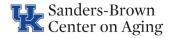




# Episode Guide Hobbies







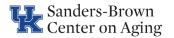
#### FOR MORE INFORMATION ABOUT HEALTHY BRAIN AGING AND CLINICAL TRIAL RESEARCH CALL:

#### **SANDERS-BROWN CENTER ON AGING**

2199 HARRODSBURG ROAD LEXINGTON, KY 40504 859-323-5550

MEDICINE.UKY.EDU/CENTERS/SBCOA





## **Program Description:**

## **Brain Boost**

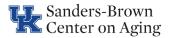
Activities When Living with Early to Moderate Dementia

## **Brain Health 101**

Activities When Living with Early to Moderate Dementia

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## **Crafting a Bird Feeder**







## **Supplies**

Bird Seed

**Peanut Butter** 

Pine Cone or Cardboard Tube

Scissors

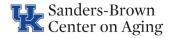
String

## **Directions**

If using a cardboard tube, punch two holes through the tube. Insert string through the holes and tie.

If using a pinecone, tie the string around the pine cone and make a knot so it will be able to hang from a branch later.

Scoop out peanut butter and spread on tube or pine cone. Roll in birdseed to cover. Hang from a branch outside and watch the birds eat!



### **Modifications**

Making a bird feeder is a project, so simplifying it into separate activities may be helpful. These steps can be done in longer amounts of time, paying attention to details. The first step is finding a cardboard tube or pinecone. You could go on a walk indoors looking for an empty toilet paper or paper towel roll. If you decide to get pinecones, you could gather these from outdoors. This gathering could be an activity in itself as you explore and notice things around you.

Have your loved one assist as much as possible. They may be content to watch you do most of the work and that is okay. They might like tasting the peanut butter as the bird feeder is being made or rolling the tube or pine cone in the seed.

If they don't seem interested in making a feeder, they might enjoy filling a bird feeder and



watching the birds eat. Caring for animals provides purpose and relaxation. Assisting in any part of it will increase brain power!

# **Painting a Watercolor Bee & Dandelions**







# **Supplies**

140 lb. water color paper

Medium Size Soft Bristle Brush

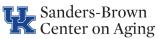
Water Color

**Paint Palette** 

Cup of Water

**Paper Towels** 





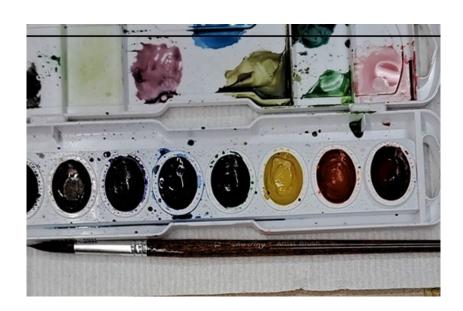
## **Modifications**

You may enjoy helping get the painting area ready. You could help prepare by filling up the cup with water, setting out the paper, or getting the paints out of the cabinet.

When creating a painting, you may find that you enjoy painting one particular part of the painting. You could do this repetitively on many pieces of paper.

You could do one painting together, each of you adding special touches.

And you may want to use a brush that has a thick, wide handle for easier grasping.



#### Tai Chi in the Park







### **Modifications**

Tai Chi is a wonderful activity that has many benefits including maintaining flexibility, strength, and balance. If your loved one is having difficulty doing Tai Chi as shown in the video, you may need to modify it. If standing is difficult and poses safety concerns, use a chair. You will continue to reap many of the Tai Chi benefits from sitting down. Also remember that this activity does not have to be done perfectly to be enjoyable. Participate in what feels comfortable. There may be a stretch that feels good and you want to continue that. If the instructions feel like they are too cumbersome, pause the video and continue doing the stretch. You may have more success if you do it together. Having your loved one see you do the stretching may be a visual cue of how the stretch is supposed to be done and they may mimic you. You could also attend a Tai Chi class.