

March Activity Ideas

“Holidays” to build activities around

Rodeo Houston - March 1st -20th: There is so much that can be done around Rodeo time! If your Client likes to get out and go, morning is the best time to go to the livestock show. There is a lot of walking so plan accordingly (take a wheelchair if client has one to use for lengthy walking outings). Have a Cowboy dinner and pair it with a western movie. Make cowboy crafts like bedazzled bandanas or plant some bluebonnets! Fox Sports southwest will provide live television coverage March 16-20th of the RODEOHOUSTON semifinals, wild card and Championship rounds! Play music of the artist playing at the rodeo for client to hear. You could even teach a country line dance or make delicious homemade gourmet S'Mores (without a campfire – **see recipe attached**).

St Patrick's Day – Wear Green and remind client to wear green too (you don't want to get pinched). Plan an “Irish Happy Hour” - Irish cheddar cheese and crackers with sparkling apple juice in a beer mug You could even dye it green. Lots of easy craft ideas on Pinterest too.

Spring- Tuesday March 20th is the first day of Spring. Does your client need a new wreath on their door? Is it time to plant some spring flowers in the flower beds or a flower pot? **See below on instructions on how to make an edible window sill garden.**

Easy activities.

(Call Kris if you need help getting supplies to try any of these!)

Collages -- You're probably aware that scrapbooking is one of the most popular senior activity ideas. Scrapbooking can be a type of collage. Collage can be an art in itself, and using a design template can create a really striking layout. But there are many other types of fun collages besides scrapbooking. Create them on thick poster board, small art canvases.

Make A Fleece Blanket -- Making fleece blankets the very easy no-sew way, is a great gift activity for any season, holiday, or occasion. You can even make it a special project for others, including charitable giving. (**see instructions attached**)

Spa Afternoon -- A Spa Afternoon is always fun. Begin with relaxing music. A real plus is stringing small twinkling lights and a little aromatherapy. Lavender helps calm and relax. Other favorites are rose, lemon and vanilla. Light some scented candles. Give an arm and hand massage with scented lotion. A scalp massage is also wonderful. How about a foot soak in warm, scented water, followed by a foot massage and then a mini pedicure, complete with toenail polish for the ladies. **Also see hand reflexology information attached.** Great hand massage for Spa Day and also interesting to show your client and find spots on their hands. Remember light touch, no hard pressure.

Edible Windowsill Garden - Very popular gardens are those you can eat – there is a tangible goal! Edible window gardens usually consist of herbs. The easiest to grow are dill, basil, cilantro, lavender (which you can also use to make a lavender pillow), parsley, mint, thyme, oregano, and chives. Use a potting mix rather than soil, which can carry disease. A sunny windowsill is best. Many types of pots and containers can be used, including simple plastic trays, but they should be at least 6 inches deep. Also get fertilizer specifically for edible plants! Use it about once per month. You don't need to water herbs very often; just keep the soil barely moist so roots don't get soggy. Cut and use them often. This can also be done in a flower bed or flower pot outside.