

Interactive

- ™ Hold a tea party with friends or relatives.
- ™ Reminisce by looking at scrapbooks or old photos and asking, "Who is this? Tell me about ..."
- ™ Play cards or board games such as checkers.
- ™ Take a visit to the mall, a museum, or a friend's house.
- ™ Plant and tend an indoor garden.
- ™ Pet therapy: Match the animal's activity and energy level with that of the individual. For example, a lively dog might be appropriate for someone who can go out for a walk; a cat may be more appropriate for a person who is less mobile.

Cognitive

- ™ Practice computerized memory exercises.
- ™ Do crosswords or any other puzzles.
- ™ Play memory games such as "Concentration", "Simon", or "Let's name all the words we know beginning with 'A'".
- ™ Play "I Spy".
- ™ Play "Name that Tune".