



Heart 2 Heart • ACTIVITIES

Intergenerational Activity Suggestions for Caring Careers Start Here Events

General Categories

- **Healthy Living/Exercise:** Zumba/Dancing, Yoga, Baseball, Walking, Share Recipes, Healthy Cooking, Exercise Classes, Balloon Badminton, Noodle ball
- **Arts/Crafts:** Karaoke, Poetry, Theatre, Painting, Birdhouse, Watercolor, Clay, Baking, Cookie Decorating, Friendship Bracelets, Tie Dye T-shirts, Sign Making, Card Making, Personal Planters, Book Reading, Beadwork, Button Design Contest, Specialized Holiday Activities, Sing Along, Scrapbooking, Knitting
- **Outdoor Activities:** Gardening, Nature walk, Fishing, Lawn Games
- **Social Events:** Movie Night, Coffee, Ice Cream, Fondue, Tea, Pizza Night, Bonfire, BBQ, Potluck, Cultural Activities, Comedy Night, Costume Party, Holiday Party, Book Club, Religious Groups, Bible Study, New Volunteer Welcome
- **Games:** Casino Night, Bowling, Bingo, Game Day, Wii, Cards, Uno Tournament, Puzzles, Trivia, Riddles, Brain-Games, Scavenger Hunt, Murder Mystery, Scrabble, Yahtzee
- **Other Ideas:** Magic Show, Manicures, Parades, Spa Day, Boat Ride, Music Festival, Petting Zoo, Show and Tell, Sporting Event, Music Therapy, Reading Buddies, Mentors, Charity Work/Volunteering, Music Concerts, Orchestras, Choir

Age Categories

- **Elementary (5-10):** Uno Tournament, Puzzles, Scavenger Hunt, Costume Party, Sing Along
- **Middle School (10-14):** Game Day, Wii, Riddles, Yahtzee, Scrabble, Movie Night, BBQ, Comedy Night, Cultural Activities, Book Club, Friendship Bracelets
- **High School (14-18):** Cards, Brain-Games, Murder Mystery, Fondue, Bonfire, Poetry
- **College (18+):** Casino Night, Trivia, Coffee, Tea, Potluck, Yoga, Share Recipes
- **All Ages:** Ice Cream, Bingo, Bowling, Pizza Night, Holiday Party, Religious Groups, Bible Study, New Volunteer Welcome, Karaoke, Theatre, Painting, Birdhouse, Watercolor, Clay, Baking, Cookie Decorating, Tie Dye T-shirts, Sign Making, Card Making, Personal Planters, Book Reading, Beadwork, Button Design Contest, Specialized Holiday Activities, Knitting, Scrapbooking, Zumba/Dancing, Baseball, Balloon Badminton, Noodle Ball, Walking, Exercise Classes, Healthy Cooking

Detailed Activity Descriptions:

Healthy Living/Exercise

Zumba/Dancing:

- Description:** Get blood flowing with some dancing (varies in intensity) to different music genres.
- Items needed:** TV and a Zumba DVD or a Zumba instructor
- Directions:** Clear an area for a group of people to be able to move/dance in. Have the music/DVD/instructor picked ahead of time. Before people arrive, make sure to inform them about the activity so they can dress appropriately. Set up the technology and enjoy this unconventional way to exercise. Make sure to take water breaks!

Yoga:

- Description:** Enjoy meditating as a group, indoors or outdoors, while simultaneously stretching and warming up your muscles.
- Items needed:** Mats/Thick Blankets
- Directions:** For this activity you can either have someone conduct a session or you can follow a video. If you are having someone put their own session together, we recommend looking up stretches/basic yoga moves from the Mayo Clinic or other health centers. These stretches will work on all of the muscles throughout the body and are safe for people of all ages and health statuses. Make sure everyone has some sort of padding on the ground beneath them and enough space to stretch out in.

Baseball:

- Description:** Play a game of baseball or have your facility put a team together.
- Items needed:** A ball (regular baseball or softer version), a hitting T (for people who may need accommodations), and enough people
- Directions:** Play a game of baseball or watch a team of faculty/volunteers. Get into the spirit with signs, food, and cheering.

