

OLDER ADULT SELF CARE ACTIVITIES

WHAT IS ONE ACTIVITY YOU WANT TO DO TODAY?

- Take an online class. You could learn to type, learn a new language, learn about computer coding, take a course at a university (with a senior's discount!)
- Learn a new skill: sewing, playing music, gardening, etc.
- Sort through old belongings and donate things you no longer need
- Journal or write a story/poetry
- Write a letter to a family member or old friend
- Have a friend over for tea
- Cook or bake something yummy
- Read a book, newspaper, or online article
- Walk the dog
- Play cards, solitaire, or Sudoku.
- Sing or play an instrument
- Explore your genealogy
- Participate in religious activities
- Paint or draw
- Swimming
- Do a puzzle
- Volunteer
- Walk/Hike
- Gardening



Pick something new each day or do a variant of your favorite activity!

EVIDENCE BASED RESEARCH

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