

Activities for Women's Groups (Emerald Level – Some Amber Level)

1. Fold cloth napkins for the AL area dining room
2. Clip out coupons from the inserts in Sunday's and Wednesday's papers (use short, blunt tipped, Fiskars 6 " scissors for kids) – the outlines may need to be marked with a black marker
3. Fold pre-folded letters, put them in envelopes
4. Put labels on envelopes or on index cards
5. Sort index cards –
 - a. Get colored index cards – sort them into color piles
 - b. Make a set of index cards with letters on them – have residents put a set of index cards with the letters of the alphabet into the 'correct order' (you might need a alphabet on the table top as a aid, and you may need to point at the letters as the person is looking for one or sorting) – You can simplify the task by having only a few letters at a time and do it as a matching task
 - c. Make a set of index cards with numbers on them – 1-20 or 1-50 – mix them up and have residents sort them out counting up....
6. Index card Matching or Index Card Games -
 - a. Create index cards with 'cut out' pictures or DRAWN pictures on them (this can take a couple of sessions to create) THEN you have cards and you can have residents sort them into categories or groups (shapes, emotions, animals, colors, fruits, vegetables, furniture)
 - b. You can also play games – divide the piles up giving each person some items, then ask everyone to look for:
 - i. Things you find in a kitchen/bathroom/living room/yard/bedroom
 - ii. Animals that live on a farm/in a zoo, in the jungle/ in the water/ in your house
 - iii. Fruits and vegetables that are a certain color, that are favorites, that you can grow...
 - iv. Matching shapes
 - v. Emotions that match one you hold up and show around
7. This is a several step-several day activity –
 - a. Decide on a group to send cards to – service men, shut ins, hospitalized elders, hospitalized kids, church members, staff members, family members, another group that someone knows about and would benefit from a thoughtful card.
 - b. Get Pastel colored construction or printer paper. Cut it into 2-3" squares. Have residents fold the paper squares in half and cut out a half circle (you may need to draw a cutting line to follow), a half heart, a half oval, a half diamond....
 - c. Get 'design stamps' and a washable ink pad (kids/school section at Wal-Mart) – have residents stamp designs on one side of the shapes they have cut out.
 - d. Get pens or markers, ask residents to sign their names to the shapes – either on the opposite side or on the side with the design. If they want to or can, they might add a note "Get Well", "Thanks", "Thinking of You"With the group decide what to write to the person inside the card. You may need to set up the situation more – Say something like "This person is not able to get out and is at home alone a lot. What is something you think they would like to hear about? Or more directive – "This is a card for Mary. She is sick in the hospital. Should we tell her about the weather outside today or that we are writing her this card so she knows someone is thinking about her? Accept all ideas. Write what makes sense and reflects the intent of the group.
 - e. Buy a couple of boxes of cheap 'friendship' or 'get well' or 'thinking of you' cards - matching the group you will be sending cards to.
 - f. Print out some favorite sayings or words of wisdom or humor – make copies of these items. Have residents read them out, if they can, and select one each to put inside a card – pass the card around asking each person to add their saying or words

- g. Have residents put one each of their shapes inside the card with their name on it.
 - h. Have one resident put the card in the envelope. You may take turns to do this task around the circle.
 - i. Have someone put a label on the envelope or help you write the name and address on the envelope
8. Get SCRABBLE letters from a SCRABBLE GAME – put them on the table in the center and have folks make words from the letters. If needed, help by moving letters close to the ‘right’ place and letting the person slide them in. You can also do this with categories to help get people thinking. You can set up the start of the word and have people finish them off. If the letters are too small, you can cut index cards into squares and use a bold marker on them and create SCRABBLE letters out of these. As each person gets a word, even with help. Positively reinforce their efforts and say the words out loud.
 9. Do some simple gardening activities – consider getting a ‘grow light’ or clearing a window space
 - a. Water plants outside or inside
 - b. Plant seeds that can grow in egg cartons – (you can rinse out, Clorox, and use empty/used cups used in a med pass to hold each egg slot) or use empty and clean margarine or yogurt containers (ask staff to contribute) – possible items can be herbs, vines, or bushy plants, avocados
 - c. Put cuttings in soil or water and get them to root – carrots, radishes, sweet potatoes, spider plants, African Violets...
 - d. Plant and force bulbs of flowers or vegetables – daffodils, narcissus, hyacinth, crocus...
 10. Make snacks for Evergreen – peanut butter crackers, fruit salad, banana pudding, jello salad, smoothies, muffins, cereal snack (trail mix)...
 11. Make simple bird feeders from plastic water bottles – fill them with bird seed, hang outside, take down, clean, and refill weekly. Or just fill existing bird feeders
 12. Find and share recipes
 - a. Look through food magazines and clip favorite pictures and ideas – talk about them – select something to make
 - b. Ask families to bring in some of each person’s favorite or ‘famous’ recipes – share about them, make one item with a small group, have it for either a meal or snack, highlight that person’s recipe – take their picture making it, sharing it, eating it.... Post pictures for family members and for the person.
 - c. Make a pot of aromatic soup in a crock pot on the unit. Keep it cooking and serve it for lunch or dinner. Have selected residents do the cutting, have others help open cans, have each person pour or dump something into the pot with help to guide the movements if needed, let everyone do some stirring.
 13. Make flower centerpieces for tables from artificial flowers that have been taken apart and have single stems. Re-do this daily – collecting the containers and flowers back together after the evening meal
 14. Buy a velour pre-cut quilt square set at Wal-Mart, Hancock’s or Jo-Ann Fabrics – Put all the squares in the dryer for a few minutes to mix them up. Ask residents to help you sort them out OR ask them to lay them out in a pattern they think looks good.
 15. Look through Flower catalogues and pick out favorites, cut the pictures out and create your own ‘flower garden’ collage for a bulletin board – you can use glue sticks (colored ones work better) to help residents glue their pictures on a large sheet of paper or poster board
 16. Look through Vegetable catalogues – pick out favorites, cut the pictures out and create your own ‘Vegetable Garden’ collage for a bulletin board
 17. Look through other mail order catalogues and find interesting or ‘favorite stuff’ – cut out pictures and create collages from these pictures

