



27 Unique Activities For Homebound Seniors

Whether because of illness, lack of mobility or safety concerns, many Seniors find themselves homebound. These unique activities are ways Caregivers can help them stay mentally & physically active to improve overall health and happiness.

+ **BOOK CLUB.** Discuss a new book monthly in a small gathering or virtually.

+ **INDOOR GARDEN.** Potted plants or greenhouse with flowers or edibles like herbs.

+ **DIY/CRAFT CLUB SUBSCRIPTION.** All supplies & directions delivered monthly brings variety & fun.

+ **GAME NIGHT.** Cognitive stimulation, socialization & competition!

+ **VIDEO CHAT.** Visit with family & friends virtually.

+ **ALEXA.** On demand weather, news, reminders, music & more!

+ **AT-HOME EXERCISE VIDEO.** Chair yoga, stretching & low impact exercises improve balance & strength.

+ **SMART TV.** Netflix, YouTube & other streaming services add variety.

+ **AUDIOBOOK OR PODCAST.** Mental stimulation & great option for visually impaired.

+ **BIRD WATCHING.** A bird book & binoculars creates hours of engagement.

+ **MEMORY BOX.** Collect photos, keepsakes & objects from hobbies or careers to share & enjoy.

+ **SCRAPBOOKING.** Highlight memories & have a fun, creative outlet to be enjoyed forever.

+ **ONLINE CHURCH SERVICE.** Attend services virtually on their computer or Smart TV.

+ **FAMILY COOKBOOK.** Collect personal & family recipes to create a cookbook to be shared for generations

+ **VIRTUAL MUSEUM TOUR.** Most museums & monuments will have online virtual tours to enjoy.

+ **WII SPORTS.** Combine physical movement & fun!

+ **GENEALOGY.** Collect genealogy verbally or virtually to fill in your family tree.

+ **MODEL KIT.** Get a model kit based around an interest; cars, boats, figurines, dolls, etc.

+ **COLOR BY NUMBERS.** A creative outlet that gives a sense of accomplishment that anyone can do!

+ **BIRD FEEDER.** Get a pre-made one or a kit to make your own & enjoy the birds that come to visit.

+ **VIRTUAL BIBLE STUDY GROUP.** Connecting virtually weekly or monthly provides socialization & support.

+ **MEAL DELIVERY KIT.** Following new recipe directions adds variety & mental stimulation.

+ **WREATH FOR UPCOMING HOLIDAY.** Dropping off supplies & instructions for door décor is fun & festive!

+ **GRATITUDE TREE.** Each leaf has something you are grateful for & helps to refocus on the positive.

+ **JOURNAL.** Document daily activities & feelings with the ability to go back, reference & discuss.

+ **RECORD A MEMOIR.** Use a recorder to collect personal history stories & turn it into a mini-book!

+ **SOCIAL MEDIA.** Set up a social media account to see pictures & updates from family & friends.

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