

Activities for Visiting Seniors in their Home or Care Home

NOTE: All volunteers in a Care Home will have to schedule a visit ahead of time and under the **Vulnerable Persons Act**, the Care Homes will ask you to comply to guidelines.

To see a list of Personal Care Homes click here <https://www.ltcam.mb.ca/pch-about.htm> or here https://www.ltcam.mb.ca/documents/PCHBedNumbersOct2019_000.pdf

1. Make a holiday wreath
2. Decorate and fill stockings
3. Ask if they would like their door decorated
4. Play card games, board games or dominos
5. Do crossword, word search
6. Enjoy music together – ask them their favorite songs and sing along to the oldies
7. Sing holiday songs together
8. Ask if they need any help organizing their closet or redecorating their room
9. Reminisce over old photos
10. Manicure
11. Gentle hand massage
12. Read aloud a book or poetry from their past
13. Watch an old movie together
14. Knit or crochet together
15. Do a indoor container garden
16. Go for a stroll indoors
17. Show them how to use technology
18. Have a cup of tea with them, talk about their past hobbies, family, old songs or nursery rhymes they like

Group activities at a residence:

1. Decorate a Gingerbread house
2. Decorate Christmas Cards
3. Crafts, painting, or simple Christmas crafts or just fun colouring
4. Put together some Operation Child Christmas Shoe boxes