



2026

TEAM EVENT GUIDE



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The following Program contents are intended to help produce and direct the annual "WALK! with Aegis Therapies" event, taking into consideration the safety of all participants. All participants take part at their own risk. The Program is designed to be utilized at the direction of the participant's physician or qualified health care professional, as applicable. Review the appropriateness of all activities before beginning the Program. Should participants experience any unusual symptoms, including, but not limited to pain, dizziness, and or shortness of breath, participants should immediately stop the activity, and call for medical assistance as appropriate.

What is WALK! with Aegis Therapies?

The eighteenth annual WALK! with Aegis Therapies® is a celebration of health and wellness that takes place on October 5th-11th, 2026. This event, held at hundreds of locations and various settings across the country, focuses on Aegis' seven dimensions of wellness using a series customizable plans and activities to accommodate all participant levels and locations.

The seven dimensions of wellness are:

- Physical
- Intellectual
- Occupational
- Emotional
- Environmental
- Social
- Spiritual

The presenters of this event include EnerG®, an Aegis wellness program, and the International Council on Active Aging® (ICAA), in support of Active Aging Week. Visit www.activeagingweek.com for more information.

Please use this guide, along with the 2026 event support materials and activity videos available at www.AegisTherapies.com/walkwithaegis, to help plan your participation. We have provided marketing tools and media resources to help make your activities – and overall program – a fun and successful event for all.



**Ready.
Set.
Walk!**

Meet Our EnerG® Council!

Thank you to the EnerG Council past & present for your hard work, dedication and valuable contributions to Walk With Aegis 2026.



Crystal Dawson

Wellness Director, Wichita Presbyterian Manor

Crystal Dawson has been part of the Aegis Therapies team since 2018. Crystal has served in various roles across the organization. Since 2021, she has proudly held the position of Wellness Director at Wichita Presbyterian Manor located in Wichita, KS. Crystal holds an Associate of Applied Science degree from Newman University and brings both knowledge and heart to her work. She is passionate about creating meaningful, engaging wellness experiences for residents and finds joy in the daily opportunities to challenge herself and inspire others to thrive. In her free time, Crystal enjoys reading and exploring new ideas to keep her programming fresh and fun



Kathleen Masiko

Wellness Activities Director, Northland Rehab and Health Care Center

Kathleen Masiko joined the Aegis Therapies team in March 2025. She holds an associate degree in medical assisting and is a certified Activity Director. Having 48 years of experience in health care, her background includes roles as a certified CNA, providing wound care and CNA skills testing, serving as a liaison for hospice, home health, and home care services. Her true passion, however, has always been activities, a field she has worked in for 18 years.

Her role as a Wellness Activities Director at Northland Rehab and Health Care Center gives her the opportunity to enhance the seniors' lives while providing wellness centered Activities. Whether with the Rehab patients or the long-term care residents. Her passion for helping to make a difference in their daily lives is demonstrated by her ability to provide programming that meets their individual interests and abilities. The favorite parts of her day are the smiles created by the enjoyment of the activities the residents are involved in. Participating, interacting and making friends with other residents is important as we care for the whole person. Empowering them to want to work hard in therapy, and gain strides in their abilities.

Kathleen resides in Kansas with her husband and 2 sweet fur babies. She has 2 grown children and 2 grandsons. Her hobbies include gardening, walking, swimming, cooking, reading and crafting. She says she remains centered in what is important in her life by walking close with God.



Pam Koch

Life Enrichment Coordinator, The Waterford at West Bend

Pam Koch has been part of the Aegis Therapies team since 2022. She holds a Bachelor of Science in Wellness and Health from the University of Wisconsin–Stevens Point and brings extensive experience from her many years in the private athletic and health club industry.

Over the course of her career—as a swim instructor, personal trainer, group exercise instructor, department manager, and ultimately General Manager—Pam discovered her greatest joy came from working with older adults. She developed a deep appreciation for the patience and thoughtful approach required to support their unique needs.

Now serving residents in Assisted Living and Memory Care communities, Pam continues to find fulfillment in encouraging individuals to try new activities—often things they never imagined doing—and loves witnessing their growth and joy. Her guiding belief remains: “You’re never too old!”



Jase McClure

Wellness Coordinator, Aberdeen Heights

Jase has over 16 years of experience in long-term care, serving in a variety of roles including Restorative Care, Human Resources Assistant, Quality Assurance, and staff education. Throughout his career, Jase has been passionate about improving resident care and training new team members, with a special focus on supporting individuals living with Alzheimer’s disease and other forms of dementia. During this time, he also earned his Emergency Medical Technician (EMT) license, further strengthening his commitment to providing quality care. After relocating to St. Louis, in 2022, Jase joined Aegis, where he has worked for two and a half years, continuing to help enhance the quality of life for older adults through education, leadership, and compassionate care.



Verlina Walker

Wellness Instructor Restorative, Brookview Healthcare-Gaffney S.C

Verlina Walker has been a part of the Aegis Therapies team since 2024. Verlina has served as our company’s EnerG Broadcaster and she proudly held the position of the Wellness Instructor of Restorative at Brookview Healthcare located in Gaffney, South Carolina. She has her Associate of Science Healthcare Management Degree and is very passionate about bringing wellness joy comfort and inspiration to others daily. She’s been in healthcare for 17 years and loves a good challenge and her hobbies are singing traveling and inspiring others.

Activities to Support Multiple Dimensions of Wellness

Active Aging Week is an exciting time for us, and we are happy to have you on board! Please encourage everyone you meet to safely participate in as many events as possible. Whether you have five or 50 participants, everyone can benefit from the WALK! with Aegis Therapies.



Emotional



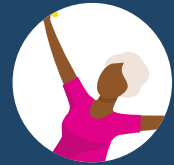
Environmental



Intellectual



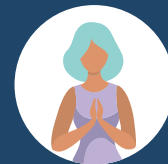
Occupational



Physical



Social



Spiritual

Logging Your Miles

Each day, participants, including patients, residents and staff, are encouraged to log into live events hosted by the EnerG by Aegis Teams. Details on these daily 30-minute physical activities, as well as recorded version are available at www.aegistherapies.com/walkwithaegis.

We want everyone to be able to participate! All activities will have modification options to accommodate participants of all abilities, and you can also review alternative seated activities. Log onto MyCare to calculate a participants' collective miles.



It's a week of fitness, friends and FUN!

In addition to your 15-30 minutes of walking or physical activity, be sure to work in the additional dimensions of wellness! This year, we've developed Daily Activity Cards that help guide conversations with residents. These cards are printable and can be posted on a sharing board where residents can share their responses with their peers. Find these cards on page 15 of this guide, or at www.AegisTherapies.com/walkwithaegis.

Want more options for activities addressing the additional dimensions of wellness? Here are some ideas:

Intellectual Wellness

Participants enjoy activities that help stimulate the brain and keep the mind sharp.

Emotional Wellness

Participants engage in stress-relieving and muscle relaxation exercises so they can feel their best.

Spiritual Wellness

Use the guided meditation audio is on our website at www.AegisTherapies.com/walkwithaegis to help balance body, mind and spirit, as well as restore concentration, mental clarity and inner peace.

Occupational Wellness

Participants will have fun with activities that support the occupational dimension of wellness.

Social Wellness

Participants engage in an activity involving social interaction, such as phoning a friend or writing a thank you card.

Celebration of Wellness

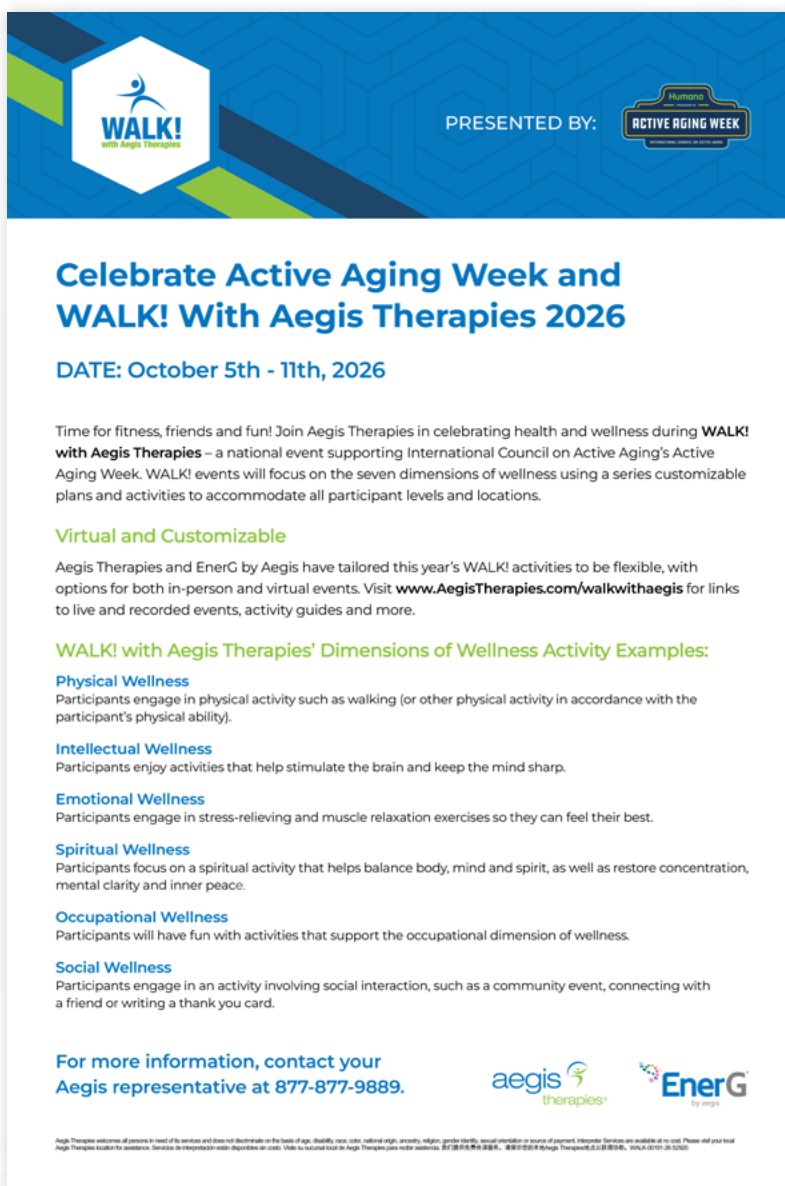
Participants wrap up the week by spending time with family, friends and caregivers on this Grand Finale day.

Get the Word Out

Participating in WALK! with Aegis Therapies is a wonderful way to educate patients, staff and the larger community about the benefits of incorporating different dimensions of wellness into their daily lives. It also presents an opportunity for you to differentiate your facility and services from others in the market.

Please use the provided marketing and communications materials — on the WALK! website Resources page — to announce your facility's participation in WALK! with Aegis Therapies 2026.

Posters and fliers can be downloaded at www.AegisTherapies.com/walkwithaegis.



WALK!
with Aegis Therapies

PRESENTED BY: **ACTIVE AGING WEEK**

Celebrate Active Aging Week and WALK! With Aegis Therapies 2026

DATE: October 5th - 11th, 2026

Time for fitness, friends and fun! Join Aegis Therapies in celebrating health and wellness during **WALK! with Aegis Therapies** – a national event supporting International Council on Active Aging's Active Aging Week. WALK! events will focus on the seven dimensions of wellness using a series customizable plans and activities to accommodate all participant levels and locations.

Virtual and Customizable

Aegis Therapies and EnerG by Aegis have tailored this year's WALK! activities to be flexible, with options for both in-person and virtual events. Visit www.AegisTherapies.com/walkwithaegis for links to live and recorded events, activity guides and more.

WALK! with Aegis Therapies' Dimensions of Wellness Activity Examples:

Physical Wellness
Participants engage in physical activity such as walking (or other physical activity in accordance with the participant's physical ability).

Intellectual Wellness
Participants enjoy activities that help stimulate the brain and keep the mind sharp.

Emotional Wellness
Participants engage in stress-relieving and muscle relaxation exercises so they can feel their best.

Spiritual Wellness
Participants focus on a spiritual activity that helps balance body, mind and spirit, as well as restore concentration, mental clarity and inner peace.

Occupational Wellness
Participants will have fun with activities that support the occupational dimension of wellness.

Social Wellness
Participants engage in an activity involving social interaction, such as a community event, connecting with a friend or writing a thank you card.

