

# Quick Guide: Is Your Parent Having Fun?

## Discover Activities That Bring Your Parent Joy

Play can engage the mind, foster connection and improve well-being. Ask your parent which types of play they find most appealing.

### Does your parent...

#### ...like games?

Playing games can help sharpen the mind and instill a sense of progress and accomplishment.

When discussing the types of games your parent enjoys, be mindful of any physical challenges that might make some games more frustrating. For instance, if they have vision or dexterity issues, favor puzzles with larger pieces.

- Board games
- Card games
- Outdoor games
- Puzzles

#### ...love the outdoors?

Getting outside for some fresh air is an instant mood-changer. Explore the outdoors with your parent, being mindful of their mobility and comfort level.

- Birdwatching
- Boat rides
- Gardening
- Picnics
- Walking

#### ...enjoy art projects?

Creative expression can reignite a person's vitality. It's natural for your parent to participate in familiar activities, but encourage them to also try new disciplines and techniques.

- Ceramics
- Jewelry making
- Painting and drawing
- Quilting, knitting and embroidery
- Woodworking

#### ...enjoy the stage?

Is your parent a good storyteller? Do they like telling jokes? Cutting the rug? Singing showtunes in the shower? Discuss the types of performing arts they enjoy and whether they like performing themselves or prefer to applaud others; explore local venues that cater to their interests.

- Acting
- Attending live performances
- Dancing
- Karaoke
- Reading to children
- Singing

#### ...crave learning?

Learning something new is beneficial at any age. To keep things fun, choose opportunities that appeal to your parent's personality, interests and physical abilities.

For instance, the finger positions to play a guitar may be too difficult, but a harmonica or electronic keyboard may be more accessible.

- Join a book club
- Learn a foreign language
- Play a musical instrument
- Try new recipes