

Fun Activities for Independent Seniors

When looking for fun activities for seniors, there's no need to reinvent the wheel. An activity doesn't have to be labeled *for seniors*! Look to your past for inspiration:

- What did you enjoy doing before you had to spend all your time at work?
- When you had free time as a youngster, how did you fill it?
- When you were younger, what did you dream of doing?

True, some of these activities may have lost their appeal and some may no longer be feasible. Still, examining the things you once enjoyed will give you ideas for things to do today, even if they have to be tweaked a little.

Outdoor Activities

Enjoy fresh air and the wide blue sky? The sky's the limit for active seniors! Before you embark on any new exercise regimens or physical activities, get your physician's approval.

- **Back to nature activities:** Fishing, gardening, and hiking are fun activities at any age. While you're at it, broaden your horizons and try birdwatching.
- **Letterboxing:** Never heard of letterboxing? It's a fun outdoor activity that combines hiking and treasure hunting. Learn more about it at [Letterboxing North America](#).
- **Sports:** If you have your doctor's approval to play sports, break out the golf clubs, soccer ball, or tennis racket and get playing. You could join a senior league or simply play with friends at the local park, recreation center, or YMCA.
- **Exercise:** Although it may sound like more work than play, exercise can be great fun or amazing relaxation, depending on the type you choose. Try water aerobics, walking, yoga, or Tai Chi.
- **Photography:** Have you tried the new digital cameras? They are remarkably easy and offer instant gratification. Simply point, shoot, and see picture.

Indoor Activities

If you're looking for some down time, or simply need something to do on a rainy day, try some of these fun indoor activities:

- **Scrapbooking:** Gathering your photos and mementos together in one place is a fun walk down memory lane. Even better, it helps you organize your treasures.
- **Journaling:** Try writing your thoughts down in a book for emotional therapy or as creative exercise. Who knows? You might even discover a hidden talent for writing. Maybe the next great American novel is hiding in your head!
- **Tap dancing:** Who says indoor activities have to be sedentary? Put on those dancing shoes and boogie!
- **Breakfast, lunch, or dinner club:** Gather a group of friends and meet on a regular basis for meals and good conversation.
- **Jewelry making:** Even if you're a beginner, it's easy and fun to string beads onto cord to make necklaces and bracelets. After you've mastered the basics, you can expand your skill set.

Fun Activities for Senior Citizens in Nursing Homes

When planning activities for seniors in a nursing home or hospital setting, you must remember to take their physical and mental health into account. Nothing is more demeaning than being asked to play childish games if you have your wits about you. Likewise, little is more frustrating than being expected to take part in mental tasks if your thought processes are diminished.

If the seniors in your facility are mobile, some of the above activities may be adapted for a group setting. For seniors with mobility issues, try the following:

- **Book club:** Organize a book club for the seniors. Offer refreshments and engaging conversation, and this will be a hit.
- **Concert night:** Have a local choir or scouting troop perform for the residents. Even better, pass the microphone around for karaoke night.
- **Pottery and working with clay:** Shaping clay provides exercise for the hands and it also offers a stimulating sensory experience.
- **English tea party:** If you have access to a garden, let the seniors have tea outdoors. No garden? Simply improvise by decorating with real or artificial flowers.

Courtesy: http://seniors.lovetoknow.com/Fun_Activities_for_Senior_Citizens