For more information, contact your Aegis representative at 877-877-9889.

aegis therapies[®] **EnerG** by aegis

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WALK! with Aegis Therapies 2026 Talking Points for Executive Directors

- Our Annual WALK! with Aegis Therapies event is a celebration of health and wellness. It is now in its 18th year.
- The WALK! with Aegis Therapies event is presented by EnerG®, an Aegis wellness program, and the International Council on Active Aging® (ICAA). Launched in 2009 to support Active Aging Week, the WALK! with Aegis Therapies has expanded into a six-day celebration of health and wellness.
- This event will be held at more than 700 locations.
- The ICAA will highlight WALK! with Aegis Therapies for Theme Day by inviting individuals across the country to join the WALK! with Aegis Therapies Active Aging event.
- Like past years, this year's campaign encourages a healthy and active lifestyle. Our staff will lead participants in daily physical activities created EnerG by Aegis staff on live and recorded Teams meetings
- After the daily physical activity, an activity related to one of the other wellness dimensions, including intellectual, occupational, emotional, social and spiritual, will follow. Each day, the WALK! with Aegis Therapies highlights environmental wellness. Leaders are encouraged to include the environmental dimension in other wellness dimension activities.
- Environmental wellness encourages us to be aware of our surroundings including keeping our planet clean, paying attention to others around us and being a healthy part of our environment.
- Based on the total time spent participating in all WALK! with Aegis activities for the day, a mileage total will be calculated using a formula. The mileage totals for WALK! with Aegis Therapies participants give them a way to see how much they have accomplished.
- The scope and success of the WALK! with Aegis Therapies event has been recognized both inside and outside of the company. Notably, the ICCA awarded Aegis Therapies the 2010 Innovators Award. The award recognizes programs that encourage active aging and make a difference in the lives of older adults.
- We welcome anyone in the community to come and support the patients and residents or volunteer to help with event participation. We also send a letter to the participants' families to invite them to join us in the events.
- Mark your calendars for these festive and fun upcoming events.

Intellectual

Book Club: Review a book that was chosen 5 weeks out and discuss the pros/cons of the book.

Emotional

Community Painting: Purchase one large canvas or one canvas per patient/resident, paint, and brushes. Set up a station for those who want to paint (i.e. skyline, flowers, etc.)

Spiritual

Meditation: This is a guided meditation that will help get in touch with your spiritual dimension

Occupational

Balance Class: Put together options that focus on the balance of well-being. Examples such as walk in a straight line, lean to the side and stay on two feet, etc.

Social

Bingo: Purchase markers, cards, and the letter/number balls. Have everyone get together and socialize. Winner could get a prize!

Physical

WALK: After mapping out your walk course during the planning process, your facility will take part in a physical walk on the day of your event.

Environmental

Planting a Tree: Purchase a tree or plant from a local nursery. The day of your event, plant the tree/plant with your facility and watch it grow over the years.

Get your walking shoes on and let's make this the best WALK! with Aegis Therapies event yet!



Media Outreach

The following includes procedures and tips that will assist you in conducting media outreach for WALK! with Aegis Therapies 2026. Please share this information with your designated company-approved spokesperson, and/or building administrator. Please also share with your PR and Marketing team.

Additional instructions, templates, forms and resources are available online for your use and to download, print and share with your team.

Check www.AegisTherapies.com/walkwithaegis for detailed information and tips on media outreach.

- Make sure to gather all participant consent forms so you can share your activities online. Consent forms can be found on www.AegisTherapies.com/walkwithaegis.
- Make a note of any resident who does not want to be included in online promotion and/or does not have a completed consent form, and make sure you and your team are not sharing their information or images.
- Take photos of residents engaging in activities, collect information about the images, including names of all people pictured, what activity is being performed and any additional information about your event that will help explain what people see in the image.
- Share images and descriptions with your social media teams.
- Share images, along with signed consent forms, with Aegis to share on our corporate pages and WALK! promotional materials (media@aegistherapies.com).
- Use the template online to create a press release that summarizes your WALK! activities.
- Contact media@aegistherapies.com for assistance in pulling local media contact information to share your press release and photos.



Visit our portal:

AegisTherapies.com/WalkPhotos

**Or scan the QR code
to share your photos!**



Overview

Positive media coverage of your facility can help boost awareness of the great things that you are doing in your community. Such coverage also can be fun and uplifting for your patients and staff.

Most of your outreach to your local newspapers, TV news teams and radio stations should take place in early September just before the event, but **it's a good idea to start thinking about this process and begin building your contact list and introducing yourself now.**

If you have any questions during this process, please reach out to the Aegis Public Relations contact, Kathryn Abrahamson, at 973-372-6766 or Kathryn.Abrahamson@AegisTherapies.com. **Be sure to coordinate with your facility team on any outreach for this event.**

Important Information Regarding Photos

Make sure to obtain consent from patients and staff.

- Before you share a person's story with the media, ask if he or she would agree to be interviewed by a reporter. Participants (or their representatives) will need to sign a consent form (found online at www.AegisTherapies.com/walkwithaegis) before being interviewed or photographed by a member of the press, company photographer or videographer.
- In addition, before taking any photos or videos of participants, please have them sign a consent form (found online at www.AegisTherapies.com/walkwithaegis) for any picture- or video-sharing on company social media websites. Please contact Kathryn Abrahamson at Kathryn.Abrahamson@AegisTherapies.com (972-372-6766) to submit event photos for social media posting. Please include that you have consent forms on file for everyone in the photo.
- Designate a photographer. A suggested caption template can be found at www.AegisTherapies.com/walkwithaegis. Send the photo as high-resolution JPEG attachment with the completed caption template to your media list as follow-up to the event. All photos must have the appropriate signed consent forms.



Activity Guide

This section of the Team Event Guide is designed to provide you with daily descriptions and activities for this event.

- *Daily Activity Cards*
- *Event Calendar*
- *Day 1 - At the Movies*
- *Day 2 - Diners, Drive-ins, and Doo-Wop (50's)*
- *Day 3 - A Day at the Fair*
- *Day 4 - Field Day Frenzy*
- *Day 5 - Under the Sea*
- *Dimensional Activities*



Daily Activity Cards

- 1.** Use the following pages to conduct resident interviews. Print and cut out each question per day to get residents involved and ask them these questions.
- 2.** Create a sharing board at your facility where residents can write their responses and post for their peers to see.
- 3.** Use group photos from daily activities and use these stories/residents photos for social media promotion/posts.

Monday



What is your comfort movie that you watch over and over again?



What is the first movie you recall seeing in theaters?



Which movie made you re-evaluate your worldview or challenged your beliefs?



Tuesday



If we were sitting in a 1950s diner right now, what would you order—and who would you want sitting across from you?



If you could take a road trip down Route 66 in your younger days, where would you want to stop—and what kind of car would you drive?



What song would have gotten you up on the dance floor back in the 50s?



Wednesday



What is your favorite memory from a fair, carnival, or hometown celebration?



Which fair food could you never leave without eating?



Were you someone who liked the rides, the games, or the people-watching most?



Thursday



What is your favorite end of school tradition? Why?



What was your favorite grade in school?



What kind of person were you in school?
Did you participate in sports, arts, etc.?



Friday



If you could be any sea creature, what would you be and why?



Have you ever gone fishing? What was your best catch?



If you found a message in a bottle, what do you think it would say?



Use the below sample **WALK! Calendar** to help plan the week's activities:

2026 WALK EVENT CALENDAR

TIME	MONDAY 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9
10:00 AM CST	Seated Pilates EnerG Pilates is a low-impact, full-body movement-based class. The components of EnerG Pilates focuses on breath, spinal alignment & stabilization, mobility, and engagement of the core. All movements are done with the intention of connecting the breath with the body, while using a variety of ranges of motion and isometric resistance.	Shake, Rattle & Roll with Chair One Dance Fitness Get ready to twist, bop, and jive from your seat! This high-energy Chair One Dance class brings the spirit of the 1950's to life with classic rock & roll hits that will have you smiling and moving to the beat. Participants will follow along with simple, seated choreography designed to improve coordination, boost mood, and keep bodies active—all while having a blast. Whether you're tapping your toes or swinging your arms, this fun-filled dance experience is perfect for all mobility levels. Let's rock around the clock together!	Functional Fitness Functional Fitness focuses on improving strength, balance, flexibility, and mobility to support everyday activities like walking, lifting, reaching, and getting up from a chair. The class uses low-impact, controlled exercises that are tailored to an appropriate level for each participant. We utilize household items as light weights, as well as resistance bands and/or bodyweight for the exercises, with an emphasis placed on safety, proper form, building confidence, and helping participants maintain independence, reduce fall risk, and enhance overall quality of life in a supportive, social environment.	Having a Ball: Pass, Press & Play Move, stretch, and have fun in this seated fitness class! Using a soft exercise ball, we'll build strength, improve flexibility, and boost coordination through easy, full-body movements like presses, passes, squeezes, and gentle reaches. From arm and shoulder work to leg and balance exercises, each session keeps you active and engaged. We occasionally add resistance bands for extra variety and challenge! Enjoy a positive, supportive environment where you can move at your own pace, feel stronger, and stay independent—all while having a great time!	Ocean Motion: An Under the Sea Fitness Adventure Dive into a fun-filled seated fitness class inspired by the wonders of the ocean! Participants will "paddle" through gentle waves, "cast fishing nets," "navigate sailboats," and "swim" alongside playful sea creatures—all from the comfort and safety of a chair. This engaging workout combines cardiovascular exercise, strength movements, flexibility, and coordination while using imaginative ocean-themed activities to keep everyone smiling and moving. No life jacket required—just bring your sense of adventure!
LEADER	Amy Simmons	Crystal Dawson	Chelsey Bale	Jase McClure	Sarah DeCollibus
DAILY THEME	At the Movies	Diners, Drive-ins, & Doo-Wop (50's)	A Day at the Fair	Field Day Frenzy	Under the Sea

Monday

Day 1 - At the Movies

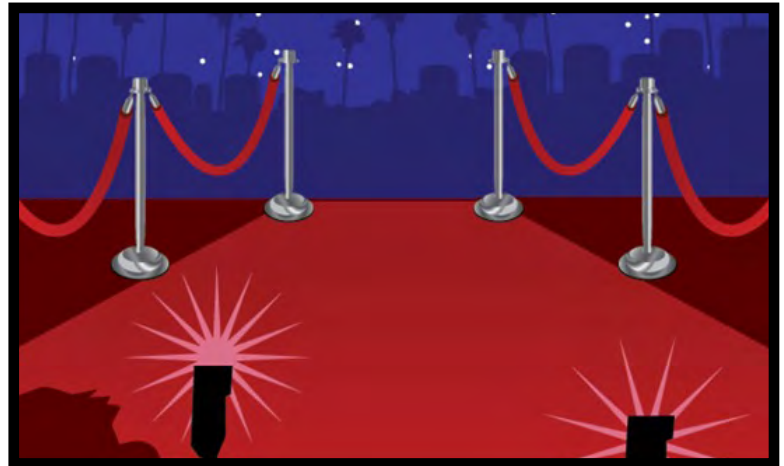
Activity: Hollywood Red Carpet Walk: A night at the Oscars

Event Purpose & Goals:

- Create a fun, confidence-boosting social experience
- Encourage resident participation and interaction
- Provide family engagement opportunities
- Celebrate residents as “stars”

Supplies needed:

- Red carpet runner
- Decorations (stars, gold accents)
- Microphone/speaker
- Camera or phone for photos
- Props (glasses, boas, hats)
- Award certificates or trophies
- Music playlist
- Refreshments & snacks



Pre-Event Planning:

Date & Time: Choose afternoon or early evening (best energy levels)

Location: Lobby, dining hall, or activity room

Duration: 60–90 minutes

Dress code (optional glam, favorite decade, or costume)

Roles & Staffing:

- Event host/emcee
- Paparazzi-staff with cameras/phones
- Red carpet escorts (assist residents walking)
- Judges (staff, volunteers, or residents)

Setup & Decorations:

- Red runner (fabric or paper)
- Rope stanchions or decorative barriers (optional)
- Backdrop for photos (Hollywood sign, gold curtain, star wall)

Decor Theme Ideas

- Gold, black, and red color scheme
- Oscar-style statues or cutouts
- Stars with residents' names ("Walk of Fame")

Music:

- Classic Hollywood soundtracks like Frank Sinatra, Marilyn Monroe, Elvis Presley, etc.
- Spotify playlist: Hollywood classics

Event Flow (Step-by-Step)

Opening 5–10 min

- Welcome message from host
- Explain event and categories
- Encourage cheering and participation

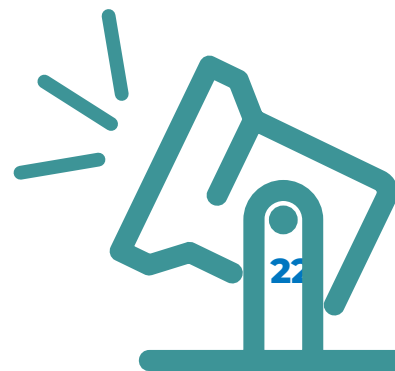
Red Carpet Walk 30–45 min

Have each resident be introduced by emcee. Encourage residents to walk or roll down red carpet one at a time. Pause for photos or interview questions. Questions can include "what are you wearing today?" "what's your favorite movie?" ect

- Modify pacing based on mobility and comfort.

