

Daily “Gathering”



This activity is designed for taking place under social distancing measures, but can be put on at any point in time, especially during normal cold and flu seasons.

There is some freedom in what occurs during the activity and how often it is held, but it is meant to give people some connection to others when family and friends are not able to visit. These can be short activities, depending on resident interest. Listed are several suggested activities.

If technology is not available, then have residents gather at their doorways (as long as the doorways are far enough apart) and conduct the activity from the hallway.

The activity can be conducted virtually if appropriate technology (smart phones, tablets, or computers) are available to residents. Simply schedule a date and time and how often it will occur and share the information with residents.

Suggested Activities:

1. Sing a song with residents.
2. Dance to a song to get them active and moving.
3. Read a short story.
4. Hold a moment to honor the healthcare workers on the front lines of the pandemic.
5. Virtual Bingo. Residents can make their own boards and use their own markers while numbers are called out through video chat, or intercom if available.
6. Hold a Costume Contest in the hallways. Give residents a theme to dress up as and have them use what is available in their apartments. Themes could be: aliens, fantasy creatures, crazy hats, 1950s (or any other decade), food, crazy colors, kings and queens, legends and heroes, etc.
7. Host a Door Decorating Contest. Give residents a theme, similar to those listed under Costume Contest, if desired, and give them a time frame to complete their door, using only items in their home. This could be held less frequently, such as once a week or every two weeks.