18. Check out visitor centers or chamber of commerce centers and ask them for their older PR materials. Look through these magazines/flyers/materials and find interesting, pretty, or funny stuff. Make a collage from this.
19. Stuff pillows - Find someone who can sew together two pieces of fabric. Buy ½ yard cheap, but pretty fabric (check out the Wal-Mart \$1-\$2 table). Also buy large bags of polyester stuffing. Ask your sewer to cut the fabric in half on the fold line. Have them fold the half in half and stitch up the sides and part way across the open end, leaving a large hole (big enough to stick your fist in without catching it). You will get two pillows for ½ a yd of fabric. You can either have the residents turn the fabric right side out, or do it yourself. Then have them stuff the pillows with the filling. When they are finished, you can later unstuff them and have them repeat this activity on a regular basis OR occasionally, you can have the sewer stitch along the opening and make some finished small pillows to have around the common area or in resident rooms. You can also get acrylic paint with plainer fabric and have folks do hand prints, one at a time on the fabric, then make up the pillows.
20. Pick in a variety of spices and herbs from a home cabinet or you can go to Wal-Mart or the Dollar Store and find a variety of cheap herbs and spices (usually for .50/container). OR if you have a garden or someone who can get fresh herbs, ask them to bring some in (you may need to chop these up before you use them). You can also grate lemons, limes, or oranges to get the peel. Get paper towels or paper napkins. Buy cheap, thin, colored ribbon – 5-6 colors on a roll (the kind you tie on balloons) OR buy chenille pipe cleaners and cut them in half (useful if you have a large number of folks who cannot tie a knot or bow- you can have both, just in case you have both types of residents). Have each person lay a paper towel on front of them, select and smell a herb or spice, sprinkle an herb or spice on the towel, roll the towel up in a tight cylinder, tie a ribbon on each end. Hang the sachet nearby, and make another. You can label them or just sniff to enjoy.
21. Make Baby Doll Jewelry for gifts to little girls. Buy pony beads and pipe cleaners. Prepare the pipe cleaners by cutting them to a good length of either a necklace or a bracelet for a baby doll. Also, slide one bead on and running the pipe cleaner through it two times to make sure it doesn't fall off or let the other beads come off (This really important if you have a residents who can't process why the beads keep falling off if they push all the way down the cord/pipe cleaner. Once the person has put on the beads they want and are close to finishing the item, you can help them make the circle by looping the end of the pipe cleaner through the last bead and pulling the circle closed and tucking the end through the other beads. If you have baby dolls around put it on the baby doll's wrist or neck and show folks how it will look. After the session, you can unstring the beads so they can be used again.
If you want to have a product to give as a gift or as a service project, you can finish them off by switching to elastic cord and tying a knot in them. To do this, complete the stringing on the pipe cleaners. Then get a paper clip and undo the outer bend making a long straight end, leaving the small inner fold. Close the fold up by squeezing it and wrapping tape around it. Get elastic cord and put it through the hole in the looped end of your paper clip, leave a LONG elastic end to make this easier. Run the long pointed end of the paper clip up through the pipe cleaner and beads, except for the last (starter) bead. Let all the beads go onto the cord. Un-loop the cord from the paper clip, lay the end of the cord and the length of the cord together, pulling slightly so all the beads fit tightly against one another. Make sure the cord is just long enough to fit over the baby doll's neck or wrist when it is stretched. Tie the cord in an overhand/granny knot (laying both ends together and tying them at one time. Trim off the excess, leaving a small amount of cord past the knot, slide the beads around some to cover the tie spot... You have a bracelet or necklace for a baby doll.