Paparazzi Experience

- Staff take photos
- Encourage clapping, cheering, and shout outs ("Go Betty!")



Awards & Recognition 10–15 min

Create fun, inclusive categories

Ensure that every resident receives an award or recognition.

- Best Dressed
- Classic Hollywood Style
- Most Glamorous Smile
- Best Accessory
- Star Presence Award
- Crowd Favorite
- Lifetime Star Award (great for long-term residents)

Bonus Activities:

- Sparkling cider or mocktails
- Popcorn or movie snacks like candy
- Photo booth with props (feather boas, sunglasses, hats)

Accessibility Considerations:

- Wheelchair-friendly carpet and pathways
- Seating near runway
- Slow pacing and optional participation
- Quiet space if overstimulation occurs
- Staff support for walking or escorting

Family & Community Engagement:

- Invite family to attend or watch
- Live stream or record event if possible
- Have staff dress as celebrities for extra fun

Post-Event Follow-Up:

- Share photos with residents and families
- Create a “Hollywood Memory Board”
- Print certificates or mini “awards”



Activity: Classic Hollywood Quotes (1930s-1960s)

The golden age of Hollywood gave us some of the most quotable lines in cinema history. These quotes have stood the test of time and continue to be referenced in modern culture. Let's see how well you remember these classic gems.

- "Here's looking at you, kid." – Casablanca (1942)
- "There's no place like home." – The Wizard of Oz (1939)
- "I'm going to make him an offer he can't refuse." – The Godfather (1972)
- "Fasten your seatbelts. It's going to be a bumpy night." – All About Eve (1950)
- "Nobody's perfect." – Some Like It Hot (1959)
- "I am big! It's the pictures that got small." – Sunset Boulevard (1950)
- "Play it, Sam. Play 'As Time Goes By.'" – Casablanca (1942)
- "After all, tomorrow is another day!" – Gone with the Wind (1939)
- "I coulda been a contender." – On the Waterfront (1954)
- "Well, nobody's perfect." – Some Like It Hot (1959)
- "We'll always have Paris." – Casablanca (1942)
- "Toto, I've a feeling we're not in Kansas anymore." – The Wizard of Oz (1939)
- "I see dead people." – The Sixth Sense (1999) (Wait, that's not from this era!)
- "Keep your friends close, but your enemies closer." – The Godfather Part II (1974)
- "You can't handle the truth!" – A Few Good Men (1992) (Another mix-up!)
- "Life is like a box of chocolates." – Forrest Gump (1994) (Getting ahead of ourselves!)
- "Go ahead, make my day." – Sudden Impact (1983)
- "Show me the money!" – Jerry Maguire (1996)
- "You talking to me?" – Taxi Driver (1976)

Iconic 70s and 80s Movie Lines:

The 70s and 80s brought us some of the most memorable and quotable movies ever made. From space operas to teen comedies, this era gave us lines that we still quote today. These decades really knew how to create moments that stuck with audiences.

- “May the Force be with you.” – Star Wars (1977)
- “You’re gonna need a bigger boat.” – Jaws (1975)
- “I’ll be back.” – The Terminator (1984)
- “Nobody puts Baby in a corner.” – Dirty Dancing (1987)
- “Bueller? Bueller?” – Ferris Bueller’s Day Off (1986)
- “Roads? Where we’re going, we don’t need roads.” – Back to the Future (1985)
- “Do or do not, there is no try.” – The Empire Strikes Back (1980)
- “I feel the need... the need for speed!” – Top Gun (1986)
- “Here’s Johnny!” – The Shining (1980)
- “E.T. phone home.” – E.T. the Extra-Terrestrial (1982)
- “Greed, for lack of a better word, is good.” – Wall Street (1987)
- “Life moves pretty fast.” – Ferris Bueller’s Day Off (1986)
- “Say hello to my little friend!” – Scarface (1983)
- “I am your father.” – The Empire Strikes Back (1980)
- “Wax on, wax off.” – The Karate Kid (1984)
- “Yo, Adrian!” – Rocky (1976)
- “They’re here!” – Poltergeist (1982)
- “What we’ve got here is failure to communicate.” – Cool Hand Luke (1967)
- “I love the smell of napalm in the morning.” – Apocalypse Now (1979)
- “Somebody stop me!” – The Mask (1994) (Oops, that’s 90s!)

Activity: Movie Bingo

Instructions:

Grab your popcorn and get ready for a trip to Hollywood! In Movie Bingo, each square on your card represents a classic film.

As descriptions are called out, listen carefully and mark the matching squares on your card. You might hear a description, a clue, or even see someone act it out—so stay alert!

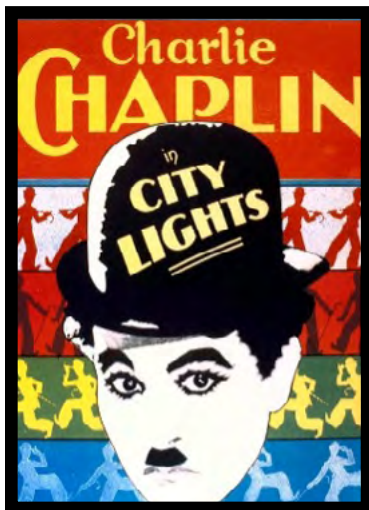
The goal is to get three in a row—across, down, or diagonally. You can also play for special patterns like corners or blackout for extra fun.

Whether you love classic films, musicals, comedies, or action-packed adventures, there's something for everyone. Sit back, have fun, and let the show begin!



The Birds:

Alfred Hitchcock's 1963 film *The Birds* follows a wealthy socialite who travels to Bodega Bay, California. Her arrival triggers a series of sudden, unexplained, and increasingly violent bird attacks on the townspeople, ultimately forcing a desperate fight for survival.



City Lights:

1931 silent romantic comedy-drama written, directed by, and starring Charlie Chaplin. The film follows the lovable, hapless Tramp as he falls in love with a blind flower girl and takes on absurd jobs to afford her eye surgery, all while navigating a turbulent friendship with an erratic, alcoholic millionaire.



Singin' In The Rain:

1952 American musical romantic comedy film universally acclaimed as the greatest movie musical ever made. Directed and choreographed by Gene Kelly and Stanley Donen, the film offers a lighthearted, comedic look at late-1920s Hollywood as the industry transitions from silent films to "talkies".



The Wizard of Oz:

landmark 1939 American musical fantasy film produced by Metro-Goldwyn-Mayer (MGM). Widely regarded as one of the greatest films in cinema history, it is celebrated for its groundbreaking use of three-strip Technicolor, unforgettable music, and legendary performances. Directed primarily by Victor Fleming, the film stars Judy Garland as Dorothy Gale, a Kansas farm girl who is swept away by a tornado into the magical Land of Oz.



Casablanca:

1942 romantic drama film directed by Michael Curtiz, widely considered one of the greatest movies in cinematic history. The Plot: Set during World War II, it follows an American expatriate who must choose between his love for a woman and helping her husband escape the Moroccan city of Casablanca to fight the Nazis.



Citizen Kane:

1941 American drama film directed and produced by, and starring Orson Welles and co-written by Welles and Herman J. Mankiewicz. The quasi-biographical film examines the life and legacy of Charles Foster Kane, played by Welles, a composite character based on American media barons William Randolph Hearst and Joseph Pulitzer, Chicago tycoons Samuel Insull and Harold McCormick, as well as aspects of the screenwriters' own lives.



Breakfast at Tiffany's:

1961 romantic comedy film starring Audrey Hepburn, based on the 1958 novella by Truman Capote. Here Holly Golightly, a charmingly eccentric New York City socialite, becomes fascinated by her new neighbor, a struggling writer named Paul Varjak.



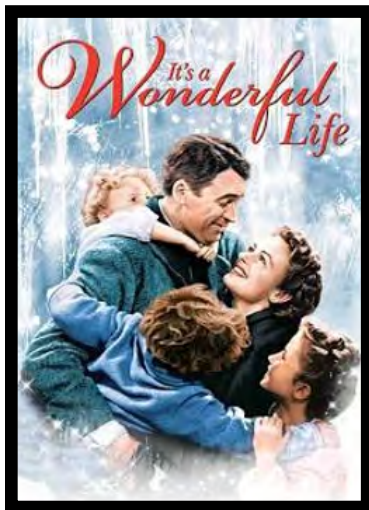
Pinocchio:

1940 famous fictional character and the protagonist of the 1883 Italian children's novel The Adventures of Pinocchio by Carlo Collodi. He is a cultural icon known worldwide as a wooden puppet whose nose grows longer whenever he tells a lie.



Gone with the Wind:

1939 American epic historical romance film adapted from the 1936 novel by Margaret Mitchell. Set in the American South against the backdrop of the Civil War and the Reconstruction era, the story follows the survival and chaotic romantic life of a headstrong Southern belle named Scarlett O'Hara.



It's A Wonderful Life:

1946 George Bailey has so many problems he is thinking about ending it all - and it's Christmas! As the angels discuss George, we see his life in flashback. As George is about to jump from a bridge, he ends up rescuing his guardian angel, Clarence - who then shows George what his town would have looked like



The Godfather:

1972 film follows the Corleone, a powerful New York Mafia family, as aging patriarch Don Vito Corleone survives an assassination attempt triggered by his refusal to enter the narcotics trade. This sparks a brutal gang war and forces his youngest son, Michael, to reluctantly step into the violent criminal underworld to protect his family.



Rocky:

1976 American sports drama film In the film, Rocky Balboa (Stallone), a poor small-time club fighter and loanshark debt collector from Philadelphia, gets an unlikely once in a lifetime shot at the world heavyweight championship held by Apollo Creed (Weathers).

CLASSIC MOVIE BINGO



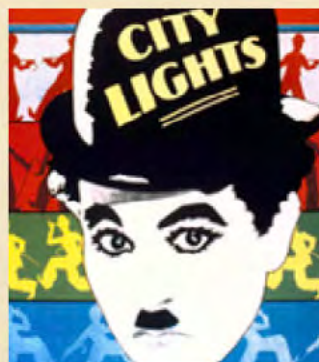
CLASSIC MOVIE BINGO



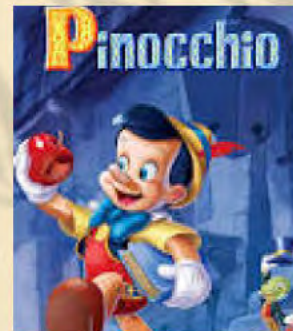
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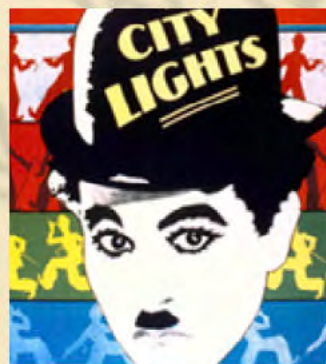
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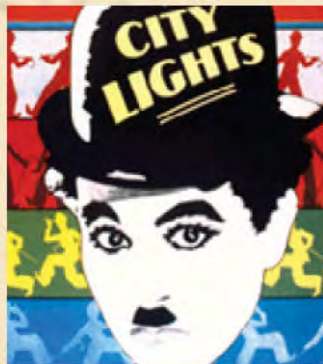
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CLASSIC MOVIE BINGO



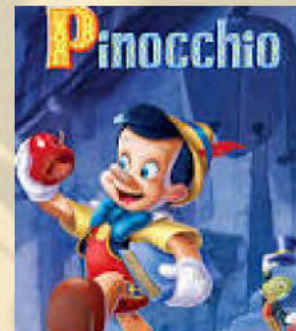
CLASSIC MOVIE BINGO



CLASSIC MOVIE BINGO



CLASSIC MOVIE BINGO



CLASSIC MOVIE BINGO



Wizard of OZ Tin Man Craft

Supplies needed:

- Jumbo Popsicle Sticks {9 per craft}
- Gray/Silver Craft Paint
- Foam Paint Brush
- Glue
- Aluminum Foil
- White Cardstock Paper
- Black Cardstock Paper
- Pink Cardstock Paper
- Scissors



Putting it together:

1. First assemble the base of your tin can man by gluing popsicle sticks together to look like a fence {7 next to each and two across.}
2. Set aside to let it dry completely.
3. Next paint the front of their popsicle stick shape completely gray.
4. Set aside to let it dry.
5. Now grab your aluminum foil, cardstock paper sheets and scissors.
6. Cut out embellishments to give him life!
7. To finish off the Wizard of Oz craft, glue cut out pieces to the front of the popsicle stick design.
8. Then either decorate with glitter, rhinestones or even more craft paint before displaying proudly!!!