Walking:

- Description:** Make socializing and exercise fun; pick a route and get your steps in for the day!
- Items needed:** A good pair of shoes, a route in mind, and water
- Directions:** Pick ahead of time a route (can be indoor, outdoor, at facility or campus) and make sure everyone is wearing proper attire. Plan for rest/water breaks!

Share Recipes:

- Description:** Everyone has a favorite recipe and there is more than likely a story that comes with that food. Let's put together a recipe book that can be used in cooking/baking events or even in everyday settings!
- Items needed:** Book, paper, and colored pens
- Directions:** Have people come prepared with a recipe or two that are their favorites. Put together a recipe book that will be shared, while talking about the recipes/why it's a favorite/and what they associate the food with. Food is a great conversation starter!

Detailed Activity Descriptions

Healthy Living/Exercise (continued)

Healthy Cooking:

- Description:** Make eating healthy fun by learning new recipes as a group! Follow an instructor's directions in order to make a dish that you will be able to recreate later.
- Items needed:** Recipe, ingredients, instructor, cooking supplies, and enough space
- Directions:** Have whoever will be running the session come up with a recipe ahead of time. Make sure to limit the amount of people involved and get a head count before this activity. Prep work should be done ahead of time. Have fun making a recipe and then tasting it afterwards. Send everyone home with a copy of the instructions!

Noodle ball:

- Description:** This game is accommodating for all people (especially residents in memory care, etc.) and it has been a huge hit at participating facilities!
- Items needed:** Foam noodles (one for each participant) and blown up balloons (5 max.)
- Directions:** Give all the participants a noodle and have volunteers throw the balloons toward them. Watch the fun unfold as the residents try to pass the balloons and keep them off the floor with their noodles! Can be played sitting or standing.

Arts/Crafts

Karaoke:

- Description:** Enjoy some karaoke to your favorite songs!
- Items needed:** Karaoke machine, YouTube, and a TV
- Directions:** Both YouTube and karaoke machines will need to be hooked up to a larger screen (TV) for better viewing. Have many music options available, keep in mind the generations of your participants. Collect music ahead of time.

Poetry:

- Description:** Learn to write and then share your poetry. This is a great way to learn a new hobby!
- Items needed:** Paper, pencils, poem examples, and directions on how to write certain poem types
- Directions:** Gather together to learn about different types of poetry and how to write them. Make sure to complete the prep work of types of poems, how to write poetry, and examples for getting started ahead of time. Provide paper and writing utensils and toward the end encourage sharing of the writings.

Theatre:

- Description:** Dabble in the art of theatre through attending a show in the community or putting on one yourself.
- Items needed:** Tickets if attending a performance, and a script/costumes if putting on a show
- Directions:** Depending on the participants decide whether attending a local performance would be best or if they would enjoy putting on one themselves. This is a great way to get involved with the community and to make new connections.

Detailed Activity Descriptions

Arts/Crafts (continued)

Painting:

- Description:** Unleash your inner Van Gogh through painting classes. You can follow the instructor's directions or go freestyle!
- Items needed:** Paint, brushes, water in small cups, paper towels, plastic plates, example painting, and canvases
- Directions:** Prepare the supplies for each participant, as they will need water/plates for their paint/canvases/brushes/and paper towels. This is becoming a very popular activity and can be relatively inexpensive as most of the supplies people have already. Look into coupons or deals on canvases. Come up with the painting ahead of time, make sure to paint it yourself so that they can have an example and you know what instructions you will be giving.

Birdhouse:

- Description:** Learn to make birdhouses or even just decorate some already made ones. Provide bird seed and see the gardens liven up with the colored birds.
- Items needed:** Wood, paint, brushes, bird seed, potentially nails/glue if assembling a birdhouse
- Directions:** Decide whether your participants would enjoy building or painting birdhouses. Depending on this, your materials will be different. If painting, look into Michael's or similar stores for already made birdhouses. Provide the paint, brushes, paper towels, and birdseed. If creating birdhouses, look up easy birdhouses to build for beginners. Get your supplies from a local craft store. Be sure to create an example birdhouse for people to follow.

Watercolor:

- Description:** Go back to the basics and enjoy some watercolor painting!
- Items needed:** Paper, watercolor paint, brushes, cups
- Directions:** Come up with a painting idea (or let people do whatever they want) and paint away! Similar directions to "Painting."

