

Recreation: More Than Just Bingo

**Recreation: The Other Best Medicine*

**Therapeutic Recreation: Re-Creating, Mind, Body and Spirit*

Host a breakfast, luncheon, or dinner for the Recreation Department

*Bring Recreation Staff out for a meal

*Have a surprise party

*Have a Guess Who Baby Picture Contest

*Have a Who's Who in the Recreation Dept. Contest

*Have a Department Heads Facilitate Recreation Day

*Have a "Best Theme Event Contest". Invite staff, residents, and family to offer ideas for theme events. The contestants must give ideas for decorations, food, costumes/apparel, music, etc. Winner receives a prize and the chance to plan/facilitate the event.

*Have residents vote and give awards or certificates for various categories such as:

*Most Creative Recreation Professional

*Most Energetic Recreation Professional

*Most Compassionate Recreation Professional

*Recreation Professional Who Smiles the Most

*Funniest Recreation Professional

Many long-term care staff, family members, visitors, and even residents, lack a thorough knowledge of the importance and benefits of programs in a health-care environment. Therefore it is extremely important for the Recreation Department to market, promote, and educate others. Hosting an annual "Recreation Fair" is a great way to promote the Recreation Department, and boost staff morale, teamwork, and have fun.

- Commit to hosting the Recreation Fair each year during NSRPH Week.
- Months in advance, set up a Recreation Fair committee. The committee should be made up of Recreation personnel and anyone else that may wish to assist such as Volunteers, Residents, Marketing Department, etc.
- Begin advertising at least a month prior. Advertising may include the facility or corporate newsletter, flyers, posters, send emails, etc. Make sure that all management is aware of the upcoming fair.
- Discuss the possibility of it becoming a Mandatory In-service for all facility staff. Host the event in the largest room available. The more space, the better.
- Create a variety of booths such as: Physical Games and Exercise, Sensory Stimulation, Music, Cognitive Activities, Creative Activities, Adapting Activities, Committees, Leisure Education, etc. Be sure to have an "Interdisciplinary Approach to Quality of Life" booth that demonstrates the CMS Activity Guidance to Surveyors. "
- Each booth may have printed materials, a storyboard explaining the purpose, benefits, etc., sample equipment, and a game or contest.
- Have a "Who's Who" in the Recreation Department Contest.
- Hand out raffle tickets for each contest, game or activity to those who participate. Have a variety raffle prizes such as mugs, t-shirts, pens, etc.
- Make sure that all participants sign in at the door. [Download FREE Sign in Sheet.](#)
- Schedule the event to include as many shifts as possible such as 10:00am-5:00pm. You should even do a smaller one for the 11pm-7am shift if it becomes a mandatory facility in-service.
- Various storyboard materials.

BOOTH	CONTEST OR GAME/ACTIVITY	EQUIPMENT
Physical Games and	Basketball, Bowling, Toss games	Display a variety of adapted physical

Exercise	(create a physical impairment such as blindfolding the participant)	games such as toss games, basketball, bowling, golf, etc, and exercise equipment such as scarves, ribbons, therabands, parachute, etc.
Music	Karaoke Contest or Name That Tune	Karaoke Machine, sample music
Cognitive Activities	Trivia Contest, Jeopardy, Wheel of Fortune	Display a variety of trivia books, discussion materials, word games, etc.
Creative Activities	Craft project, gardening project, etc	Display various craft supplies and adapted equipment
Parlour Games	Bingo, Horseracing, Black Jack	Display various bingo cards, adapted chips, card shuffler, and large print playing cards. Pokeno, Horseracing, etc.
Sensory Stimulation	Give a hand massage, have participants guess various aromas	Display multi-sensory equipment such as bubble towers, projectors, light sprays, aroma therapy, various tactile equipment, etc. Flaghouse provides a free SNOEZELEN CD that can be played.
Leisure Education	Play Leisure Bingo, have participants fill out a self-leisure assessment	Have variety of Leisure education materials such as a list of all the activities the Activity Department offers and the benefits of the activities or create an "Introduction to the Activity Department" Manual" that describes the role of the Activity Department and the various programs offered.