Tuesday

Day 2 - Diners, Drive-Ins, & Doo-Wop

Activity: A Sweet Trip Back to the 1950's - Candy Tasting & Trivia

During this activity, participants will taste classic 1950s candies, guess what they are, and answer trivia to learn fun facts about the decade.

Supplies Needed:

- Assortment of 1950s-style candies (examples below)
- Small plates or tasting cups
- Blindfolds (optional for a guessing game)
- Printed trivia questions
- Score sheets & pens
- Music playlist (Elvis, Chuck Berry, Buddy Holly for atmosphere)

Suggested Candies

You can find these options online via the links included below:

Smarties (1949)

Flavor profile: Lightly sweet and slightly tart with a mild fruity taste and a powdery texture

PEZ (U.S. launch early 1950s)

Flavor profile: Sweet and fruity with a subtle, candy-like flavor (similar to mild fruit candy)

Atomic Fireballs (1954)

Flavor profile: Very hot cinnamon flavor with a spicy, lingering burn

Pixy Stix (1950s)

Flavor profile: Sweet and tangy flavored sugar powder, often with fruity sour notes

Candy Buttons

Flavor profile: Mildly sweet sugar candy with a slight fruity hint and paper backing taste

Necco Wafers

Flavor profile: Lightly sweet with assorted flavors like mint, clove, chocolate, and citrus (some slightly chalky)

Tootsie Rolls

Flavor profile: Chewy chocolate flavor with a hint of caramel or cocoa

Bit-O-Honey

Flavor profile: Sweet honey flavor with chewy texture and small almond bits

Activity Instructions:

1. Arrange candies at a tasting station.
2. Label each candy with a number (not the name).
3. Set up a seating area or tasting tables.
4. Provide each participant:
 - Score sheet
 - Pen/pencil

Introduction:

- Provide an overview of the activity, letting participants know they will have the opportunity to interact with various popular 1950's candies and will be encouraged to guess which candies they are experiencing with their 5 senses. Let them know the candy tasting will be followed by a round of trivia based on popular 1950's candies.
- Encourage participants to think like a 1950s kid visiting a candy shop or soda fountain counter.

Candy Tasting:

- Participants taste each numbered candy.
 - **Tip:** Encourage participants to suck on the candies rather than chew them as many have harder textures. In addition, provide participants with their own individual cups to spit the candies in should they not want to fully eat each after getting a taste.
 - **Alternate Option:** Blindfold participants for added fun!
- For each numbered candy, have participants write down (see printable sheets attached):
 - What they think it is
 - Flavor notes (sweet, sour, chewy, etc.)
 - A rating (1–5 stars)

Guessing Game:

- Reveal the correct candy names.
- Award points:
 - 1 point for correct guess
 - 1 bonus point for closest flavor description

Optional Program Suggestions:

- Add a "Name That Tune" segment with 1950s hits.
- Decorate with a retro diner theme (checkerboard, jukebox/poodle skirt/leather jacket/etc props):
 - Provide all participants or winners with Pez Dispensers as a prize and give away candies sampled if desired.

Activity: 1950's Candy Trivia Round

Ask trivia questions after reviewing candies. Participants can play individually or in teams (have all participants write down answers on their answer sheet- attached).

Trivia Questions:

1. What spicy cinnamon candy introduced in 1954 is known for its intense heat?
Atomic Fireballs
2. What honey-flavored chewy candy includes bits of almonds?
Bit-O-Honey
3. What pastel-colored wafers have flavors like clove, licorice, and wintergreen?
Necco Wafers
4. What candy brand popularized refillable character heads in the 1950s?
PEZ dispensers
5. What candy was often nicknamed "candy cigarettes," popular among kids in the 50s?
Candy Cigarettes
6. In what country did PEZ originate before becoming popular in the U.S?
Austria
7. What was the original purpose of PEZ candy when it was first created?
A peppermint alternative to smoking
8. What decade were Pixy Stix introduced?
1940s (but became widely popular in the 1950s)
9. What company produced both Necco Wafers and candy buttons?
New England Confectionery Company (NECCO)
10. What was a common price for candy in the 1950s at local shops?
About 5-10 cents

Award 1 point per correct answer.

Final Scoring & Prizes:

- Add up candy + trivia points.
- Optional prizes:
 - "Top Candy Connoisseur"
 - "Trivia Champ"
 - "Best Taste Tester".

Activity: Mom's Kitchen - 1950s Recipe Match-Up

During this activity, participants will try matching popular 1950's recipe instructions with the corresponding recipe titles. Following the matching activity, you will engage your group in a discussion around cooking and family traditions.).

Supplies Needed:

- Printed recipe name cards – included in this packet
- Printed recipe instruction cards - included in this packet
- Envelopes or sets
(you will need one set of recipe name cards and instruction cards per group or table)
- Pens or pencils (optional)
- Whiteboard or flip chart (optional)
- Small prizes (optional)

Activity Setup and Details:

See the printable sets of recipe title and instruction cards at the end of this document. You are also encouraged to add some of your own recipe titles and instructions if preferred- use the blank cards for this.

1. Prepare matching sets:

Each set includes:

- 1 set of recipe names
 - 1 set of recipe instructions
2. Shuffle cards separately.
 3. Place one set at each table or distribute to participants. Note that you can choose the level of difficulty by either sticking with the base set of cards, or by adding into the mix some of the moderate or difficult card sets.

Recipe Names:

Familiar / Base Set (Blue Cards)

1. Tuna Noodle Casserole
2. Jell-O Salad
3. Meatloaf with Ketchup Glaze
4. Deviled Eggs
5. Pineapple Upside-Down Cake
6. Chicken à la King



Moderate Difficulty Add-Ins (Purple Cards)

1. Salisbury Steak with Mushroom Gravy
2. Stuffed Bell Peppers
3. Ambrosia Salad
4. Icebox Cake
5. Banana Cream Pie
6. Chipped Beef on Toast

Advanced / Add-Ins (Green Cards)

1. Johnny Marzetti Casserole
2. Shepherd's Pie (Mid-Century Style)
3. Swiss Steak
4. Chicken and Dumplings
5. Old-Fashioned Beef Vegetable Soup
6. Beef and Noodle Skillet
7. Mayonnaise Cake
8. Chocolate Pudding Cake

Matching Instructions/Answer Key:

- **Tuna Noodle Casserole:** Mix tuna, noodles, and cream soup; bake until bubbly.
- **Jell-O Salad:** Dissolve flavored gelatin and combine with fruit or vegetables.
- **Meatloaf with Ketchup Glaze:** Combine ground meat and breadcrumbs; top with ketchup and bake.
- **Deviled Eggs:** Mix egg yolks with mayo and mustard, then refill egg whites.
- **Pineapple Upside-Down Cake:** Bake cake over caramelized pineapple and flip after baking.
- **Chicken à la King:** Creamy chicken mixed with vegetables served over toast or rice.
- **Salisbury Steak with Mushroom Gravy:** Ground beef patties cooked and served with a rich mushroom and onion gravy.
- **Stuffed Bell Peppers:** Bell peppers stuffed with a mixture of ground beef, rice, and tomato sauce, then baked until tender.
- **Ambrosia Salad:** A sweet fruit salad made with coconut, marshmallows, and whipped topping.
- **Icebox Cake:** Layers of cookies and whipped cream chilled until soft and cake-like.
- **Banana Cream Pie:** A creamy custard pie filled with sliced bananas and topped with whipped cream.
- **Chipped Beef on Toast:** Dried beef in a thick white sauce served over toast.
- **Johnny Marzetti Casserole:** A baked casserole of ground beef, noodles, tomatoes, and cheese with a slightly crisp top and soft interior.
- **Shepherd's Pie:** Ground meat and vegetables topped with mashed potatoes and baked until golden.
- **Swiss Steak:** A tougher cut of beef braised slowly in tomatoes and onions until fork tender.

- **Chicken and Dumplings:** Chicken simmered in broth with soft dumplings cooked directly in the pot.
- **Old Fashioned Beef Vegetable Soup:** A slow-cooked soup made with beef, bones, and mixed vegetables for deep flavor.
- **Beef & Noodle Skillet:** A one-pan dish of ground beef, noodles, and tomatoes cooked together for convenience.
- **Mayonnaise Cake:** A moist chocolate cake made using mayonnaise in place of traditional fats.
- **Chocolate Pudding Cake:** A dessert where baking creates both a cake layer on top and a chocolate sauce underneath.

Activity Instructions:

Welcome participants by stating: Today we're stepping back into Mom's kitchen from the 1950s! Ask the group this warm-up question: What's a dish you remember from childhood? After the warmup activity, share these details about the 1950's recipe matching game:

- Participants will match recipe names to the correct instructions
- They can work individually or in small groups
- Encourage discussion and memory-sharing

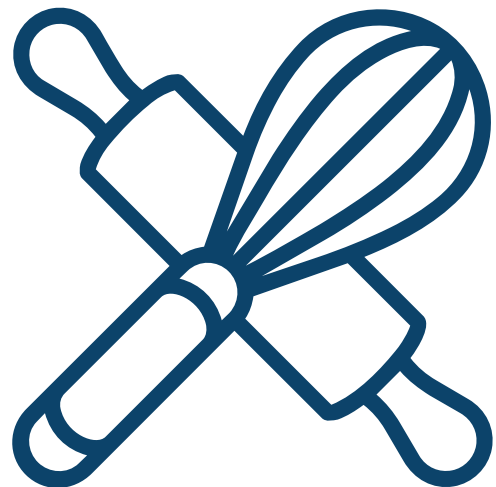
Matching Activity

- Distribute cards (1 set of recipe title cards, and 1 set of recipe description cards)
- Allow participants time to match recipes
- Walk around, assist, and prompt conversation:
 - "Have you ever made this dish?"
 - "Did your family have a different version?"

Group Answer Review & Discussion

Go over answers together:

- Reveal correct matches one at a time
- Encourage reactions:
 - "Who got this one right?"
 - "How was it made in your home?"



1950's Reminisce Discussion: Ask the group the questions below and/or add your own 1950's themed questions

- "Who did most of the cooking in your home?"
- "What did a typical dinner look like?"
- "What recipes were saved for special occasions?"
- "Which recipe would you still eat today?"

Optional Program Suggestions:

- **Decorate the space:** Bring props (recipe box, vintage utensils, 1950's themed décor)
- **Participant Engagement:** Let participants create their own recipe cards including title and instructions to challenge their peers. Conduct a round of the matching game solely with the recipes your residents create.
- **Taste testing:** Make one or a few of the featured recipes in advance for the residents to sample during the activity. You can also schedule a cooking program where residents help make the recipe before hosting this matching game, so the food is prepared in time to share and residents are able to be a part of the cooking process.
- **Share printed take-home recipe cards** with full instructions on how to cook.



Tuna Noodle Casserole	Jello-Salad
Meatloaf with Ketchup Glaze	Deviled Eggs
Pineapple Upside Down Cake	Chicken à la King
Salisbury Steak with Mushroom Gravy	Stuffed Bell Peppers

Ambrosia Salad	
Icebox Cake	Banana Cream Pie
Chipped Beef on Toast	Johnny Marzetti Casserole
Shepherd's Pie	Swiss Steak

Chicken and Dumplings	Old Fashioned Beef Vegetable Soup
Beef and Noodle Skillet	Mayonnaise Cake
Chocolate Pudding Cake	

Mix tuna, noodles, and cream soup; bake until bubbly.	Dissolve flavored gelatin and combine with fruit or vegetables.
Combine ground meat and breadcrumbs; top with ketchup and bake.	Mix egg yolks with mayo and mustard, then refill egg whites.
Bake cake over caramelized pineapple and flip after baking.	Creamy chicken mixed with vegetables served over toast or rice.
Ground beef patties cooked and served with a rich mushroom and onion gravy.	Ground beef patties cooked and served with a rich mushroom and onion gravy.

