Daily activities for people living with Alzheimer’s disease tend to change as the disease progresses. Alzheimer’s tends to limit concentration and cause difficulties in following directions. These factors can turn simple activities into daily challenges. Individuals with Alzheimer’s often don’t start or plan activities on their own. When they do, they may have trouble organizing and carrying out the activity. Many caregivers state that the individual often sits in one area of the room, paces the floor, or searches for familiar objects with little interest in doing the things that had once brought meaning and pleasure to life.

By using a variety of activities matched to the person’s abilities, the caregiver can help the family member enjoy his current level of skill and talent, as well as retain his sense of positive self-esteem. Here are 101 ideas to help pass the time throughout the year.

1. **Clip coupons.**
2. **Count tickets.**
3. **Use the vacuum cleaner.**
4. **Bake cookies.**
5. **Listen to polka music.**
6. **Look at family photographs.**
7. **Color pictures.**
8. **Wipe off the table.**
9. **Make cream cheese mints.**
10. **Have a calm pet in to visit.**
11. **Wash silverware.**
12. **Make a Valentine collage.**
13. **Take a ride.**
14. **Make a basket of socks.**
15. **Roll yarn into a ball.**
16. **Make Christmas cards.**
17. **Take care of a fish tank.**
18. **Decorate paper place mats.**
19. **Clean out a pumpkin.**
20. **Sort playing cards by their color.**
21. **Read the daily newspaper out loud.**
22. **Put bird feed out for the birds.**
23. **Make homemade applesauce.**
24. **Reminisce about the first day of school.**
25. **String Cheerios to hang outside for the birds.**
26. **Sort objects such as beads by shape or color.**
27. **Remember famous people.**
28. **Wipe off the patio furniture.**
29. **Read classic short stories.**
30. **Have afternoon tea.**
31. **Water house plants.**
32. **Mold with Play Doh.**
33. **Name the presidents.**
34. **Make homemade ice cream.**
35. **Dance.**
36. **Color a picture of our flag.**
37. **Fold towels.**
38. **Take a walk.**
39. **Remember great inventions.**
40. **Make paper butterflies.**
41. **Weed the flower bed.**
42. **Play Pictionary.**
43. **Sort poker chips.**
44. **Make homemade lemonade.**
45. **Put the silverware away.**
46. **Color paper shamrocks green.**
47. **Look up names in a phone book.**
48. **Force bulbs for winter blooming.**
49. **Write a letter to a family member.**
50. **Read Reader’s Digest out loud.**
51. **Straighten underwear drawers.**
52. **Say, “Tell me more” when they start talking about a memory.**
53. **Read aloud from labels.**
54. **Sing favorite hymns.**
55. **Play horse shoes.**
56. **Make a fresh fruit salad.**
57. **Sew sewing cards.**
58. **Sand wood.**
59. **Finish nursery rhymes.**
60. **Ask simple questions.**
61. **Paint with string.**
62. **Plant a tree.**
63. **Feed the ducks.**
64. **Give a manicure.**
65. **Pop popcorn.**
66. **Put coins into a jar.**
67. **Make a birthday cake.**
68. **Arrange fresh flowers.**
69. **Sing Christmas carols.**
70. **Finish famous sayings.**
71. **Grow “magic rocks.”**
72. **Cut pictures out of greeting cards.**
73. **Dress in red on a football Saturday.**
74. **Cut out paper dolls.**
75. **Reminisce about a favorite summer.**
76. **Look at pictures in National Geographic.**
77. **Trace leaves and cut them out.**
78. **Ask a friend, neighbor, or church acquaintance with a baby to visit.**
79. **Identify states and capitols.**
80. **Read out loud.**
81. **Plant seeds indoors or out.**
82. **Bake homemade bread.**
83. **Have a spelling bee.**
84. **Sort objects such as beads by shape or color.**
85. **Cook hot dogs outside.**
86. **Make a family tree poster.**
87. **Sweep the patio.**
88. **Reminisce about the first kiss.**
89. **Make a May basket.**
90. **Cut out paper dolls.**
91. **Put a simple puzzle together.**
92. **Rake leaves.**
93. **Make a cherry pie.**
94. **Finish Bible quotes.**
95. **Paint a sheet.**
96. **Fold clothes.**
97. **Toss a ball.**
98. **Rub in pleasant-scented hand lotions.**
99. **Play favorite songs and sing together.**
100. **Make peanut butter sandwiches.**

Compiled by the Alzheimer’s Association, 1999. Used with permission.