

# 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-journals-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>



**Calvary**

Community Care

[www.calvarycare.org.au](http://www.calvarycare.org.au) **1300 66 00 22**

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Community Care is a not for profit organisation that supports older people and people with a disability to live independently at home.



## 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/funeral-insurance/discover/strengthening-exercises-for-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.**