**Trouvaille Memory Care**

**Volunteer Activity Guide & Ideas**

Welcome, volunteers! Engaging residents in meaningful activities helps enrich their lives and bring joy to their days. Below are some suggested activities you can lead or assist with during your volunteer shifts.

**🌟 One-on-One Activities**

Perfect for quieter interactions or residents who prefer individual attention.

* **Reading Together** – Read short stories, poems, or newspapers aloud.
* **Reminiscence Conversations** – Ask about their favorite memories, past jobs, or hobbies.
* **Photo Album Time** – Look through photo books or resident scrapbooks and listen to their stories.
* **Hand Massages & Aromatherapy** – Offer a gentle hand massage with scented lotion.
* **Letter Writing** – Help residents write letters or cards to family and friends.

**🎶 Music & Movement Activities**

Music has a powerful impact on memory and mood!

* **Sing-Alongs** – Lead or play familiar songs and encourage residents to sing along.
* **Music & Memories** – Play music from different decades and discuss memories it brings up.
* **Chair Dancing or Stretching** – Guide light movement exercises to music.
* **Instrument Play** – Assist residents in playing simple percussion instruments (tambourines, maracas).

**🎨 Creative & Hands-On Activities**

Encourage creativity and self-expression.

* **Coloring & Painting** – Provide coloring pages, watercolors, or pastels.
* **Simple Crafting** – Seasonal crafts, greeting cards, or jewelry making.
* **Baking Club (Supervised)** – Assist activity staff with baking simple treats like cookies.
* **Flower Arranging** – Help residents create small floral bouquets for their rooms.

**🃏 Games & Puzzles**

Fun, engaging, and great for cognitive stimulation!

* **Bingo** – One of our most popular activities! Help hand out cards and call numbers.
* **Dominoes & Card Games** – Play Go Fish, Uno, or simple card games.
* **Jigsaw Puzzles** – Work on puzzles together at a comfortable pace.
* **Trivia & Riddles** – Read trivia questions and encourage group participation.

**🌿 Nature & Relaxation Activities**

Connecting with nature and the senses.

* **Outdoor Walks (Weather Permitting)** – Accompany residents on short walks in the garden or courtyard.
* **Sensory Box Activities** – Introduce textures, scents, or themed sensory kits.
* **Bird Watching** – Sit by the window or go outside to observe birds with a simple guidebook.

**📅 Special Themed Days & Group Activities**

Help bring excitement to themed events!

* **Holiday Celebrations** – Assist with decorating, passing out treats, or leading a themed craft.
* **Pet Therapy (If Approved)** – If you have a certified therapy pet, coordinate visits with staff.
* **Movie & Popcorn Social** – Set up and enjoy classic films with residents.
* **Storytelling Circle** – Encourage residents to share stories from their past.

**💡 Tips for a Successful Volunteer Experience**

✅ **Engage with Residents** – Make eye contact, smile, and speak clearly.
✅ **Be Patient** – Some residents may need extra time to respond or participate.
✅ **Encourage, but Don’t Force Participation** – Some may prefer to observe rather than join in.
✅ **Ask for Assistance** – If unsure, ask staff for guidance.

📧 **Questions or Activity Ideas?** Contact **Ann Webb (Activity Director)** at **awebb@trouvaillehomes.com**

Thank you for bringing joy and connection to our residents! 💙