

# Individual Activity Assessment

## Daily Activities:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Monthly Activities:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Activities I would enjoy if I had more time for them:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Weekly Activities:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Activities I enjoy participating in:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## What activities I would enjoy if I were in an assisted living facility?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**A special thank you to the following facilities  
for sharing their activity ideas:**

1. Autumn Cove Retirement Community  
Submitted by: Rachel Applegate,  
Activities Coordinator
2. Camellia Place  
Submitted by: Judy Wilson,  
Activities Coordinator
3. Carroll Place Assisted Living  
Submitted by: Amanda Barfield,  
Recreational Program Coordinator
4. Catherine Place Assisted Living  
Submitted by: Cheryl Thrasher,  
Activity Director
5. Cedar Hill Assisted Living Facility  
Submitted by: Carol Bolen,  
Activities Coordinator
6. Chapman Healthcare & Assisted Living Inc.  
Submitted by: JoAnn Bowen,  
Activities Director
7. Country Club Manor  
Submitted by: Barbara Huffstetler,  
Activities Coordinator
8. Magnolia Place  
Submitted by: Rolanda Scott,  
Activities Coordinator
9. Somerset Assisted Living  
Submitted by: Carol Stembridge,  
Activities Coordinator

### **1. Wonderland Snowball Party (Winter Season):**

~Snowballs:

- \*White panty hoes, cotton balls
- \*Cut panty hoes and stuff with cotton balls

~Gatorade Pops:

- \*Gatorade, toothpicks, ice tray
- \*Pour Gatorade into ice tray, before completely frozen, put toothpicks in the middle.

~Hot Chocolate with whip cream:

- \*Hot chocolate and sugar free whip cream
- \*Follow instructions on box

~Have residents gather together and give each one a snowball. Share stories about their first snowball fight and then have one. Next give each resident a Gatorade pop and sing songs related to the winter season. Last, serve the residents the hot chocolate and talk about their first winter.

Submitted by: Magnolia Place

### **2. What's Blooming Placemats (Spring Time):**

~Materials:

- \*Ziplock bags. Laminating paper, construction paper, materials collected from a nature walk.

~Take the residents on a nature walk around the facility or to a park. Give each resident a bag and collect items provided by nature. After the walk, have each resident make a picture using the items collected about nature on the laminating paper with a piece of construction paper.

Submitted by: Magnolia Place

### **3. Vacation (Summer Activity):**

~The summer is a great time for vacation. However, some of our residents are not able to take vacation, so we bring the vacation to them. Each month during the summer, we plan a vacation to a place that is selected by the residents.

\*Example: We took a trip to Hawaii

~One of our staff members took a trip to Hawaii and was invited to be our speaker. We dressed in Hawaiian attire and we played Hawaiian music. We watched a video on Hawaii and we sipped on Hawaiian punch. Then we had a hula hip contest.

~The internet is a good way to pull up fun facts about any place you would like to visit and try to create an atmosphere that relates to the place you are visiting. It will also be fun to have a snack from that particular state or country.

Submitted by: Magnolia Place

#### **4.Back to School (Fall Activity):**

~This is the time to celebrate going back to school. Have a back to school party with the residents' grandchildren. Have a spelling bee, math contest, and history quiz. Fill a book bag with school supplies for a door prize. Have peanut butter and jelly sandwiches and fruit cups for a sack lunch. End the day by watching the movie Grease.

Submitted by: Magnolia Place

#### **5.Ceramic Painting:**

~Cedar Hill Assisted Living regularly organizes ceramics. Our City Ceramics lets out residents buy green ware to clean. I bring it back into our facility to clean and/or paint. I then take it back to the City Ceramics to fire and bring back the completed items each week. We have made a lot of ceramic pieces for birthdays, Christmas, etc.

Submitted by: Cedar Hill Assisted Living Facility

#### **6.Art Class:**

~Cedar Hill's most memorable activity was in art class. One of our residents was an artist and she learned other people wanted to paint but said they couldn't. She proceeded to teach other residents to paint in different mediums. When I found out she was doing this, I started scheduling it as a regular activity. It got so big that we decided to have an art show and opened it up to our community. They loved it. The local art guild judged the art work and gave ribbons. Many of our residents sold their paintings. We held an art show every year for about 4 years until our resident could no longer take on any more students. She is now 96 years old and was 91 when we started.

Submitted by: Cedar Hill Assisted Living Facility

#### **7.Courtyard:**

~Our courtyard was in need of color. We made an activity out of replacing bushes that did not bloom with blooming ones. This has drawn a lot of interest from our residents. So much that we now have a garden on our porch with plants that need filtered sunlight. Residents help take care of the plants

such as watering, fertilizing, and trimming. This garden continues to grow with more plants and more shared thoughts as to what we need to add or do. Our flowers not only draw our residents to admire the beauty, but they catch the attention of butterflies and humming birds. This has become a daily activity for residents.

Submitted by: Camillia Place

### **8.Gestures:**

~Once in a while we have the staff and residents act out different words for other residents to guess in 30 seconds without saying a word. They have a great time with this.

