

Entertainment Activities

Reading

1

Go to a favorite section of the paper and read a story of interest.

Find an article about the same topic in another newspaper.

Follow a sports team by cutting out the articles and arranging them in a scrapbook.

Go to the library or bookstore and choose a book on tape. Listen to it with friends.

Look for articles that would be interesting to friends and family. Cut out the articles and mail them.

Television

2

Make up a schedule of favorite shows for the week and any specials or movies that would be fun to watch.

Invite someone over to watch one of the special ones.

Get some snacks and drinks and enjoy the show.

If the show is on when no one will be home, set the VCR and watch it at a later time.

If there is no VCR, ask someone else to tape it.

If the older person has favorite weekly shows, record them and start a mini library of these programs to watch on rainy days.

Music

3

Go to the library and borrow some popular recordings from childhood, teen, or young adult years.

Make a list of favorite music selections that would be appreciated as gifts. Choose one to purchase.

When listening to the music, recall some memories from the times when the songs were popular.

Try dancing to the music!

Go listen to a band or musical production.

