Calvary Community Care Activities to keep you engaged while at home



There are many interesting and fun activities you can do while at home. Speak with a Calvary team member who can assist you with organising any of the activities below.



Technology

- Use your phone or tablet to make video calls to family or friends (Such as Skype, Viber etc.)
- Download podcasts or audiobooks on devices if you are unable to get out to local library or to get the newspaper.
- · Virtual museums:

https://londonist.com/london/museums-and-galleries/calling-all-culture-vultures-here-s-how-to-experience-london-virtually-during-the-coronavirus-pandemic

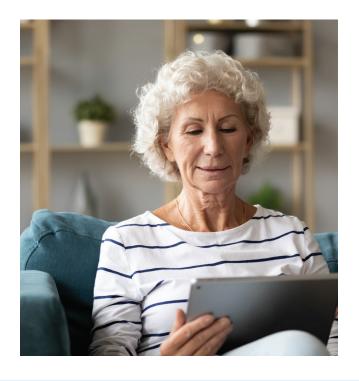
https://www.ngv.vic.gov.au/channel

- Download games to play with family and friends online or play solo:
 - https://brainfoundation.org.au/healthy-brain/ https://www.seniorsonline.vic.gov.au/ services-information/games
- Listen to music on the radio or your phone.
- Do an online tutorial to learn anything! A musical instrument or another language.
- Download an e-book:

https://www.nla.gov.au/research-guides/ebooks

https://www.slv.vic.gov.au/search-discover/ free-iournals-databases-ebooks

- Download a mindfulness app or brain training game:
 - https://www.alzheimers.net/11-5-14-brain-training-games
 - https://www.verywellmind.com/top-websites-and-games-for-brain-exercise-2224140
- Join an online community or make new friends: https://seniorplanet.org









Craft/Games

- Create a memory book or box for family full of photos/keepsakes, life stories.
- Make cards to send to grandchildren, painting, sewing, building model airplanes etc.
- Write letters to friends or family, or a story for your grandchildren.
- · Scrapbooking.
- · Knitting, cross-stitch, crochet.
- Sort through old photos. Ask your Support
 Worker If they are able to assist with digitally
 uploading so you can share with your family.
- Do a jigsaw puzzle.
- Brain exercise activities like crosswords and Suduko or chess.
- Board games, Scrabble, Monopoly, Guess Who?
- Is there a particular skill or hobby you have always wanted to learn? Ask your Support Worker to help you achieve this goal.
- Ask your Support Worker to read to you if you have difficulty with your eyesight.



In the yard

- Gardening at home, this can include creating a veggie or herb garden.
- · Walk the dog.



In the kitchen

- In home baking days, try new recipes for cakes, cookies or slices.
- Meal preparation days. Plan your meals ahead and for the week.



Keeping at home

- You can ask for a Social Support service.
 Our staff will call you for a chat and check in to see how you are going (if you don't want a Support Worker in your home).
- Online shopping, ordering food boxes to be delivered etc.
- Attend an online spiritual, faith session like mass.
- Have a pamper day, do your hair or get your nails done.
- · Sort out cupboards and pantry.



Staying active

- Go for a walk around the house or the neighbourhood.
- Dance (like no one is watching).
- Complete chair based and strengthening exercises:

https://www.activeseniors.net.au

https://www.seniors.com.au/funeralinsurance/discover/strengthening-exercisesfor-seniors

Need support? Calvary Community Care can support safe, independent living at home with a variety of services and expert advice. **Call 1300 66 00 22 for more information**.