Submitted by: Autumn Cove Retirement Community

### **9.Contributing Citizens:**

~In an effort to be “contributing citizens” of our country, we chose to embrace a local charity. This organization happened to be the Elmore County Humane Shelter. The residents of Country Club Manor wanted to support the community and give something back while having fun at the same time. Thus, “Country Club Manor Rock and Roll-Athon” was born. “Rock in rocking chairs, and roll down the halls in wheelchairs.” We went through Wetumpka and got prize donations from local merchants which included dollars and merchandise, secured a couple of vendors for food, had volunteers to paint faces, and lined up residents to “rock and roll” for the humane society. We received donations from people coming in the door, we had items for sale (a staff member wrote a book and we sold copies of it) aside from hot dogs, funnel cakes, popcorn and drinks. We earned \$635.00 for the Humane Shelter and each resident participated in some way. If they didn’t actually “rock an roll” they helped give out prizes, escort guests to the snacks and helped call out door prizes. Truly, fun was had by all and our residents continued to be “contributing community members” with a continuing sense of pride and sense of belonging.

Submitted by: Country Club Manor

### **10.Dinner on the Grounds:**

One of the activities our residents have enjoyed has been “Dinner on the Grounds.” The residents prepare a week in advance making flowered sun hats to wear for occasion. Also in crafts they cut out ants from black construction paper and glued them on checkered table cloths. When the day came, we gathered under the gazebo and feasted on fried chicken, potato

salad and all the trimmings. Afterwards we had an old fashioned singing. Needless to say, a good time was had by all.

Submitted by: Somerset Assisted Living

### **11. Resident Death:**

- ~Create framed picture of resident to display in living room.
- ~Announce to the residents at meal time that the resident has passed away and lead them in the Lord's prayer.
- ~Place one rose on the table where the resident sat.
- ~Send sympathy note to the family explaining about the rose and picture in remembrance of the resident.
- ~Create a framed picture album with resident picture that have passed away to honor at a special time of the year.
- ~Angel cabinet to display angels given in memory of resident that will stay in facility:

Submitted by: Catherine Place Assisted Living

### **12. Rook Jackpot:**

~Needs:

- \*2 decks of Rook cards
- \*A pot with which they may draw out prize coins.
- \*Coins that have color-coded dots on them to match the prizes.  
(One coin will need to be marked as the grand prize coin)
- \*Prizes (crackers, cookies, and candy)

~With one deck of the Rook cards give each resident 4 or 5 cards. The other deck remains with the dealer. Residents place their cards face up in front of themselves. The other deck of cards is shuffled by dealer and one card is drawn at a time. The cards are announced, if the resident has this card they will turn it over. This is repeated until a player has all his/her cards turned over. The winner calls out jackpot. They are allowed to draw out a coin from the pot. The prize awarded will be according to what the resident draws.

Submitted by: Chapman Healthcare & Assisted Living Inc.

### **13. Senior Olympics:**

~In the month of June, a week is set aside for senior Olympics. The facility is decorated with red, white and blue. Each day is started with an opening ceremony and lighting of the torch. Residents are offered a different event to participate in each day. An invitation to the nursing facility was extended to those who would like to participate in these games with a little friendly competition. The residents who could not play became the cheerleaders for

their friends. A variety of games were offered that week: balloon volleyball, spelling bees, ring toss, basketball and putting green golf. At the end of the week a party is given to award medals to the winners of the events and a certificate to each resident who participated.

Submitted by: Chapman Healthcare & Assisted Living Inc

#### **14.Penny Auction:**

~From time to time people will donate items to the facility. These items become our auction items. (Example: stuffed animals, baskets, flowers, throws) Each resident is given 25 pennies. A table is arranged with the items that are to be used for the auction. This allows the residents to see the items before the auction. An auctioneer will hold up the item for the residents to bid on. The resident with the highest bid wins. At the end of the auction all pennies not used are returned for the next auction.

Submitted by: Chapman Healthcare & Assisted Living Inc.

#### **15.Get Acquainted:**

~When I have a resident to move in from another state or town, I will often make them feel welcome by asking them about their state or town. I then will have a party with their suggestions and ideas. An example: A San Antonio Party (FIESTA) The resident will tell me about his/her favorite food and the culture of the town. I decorate the room with things that remind them about the place they left. I also provide the food they are afraid they will never have again. Sometimes the resident can take part in making decorations or food. Sharing this time with new people is a great way to make new friends. Also have the resident or residents' family bring in some pictures of his or her family, town, home, etc. It usually doesn't take long before the resident feels right at home!

