

STAY AT HOME ACTIVITIES

alzheimer's 
association®



Painting

Painting is a good diversion activity for seniors. It offers a great way for them to express their thoughts and emotions. It also helps in improving their eye-to-hand coordination and in boosting their confidence. Seniors can do three types of painting activities – acrylic, watercolor and oil painting.

Scrapbooking

Scrapbooking for seniors is a trip down memory lane. It's a fun and a creative way of documenting memories immortalized in photographs and memorabilia pieces. It is also a good form of exercise for the mind since they will be able to recall important events in their lives as they work on their scrapbooks.

**FOR MORE FUN ACTIVITIES,
CLICK [HERE](#).**

Fruit Word Search Puzzle

Fruit Word Scramble is a free, fun word scramble game. Find and circle all of the fruit that are hidden in the grid. The remaining letters spell an additional fruit!

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

Smithsonian National Museum of Natural History VIRTUAL TOUR

***Move at your own pace through
the 360-degree room-by-room
tour of every exhibit in the
museum.***

***CLICK [HERE](#) TO BEGIN YOUR
FREE TOUR.***

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