

LIST OF ACTIVITIES

ACTIVE GAMES/SPORTS

Balloon Volleyball	Beanbag Shuffleboard	Target Toss
Table Ball	Ring Toss	Charades
Ball Toss	Hot Potato	Simon Sez
Parachute	Game Center	Shuffleboard
Basketball	Horseshoes	Golf
Beanbag Toss	Toss Across	Bowling
Dice Throw	Bull's Eye	Dart Ball
Tic Tac Toe Toss	Kickball	Float-R-Ball
Ball Games	Jack Pot Toss	Tropical Bean Bag Toss
Beanbag Baseball	Smile Bean Bag Toss	Velthrow
		Toss 'um

ARTS & CRAFTS

Crafts	Woodworking	Flower Making
Collages	Scrapbook	Yarn Crafts
Painting	Tissue Art	Sewing
Sponge Painting	Holiday/Seasonal Crafts	

BEAUTY AND GROOMING

Manicures and Music	Glamour Group	
Beauty Club	Hand Washing	

COMMUNITY OUTING

Restaurants	Bingo	Bowling
Parks/Picnics	Theaters	Sightseeing
Movies	Museums	

COOKING

Cooking Club (actual cooking)	Chef's Corner (food preparation)	Baking
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DISCUSSION PROGRAMS

Current Events	Memory Lane	Holiday/Seasonal Discussions
World News	Week in Review	News and Views
Remember When	Penny Ante	Monthly Review

EDUCATIONAL PROGRAMS

Music Appreciation	Art Appreciation	Travel Club
Food Facts and Trivia	Topics of Interest	Portrait in History (i.e. Christopher Columbus)
Leisure Education	Health Facts (i.e. Diabetes)	Historic Events

EXERCISE

Reach and Stretch	Exercise Video	Rhythm Stick Exercise
Jazzercise	Dancing	Scarves Exercise
Disco Aerobics	Sittercise	Ribbon Exercise
Move and Groove	Music and Movement	Rhythm Band Exercise
Dancing to the Oldies	Walking Club	Pom Pom Exercise
Stretch and Flex	Wheelchair Aerobics	Baton Exercise
Tai Chi	Shakercise	

ETHNIC PROGRAMS

Cultural Music Hour	Cultural Programs (Salute to African American Month, Italian Week etc.)
Specialty Meals	

FILM/MOVIES/VIDEOS

Nature or Sensory Video	Relaxation Video	Travel Video
Movie Matinee	Music Video	Lawrence Welk

GENDER GROUPS

Ladies Club	Men's Club	
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HORTICULTURAL THERAPY

Flower Arranging	Horticultural Therapy	Window Sill Gardening
Plant Care		

INDEPENDENT ACTIVITIES

Any activity that a resident does independently (reading, watching t.v./movies, Web T.V./computers, socialization, craft projects, word puzzles, outdoors, etc.)

INTERGENERATIONAL

Programs that include people of all ages especially children and the elderly

MUSIC/SINGALONG

Singalong	Music Appreciation	Rhythm Band
Karaoke	Music Trivia	Music Talk
	Easy Listening/Cultural Music	Name That Tune

OUTDOOR ACTIVITY

Walking Club	Picnics	Patio Hour
Fresh Air Club	Nature Walks	Bird Watching

PARTY/SPECIAL EVENT

Seasonal Events	Fashion Show	Theme/Cultural Events
Elegant Dining	Birthday Party	Casino Day
Holiday Events	Barbecues	Hawaiian Luau
Entertainment	Sport Events (Olympics etc)	Contests between units (Trivia, Bowling etc)

PET VISITS/PET APPRECIATION

Live Animals	Videos	Pictures
Discussions (Animal Talk)	Resident Pets	

POETRY/CREATIVE ARTS

Poetry Appreciation	Literary Club	Art Appreciation
Creative Writing	Story Telling	Drama Club

RESIDENT COMMITTEES

Resident Council	Recreation Planning Meeting	Menu Committee
Resident Service Groups		

RESIDENT VOLUNTEER

Resident Volunteer Program	Independent Service Projects	

SOCIALS

Ice Cream Social	Meet and Greet	
Pizza Party	Tasting Socials	

SPIRITUALITY/RELIGIOUS PROGRAMS

Spiritual Awakenings	Spiritual Videos/Music	The Amen Corner
Chicken Soup for the Soul	Moments from the Bible	Bible Talk
Devotions	Inspirational Readings	Catholic Mass
Protestant Service	Bible Study	Jewish Service
Communion		

SENSORY STIMULATION

Snoezelen	Feel and Describe	Name That Sound
Aroma Therapy	Sensory Awareness	Sensory/Nature Videos
Hand Massages	Five Alive Sensory	Seasonal Sensory (Autumn etc.)
Picture Identification	S.P.I.R.I.T. Program	Color Sensory (i.e. Orange)
Sensory Stretch	Discovering Your Senses	Sensory and Music
Sensory and Movement	Tactile Stimulation	Taste and See
Making Scents	Sense Abilities	

TABLE GAMES

Card Sharks	Table Games (monopoly etc)	Checkers
Black Jack	Puzzles	Memory Games
Horseracing	Pokeno or Jokereno	Bingo
Roulette	Turtle Trot	Table Top Shuffleboard
NJ Jingo	Christmas Jingo	Table Top Bowling

TASK-RELATED/DIVERSIONAL ACTIVITIES

Recreation Stations (games, puzzles, misc.)	Discovery Zone (Folding laundry, sorting etc.)	
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WORD GAMES AND TRIVIA

Trivia Challenge	Music Trivia	Price is Right
Mind Stretchers	20 Questions	Hangman
Spelling Bee	Anagram	Who am I
Definition Bee	Scattergories/A-Z	Word Search
Pictionary	Crossword Puzzle	Name the State

YOUNG ADULT GROUP

A special program for Residents age 65 and under

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