

# Celebrate spring with senior-friendly activities

After a long winter, sunshine and warming weather are a welcome change. To help you enjoy the season, we rounded up 5 festive ways to celebrate spring with your older adult.

These senior-friendly activities are sure to brighten their day and help you create special memories together.

## 5 festive spring activities for seniors

### 1. Get outside and enjoy nature

After being cooped up indoors all winter, it will feel great to get some fresh air and sunshine. Keep your older adult comfortable with plenty of layers, a hat, or a light scarf.

For older adults who aren't mobile, simply sitting in a room with windows open to the fresh air is a comfortable way to enjoy nature. Or, sit just outside the house to appreciate the trees and flowers. For some added fun, blow some bubbles!

Many older adults love to visit farmers' markets. Stroll through and shop the fresh produce, lovely flowers, and local products.

Colorful birds also appear when the weather starts to warm up. A window bird feeder or hummingbird feeder near a large window lets your older adult bird-watch whenever they like.

Other ways to enjoy nature include:

- Walking around the neighborhood or in the park
- Eating a meal outside
- Visiting a plant nursery
- Taking a scenic drive

### 2. Decorate with a spring or Easter theme

It's fun to mark the seasons with festive decorations. We found some great DIY projects and lovely decor that your older adult will enjoy.

Color these free spring-themed coloring pages and hang them up around the house. We like these: nature scene, Easter lilies, and cheerful bees.

You could also make non-toxic colored eggs to use for decoration. Or, have an egg hunt for the children in the family.

Pastel-colored paper chain garlands can be hung around windows or doorways. A few simple wildflowers in empty bottles or glasses can really brighten up the table.

We love how beautiful removable wall decals can bring spring right into the room in a matter of minutes. They're especially great for celebrating with older adults in assisted living.

### **3. Celebrate spring with a family gathering**

What many seniors enjoy most is time spent with family and close friends. Have a spring or Easter potluck lunch where everyone brings a dish to share.

Make it even more fun by involving your older adult in the party planning and decorating.

### **4. Create an indoor garden**

Having plants around the house brings a little piece of nature indoors. Spring is a perfect time to start an indoor herb garden, grow a trio of flowers, or get a miniature bonsai tree.

For greenery without the maintenance, get some silk or plastic ones instead. We like these beautiful peonies, cute succulents, and bushy bamboo.

### **5. Do some spring cleaning**

Spring cleaning is a good excuse to encourage your older adult to get rid of unnecessary clutter.

Turn this chore into a meaningful activity by going through keepsakes and old photos together. This often leads to pleasant times reminiscing about special memories.