

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 | |
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BEAUTY AND GROOMING

| | | |
|---------------------|---------------|--|
| Manicures and Music | Glamour Group | |
| Beauty Club | Hand Washing | |

COMMUNITY OUTING

| | | |
|---------------|----------|-------------|
| Restaurants | Bingo | Bowling |
| Parks/Picnics | Theaters | Sightseeing |
| Movies | Museums | |
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COOKING

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

| | | |
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| 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 |
| Sweating to the Oldies | Walking Club | Pom Pom Exercise |
| Stretch and Flex | Wheelchair Aerobics | Baton Exercise |
| Tai Chi | Shakercise | |

ETHNIC PROGRAMS

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

FILM/MOVIES/VIDEOS

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

GENDER GROUPS

| | | |
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| Ladies Club | Men's Club | |
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HORTICULTURAL THERAPY

| | | |
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| 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

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| Live Animals | Videos | Pictures |
| Discussions (Animal Talk) | Resident Pets | |

POETRY/CREATIVE ARTS

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| 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

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| Resident Volunteer Program | Independent Service Projects | |
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SOCIALS

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| Ice Cream Social | Meet and Greet | |
| Pizza Party | Tasting Socials | |

SPIRITUALITY/RELIGIOUS PROGRAMS

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| 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

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| 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

| | | |
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| 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

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

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| 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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