

Download Group Activities With Older Adults

13 Senior Activities To Try Today. There are hundreds of different ways that you can get up and get active today. Here are some fun, productive and beneficial activities with proven benefits for both your physical and mental well being. Now I start my day with fruits and veggies by having a homemade smoothie for breakfast. I use almond milk, banana, berries, and kale or spinach (for iron). Check out our collection of fun problem solving activities! Choose from 17 problem solving games for your audience. Outdoor recreation for Adults 50+ The Active Living Club promotes outdoor activities in a group setting for older adults aged 50+ and seniors. Activities include cycling, hiking in spring, summer and fall. - Group Activities With Older Adults