the sounds of nature, like rustling leaves or chirping birds.

Indoor: Paint or draw a picture of a cozy autumn scene.

Both activities promote relaxation and creativity, reducing stress for both the caregiver and the person with dementia.

November 4:

Outdoor: Take a short walk and collect colorful leaves to press in a book.

Indoor: Use the pressed leaves to create a fall-themed bookmark.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

November 5:

Outdoor: Visit a local café and enjoy a warm drink together.

Indoor: Play a board game like Checkers or Bingo.

The outing provides social interaction, and the game stimulates cognitive function and fun.

November 6:

Outdoor: Sit outside and watch the sunset while wrapped in cozy blankets.

Indoor: Make a gratitude list or jar, writing down things you're thankful for.

Watching the sunset promotes calmness, and the gratitude activity fosters positivity and emotional well-being.

November 7:

Outdoor: Take a walk and collect sticks to make a DIY scarecrow.

Indoor: Decorate the scarecrow together with old clothes and accessories.

The walk encourages light exercise, and the craft activity fosters creativity and teamwork.

November 8:

Outdoor: Visit a local library or bookstore and browse books about autumn.

Indoor: Read a short story or poem aloud together.

The outing provides mental stimulation, and reading together promotes bonding and relaxation.

November 9:

Outdoor: Sit outside and listen to an audiobook or podcast about nature.

Indoor: Knit, crochet, or work on a simple sewing project together.

Listening to stories promotes relaxation, and crafting enhances fine motor skills and focus.

November 10:

Outdoor: Take a walk and collect rocks, then paint them at home.

Indoor: Arrange the painted rocks in a decorative pattern.

The walk encourages light exercise, and painting rocks fosters creativity and fine motor skills.

November 11:

Outdoor: Visit a local pond or lake and skip stones or watch the water.

Indoor: Work on a simple puzzle together.

The outing promotes relaxation, and puzzles enhance cognitive function and patience.

November 12:

Outdoor: Sit outside and watch birds, using a bird guidebook to identify them.

Indoor: Make a simple birdhouse or bird feeder together.

Bird-watching promotes mindfulness, and the craft activity fosters a sense of accomplishment.

November 13:

Outdoor: Take a walk and look for signs of autumn (e.g., changing leaves, cooler air).

Indoor: Make a scrapbook page with fall-themed decorations.

The walk encourages mindfulness, and scrapbooking fosters creativity and fine motor skills.

November 14:

Outdoor: Visit a local garden or arboretum to enjoy the fall scenery.

Indoor: Paint or draw a picture of your favorite part of the visit.

The outing provides sensory stimulation, and the art activity encourages creativity and self-expression.

November 15:

Outdoor: Sit outside and blow bubbles together.

Indoor: Fold laundry or sort socks together while listening to music.

Blowing bubbles is a calming sensory activity, and folding laundry provides a sense of routine and accomplishment.

November 16:

Outdoor: Take a walk and collect fallen branches to make a DIY fall wreath.

Indoor: Decorate the wreath together with ribbons and faux leaves.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

November 17:

Outdoor: Visit a local bakery and pick out a treat to enjoy together.

Indoor: Play a memory game using playing cards or matching tiles.

The outing provides sensory enjoyment, and the game stimulates cognitive function.

November 18:

Outdoor: Sit outside and watch the stars or moon together.

Indoor: Make a simple dreamcatcher or star-themed craft.

Stargazing promotes relaxation, and the craft activity fosters creativity and fine motor skills.

November 19:

Outdoor: Take a walk and collect pinecones or acorns for a craft.

Indoor: Use the collected items to make a fall-themed garland.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

November 20:

Outdoor: Visit a local park and have a mini photo shoot with fall decorations.

Indoor: Look through old photo albums together.

The photo shoot provides fun and creativity, while reminiscing with photos stimulates memory and connection.

November 21:

Outdoor: Sit outside and listen to a playlist of their favorite songs from their youth.

Indoor: Dance or gently sway to the music together.

Music stimulates memory and emotional connection, while dancing encourages light physical activity.

November 22:

Outdoor: Take a walk and collect colorful leaves to press in a book.

Indoor: Use the pressed leaves to create a fall-themed bookmark.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

November 23:

Outdoor: Visit a local orchard and pick apples (if accessible).

Indoor: Make applesauce or apple crisp together.

Apple picking provides sensory engagement, and cooking together fosters a sense of achievement.

November 24 (Thanksgiving):

Outdoor: Sit outside and watch the clouds, describing their shapes.

Indoor: Make a simple bird feeder using pinecones, peanut butter, and birdseed.

Cloud-watching promotes relaxation, and making a bird feeder fosters a sense of purpose.

