

STAY AT HOME ACTIVITIES

alzheimer's 
association®



SEATED EXERCISES

People with dementia can benefit from a regular program of seated exercise sessions. It's a good idea to see these exercises demonstrated at least once by an instructor or on a video. These exercises are aimed at building or maintaining muscle strength and balance and are less strenuous than exercises in a standing position. They can be part of a developing program, with the number of repetitions of each exercise increased over time.

Some examples of seated exercises include:

- marching
- turning the upper body from side to side
- raising the heels and toes
- raising the arms towards the ceiling
- raising the opposite arm and leg
- bending the legs
- clapping under the legs
- bicycling the legs
- making circles with the arms
- practicing moving from sitting to standing

SPRING WORD SCRAMBLE

Spring Word Scramble is a free, fun word scramble game. The goal is to unscramble the list of letters to make words related to the lovely season of spring.

Click [HERE](#) to print out the form and start the fun.

Virtual Tours:

NATIONAL GALLERY OF ART WASHINGTON, D.C.

This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.

Click [HERE](#) to begin your tour.

24/7 HELPLINE 800.272.3900