Bell peppers stuffed with a mixture of ground beef, rice, and tomato sauce, then baked until tender.	A sweet fruit salad made with coconut, marshmallows, and whipped topping.
Layers of cookies and whipped cream chilled until soft and cake-like.	A creamy custard pie filled with sliced bananas and topped with whipped cream.
Dried beef in a thick white sauce served over toast.	A baked casserole of ground beef, noodles, tomatoes, and cheese with a slightly crisp top and soft interior.

Ground meat and vegetables topped with mashed potatoes and baked until golden.	A tougher cut of beef braised slowly in tomatoes and onions until fork-tender.
Chicken simmered in broth with soft dumplings cooked directly in the pot.	A slow-cooked soup made with beef, bones, and mixed vegetables for deep flavor.
A one-pan dish of ground beef, noodles, and tomatoes cooked together for convenience.	A moist chocolate cake made using mayonnaise in place of traditional fats.
A dessert where baking creates both a cake layer on top and a chocolate sauce underneath.	

Wednesday

Day 3 - Fair Day

Activity: Duck Pond

A creative way to bring carnival games like “The Duck Pond” to you. This game is intended to promote movement while having fun and bringing up memories of their time at the carnival.

Complexity level:

Simple & easy

Supplies:

- 24 rubber ducks
- Acrylic paint in the following colors (white, red, blue, green, purple, and orange)
- Printed exercise cards
- Kiddie pool or a clear plastic tote
- Construction paper with the listed colors above

Setup:

- If using rubber ducks, you will want to paint the bottom of each rubber duck earlier in the day or the prior day. You should have 4 ducks with the same color. (4-white, 4-red, 4-blue, 4-green, 4-purple, and 4-orange)
- Print out exercise cards provided below or exercise cards of your choice.
- Make 5 stacks of exercise cards with a color assigned to each stack.
- Fill kiddie pool or clear plastic tote with water and sit the rubber ducks into their “pond.”

Instructions:

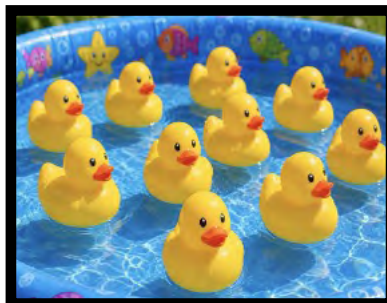
Players will go up to the duck pond and select one of the floating ducks. Each duck will be painted with a different color underneath that will be paired with a stack of exercise cards. Once the player matches a color that is under the duck to the correct colored card pile, you will then flip over an exercise card that is within that colored stack and perform that exercise as a group. Reps for each exercise can be determined by the instructor. White bottom ducks are a free pass with no exercise movement assigned to them.

Example of set up:

White	Red (Cardio)
Free	Jumping Jacks
Free	Arm Circles
Free	Sit to Stands
Free	Crossbody Punches
Green (Arms)	Blue (Legs)
Bicep Curls	March in Place
Shoulder Press	Knee Extension
Lateral Raises	Hip Abduction
Triceps Extension	Heel to Toe Lifts
Purple (Core)	Orange (Stretches)
Crunches	Hamstring
Straight Leg Flutters	Knee to Chest
Bicycle Pedaling Forward	Shoulder Rolls
Side Crunches	Torso Twist



Ducks with painted bottoms



If using a kiddie pool



If using a clear plastic tote

Exercise Demonstration Cards:

SEATED JUMPING JACKS

A low-impact cardio exercise you can do from your chair.



ARM CIRCLES FROM A CHAIR

Sit tall with your feet flat on the floor and your back straight.

FORWARD CIRCLES



SIT TO STAND

1 SIT

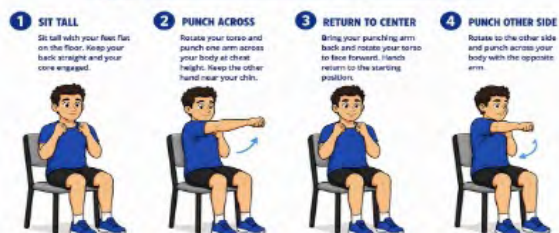


2 STAND



CROSSBODY PUNCHES SEATED IN A CHAIR

A great exercise to improve upper body strength and core rotation.



TIME: 20-30 seconds REPS: Alternate sides SETS: 1-3 sets

TIP: Keep your movements controlled and your core tight. Breathe out as you punch.

BICEP CURLS (SEATED)



SHOULDER PRESS (SEATED)



LATERAL RAISES (SEATED)

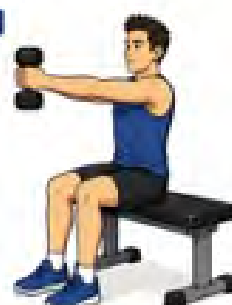


DUMBBELL TRICEP EXTENSION (90° FORWARD TO STRAIGHT)

1 START



2 EXTEND



SEATED MARCHES



SEATED KNEE EXTENSION



SEATED HIP ABDUCTION



HEEL AND TOE LIFTS



SEATED AB CRUNCH

WORK YOUR ABS



STRAIGHT LEG FLUTTERS

SEATED IN A CHAIR



A simple exercise to strengthen your lower abs and improve stability.



SEATED BICYCLING

FOR CORE



A great exercise to strengthen your core and improve coordination.



TIME: 20-30 seconds

REPETITIONS: 10-20 total (each side)

SETS: 1-3 sets



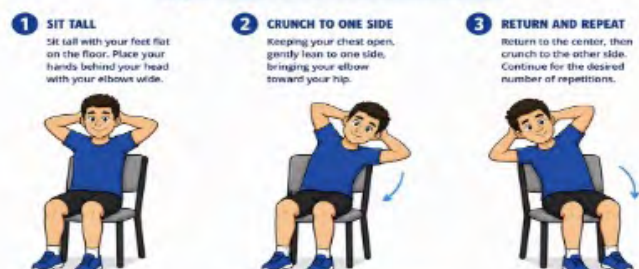
TIP: Engage your core, twist from your torso (not your neck), and move with control. Breathe steadily and keep your back supported.

SIDE CRUNCHES

SEATED IN A CHAIR



A great exercise to strengthen your obliques.



≡ HAMSTRING STRETCH ≡ SEATED IN A CHAIR



A gentle stretch for the back of your thigh.

1 SIT TALL

Sit near the edge of your chair. Keep your back straight, shoulders relaxed.



2 EXTEND ONE LEG

Straighten one leg out in front of you with your heel on the floor and toes pointing up.



3 LEAN FORWARD

Hinge at your hips and lean forward toward your extended leg. Keep your back long. Hold, then switch legs.



≡ KNEE TO CHEST ≡ SEATED IN A CHAIR



A gentle stretch for your lower back and hips.

1 SIT TALL

Sit tall in your chair with your back straight and both feet flat on the floor.



2 LIFT ONE KNEE

Lift one knee toward your chest. Keep your other foot flat on the floor.



3 HOLD AND RELEASE

Hold for 20-30 seconds, breathing normally. Lower your leg and repeat with the other leg.

⌚ 20-30 SECONDS



≡ SHOULDER ROLLS ≡ SEATED IN A CHAIR



A simple movement to release tension and improve shoulder mobility.

1 SIT TALL

Sit tall with your feet flat on the floor. Relax your arms at your sides.



2 ROLL UP, BACK, AND DOWN

Lift your shoulders up toward your ears, roll them back, then lower them down.



3 REPEAT

Repeat for the desired number of repetitions, then reverse the direction if desired.



≡ TORSO TWIST ≡ SEATED IN A CHAIR



A gentle stretch for your spine, waist, and back.

1 SIT TALL

Sit tall with your feet flat on the floor. Keep your back straight and shoulders relaxed.



2 TWIST TO ONE SIDE

Place one hand on the outside of the opposite thigh. Turn your torso to that side, looking over your shoulder. Keep your hips facing forward.



3 HOLD AND SWITCH

Hold for 20-30 seconds, breathing normally. Return to center, then twist to the other side.

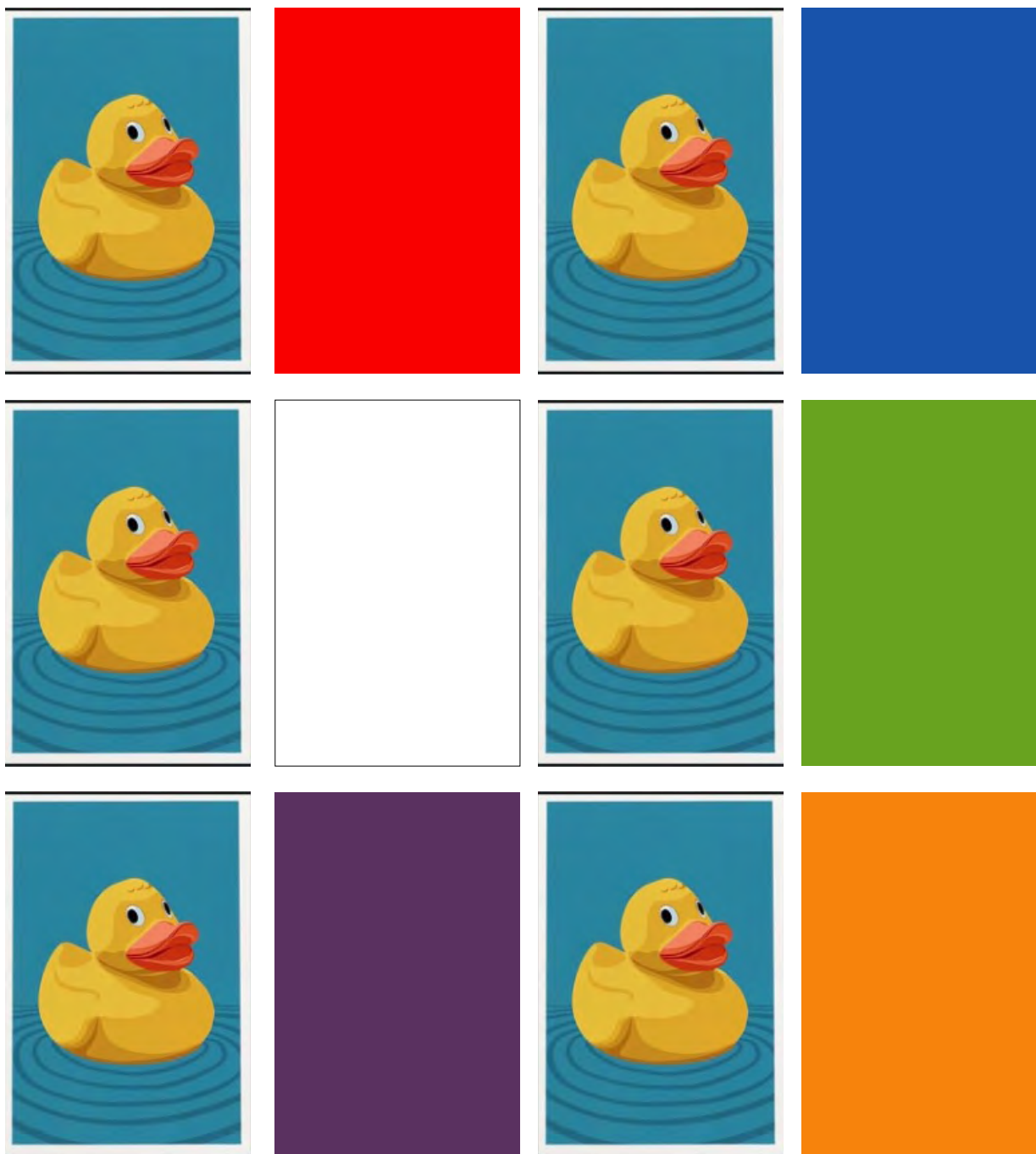
⌚ 20-30 SECONDS EACH SIDE



If on a budget here is an alternative approach:

Instead of buying rubber ducks, paint, and a kiddie pool. You can instead print out these cards and use colored construction paper on the other side. Instead of a kiddie pool, you can set the cards out on a blue disposable tablecloth.

Example:



Activity: Guess that Item

1. Guess the candy count



Fill a clear jar with candy, gum balls, jellybeans, or popcorn.