November 25:

Outdoor: Take a walk and collect sticks to make a DIY scarecrow.

Indoor: Decorate the scarecrow together with old clothes and accessories.

The walk encourages light exercise, and the craft activity fosters creativity and teamwork.

November 26:

Outdoor: Visit a local coffee shop and enjoy a warm drink together.

Indoor: Play a board game like Checkers or Bingo.

The outing provides social interaction, and the game stimulates cognitive function and fun.

November 27:

Outdoor: Sit outside and listen to an audiobook or podcast about nature.

Indoor: Knit, crochet, or work on a simple sewing project together.

Listening to stories promotes relaxation, and crafting enhances fine motor skills and focus.

November 28:

Outdoor: Take a walk and collect rocks, then paint them at home.

Indoor: Arrange the painted rocks in a decorative pattern.

The walk encourages light exercise, and painting rocks fosters creativity and fine motor skills.

November 29:

Outdoor: Visit a local pond or lake and skip stones or watch the water.

Indoor: Work on a simple puzzle together.

The outing promotes relaxation, and puzzles enhance cognitive function and patience.

November 30:

Outdoor: Sit outside and watch the stars or moon together.

Indoor: Make a simple dreamcatcher or star-themed craft.

Stargazing promotes relaxation, and the craft activity fosters creativity and fine motor skills.

December
Activity Calendar For Seniors With Dementia

This month is filled with planning, gatherings and festive holidays like Christmas and Hanukkah but in between, there are plenty of other holidays that you can enjoy and celebrate.

Here's a list of activities and ideas, both indoor and outdoor that you can do that are perfect for older adults with dementia.

Well all know that mental health is important but for those with dementia, mental stimulation such as activities help maintain mental clarity and overall mental well-being.

But, it can be difficult coming up with ideas on what to do.

These monthly activities are meant to improve the quality of life not only for those loved ones with dementia or Alzheimer's, but for their family members too.

This list of activities is meant mostly for family members who are caring for seniors with dementia at home.

December 1

Outdoor: Take a walk and collect pinecones or evergreen branches for a craft.

Indoor: Use the collected items to make a simple holiday-themed centerpiece.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

December 2

Outdoor: Visit a local park and enjoy the crisp winter air.

Indoor: Bake a batch of gingerbread cookies together.

The outing provides fresh air and sensory stimulation, while baking encourages collaboration and a sense of accomplishment.

December 3

Outdoor: Sit outside and listen to the sounds of nature, like rustling leaves or chirping birds.

Indoor: Paint or draw a picture of a cozy winter scene.

Both activities promote relaxation and creativity, reducing stress for both the caregiver and the person with dementia.

December 4

Outdoor: Take a short walk and collect colorful leaves or evergreen branches to press in a book.

Indoor: Use the pressed items to create a holiday-themed bookmark.

The walk encourages light exercise, and the craft activity fosters creativity and fine motor skills.

December 5

Outdoor: Visit a local café and enjoy a warm drink together.

Indoor: Play a board game like Checkers or Bingo.

The outing provides social interaction, and the game stimulates cognitive function and fun.

December 6

Outdoor: Sit outside and watch the sunset while wrapped in cozy blankets.

Indoor: Make a gratitude list or jar, writing down things you're thankful for.

Watching the sunset promotes calmness, and the gratitude activity fosters positivity and emotional well-being.

December 7

Outdoor: Take a walk and collect sticks to make a DIY holiday decoration.

Indoor: Decorate the sticks together with paint, ribbons, and glitter.

The walk encourages light exercise, and the craft activity fosters creativity and teamwork.

December 8

Outdoor: Visit a local library or bookstore and browse books about winter holidays.

Indoor: Read a short story or poem aloud together.

The outing provides mental stimulation, and reading together promotes bonding and relaxation.

December 9

Outdoor: Sit outside and listen to an audiobook or podcast about nature.

Indoor: Knit, crochet, or work on a simple sewing project together.

Listening to stories promotes relaxation, and crafting enhances fine motor skills and focus.

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Outdoor: Take a walk and collect rocks, then paint them at home.

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Indoor: Make a simple birdhouse or bird feeder together.

Bird-watching promotes mindfulness, and the craft activity fosters a sense of accomplishment.

December 13

Outdoor: Take a walk and look for signs of winter (e.g., frost, bare trees).

Indoor: Make a scrapbook page with winter-themed decorations.

The walk encourages mindfulness, and scrapbooking fosters creativity and fine motor skills.

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Outdoor: Visit a local garden or arboretum to enjoy the winter scenery.

Indoor: Paint or draw a picture of your favorite part of the visit.

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