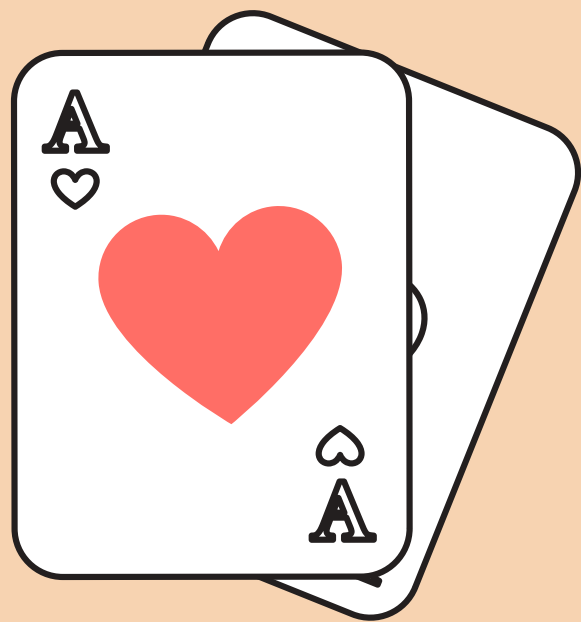


"UNPLUGGED" ACTIVITIES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS

1. Read chapters from books out loud
2. Read a comic book together
3. Play favourite songs and sing
4. Make their favourite pie
5. Sing old songs
6. Play dominoes
7. Do a new puzzle
8. Play with tops or jacks
9. Play their favourite card game
10. Make their favourite tea or coffee
11. Look through a catalog
12. Have an afternoon tea party
13. Have an indoor picnic
14. Make homemade ice cream
15. Make paper butterflies
16. Make peanut butter sandwiches
17. Play hangman
18. Recite nursery rhymes



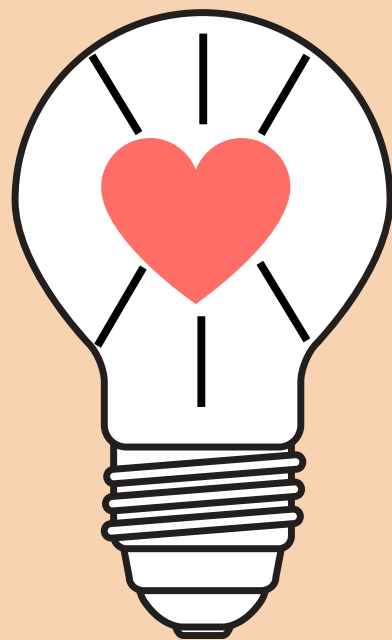
FUN

19. Toss a ball
20. Take a walk around the yard
21. Stretch together
22. Dance
23. Seated exercises
24. Homemade shuffleboard game
25. Tai Chi
26. Sit to stand exercises
27. Chair yoga
28. Rake leaves
29. Play horseshoes
30. Do household chores
31. Rotate your wrists and ankles
32. Tidy the pantry



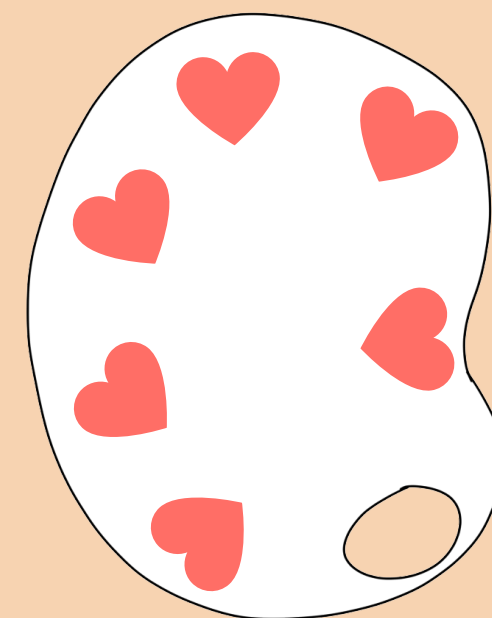
MOVING

33. Sort playing cards
34. Wash silverware
35. Roll yarn into a ball
36. Put bird seed out and watch the birds
37. Count change
38. Cook a favourite family recipe
39. Bake cupcakes and decorate them
40. Give a manicure/ pedicure
41. Pop popcorn
42. Water houseplants
43. Fold towels or laundry
44. Make a fresh fruit salad
45. Sweep the patio
46. String Cheerios to hang for the birds
47. Bake homemade bread
48. Brush or comb one another's hair
49. Make homemade lemonade
50. Plant seeds indoors
51. Wash windows together
52. Pick flowers
53. Rake freshly cut grass



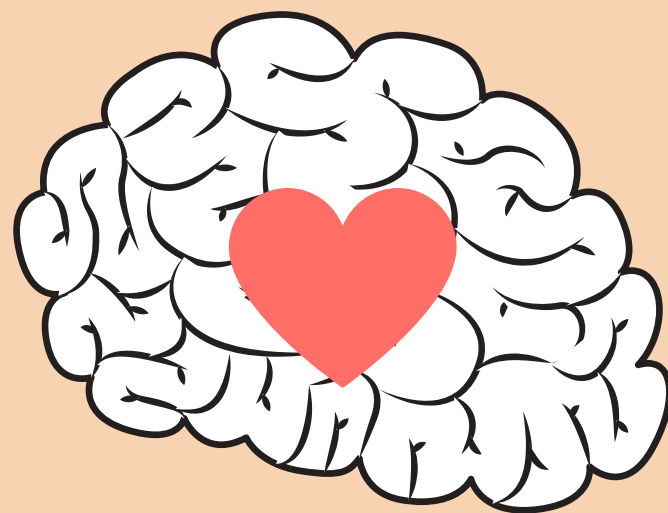
PURPOSEFUL

54. Take photos of each other and make a collage
55. Cut pictures out of greeting cards or magazines
56. Sort objects by shape or colour
57. Make cards for loved ones
58. Make a scrapbook
59. Write a poem together
60. Make a family tree poster
61. Model with Play-doh
62. Finger paint
63. Ask them to show you their favourite hobby
64. Start a journal
65. Play a musical instrument
66. Write a short story together
67. Listen to music
68. Colour pictures
69. String beads
70. Make Christmas ornaments
71. Sew a pillow
72. Build model cars



CREATIVE

73. Interview the person about their life
74. Ask the person what their favourite meal is
75. Ask the person about their first car
76. Smell familiar scents
77. Ask the them about their first concert
78. Invite them to tell you about their father or mother
79. Read old letters or journals
80. Read old greeting cards to each other
81. Ask them about their best beach day
82. Ask the person about their favourite childhood books
83. Invite the person to tell you more when they share memories with you
84. Ask the person about their siblings
85. Reminisce about their first day of school
86. Write a letter to a friend of family member



REMINISCING

87. Look through keepsake boxes together
88. Invite them to tell you about their first pet
89. Invite them to tell you about the house they grew up in
90. Ask the person about their wedding day
91. Ask the person about their favourite pet
92. Ask about their favourite sports hero
93. Invite the person to tell you about a specific decade
94. Ask the person what their favourite pastry or cookie is
95. Ask the person about their favourite hunting/ fishing trip
96. Reminisce about a favourite summer
97. Look at family photographs
98. Ask the person about their favourite day
99. Ask about their favourite holiday
101. Ask about their childhood best friend
102. Ask about their favourite vacation