How to play:

- Players write down their guess for how many items are inside.
- The closest guess wins a prize.

Supplies:

- Candy, popcorn, marbles, or some filler items
- Printed guessing sheets
- Clear jars

Fun Twists:

- Use themed candy colors.
- Give bonus prizes for exact guesses
- Let staff pair with a resident to make a guess as a group entry



**GUESS
HOW MANY
IN THE JAR**

2. Guess the Mystery Smell



Put scented items in covered containers with small air holes. This game allows players to interact and allows residents to focus on their sense of smell. Smells are known to trigger memories.

Ideas for smells:

- Cotton candy
- Popcorn
- Lemon
- Pickles
- Cinnamon
- Bubble gum

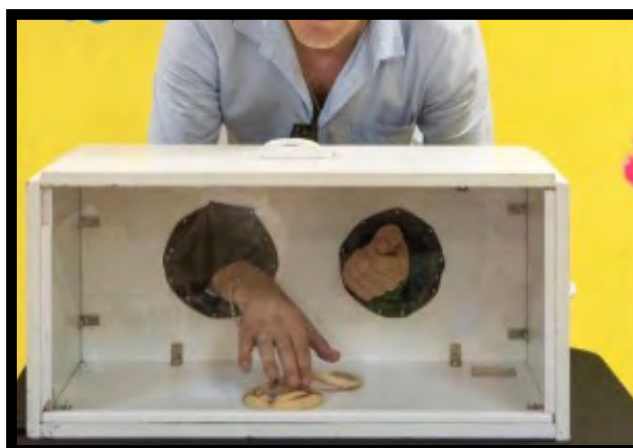
Supplies needed:

- Smell items
- Box, bag, or covered containers to hide items (with small holes to allow smelling)
- Printed guessing cards

How to play:

- Players smell each container and write guesses.
- Most correct answers win

3. Guess the Weird Object in the BoxSmell



Hide unusual objects inside a box players can reach into without seeing.

Object ideas:

- Cooked spaghetti
- Peeled grapes
- Slime
- Feathers
- Toy bugs
- Sponges
- Cotton candy

Supplies Needed:

- Covered containers with access to reach through/into container
- Items in container
- Timer (if going by fastest time)
- Printed guessing cards

How to play:

- Players feel the object and guess what it is
- Fastest correct answer or most correct wins

4. Close-Up Photo Challenge



Show extremely zoomed-in photos of fair items.

Object ideas:

- Corn dog breading
- Cotton candy fibers
- Ferris wheel lights
- Rubber duck texture
- Funnel cake powdered sugar
- popcorn

Supplies Needed:

- Printed close-up pictures
- Printed guessing cards
- Clues to close-up images

How to play:

Players guess the item from tiny details. You write down some clues to give if players are having a difficult time guessing items.

5. Describe that Mystery Item

The concept of this version of the game is to allow residents to use active listening skills and imagination to visualize the fair item that you are describing by reading off descriptive clues.

Fair Item ideas to use:

Popcorn, Ferris wheel, Cotton candy, Funhouse, Merry-go-round, Ring toss, etc.

(For fun you can look up sounds that are associated with item before reading off clues)

Example:

Item: Popcorn

Clues:

- I start as a tiny hard kernel, but with enough heat I burst into a fluffy white snack.
- You'll often find me covered in butter and sprinkled with salt
- I make a popping sound while cooking and can fill an entire room with my warm smell
- People eat me by the handful from big paper bags or striped tubs during fairs, carnivals, and movies.

Item: Funhouse

Clues:

- I'm full of twisting hallways, silly surprises, and obstacles designed to make people laugh
- You might find spinning tunnels, moving floors, mirrors, and flashing lights inside me
- I'm a popular attraction at carnivals and fairs where people walk through instead of riding
- My goal isn't to scare you too much—it's to confuse, entertain, and make you giggle

Item: Cotton Candy

Clues:

- I'm made from melted sugar spun into soft, fluffy strands that look like a cloud
- You'll usually spot me in bright pink or blue colors at fairs, carnivals, and circuses
- I dissolve almost instantly when you put me in your mouth
- I'm served on a paper cone or stick and am known for being super sweet and airy.



(Printable Guessing card on next page)

Printable Guessing cards:

Guessing Sheet

#	Clues / What you observe	My Guess	Correct Item (Reveal)	Points
1				
2				
3				
4				

Activity: Midway Game Walk

Objective:

To provide residents a stroll through the “Midway” set up with the following challenging and fun games. These games provide hand–eye coordination challenges along with some fun and maybe even some great memories visiting the fair.

- Ring Toss
- Can Knockdown
- Ping Pong Ball Toss
- Mini Golf Putting
- Bean Bag Toss (Cornhole)
- Guess How Many in the Jar
- Face Painting
- Photo Booth

Offer prizes such as tickets or small prizes at each game while the Face Painting and Photo Booth are simply just an experience and no prize is offered. Tickets can be used to purchase prizes on a prize table at the end.

Basic Set Up

Decorate with red and white stripe table clothes, table skirts, flags, or banners. Use the signs provided here for each game. Line up the games similar to a midway. Providing carnival/ carousal music in the background adds to the atmosphere. Amazon has many carnival decor options available that are reasonably priced but simply using white or red table clothes and balloons would do the trick!



Activity: Ring Toss Game

Players try to toss rings so they land completely around a target (usually bottles, pegs, or posts).

What you need:

- A table or platform holds several upright targets (glass bottles arranged in rows).
- Optional Ring Toss Game with larger rings
- Players stand behind a marked line or counter.
- Each player is given a limited number of rings (e.g., 3–10 depending on the game).

Keys to Success:

- Players win a prize by successfully landing at least one ring
- Targets are placed closer together and nearer to players (e.g., 3–5 feet away).
- Use larger rings and targets (wide-neck bottles, thick pegs).
- Table height is accessible for both standing and seated players (wheelchair-friendly).
- Bright colors or numbered targets improve visibility.





RING TOSS

Toss 8 rings. Get 1 ring on a bottle to win! 2 or more rings wins more tickets!

Stay behind the line—seated play welcome!

Activity: Can Knockdown

Players throw soft balls to knock down a stack or pyramid of cans. The goal is to knock over as many cans as possible—or all of them—to win prizes.

What you need:

- A table or platform holds 3 or 6 cans stacked in a pyramid.
- 3 to 5 tennis balls/attempts
- Players stand behind a marked line, counter, or a 6 – 8 ft buffet table can be used.
- Each player is given all the balls to roll or throw at the cans

Keys to Success:

- Use **lightweight plastic cans or foam-filled cans** instead of heavy metal ones.
- Stack cans in an easy-to-hit arrangement:
 - Traditional **pyramid (3–2–1)** or smaller stacks
- Place cans on a **stable, non-slip surface**.
- Throwing distance is shorter (typically **4–6 feet**).
- Provide **soft, lightweight balls** (foam or plush).





CAN KNOCKDOWN

**Throw 4 balls. Knock down
all the cans to win!**

Stay behind the line—seated play welcome!

Activity: Bean Bag Toss (Cornhole)

Players toss bean bags toward a target board or bucket, trying to land bags on the board or into the hole to score points or win prizes.

What you need:

- A cornhole board, basic bean bag toss board, big bucket or cut a hole in the bottom of a box and turn it upside down. Bean bags can be replaced with rice filled baggies if bean bags are not an option.
- 3 – 5 bean bags or attempts

Keys to Success:

- Place the board or target 3–6 feet away (shorter than standard cornhole).
- Use lightweight bean bags that are easy to grip.
- Board should be stable and slightly angled.
- Provide seated or standing play options.





BEAN BAG TOSS

**Toss 5 bean bags. 1 ticket on board,
3 tickets in hole. Score to win!**

Stay behind the line—seated play welcome!

Activity: Mini Golf Putting Game

Players use a putter to hit a golf ball toward a hole or target. Give them 3 – 5 attempts aiming to sink the ball or get as close as possible to score points or win prizes.

What you need:

- Putter
- 5 Golf Balls
- Green carpet (optional)
- Putting Hole (can be made out of any plastic cup, cut in half and taped to the floor)
- Something to surround the hole so the ball is contained like a hose, blocks, or small boxes (latex glove boxes work well for this!)

Keys to Success

- Use a **short putting distance** (about 3–8 feet).
- Provide a **large cup or target hole** (wider than standard golf).
- Use **lightweight putters** and **large or brightly colored balls**.
- Keep the surface **flat and even** (indoor carpet or putting mat).





GOLF PUTT

Take 4 putts. Sink the ball to win!

Stay behind the line—seated play welcome!

Activity: Ping Pong Ball Toss

Bounce the ping pong ball into the cups to hopefully land it into one of them.

What's Needed:

- **Ping pong balls** (lightweight and easy to grip)
- **Cups or containers** (plastic cups, small bowls, or wide containers)
- **Table** (waist-high or accessible for seated play)
- **Water** (optional) in cups to help balls stay in place
- **Table covering** (bright or non-slip surface)
- **Floor mat or bin** to catch missed balls

Set Up:

- Place cups in a **simple layout**, such as:
 - Straight row (easiest)
 - Triangle formation (classic carnival style)
 - Spread-out pattern for varied difficulty
- **Spacing:** Keep cups slightly apart so they're easier to aim for
- **Distance from player:** About **3–5 feet** (adjust as needed)

Keys to Success:

- Use larger cups or containers for easier success
- Fill cups partially with water or sand so balls don't bounce out
- Use bright-colored balls and cups for visibility
- Allow seated or standing play
- Adjust distance based on ability level





PING PONG BALL SHOOT



FACE PAINTING



PHOTO BOOTH

Activity: Blue-Ribbon Brain Challenge

A fun, fair-themed cognitive activity designed to support memory, attention, discussion, and recall. Blue Ribbon Brain Challenge encourages residents to share memories, make choices, answer simple questions, and engage in conversation while strengthening cognitive function in an enjoyable and social way.

Complexity Level:

All levels of care

Supplies:

- Note cards with each subject and question written
 - Can make individual note cards with theme on each card for lower vision residents
- Paper pieces for voting or a marker board to tally votes
- Ribbons to hand out for best vote
 - Best Fair Story
 - Best Guess Today
 - Most Enthusiastic Participant
 - Best Memory Shared
 - Carnival Spirit Award

Setup:

- It can be set up with residents in a circle, seated in their chairs/wheelchairs, around tables, or whatever is best available in your facility.

Instructions:

- Residents will be lead through each section to whatever the leader feels is best topic and then answer each question.
- You can also set up an area for staff members to vote on for their Blue-Ribbon fair favorites, and rides and games.
 - You can also have a different poster for them to put their memories about fairs and/or carnivals.
- Then set up a jar with whatever fair/carnival treat item and have staff and residents alike guess the number or weight inside the jar.

(This can be paired with “Guess That Item” activity)

Activity: Fair Favorites

Residents vote, raise hands, or discuss:

- Best Fair Dessert
- Sweet vs. Salty Fair Snacks
- Corn Dog or Hot Dog?
- Lemonade or Soda?
- Funnel Cake: Powdered Sugar or Strawberries?

Rides & Games

- Most thrilling ride
- Ride you'd never try
- Favorite game to win prizes
- Ring Toss or Balloon Darts?
- Carousel horse: inside or outside?

Activity: Blue-Ribbon Question

Which ride do you think is the most fun?

- Ferris Wheel
- Carousel
- Tilt A Whirl
- Bumper Cars

Would you rather ride the rides or play the games?

Which game would you try to win a prize?

- Ring Toss
- Balloon Darts
- Can Knockdown

Activity: Memory & Recall

- Guess which fair item is older (carousel vs. ferris wheel, popcorn vs. cotton candy)
- "True or False" fair facts (keep light and playful)
- Name as many fair foods as you can in 30 seconds (group effort)
- Finish the phrase: "You know you're at a fair when..."

Blue Ribbon Question

- What is your favorite memory from a fair or carnival?

Blue Ribbon Question

- Did you go to fairs more as a child, adult, or both?

Blue Ribbon Question

- What smells remind you of a fair? (Examples: popcorn, cotton candy, fried dough)

PERSONAL BLUE-RIBBON VOTING

Blue Ribbon Question

- Who should get today's Carnival Spirit ribbon?

Blue Ribbon Question

- Who shared the best fair memory today?

Blue Ribbon Question

- Who deserves the Most Enthusiastic Participant ribbon?

