

WEBSITES & LINKS FOR IDEAS/RESOURCES:

[NCCAP.org Activity Director Resources](#)

[MCN, Formerly The Museum Computer Network](#)

[Beyond Bingo](#)

[Beyond Bingo's Facebook Page](#)

[Open Culture Online Courses and Resource](#)

[Maria's Place](#)

[Inexpensive Creative Follow Up Ideas](#)

[Birdsong Tablet - Engaging content for older adults, currently free to sign up](#)

[Free Online College Courses](#)

[Free Cognitive Training Classes](#)

LIST OF VIRTUAL TOURS/WEBCAMS, ETC:

[Virtual School Activities](#)

[Adventures From Home](#)

[Virtual Field Trips](#)

[More Virtual Field Trips](#)

[Google Arts & Culture: Many Museums Have Online Exhibitions](#)

[Google Arts & Culture: Virtual Tours of National Parks](#)

[Virtual Garden Tours](#)

[Free Broadway Musicals](#)

[Metropolitan Opera](#)



- **In room bingo:** handing out paper bingo cards to all rooms, announcing 2 numbers a day.. all staff gets engaged. We will have extra nice bingo prizes on a cart to let them choose from
- Sister community pen pal program
- “Happy Hour” cart
- Instagram Challenge between communities
- Door decorating and/or shelf decorating with a spring theme. gives residents some purpose to their day. It also helps the community look it’s best. Residents get a voting sheet and are asked to walk the entire community over the last week of the month to view every door and vote. The walking promotes independent exercise as well as a greater orientation to the community.
- Assisting residents with online shopping (to replace weekly outings to stores)
- Team Up Trivia- pair up residents for trivia games
- Livestream church services

Doorway BINGO

Everybody loves BINGO and it is the ultimate time filler. Hand out BINGO cards and stampers to each resident. Announce the numbers over the intercom and have helpers listen for “BINGO!” Provide the winner with a door prize.

Coloring/Puzzle Books/Puzzles/Cards

Visit your local dollar store and stock up on these classic solo activities.

Doorway Pretty Nails

If you are able, do Pretty Nails with the residents. This can be done in their doorways to help them feel more involved and allow for more ventilation of fumes.

Drive-By Refreshment Cart

This is a fun way to deliver refreshments door to door. To make it more interesting, pass out fake money to the winners of your intercom games and then go around with the refreshment cart and allow the winners to trade their fake money for goodies.

Sundae Cart

Pack your cart with ice cream and all the toppings.

Library Cart

Pack a cart with books and go door to door with your selections. Be sure and include shorter reads, such as magazines. Have residents place books they are done with outside their doors to indicate they are ready for another one.

Music

Play D.J.! Take requests from your resident's and play music over the intercom. If you really want to get into it, make radio announcements in between songs advertising goofy products and giving real world updates on Covid-19.

Artwork

Hand out sketch books and announce different themes to draw. Allow short periods of time to make things interesting. For example, give 15 minutes to draw a favorite bird, meal, outside scene, etc. Continue until they have multiple pictures created. Turn the artwork into a scrapbook for fun.

Video Diary

Go around with your cell phone and have residents that wish to participate record a short clip about their experiences during this historical time. Share the video montage on your facilities website or on YouTube. You could even have them discuss past experiences with different pandemics that have effected them throughout their lives and how those experiences compare with this one.

Clay Creations

Polymer clay, or over bake clay, is an incredibly versatile activity. Animal figurines, hanging ornaments, beads, etc. can be created out of clay and baked into a hard usable piece. Hand out clay and print out different idea starters to get your residents going.

Video Chats

Make sure your residents have access to online chat programs so that they can stay in touch with family and friends.

Spirituality

Now is a great time to bring everybody together through the power of faith. This could be done by reading from the Bible or other spiritual texts, hosting a sermon or initiating song.

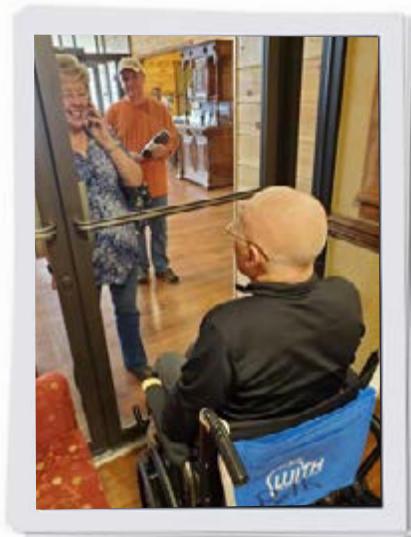
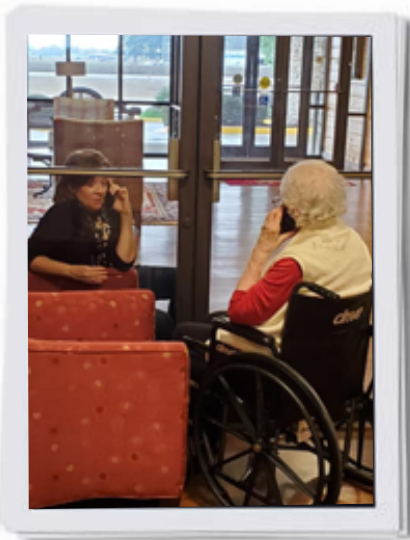
SOCIAL MEDIA IDEAS/POSTS:



Your CNA staff is stressed out right now too, but you need them now more than ever. Be sure you are taking time to educate them on activities they can participate in with residents during personal care. Try having an “Activity of the Day” that caregivers can do with residents; educate them on the activity during shift change and via signs in the workroom or nursing station. Keep it easy. Here are some ideas:

- Sing-A-Long: list a few songs caregivers and residents will know
- Trivia: List two trivia questions they can ask each resident during their time together
- Reminiscing: List two conversations starters they can use with residents
- Joke of the Day: A silly (and appropriate) joke to tell with residents
- Read Together: A poem or short passage they can read with residents (print a bunch of copies so each caregiver can tuck the passage into their pocket)
- Secret Handshake: Have caregivers create a secret handshake (not a handshake though, try an elbow bump or dance move) with each of their residents

“Visitor Communication Station”



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