

GAME NIGHT

- Board Games (offer a variety to meet all skill levels, including Jenga, Chutes and Ladders, Checkers, Apples to Apples, or Connect Four)
- Wii Games (including bowling and tennis)

WRITING ACTIVITIES

- Wish Poems (Wish poems generally begin each line with "I wish." Have participants say or write a poem in groups or individually.)
- Color Poems (Begin the poem with the group or individual's favorite color. If writing as a group, have each member suggest a line. Ex. Red is the sun setting at night or red is the color of love.)

ARTS AND CRAFTS

- Jewelry
- Adult Coloring
- Watercolor Painting
- Button Picture Frames
- Greeting Cards
- Stamp Art (using apples or potatoes)
- Pottery (freehand or ceramics painting)
- Decoupage Flower Pots (explain importance of water to a plant)
- Holiday Crafts (paint pumpkins, Valentines for Vets with Lyons VA, holiday ornaments)



PROGRAM IDEAS FOR ADULTS WITH SPECIAL NEEDS

**SC
LS**
NEW JERSEY

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PUZZLE NIGHT

- Tip: Have a variety of difficulties for all abilities and skill levels.

BINGO

TAI CHI

- Tip: Explain the origins

MUSIC

- Concerts
- Karaoke
- Name that Tune (Tip: use Youtube, pick easily recognizable songs, give prizes)

DANCE

- Tip: Explain the origins of the dances.
- Beginning Bellydance
- Learn the Hula
- 1950s Social Dances
- Wedding Dances (including the hokey pokey, electric slide, and chicken dance)

MOVIE NIGHT

- Don't forget to serve popcorn!

YOGA

COOKING

- Tip: Consider allergies before planning.
- Cupcake Decorating
- Cookie Decorating
- Healthy Eating

CONTAINER GARDENING