Activity: Summer & Hometown Memories

- Best summer memory
- Best childhood outing
- Biggest crowd you've ever seen
- Hot summer day treat
- Favorite fair outfit or hat

Activity: Price Is Right – Fair Edition

Display pictures or say items out loud:

- Corn dog
- Ride ticket
- Lemonade
- Stuffed animal prize

Residents guess which cost **more**, **less**, or **about the same**.

Works without needing exact prices.

Activity: Personal Blue-Ribbon Voting

Award ribbons for fun, inclusive categories:

- Best Fair Story
- Best Guess Today
- Most Enthusiastic Participant
- Best Memory Shared
- Carnival Spirit Award

(These can be symbolic—no competition needed.)

Activity: Would You Rather? (Fair Style)

Ask and discuss:

- Watch rides or ride them?
- Daytime fair or evening lights?
- Win a prize or eat fair food?
- Big fair or small hometown fair?

Here are many more “Would You Rather?” questions tailored specifically for a County Fair / Carnival Day, written to be light, nostalgic, inclusive, and dementia friendly. These work well for discussion breaks, walking laps, or Blue-Ribbon voting.

WOULD YOU RATHER? – FAIR & CARNIVAL EDITION

Fair Food Fun

- Would you rather eat cotton candy or funnel cake?
- Would you rather drink lemonade or soda?
- Would you rather snack on popcorn or peanuts?
- Would you rather try everything a little or one favorite all day?
- Would you rather eat fair food first thing or after games?

Rides & Attractions

- Would you rather ride the Ferris wheel or the carousel?
- Would you rather ride once slowly or many quick rides?
- Would you rather sit on the inside or the outside of a ride?
- Would you rather ride with music or quiet views?
- Would you rather watch rides or be on them?

Games & Prizes

- Would you rather play games or watch others play?
- Would you rather win a big stuffed animal or lots of small prizes?
- Would you rather be very good at one game or try many games?
- Would you rather win a prize on your first try or keep trying?
- Would you rather give your prize to yourself or someone else?

Time & Atmosphere

- Would you rather go to the fair during the day or at night?
- Would you rather hear music or people talking?
- Would you rather go on a busy day or a quiet day?
- Would you rather sit in the shade or in the sun?
- Would you rather stay all afternoon or just a short visit?

Memories & Feelings

- Would you rather remember a favorite fair or a favorite vacation?
- Would you rather go with family or friends?
- Would you rather take lots of pictures or just enjoy the moment?
- Would you rather dress up for the fair or wear comfortable clothes?
- Would you rather talk about old fairs or new experiences?

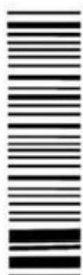
Just for Fun Silly Choices

- Would you rather hear calliope music or a marching band?
- Would you rather win one blue ribbon or many applause claps?
- Would you rather smell popcorn all day or cotton candy?
- Would you rather sit near the food stands or the game booths?
- Would you rather end the day with a snack or a rest?

✧ ✧	ADMIT ONE	✧ ✧
Fair Food Favorites . Best fair dessert . Sweet vs Salty Fair Snacks . Corn Dog or Hot Dog . Lemonade or Soda . Funnel Cake: Powered sugar or Strawberries		
✧ ✧		✧ ✧



✧ ✧	ADMIT ONE	✧ ✧
Blue-Ribbon Question Which ride do you think is the most fun? . Ferris Wheel . Carousel . Tilt-A-Whirl . Bumper Cars		
✧ ✧		✧ ✧



✧ ✧	ADMIT ONE	✧ ✧
Blue-Ribbon Question Would you rather ride the rides or play the games? Blue-Ribbon Question Which game would you try to win a prize? . Ring Toss . Balloon Darts . Can Knockdown		
✧ ✧		✧ ✧



★ ★	ADMIT ONE	★ ★
Blue Ribbon Question What is your favorite memory from a fair or carnival?		
Blue Ribbon Question Did you go to fairs more as a child, adult, or both?		
Blue Ribbon Question - What smells remind you of a fair? (Examples: popcorn, cotton candy, fried dough)		
★ ★		★ ★



★ ★	ADMIT ONE	★ ★
PERSONAL BLUE-RIBBON VOTING		
Blue Ribbon Question Who should get today's <i>Carnival Spirit</i> ribbon?		
Blue Ribbon Question Who shared the best fair memory today?		
Blue Ribbon Question Who deserves the <i>Most Enthusiastic Participant</i> ribbon?		
★ ★		★ ★



★ ★	ADMIT ONE	★ ★
Fair Food Fun		
- Would you rather eat cotton candy or funnel cake? - Would you rather drink lemonade or soda? - Would you rather snack on popcorn or peanuts? - Would you rather try everything a little or one favorite all day? - Would you rather eat fair food first thing or after games?		
★ ★		★ ★



★ ★
ADMIT ONE
★ ★

Rides & Attractions

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- Would you rather ride once slowly or many quick rides?
- Would you rather sit on the inside or the outside of a ride?
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★ ★
ADMIT ONE
★ ★

★ ★
ADMIT ONE
★ ★

Games & Prizes

- Would you rather play games or watch others play?
- Would you rather win a big stuffed animal or lots of small prizes?
- Would you rather be very good at one game or try many games?
- Would you rather win a prize on your first try or keep trying?
- Would you rather give your prize to yourself or someone else?



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ADMIT ONE
★ ★

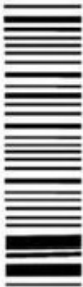
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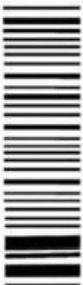
Time & Atmosphere

- Would you rather go to the fair during the day or at night?
- Would you rather hear music or people talking?
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- Would you rather sit in the shade or in the sun?
- Would you rather stay all afternoon or just a short visit?



★ ★
ADMIT ONE
★ ★

☆ ☆	ADMIT ONE	☆ ☆
Memories & Feelings • Would you rather remember a favorite fair or a favorite vacation? • Would you rather go with family or friends? • Would you rather take lots of pictures or just enjoy the moment? • Would you rather dress up for the fair or wear comfortable clothes? • Would you rather talk about old fairs or new experiences?		
☆ ☆		☆ ☆

☆ ☆	ADMIT ONE	☆ ☆
Just-for-Fun Silly Choices • Would you rather hear calliope music or a marching band? • Would you rather win one blue ribbon or many applause claps? • Would you rather smell popcorn all day or cotton candy? • Would you rather sit near the food stands or the game booths? • Would you rather end the day with a snack or a rest?		
☆ ☆		☆ ☆

Thursday

Day 4 - Field Day Frenzy

Activity: Spin Art DIY

Dimensions of Wellness: Intellectual, Occupational, Social, Emotional

Supplies:

- Salad spinners
- Paint
- Cardstock paper or paper plates
- Pencil
- Tarp, newspaper, or other material for drying
- Pencil or pen to label each painting

Directions:

1. Cut the paper to fit inside the salad spinner. They should mostly lay flat with just the corners bending up the sides.
2. Place the paper inside the salad spinner with some of the paint squeezed out on the paper.
3. Spin the salad spinner quickly for 20-30 seconds.
4. Look inside to see if it is done, if not continue to spin until it is what the resident is wanting. Add more paint if needed.
5. When complete, take paper out and lay flat on newspaper or other material to completely dry.



Activity: Sponge Bucket Game

Dimensions of Wellness: Physical, Intellectual, Social, Environmental

Goal of the Game: The team with the most water in the bucket at the end wins OR the first team to fill their bucket to the line wins. This is a great way for staff and residents to connect and engage in a fun and exciting game.

Materials:

- 2 large sponges (one per team)
- 2 small empty buckets (start line, one per team)
- 2 large buckets of water (finish line, one per team)
- Cones for lane markers
- Measuring stick or marked tape line on the side of the fill bucket to judge winner
- Towels
- Whistle

How to Play:

1. Divide players into two even teams. Teams line up in single file behind their empty bucket at the start line.
2. On the start signal, the first player in each line (resident and staff member) go to their team's large water bucket at the finish line.
3. Dunk the sponge fully. Pick it up and carry it back to the start line with the sponge held above their head. This is the rule that gets everyone wet.
4. Squeeze every drop of water from the sponge into the team's empty bucket at the start line.
5. Hand the sponge to the next player. The next player immediately repeats the same process.
6. Relay continues until one team's bucket reaches the fill line or until every player has participated. The team with the most water at the end or the team that fills the bucket the fastest wins.



Friday

Day 5 - Under The Sea

Activity: Dress Up

Fisherman/Fisherwoman

- Flannel shirt, hat, jeans

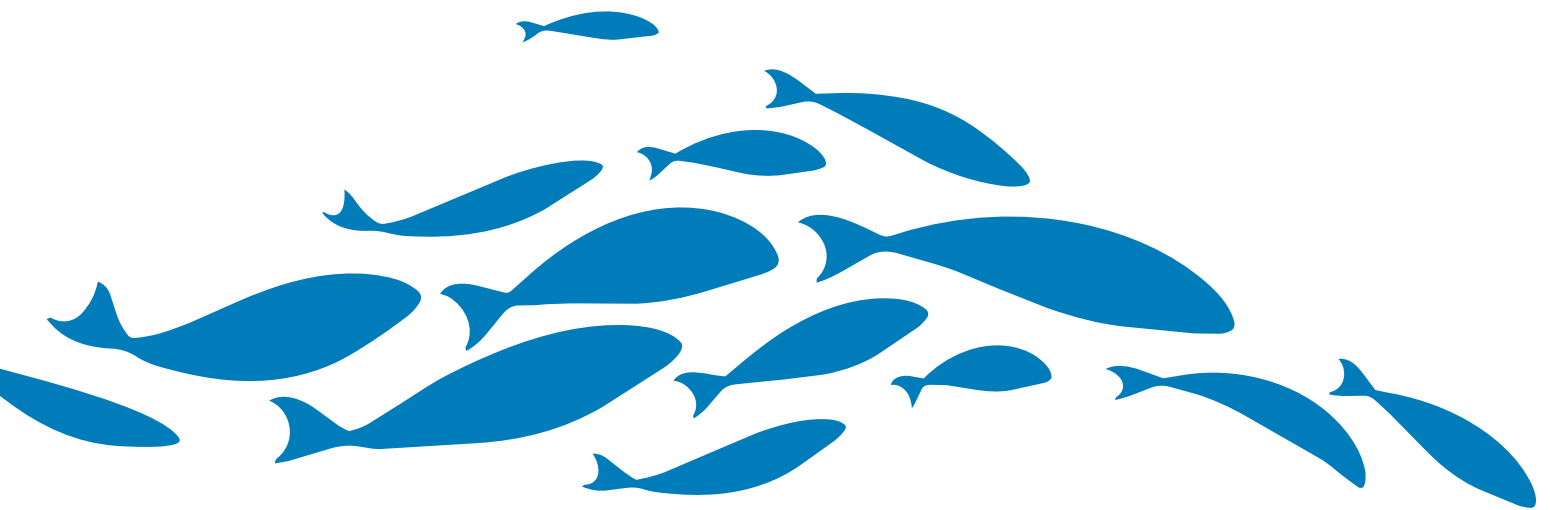
OR

Color Theme

- Blue = water
- Green = seaweed
- Coral/orange/yellow = tropical fish

Daily Activity Cards:

1. If you could be any sea creature, what would you be and why?
2. Have you ever gone fishing? What was your best catch?
3. If you found a message in a bottle, what do you think it would say?



Activity: Under the Sea Charades

Purpose: To encourage social interaction, laughter, movement, and cognitive engagement through a fun, ocean-themed guessing game.

