

6 FUN ACTIVITIES TO DO WITH SENIOR LOVED ONES

As we get older, our physical abilities change. For some that means no longer being able to tend to their gardening or go for walks in the neighborhood.

If you're looking for new ways to keep your loved one engaged and active, consider some fun and out-of-the-box activities.

CREATIVE ACTIVITIES FOR SENIORS

1. Family talent show.

Fire up a [Zoom](#) meeting to let extended family and friends show off their unique talents. Use crafting materials to make score cards, and designate grandparents as the judges.

2. Cooking contest.

Assemble mystery baskets using ingredients in your kitchen and have each family member cook a dish. Your senior loved ones can decide who's meal makes the final cut.

3. Share the love with photos.

Sites like [Snapfish.com](#) allow you to build customized photo books with easy-to-use templates. Have your parents help you create something special to share with the family. This is also a great opportunity to share stories as you take a walk down memory lane!

4. Let the games begin.

Encourage your loved ones to teach your little ones all about the games they played growing up. Amazon.com has a number of vintage games you can order, like jacks, [tiddlywinks](#), and marbles. You can also make your own set of [pick-up sticks](#)!

5. Bring the garden indoors.

Set up a table underneath a sunny window, and plant small pots of flowers and herbs together. Get the grandkids involved by having them decorate the pots prior to planting.

6. Treat them to a spa day.

Break out the manicure and pedicure kits and spoil your loved ones! Slice up cucumbers to soothe tired eyes and pick up some delicately scented organic facial masks and moisturizers.