

Activities for Older Adult to Do At Home Without Technology

- 1. Create your own recipe book for friends and family:** Now is a great time to go through all your tried and true recipes. Put all your favorite ones together in one book so that you can give these to your family and friends.
- 2. Prepare a meal:** Just because you are currently not able to entertain does not mean you have to eat boring meals. If you are able, take some time to try out a new recipe or to create an inviting meal experience. Even if your food choices are limited you can set the table, play some background music, and enjoy a special mealtime.
- 3. Journal:** Share your feelings and document this time in history by journaling daily. You can choose to share this with someone or keep it to reflect upon in the future.
- 4. Life Stories:** Many people want to document their life stories to share with their family however either did not have the time or did not know where to start. Ruth O'Neil, a freelance writer provides some tips on how to start at [Freelancewriting.com](https://www.freelancewriting.com)
- 5. Exercise:** You might not want to go out for a walk, but you can still move around your home. Make sure you are doing some sort of movement, as you are able, at least every hour
- 6. Write a letter:** Now is a great time to write letters to friends or family. Nothing brightens someone's day more than receiving a letter or card in the mail
- 7. Make cards:** Now is a great time to make and pre-address cards for birthdays and holidays.
- 8. Organize:** Do you have piles of papers and photographs that you have always wanted to organize? If you have any plastic bins or shoeboxes, you can start by sorting items into themes and discarding items that are no longer meaningful
- 9. Play a board game, do a crossword puzzle or jigsaw puzzle**
- 10. Read a book**
- 11. Listen to Music (and dance if you want to!)**
- 12. Call a friend or family member:** It is important to maintain a connection with people throughout this pandemic. Set a goal to connect with at least one person each day.
- 13. Draw, Colour or Doodle:** Most of us have paper, pencils, markers or crayons around our home and can pull these out and create our own masterpieces.
- 14. Plan your meals for the next week or two:** Write out your menu for the next couple of weeks and create a list of grocery items you might need. When a friends or family ask if you need anything, do not be afraid to tell them what you need and how they can safely leave these items on your doorstep.
- 15. Watch movies and television:** It is normal and important during a time of crisis to want to have information about what is happening in our community and our country. While receiving information is important, constantly watching the news can create anxiety or cause distress. Try and limit watching the news to just once or twice a day. Take some time to watch a tv series you have never watched or find a game show and play along.
- 16. Return to an old hobby:** Think back to what hobbies you used to enjoy but have not done in a while? Is this an activity you could do during this time of social distancing? Perhaps you used to play the piano, sing in a choir, sew, knit, cook, paint or write poetry? This might be a great opportunity to pick up on those interests again.