

5 Engaging St. Patrick's Day Activities for Older Adults

St. Patrick's Day is a fun holiday people all around the world celebrate, regardless if they are Irish or not. Encourage your senior loved one to put on some green and participate in a day full of excitement. Don't choose activities that require too much work. Instead, the activities should be fun and simple. Take a look at some St. Patrick's Day activities that might put a smile on your loved one's face.

1. Leprechaun Costume Contest

Many senior centers have dances and costume parties older adults can attend. Check with local churches, libraries, and various businesses to see if they are hosting senior-friendly costume contests and parties to celebrate St. Patrick's Day. You could also host your own leprechaun costume party and invite your loved one's closest friends. Encourage everyone to dress up, and give away fun prizes that appeal to seniors, such as spa certificates.

2. Painting Session

Your loved one can paint pictures of rainbows, pots of gold, shamrocks, leprechauns, and other objects that complement the holiday. Painting St. Patrick's Day pictures can give your loved one the opportunity to increase his or her hand-eye coordination and use his or her creative abilities. Your loved one doesn't need to be a great artist to paint, which makes this activity more appealing. Art is a form of therapy for seniors, especially those with age-related issues such as memory loss and vision impairment.

3. Pub Party

If there aren't any nearby pubs your loved one can visit on St. Patrick's Day, create a pub atmosphere in your living room or basement. Set up a mini-bar and hang shamrocks, clovers, and other decorations around the bar. Serve green treats and green alcoholic and non-alcoholic drinks. Play popular Irish songs while your loved one and his or her guests enjoy fun games.

Having a pub party is the type of activity that can lead to better mental and emotional health for aging adults.

4. Creating T-Shirts

Your loved one can make St. Patrick's Day shirts with famous lines from Irish films or sayings that coincide with the special occasion. Making a T-shirt full of green letters and artwork can help seniors avoid the traditional pinching that people experience when they leave their homes without wearing green. Your loved one can also make T-shirts for family and friends, thanking them for all the help they have provided over the years. Engaging in fun activities is a great way for seniors to stay mentally active and enhance their quality of life.

5. Irish Jig Dance-Off

When you want your loved one to be mentally and physically active, a jig dance-off is the perfect choice. He or she can dance to Irish music and burn some calories. Dancing is a good way for seniors to increase their circulation and lower the risk of cardiovascular issues. At the jig dance off, have guests judge the dancing and crown a winner. You can have multiple dancing contests for singles and couples.