

"Inside Out"

In Room
&
Out of Room Activities

**Creating lasting memories for your
resident and you.**

-Darcy Johnson

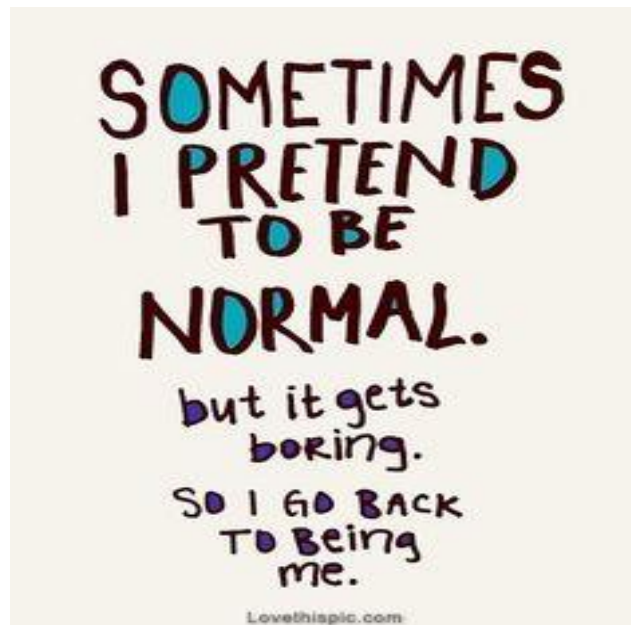
River's Edge Rehabilitation & Living Center

Everyday should begin.....

Positive *thoughts*
generate positive
feelings and attract
positive life
experiences.

Get Crafty

- Create, Create, Create
- It's okay to color
- Markers without the mess
- Painting 101
- Glitter & Glitz
- Let's Decorate



Read.....

- Letters
- Newspapers
- Magazines
- Novels
- Books on tape....not technically reading, but if they can hear it and they are imagining it at the same time, that is reading.



Tactile & Sensory Stimulation

- Facials
- Bubble Pop
- Rice or Fruit Grab
- Aroma Therapy
- Herbal Tea Party
- Discovery Bottle
- Fabric Hoops

“The highest levels
of performance
come to people who
are centered,
intuitive, creative,
and reflective -
people who know to
see a problem as
an opportunity.”

*Deepak Chopra

No Girls Allowed!

- R.O.M.E.O.
- Build it and HE will come
- Calling all Veterans
- Grandpa for Rent
- Western Wednesday
- Man Movie Monday



Activities for Men

- Meet your neighbor
- Living history
- All about me
- More than cards
- Off to the races



No Boys Allowed

- Tea Parties
- Welcome Committee
- Volunteering Club
- Hat Club (Like Red Hat Society, but you make up the rules, all hats allowed)
- Planning Committee



Just when you think you are out of creative ideas...

- You decide to teach & organize a bell choir...
- You start a volleyball team...
- You decide to organize a recipe collection....
- You teach R.A.O.K. (random acts of kindness)..
- You let them comfort YOU.....
- You share your weekend activities (they love to hear about your love life)
- You organize a monthly travel group, from their chair.