

5 Ways to Celebrate Mother's Day with Your Aging Mom

BY ANGIE KUNNATH 9 AM ON MAY 4, 2018



On Mother's Day, you should honor your mom by being creative and festive. Regardless if you stay at home or participate in a fun outing, the objective is to appreciate your mother. Here are a few ways you can celebrate Mother's Day this year with your senior mom.

1. Go To Brunch

Brunch is a traditional Mother's Day activity your aging mom will surely enjoy. Call around and find out which of her favorite restaurants are having a brunch. Some venues will have live music and other activities seniors can enjoy. Going to a brunch will give your mother something to look forward to and the chance to dress up and go out to socialize with other people in the community.

2. Take Her Shopping

Shower your mom with gifts from her favorite retail stores on Mother's Day. You can go to the local shopping mall or take a road trip to a nearby shopping outlet. The shopping trip will get your mom out of the house for a little retail therapy. Your mom can purchase a range of useful products by going on a shopping trip.

3. Have A Spa Day

Going to the spa often helps aging moms reduce their stress and anxiety levels. Getting a massage is also a good way to ease muscle tension and joint pain. While at the spa, trying out the sauna helps the brain clear out toxins that have a negative impact on memory

and critical thinking skills. A mother and daughter day at the spa can be a great way to take a break from your normal routine at the house. Breaks are necessary from time to time to prevent resentment, anger, sadness, and other negative emotions.

4. Create A Scrapbook

This Mother's Day, create a story in pictures that describes how amazing your mother has been to you and your siblings throughout the years. You can use pictures from an old family photo album when making your scrapbook. If you want to keep your mom engaged, ask her to help you create the scrapbook. You can also include the grandkids to make the moment even more special. Making a scrapbook together is a great way to bond over the past while creating new memories.

5. Go On A Cruise

Some cruise lines offer Mother's Day trips for the week or weekend or a dinner cruise that leaves in the morning and returns the same evening. Your mother will enjoy the activities onboard, such as dinner, live shows and entertainment, and dancing. Invite other family members to come on the cruise and celebrate your mom. Taking a cruise is a good way to boost your mother's mood and keep her physically and mentally active.