

CREATING HIGH QUALITY OF LIFE FOR YOUR RESIDENTS

A STEP-BY-STEP CHECKLIST

TYPES OF ACTIVITIES

OPTIONS FOR ACTIVITIES:

Social



- Housie
- Competitions (e.g. Blind food tasting)
- Group sing-alongs
- Van outings
- Theme days
- Pet therapy

Physical



- Swimming/ Water exercises
- Exercises
- Gardening
- Bouncing/throwing a ball
- Ballon volleyball
- Group games

Mental



- Painting, making music and creative arts
- Crossword puzzles
- Newspaper reading
- Cooking or baking
- Board games
- Learning a new language

Be sure to evaluate all activities on a regular basis to ensure residents are enjoying and utilising your facilities offerings.



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