

# My Activity Resources: We Need Change

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## BINGO, CRAFTING, REPEAT...Breaking the Monotony of Our Activity Calendars

Imagine yourself as a resident, waking up each morning and already knowing what the rest of the day will bring.

You are escorted to a dayroom to take part in the same activities you do week after week. The same monotonous games you play every week, to the point you don't even have to look at your monthly calendar.

Life should be exciting and intriguing for your residents. They should be able to have new experiences and learn new things. The mind is never too old to learn and grow.

Like it or not, activity calendars are a reflection of us just as much as they are a tool in our profession. How can we hope to stimulate and develop our residents mentally, social, and spiritually when the people running the programs are just as stagnant?

I don't say this to judge or accuse. A veteran of the profession, I understand the challenges modern activity directors face. Shrinking staffs and budgets, ever growing responsibilities handed down from our facilities, and a seemingly endless stream of paperwork and meetings. With less and less time in our day, we struggle to get everything done; no time to think about "making it special".

So much of our jobs isn't "fun and games every day". Things can get out of control from time to time. That's why it's so important that we embrace the importance of our activity calendars as something we can use to develop ourselves (and in turn the residents) and something that is purely ours.

What worked for me was having my activity calendars be a reflection of my interests. Classic movies, interesting history, tasty food; I love all of those things and I made a

point to include them into my calendars each and every month.

It doesn't matter what drives you personally, let that be the fuel in your professional development when it comes to your calendars.

Many activity directors I've spoken with struggle with preconceived notions of what senior residents will like or feel that they need to "play the hits" when it comes to their calendars. Too often I hear that residents aren't going to be interested in the same thing that they are. Nonsense.

Passion is universal. If you are passionate about skateboarding, then think of ways to bring that love and excitement to your residents. I wouldn't recommend getting them on the half pipe but surely you can use it to fuel program ideas.

There's absolutely nothing wrong with having a well-rounded calendar with Bingo, manicures, hangman, etc., but let your passion enter your programs. Even just a little can give your calendars a spice to turn the mundane into something special.

That was the brainchild behind [Myactivityresources.com](http://Myactivityresources.com). I wanted to create pre-made calendars that have fresh ideas that may not be often seen in long term care facilities with room to let you make it your own.

I wanted to create interesting educational programs that pique the interest of the long-term care population and allow residents to give back to their community.



Having your seniors take part in food drives, making holiday cards for our service men and women and fundraising for local charities are all so important to letting our seniors know how important they are in their community.

After retirement, some people tend to feel restless and look for purpose. By creating these activities, we are filling such a dire need in our seniors still seeking purpose.

Calendars should include art, art history, music appreciation programs, cultural programs that everyone can attend. Culinary programs and more. No two people have all of the same interests. That is why it is crucial to cover so many different areas.

As a NAAP member, you will receive a free monthly to assist you in making purposeful activities on your monthly calendar as well as free, pre-designed blank calendar templates.

If you would like calendars that are already pre-populated with programs please feel free to visit [myactivityresources.com](http://myactivityresources.com) and for only \$10.00 you will receive a fully editable, completed calendar as well as an accompanying guidebook. The monthly guidebook, which comes complimentary with each calendar, has all of the print outs you will need for the month, as well as game instructions, biographies and more that correlate with each daily program.

For a free sample please contact [Krista@myactivityresources.com](mailto:Krista@myactivityresources.com)