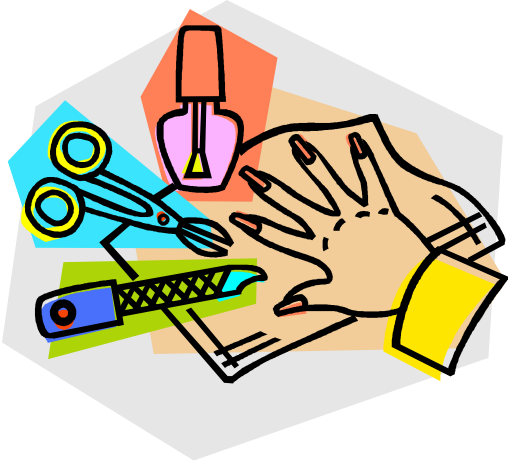


Activities For Caregivers:

101 Things to Do

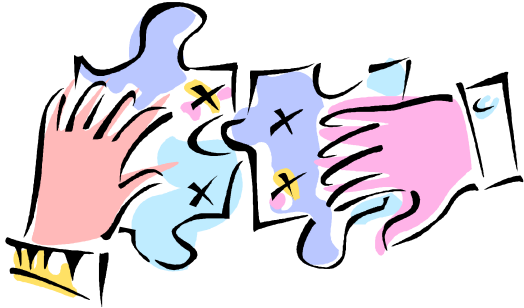


1. Clip coupons
2. Sort poker chips
3. Count tickets
4. Rake leaves
5. Use the carpet sweeper
6. Read out loud from:
 Good Old Days
 Box 428
 Seabrook, NH
 03874-0428
7. Bake cookies
8. Look up names in the phone book
9. Read the daily paper out loud
10. Ask a friend or neighbor who has a baby or young child to visit
11. Listen to music
12. Plant seeds indoors or outside
13. Look at family photos
14. toss a ball
15. Color pictures
16. Make homemade lemonade
17. Wipe off the table
18. Weed the flower bed
19. Make cream cheese mints:
 *2lbs powdered sugar
 *8 oz. Cream cheese
 *2 drops peppermint extract
 *food coloring as desired
 *knead together and press into mint molds
20. Have a spelling bee
21. Read from:
 The Reader's Digest
 Pleasantville, NY 10570
22. Fold clothes
23. Have a neighbor or friend visit with a "calm" pet
24. Cut pictures out of greeting cards
25. Dress up; fancy or fun
26. Bake homemade bread
27. Sort objects such as beads by shape or color
28. Sing Christmas carols
29. Say, "tell me more" when they start talking about a memory



30. Put silverware away
31. Make a valentine collage
32. Play favorite songs and sing together
33. Take a ride
34. Make a cherry pie
35. Read aloud from:
Ideals
P.O. Box 1101
Milwaukee, WI 53201
36. Dye Easter Eggs
37. Match a basket of socks
38. Take a ride
39. Make a cherry pie
40. String cheerios to hang outside for the birds
41. Make a fresh fruit salad
42. Sweep the patio
43. Color paper shamrocks green
44. Fold towels
45. Have an afternoon tea
46. Remember great inventions
47. Play Pictionary
48. Paint a sheet
49. Cut out paper dolls
50. Identify states and capitols

51. Make a family tree poster
52. Color a picture of a flag
53. Cook hot dogs outside
54. Grow magic rocks
55. Water house plants
56. Reminisce about the first kiss
57. Play horse shoes
58. Dance
59. Sing favorite hymns
60. Make homemade ice cream
61. Force bulbs for winter blooming
62. Make Christmas cards
63. Sort playing cards by their color
64. Write a letter to a family member
65. Dress in red on football Saturdays
66. Pop popcorn
67. Name the presidents
68. Give a manicure
69. Make paper butterflies
70. Plant a tree
71. Make a May basket
72. Make homemade apple sauce
73. Finish famous sayings
74. Feed the ducks
75. Mold with play dough
76. Look at pictures in a National Geographic
National Geographic Society
PO Box 2895
Washington, DC 02077-9960
77. Put a simple puzzle together
78. Sand wood



79. Rub on pleasant scented hand lotion
80. Decorate paper placemats
81. Arrange fresh flowers
82. Remember famous people

83. Straighten the underwear drawer
84. Finish nursery rhymes
85. Make peanut butter sandwiches
86. Wipe off the patio furniture
87. Cut up used paper for scratch paper

88. Take care of a fish tank
89. Trace and cut out leaves
90. Ask simple trivia questions

91. Finish Bible quotes
92. Paint with string
93. Make a collage out of picture
94. Read classic short stories
95. Put coins into a jar
96. Sew sewing cards

97. Put bird feed out for birds
98. Clean out a pumpkin
99. Reminisce about a favorite summer
100. Roll yarn into a ball
101. Make a birthday cake