101 Ways to spend time with a person with Alzheimer’s

1. Listen to music
2. Toss a ball
3. Color pictures
4. Make homemade lemonade
5. Count trading cards
6. Clip coupons
7. Sort poker chips
8. Read out loud chapters from Harry Potter books or other favorite stories
9. Rake leaves
10. String beads
11. Bake cookies
12. Take photos of the person and you and create a collage
13. Brush or comb one another’s hair
14. Participate in the Alzheimer’s Association Walk to End Alzheimer’s. [www.alz.org/walk](http://www.alz.org/walk)
15. Plant seeds indoors or outdoors
16. Look at family photographs
17. Wipe off the kitchen table
18. Weed the flowerbed or tend to the garden
19. Fold laundry
20. Have a friend visit with a well-behaved pet
21. Cut pictures out of greeting cards or magazines
22. Play dominoes
23. Ask the person about his or her favorite childhood books or cartoon characters (you can share yours too)
24. Bake homemade bread
25. Sort objects by shape or color
26. Sing old songs
27. Invite the person to tell you more when he or she talks about a memory
28. Put silverware away
29. Make a Valentine card
30. Play favorite songs and sing
31. Ask the person about his or her brothers or sisters
32. Make a cherry pie
33. Play with tops or jacks
34. Make a scrapbook
35. Take a walk around the yard
36. Write a poem together
37. Reminisce about the first day of school
38. String Cheerios® to hang outside for birds
39. Make a fresh fruit salad
40. Sweep the patio
41. Color paper shamrocks green
42. Fold towels
43. Have an afternoon tea party
44. Talk about great inventions
45. Look through the pages of a clothes catalog
46. Look at a map of the United States and identify states and capitals
47. Make a family tree poster
48. Color a picture of our flag
49. Eat a picnic lunch outside
50. Water house plants
51. Play horseshoes
52. Dance
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53  Watch Sesame Street together
54  Make homemade ice cream
55  Make holiday cards
56  Reminisce about favorite sports activities the person enjoyed while growing up
57  Write a letter to a friend or family member
58  Dress in your favorite football or soccer team’s color
59  Pop popcorn
60  Name the presidents
61  Give a manicure
62  Make paper butterflies
63  Plant a tree
64  Finish famous sayings
65  Feed the ducks
66  Model with play dough
67  Look at pictures in a comic book
68  Put a puzzle together
69  Sand wood
70  Rub in hand lotion
71  Arrange fresh flowers
72  Remember famous people
73  Recite nursery rhymes
74  Make peanut butter sandwiches
75  Cut up used paper for scratch paper
76  Blow bubbles
77  Take care of a fish tank
78  Bake cupcakes and decorate them
79  Interview the person about his or her life using either a video camera or cassette recorder
80  Play Hangman
81  Finger paint
82  Cut out pictures from magazines
83  Put coins in a jar
84  Put bird seed out for the birds
85  Decorate a pumpkin
86  Reminisce about a favorite summer
87  Roll yarn into a ball
88  Trace and cut out autumn leaves
89  Cook a favorite family recipe together
90  Gather a yellow sponge, crayons, paper and tape and make a SpongeBob SquarePants
91  Wash silverware
92  Give him or her a hug
93  Ask the person to show you how to knit or sew (or another favorite hobby)
94  Make a picture frame of popsicle sticks and glitter
95  Play a musical instrument
96  Keep a journal together
97  Ask the person to talk about his or her favorite sports hero
98  Sort playing cards
99  Ask the person about his or her favorite pet
100 Wash windows together
101 Ask the person about his or her first car

www.alz.org/living_with_alzheimers_101_activities.asp