Supplies Needed:

- Under the Sea charade cards (printed and cut)
- Bowl or container (to draw cards from)
- Optional:
 - Timer (1 minute or less)
 - Small prizes
 - Whiteboard or paper for scorekeeping

Group Setup

- Ideal group size: 4–12 participants
- Arrange residents in a circle or seated at tables
- Staff member acts as facilitator

How to Play

1. A participant picks a card (with help if needed)
2. They act out the word or phrase without talking
3. The group guesses

Optional Timing

- Give each person 30–60 seconds
- If no one guesses, facilitator can:
 - Give a hint
 - Offer multiple choice
 - Reveal the answer

Ways to Play

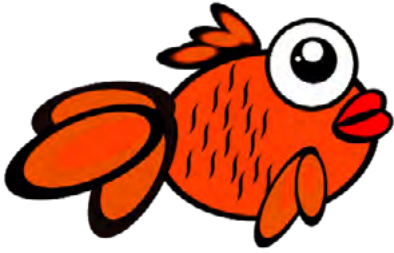
Option 1: Just for Fun/Everyone guesses together

- One person acts, entire group calls out guesses
- No scoring
- Focus on laughter and participation
- Best for mixed ability groups

Option 2: Team Play

- Divide into 2 teams
- Teams earn a point for correct guesses

Fish



Shark



Jellyfish



Octopus



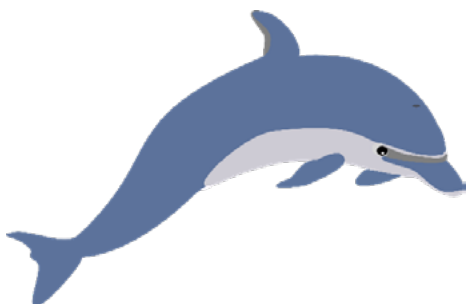
Crab



Sea Turtle



Dolphin



Whale



Seahorse



Stingray



Swim Goggles



Swim Floaties



Sun Glasses



**Drying off with
a Beach Towel**



Flip Flops



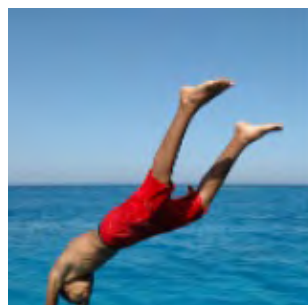
Swimming



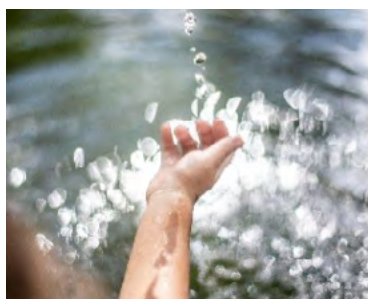
Floating on Water



Diving Underwater



Splashing Water



Building a Sandcastle



Looking through Binoculars



Fishing



Rowing a Boat



Snorkeling



Sailing



Putting on Sunscreen



**Relaxing in
a Beach Chair**



**Collecting
Seashells**



Flying a Kite



**Walking on
the Beach**



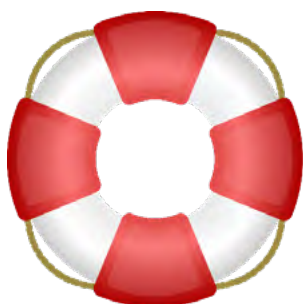
Pirate



Mermaid



Lifeguard



Captain of a Ship



Finding Treasure



Playing Sand Volleyball



Having a Picnic



Reading a Book



Surfing



Taking Pictures



Activity: Build an Aquarium Collaborative Group Craft

Purpose: To promote creativity, teamwork, socialization, and engagement by creating a shared “under the sea” scene together.

Supplies Needed:

- Large poster board, bulletin board paper, or cardboard
- Blue paper or paint (for water background)

Decorations

- Pre-cut fish shapes
- Seaweed strips (green paper or ribbon)
- Coral shapes (colored paper)
- Shell cutouts or real shells
- Stickers (fish, bubbles, ocean animals)

Craft Materials

- Glue sticks (easier than liquid glue)
- Tape (double-sided if available)
- Markers, crayons, or colored pencils
- Optional: sequins, tissue paper, yarn, foil for shine

Group Setup

- Small groups or one large group (4–10 participants works well)
- Residents seated at a table or around the display area
- Staff available to assist as needed

How to Conduct the Activity:

Prepare the Base

- Place your blue background on a wall, table, or easel
- Add a simple “sand” strip at the bottom (tan paper optional)
(This step can be prepped in advance to save time)

Distribute Materials

- Give each resident:
 - 1–2 fish or sea shapes OR
 - Blank paper to decorate their own
- Provide decorating supplies (markers, stickers, etc.)

Create Individual Pieces:

Encourage residents to:

- Color and decorate their fish or ocean item
- Add patterns (stripes, dots, glitter)
- Name their fish if they'd like
Keep this relaxed—no right or wrong way!

Add to the Aquarium. One at a time (or with assistance):

- Residents glue or tape their creation onto the board

Optional Add-Ons

- Add bubbles with cotton balls or drawn circles
- Attach ribbon or yarn for “moving seaweed”
- Use foil or sequins for sparkle
- Label the aquarium (e.g., “Our Community Ocean”)

Bonus Ideas*

- Leave it up as a decoration in the hallway or dining room
- Add to it throughout the week (new fish each day!)
- Pair with ocean music for ambiance

Activity: Pass the Pearl Game

Purpose: To encourage movement, social interaction, listening skills, and fun using a simple passing game with an ocean theme.

Supplies Needed:

- A “pearl” (use any of the following):
 - White ball
 - Beach ball
 - Stuffed toy
- Music (ocean-themed playlist works great!)
- **Optional:**
 - List of trivia questions OR discussion questions/prompts
 - Small prizes

Group Setup:

- Ideal group size: 5–15 participants
- Seat residents:
 - In a circle (best option), **OR**
 - Around a table
- One staff member controls the music

How to Play:**Start the Music**

- Begin playing music
- Participants gently pass the pearl from person to person

Stop the Music

- Pause the music at random
- The person holding the pearl is “chosen”

Give a Trivia Question OR Prompt

- Answer a question
- Share a memory
- Do a simple movement

Ways to Play:**Option 1: Conversation Game**

- No winners or losers
- Focus on sharing and laughing

Option 2: Prize Version

- Give a small prize each time someone is “chosen”

Option 3: Movement Version

- Instead of questions, participants:
 - Do a sea creature movement
 - Lead a quick group motion

Activity: Name That Tune- Under the Sea Edition

Purpose: To promote memory recall, engagement, social interaction, and fun through music recognition.

Supplies Needed:

- Playlist of ocean/sea-themed songs
- Speaker or music player
- Printed song list (for facilitator reference)
- Whiteboard or paper for scoring
- Optional:
 - Bell or buzzer
 - Small prizes

Group Setup:

- Ideal group size: 4–12 participants
- **Arrange residents:**
 - In a circle **OR**
 - At tables facing the facilitator
- **Divide into:**
 - Individuals **OR**
 - 2–3 teams

How to Play:

Play the Music

- Play 15–30 seconds of a song
- Pause the music
- Let participants guess

Scoring System

Award points as follows:

- 1 point = Correct song title
- 1 point = Correct artist
- Bonus point (optional) = If both are correct together

Example:

- “Beyond the Sea” = 1 point
- “Bobby Darin” = 1 point
- Both correct = 2–3 points total

Continue Rounds

- Rotate turns OR allow group call-outs
- Keep score visibly so everyone can see
- Continue through your playlist

Ways to Play

Option 1: Team Competition

- Teams work together to answer
- Keeps pressure low and encourages teamwork

Option 2: First to Call It Out

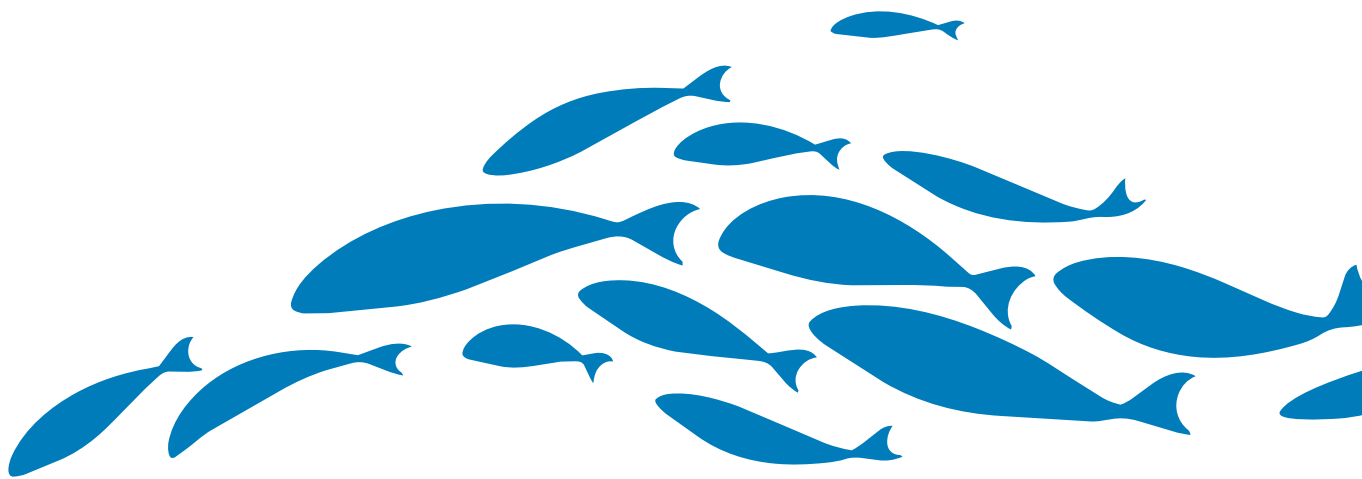
- First person to raise hand or call out answers

Option 3: Group Effort (Best for Mixed Abilities)

- Everyone guesses together
- Award points to the whole group
Keeps it inclusive and low-pressure

Bonus Ideas

- Add a dance break between songs
- Close with a group sing along
- Pair with ocean-themed snacks
- Use scarves or simple movements during music



Song List

1. "Beyond the Sea" – Bobby Darin
2. "Under the Sea" – (Disney's The Little Mermaid)
3. "Sittin' On The Dock of the Bay" – Otis Redding
4. "Sea of Love" – Phil Phillips / The Honeydrippers
5. "Yellow Submarine" – The Beatles
6. "Octopus's Garden" – The Beatles
7. "Surfin' USA" – The Beach Boys
8. "California Girls" – The Beach Boys
9. "Kokomo" – The Beach Boys
10. "Under the Boardwalk" – The Drifters
11. "Wipe Out" – The Surfaris (fun instrumental!)
12. "Come Sail Away" – Styx
13. "Sloop John B" – The Beach Boys (traditional/folk style)
14. "Beyond the Sea (La Mer)" – instrumental versions also work great
15. "Drift Away" – Dobie Gray
16. "Somewhere Beyond the Sea" – various versions
17. "Moon River" – Andy Williams (water imagery, calm and soothing)
18. "Harbor Lights" – The Platters
19. "Sailing" – Christopher Cross
20. "Island in the Sun" – Harry Belafonte



Resources

The following pages are designed to be easily copied at your facility using your copy machine. You can also download full color version of these pages online at www.AegisTherapies.com/walkwithaegis.



1. Log each participant's name and the total minutes they participated in all WALK! with Aegis events for the day.

2. Calculate your team's total daily miles:

3. Be sure to keep track of your miles and send, along with photos of your event and signed consent forms, to media@aegistherapies.com.



2026 CERTIFICATE OF PARTICIPATION

This hereby certifies that

Participated in the **WALK! with Aegis Therapies**® wellness event in support of the International Council on Active Aging's 2026 Active Aging Week®.

We thank you for your participation and support of Active Aging Week and congratulate you for your commitment to health and wellness in your community.

A handwritten signature in black ink, reading "Martha Schram".

Martha Schram, President and CEO of Aegis Therapies



Presented by:





PRESENTED BY:



Celebrate Active Aging Week and WALK! With Aegis Therapies 2026

Time for fitness, friends and fun! Join Aegis Therapies in celebrating health and wellness during **WALK! with Aegis Therapies** – a national event supporting International Council on Active Aging's Active Aging Week. WALK! events will focus on the seven dimensions of wellness using a series customizable plans and activities to accommodate all participant levels and locations.

Virtual and Customizable

Aegis Therapies and EnerG by Aegis have tailored this year's WALK! activities to be flexible, with options for both in-person and virtual events. Visit www.AegisTherapies.com/walkwithaegis for links to live and recorded events, activity guides and more.

WALK! with Aegis Therapies' Dimensions of Wellness Activity Examples:

Physical Wellness

Participants engage in physical activity such as walking (or other physical activity in accordance with the participant's physical ability).

Intellectual Wellness

Participants enjoy activities that help stimulate the brain and keep the mind sharp.

Emotional Wellness

Participants engage in stress-relieving and muscle relaxation exercises so they can feel their best.

Spiritual Wellness

Participants focus on a spiritual activity that helps balance body, mind and spirit, as well as restore concentration, mental clarity and inner peace.

Occupational Wellness

Participants will have fun with activities that support the occupational dimension of wellness.

Social Wellness

Participants engage in an activity involving social interaction, such as a community event, connecting with a friend or writing a thank you card.

DATE:
October 5th - 11th, 2026





AegisTherapies.com

Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。请探访您的本地Aegis Therapies地点以获得协助。WALK-00191-26