

101 Activities

(Alzheimer's Association)

- 1 Listen to music
- 2 Toss a ball
- 3 Color pictures
- 4 Make homemade lemonade
- 5 Count trading cards
- 6 Clip coupons
- 7 Sort poker chips
- 8 Read out loud chapters from Harry Potter books or other favorite stories
- 9 Rake leaves
- 10 String beads
- 11 Bake cookies
- 12 Take photos of the person and you and create a collage
- 13 Brush or comb one another's hair
- 14 Participate in the Alzheimer's Association Walk to End Alzheimer's.
- 15 Plant seeds indoors or outdoors
- 16 Look at family photographs
- 17 Wipe off the kitchen table
- 18 Weed the flowerbed or tend to the garden
- 19 Fold laundry
- 20 Have a friend visit with a well-behaved pet
- 21 Cut pictures out of greeting cards or magazines
- 22 Play dominoes
- 23 Ask the person about his or her favorite childhood books or cartoon characters (you can share yours too)
- 24 Bake homemade bread
- 25 Sort objects by shape or color
- 26 Sing old songs
- 27 Invite the person to tell you more when he or she talks about a memory
- 28 Put silverware away
- 29 Make a Valentine card
- 30 Play favorite songs and sing
- 31 Ask the person about his or her brothers or sisters
- 32 Make a cherry pie
- 33 Play with tops or jacks
- 34 Make a scrapbook
- 35 Take a walk around the yard
- 36 Write a poem together
- 37 Reminisce about the first day of school
- 38 String Cheerios® to hang outside for birds
- 39 Make a fresh fruit salad
- 40 Sweep the patio
- 41 Color paper shamrocks green
- 42 Fold towels
- 43 Have an afternoon tea party
- 44 Talk about great inventions
- 45 Look through the pages of a clothes catalog
- 46 Look at a map of the United States and identify states and capitals
- 47 Make a family tree poster
- 48 Color a picture of our flag
- 49 Eat a picnic lunch outside
- 50 Water house plants
- 51 Play horseshoes
- 52 Dance

- 53 Watch Sesame Street together
- 54 Make homemade ice cream
- 55 Make holiday cards
- 56 Reminisce about favorite sports activities the person enjoyed while growing up
- 57 Write a letter to a friend or family member
- 58 Dress in your favorite football or soccer team's color
- 59 Pop popcorn
- 60 Name the presidents
- 61 Give a manicure
- 62 Make paper butterflies
- 63 Plant a tree
- 64 Finish famous sayings
- 65 Feed the ducks
- 66 Model with play dough
- 67 Look at pictures in a comic book
- 68 Put a puzzle together
- 69 Sand wood
- 70 Rub in hand lotion
- 71 Arrange fresh flowers
- 72 Remember famous people
- 73 Recite nursery rhymes
- 74 Make peanut butter sandwiches
- 75 Cut up used paper for scratch paper
- 76 Blow bubbles
- 77 Take care of a fish tank
- 78 Bake cupcakes and decorate them
- 79 Interview the person about his or her life using either a video camera or cassette recorder
- 80 Play Hangman
- 81 Finger paint
- 82 Cut out pictures from magazines
- 83 Put coins in a jar
- 84 Put bird seed out for the birds
- 85 Decorate a pumpkin
- 86 Reminisce about a favorite summer
- 87 Roll yarn into a ball
- 88 Trace and cut out autumn leaves
- 89 Cook a favorite family recipe together
- 90 Gather a yellow sponge, crayons, paper and tape and make a SpongeBob SquarePants
- 91 Wash silverware
- 92 Give him or her a hug
- 93 Ask the person to show you how to knit or sew (or another favorite hobby)
- 94 Make a picture frame out of popsicle sticks and glitter
- 95 Play a musical instrument
- 96 Keep a journal together
- 97 Ask the person to talk about his or her favorite sports hero
- 98 Sort playing cards
- 99 Ask the person about his or her favorite pet
- 100 Wash windows together
- 101 Ask the person about his or her first car