Submitted by: Ashton Gables/Lake View Estates

#### **16.Celebrating Our Lives:**

~I started this activity as a tribute to the lives of my special residents and to show the employees who the residents really are. I ask the families for pictures (I prefer using copies) of the resident from as far back as a baby to present time. I have used pictures of buildings that a resident may have worked in or a church that they may have attended. I have also used old copies of pay stubs or other memorabilia from the residents' past. I place items on a poster board with a written page telling about the resident (date and place of birth, parents and siblings names, wedding date and to whom, children, schools attended, accomplishments, jobs held and so forth). I hang

three at a time in the dining room. After being on display for about a month, the poster then goes into their room for new employees to see. This activity has been the best way to get to know one another. The residents love to show off their poster and it can be used as a great reminiscing tool. The families have also told me how much they have enjoyed preparing the items to be used.

Submitted by: Ashton Gables/Lake View Estates

### **17. Summer Camp:**

~(I find that if you call anything a party, more residents will attend. I also enjoy making a week out of any activity.)

~Announce the week with a special bulletin board with clip art of camping symbols. I used a cut branch and hung it with twine. I then used twine to hang Native American symbols from feathers, beads, sticks, craft foam, etc. I constructed a campfire out of firewood screwed together. I placed white Christmas lights in it and used red, yellow and orange tissue paper tucked in to cover the lights and made fake flames out of heavy cardstock. During the week we tie-dyed t-shirts, created birch bowls, and reminisced about camping and vacations. We sat around the campfire and sang songs, ate s'mores, and read campfire stories. We played some of our usual games and a few new ones. We took nature walks and used the found material to make craft projects such as collages, wreathes or floral arrangements. We made binoculars and went looking for birds. Most of all, we laughed like children and had lots of fun.

Submitted by: Ashton Gables/Lake View Estates

### **18. Cruise Week:**

~Cruise week began for us the Monday before Valentines Day. I went in early to prepare the dining room where most of our indoor activities take place. I hung port holes (made of silver poster board, white poster board and construction paper) on the wall. A life saver ring and brass bell hung on the wall to announce the morning departure along with a bon voyage banner. The week was filled with lots of activities such as top deck exercise, casino, a cooking demonstration (a Chinese resident assistant made egg rolls), an amateur hour, a Valentine Captains Dinner, a beauty pageant, crafts, cruise videos, and children from a local middle school that came for a dance. The week was wonderful. Some resident brought out pictures from their past cruises and we made lots of pictures from our cruise, too.

NOTE: Cruise lines will often send demo cruise DVDs when asked and travel agents will often donate posters. I also visited the local library for materials.

Submitted by: Ashton Gables/Lake View Estate

### **19.Farm Week:**

~Farm week is a great way to include families and friends. I called several friends and family members that I knew canned and asked if they would like to participate by sharing some canned foods that they had prepared such as peaches, beans, chow-chow, honey, jellies or jams. I was so excited at how much was donated. We took a trip to a local farmers market and later that day we shelled peas and snapped beans. We had a petting zoo with pygmy goats, chickens and several dogs, we made country crafts, tossed cow patties, made homemade ice cream, and had a quilt show and barn dance. Farm week was a success and memories were plentiful.

Submitted by: Ashton Gables/Lake View Estates

### **20.Art Walk:**

~Carroll Place's Recreational Program Coordinator, Amanda Barfield, organized an Art Walk fashioned after the City of Fairhope's "First Friday Art Walk". She brought in artist that she hoped would empower and inspire residents into sharing their talents and artistry. Some of the residents are artists themselves, but over the years they have seemingly lost the ability to see the beauty that lies within their own creations. Wine, cheese, fruit and music complemented the event.

Submitted by: Carroll Place Assisted Living

### **21."Caught In The Act":**

~Have you caught a resident in the act of going "above and beyond"...exceeding your expectations? It's time to recognize the *shining star* residents and let them know they are noticed, appreciated, and valued in our community. So many of our seniors feel they have nothing left to contribute to the world and it is our job to reframe their skewed views! The "Caught in the Act" program has been fashioned after the Mercy Medical "Shining Star" guidelines. If someone sees a resident they feel deserves recognition, a form is filled out and returned to the activities director. Each resident who is "Caught in the Act" receives a pin and a certificate to thank them for their kindness and/or generosity.

Submitted by: Carroll Place Assisted Living

## 22. Wild Goose Chase:

~Supplies: old magazines, file folders (one per resident), marker (to write each residents name on their folder), list of "Scavenger Hunt" items (stapled to the front of the file folders), optional background music; scissors are not required for this activity as residents can often times tear pictures more easily than they can cut them

~Set-up: The easiest table arrangement is to place two long tables end to end with chairs around both sides. Magazines should be placed down the middle of the tables to assure they are accessible to all participants.

~Activity: After labeling each participants file folder with their name, inform the residents that they are going on a "wild goose chase". They are to hunt for the items on their list, tear them out of the magazines, and place the pictures in their individual folders. Tell the residents how long they have to "hunt" and explain that you will collect their folders at the end of the allotted timeframe. Review the participants folders to determine a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winner according to the number of items (from the list) they were able to find in the magazines. Any resident who is able to find a GOOSE is an automatic GRAND PRIZE WINNER-regardless of the total number of items they have found. HAVE FUN (there is no right or wrong way to chase a goose!!)

Submitted by: Carroll Place Assisted Living