Clay:

- Description:** Make some sculptures or pottery
- Items needed:** Clay, rolling pin, toothpicks
- Directions:** Provide the clay from a craft store and print out images of craft ideas. Provide a rolling pin and some toothpicks for texture making.

Baking:

- Description:** Pick a recipe and bake away
- Items needed:** Ingredients, recipe, access to baking materials
- Directions:** Let the residents and volunteers help you as you bake. Provide the materials and the utensils. Suggestion: limit the number of people for this activity to save money.

Cookie Decorating:

- Description:** Decorate some cookies and then enjoy them as a snack
- Items needed:** Sugar cookies, frosting, food coloring, knives, napkins, sprinkles
- Directions:** Mix the food coloring into frosting. Provide knives for application and sprinkles for decoration.

Detailed Activity Descriptions

Arts/Crafts (continued)

Friendship Bracelets:

- Description:** Make bracelets for your friends or yourself
Items needed: String, beads, tape, scissors, directions, examples of bracelets
Directions: Provide directions and examples of different types of bracelets.

Tie Dye T-shirts:

- Description:** Create some cool t-shirt designs
Items needed: T-shirts (or have people bring their own), dye, rubber bands
Directions: Print out directions on how to dye t-shirts and also designing tips.

Sign Making:

- Description:** Create posters for upcoming events (examples: sporting, fundraisers, etc.)
Items needed: Poster paper, markers
Directions: Let the creativity flow and make some signs to spread awareness of the event.

Card Making:

- Description:** Create some cards that you will be able to send to a loved one
Items needed: Paper, stamps, tape, markers, etc.
Directions: Gather some supplies and print off some examples of types of cards to create (examples: birthday, anniversary, etc.).

Personal Planters:

- Description:** Create individual planters for your home
Items needed: Pots, paint, dirt, seeds/plant
Directions: Decorate with paint, fill with dirt, and either put seeds or a plant in your new pot. Make sure to water!

Button Design Contest:

- Description:** Design your own button!
Items needed: Button holders, paper, writing utensils
Directions: Create categories and come up with prizes for the winners. Have everyone design his or her own button.

Scrapbooking:

- Description:** Create a scrapbook of some of your favorite memories
Items needed: Paper, scrapbook, sticks, scissors, pens
Directions: Have people bring in some money to help cover funds. They should also supply their own pictures. Everyone can work on their own or you can have residents team up with guests to work on a scrapbook.

Knitting:

- Description:** Create items in this knitting group
Items needed: Needles, yarn, directions, ideas, and a leader
Directions: Come up with ideas of items to create and some directions for them. Decide whether you will supply the supplies or if it will be bring your own. Host a knitting group.

Detailed Activity Descriptions

Outdoor Activities

Gardening:

- Description:** Get some sunshine and work on the garden.
- Items needed:** Garden, seeds, watering can, sticks
- Directions:** Plant flowers and/or vegetables in the garden! Write the plant's name on the popsicle stick and put it in the ground next to where you placed it. Make sure to water and weed!

Nature walk:

- Description:** Go on a walk on a favorite trail or to a favorite spot.
- Items needed:** Route idea, water, sunscreen, good shoes
- Directions:** Get some exercise by picking a destination and enjoying a walk in nature.

Lawn Games:

- Description:** Play ladder golf, corn hole, cricket, etc.
- Items needed:** Games
- Directions:** Supply games and set them up outside.

Social Events

Movie Night:

- Description:** Pick a genre and enjoy some popcorn.
- Items needed:** Movie, TV, popcorn, drinks
- Directions:** NA

Coffee/Tea/Ice Cream Socials:

- Description:** Host a social of your choice.
- Items needed:** Whatever food/drink you picked
- Directions:** Supply food/drinks of choice and chat with the participants

Fondue:

- Description:** Enjoy cheese or chocolate fondue.
- Items needed:** Fondue pot, chocolate, cheese, items to dip (examples: bananas, marshmallows, pretzels, etc.)
- Directions:** NA

Pizza Night:

- Description:** Let's do pizza and movies!
- Items needed:** Pizza, movie, TV, plates, napkins, drinks
- Directions:** NA

Bonfire:

- Description:** Have guests over for a bonfire and roast some s'mores.
- Items needed:** Marshmallows, graham crackers, chocolate bars, sticks for roasting, wood, fire pit, chairs
- Directions:** NA

Detailed Activity Descriptions

Social Events (continued)

BBQ:

- Description:** Enjoy some freshly grilled food.
Items needed: Hot dogs, buns, condiments, hamburger, buns, plates, utensils, drinks
Directions: Try and get a headcount of how many people are going to attend. Then set up the supplies and buy the food. Cook away!

