



Staying active and creative at long-term care facilities

COVID-19 restrictions are meant to increase safety. They can also make socializing and staying active more complicated, especially among long-term care residents. If you're looking for creative ways to get residents moving, here are a few things clinicians and staff can try today to help fight off the mental health risks associated with isolation.



Origami

Weather Journal

SUN	MON	TUE
72	75	78

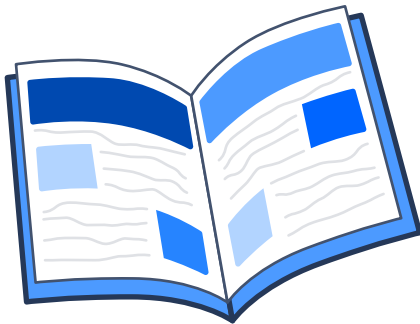
Yoga or Tai Chi



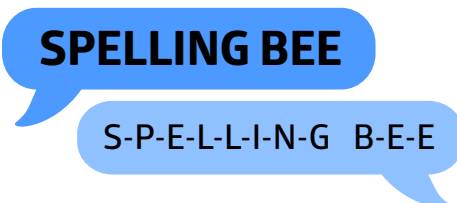
Music



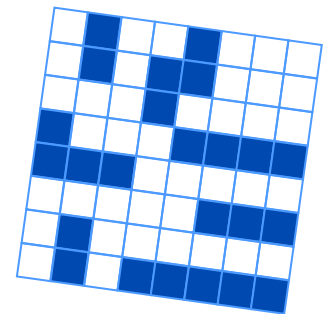
Memory Books



Spelling Bee



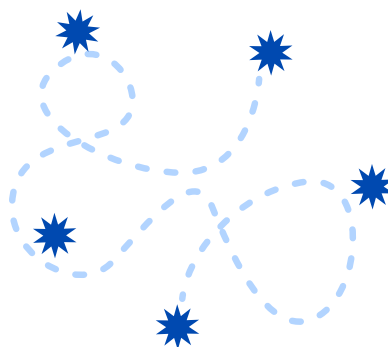
Crossword Puzzles



Balloon Toss



Scavenger Hunt



Writing Letters