Potluck:

- Description:** Team up with a resident and come up with a recipe to bring to the potluck.
Items needed: Recipe, ingredients, etc.
Directions: Work in teams to cook and supply the food for the potluck.

Comedy Night:

- Description:** Everyone needs a good laugh so come enjoy a comedian and try out your own material at the end of the event.
Items needed: Comedian, chairs
Directions: Find a local or upcoming comedian who can come entertain. Let others bring their own material and practice their own skills.

Holiday Party:

- Description:** Host a party!
Items needed: (Depends on the holiday)
Directions: Halloween perhaps do a costume contest, Christmas do white elephant, Easter put on an egg hunt, etc.

Book Club:

- Description:** Meet up to enjoy your book and bagels!
Items needed: Book (picked by group leader) and snacks
Directions: NA

New Volunteer Welcome:

- Description:** Host a gathering to welcome new guests, staff, and volunteers to the community.
Items needed: Snacks, drinks, chairs
Directions: Meet and greet time, introduce the new members of team to the community. Host an activity at this event to work on team bonding.

Games

Casino Night:

- Description:** Play some cards.
Items needed: Cards, directions for those who don't know how to play
Directions: Host your own casino night.

Bowling:

- Description:** Bowl in the comfort of the facility.
Items needed: Large bowling set
Directions: Set up the pins down a hallway and take turns trying to knock them down. Have someone keep track of score and set up the pins.

Detailed Activity Descriptions

Games (continued)

Bingo:

- Description:** Play Bingo and win some prizes.
Items needed: Bingo set, prizes
Directions: Get prizes from donation, dollar store, or use quarters.

Wii:

- Description:** Play Wii bowling.
Items needed: Wii, Wii sports, TV
Directions: If there are a lot of people have everyone gets two turns and you can bowl as a team. Otherwise play regularly.

Cards:

- Description:** Play some card games.
Items needed: Cards, directions for those who don't know how to play
Directions: Come up with some favorite card games, print off directions, and then play.

Puzzles:

- Description:** Work as a team and figure out some jigsaws.
Items needed: Puzzles
Directions: NA

Brain-Games/Riddles/Trivia:

- Description:** Host some brain stimulating, team activities.
Items needed: Trivia material, riddles, and some brain games
Directions: Buy a set or come up with your own material to host this event.

Murder Mystery:

- Description:** Somebody has been murdered and you have to find out who did it.
Items needed: Murder mystery game
Directions: Read about this game before playing and provide some costumes (hat, glasses, etc.).

Scrabble/Yahtzee/Uno:

- Description:** Have a game day or create some tournaments.
Items needed: Games
Directions: Follow the directions for the games.

Other Ideas

Magic Show:

- Description:** Host a local magician and put on a magic show!
Items needed: Magician
Directions: Watch as the residents and guests enjoy some hand tricks.

Spa Day:

- Description:** Have your very own spa day!
Items needed: Nail polish, lotion, facemasks
Directions: Paint nails, give hand massages, and do facemasks with the residents.

Detailed Activity Descriptions

Other Ideas (continued)

Reading Buddies:

Description: Pair up residents and children to read some books.

Items needed: Books, worksheets, markers

Directions: Take a few books and worksheets to go with the books and give them to residents and their buddies. Have the children work on their reading/comprehension skills.

Charity Work/Volunteering:

Description: Get some community service done by teaming up with people in the community. Get volunteers to aid the residents in completing this activity.

Items needed: A charity or volunteer opportunity

Directions: Team up with a charity in the community to do some volunteer work. Get volunteers to help the residents put together backpacks for low income students, meals for food shelf, etc.

Music Concerts/Orchestras/Choir:

Description: Listen to beautiful music by talented musicians! This could be family members, high school students, etc.

Items needed: Musician, instrument, large space

Directions: Set up an area for the musician to play and get the word out. The more the merrier.



Caring Careers Start Here

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