Activities For Those With Limited Mobility

Spending Time Outdoors

Bird watching

Visiting local parks or gardens

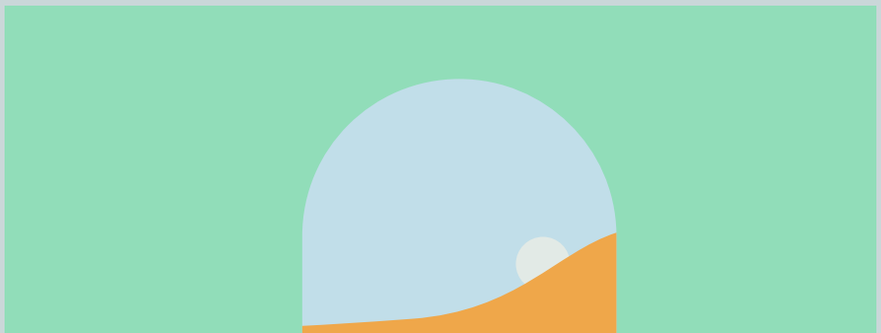
Outdoor picnics

Light-impact exercise classes (yoga, swimming)

Gardening

Indulging in Creative Activities

- Writing & journaling
- Painting & drawing



- Playing an instrument
- Singing or listening to music
- Making scrapbooks or taking photos
- Reading or listening to audiobooks
- Crocheting & knitting
- Playing games or doing puzzles

Taking Classes

Cooking

Learning a new language

Swimming

Creative writing

Learning an instrument

Joining Social Groups

- Local senior centers
- Group art courses
- Book clubs
- Exercise classes
- Bridge club
- Film club
- Collector’s clubs (coins, memorabilia)

Bonding With Family

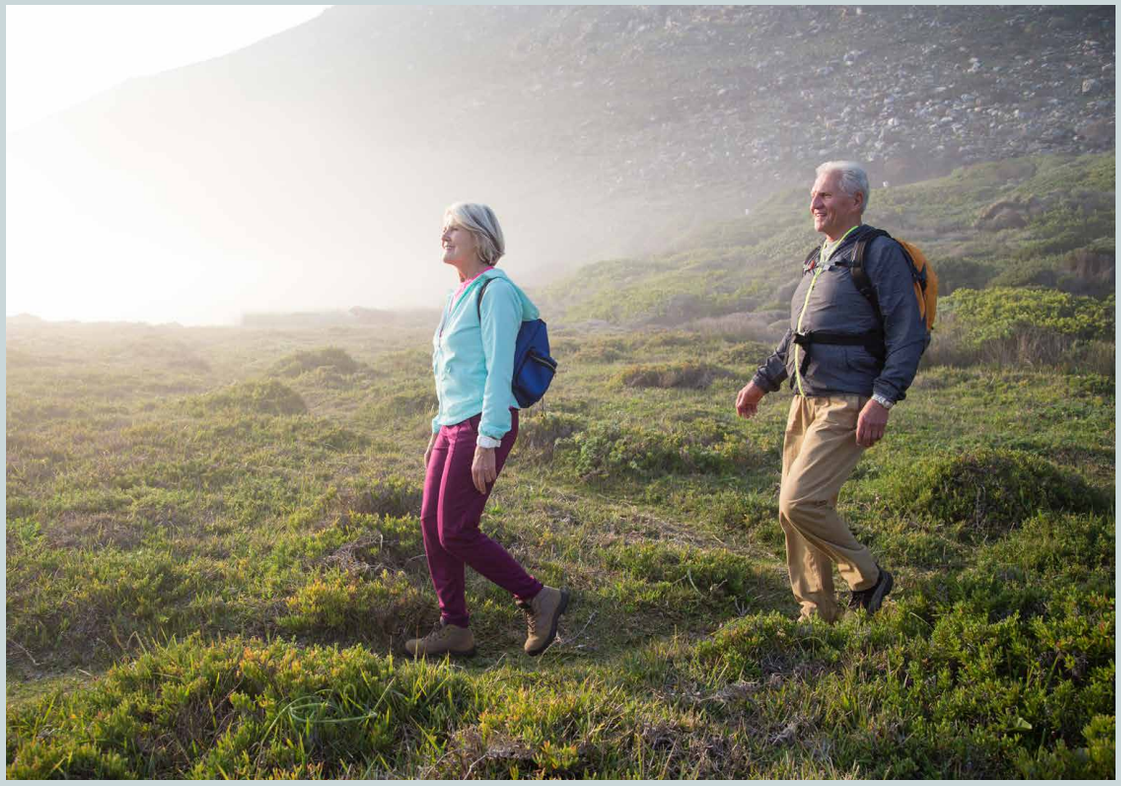
Telling/writing down stories from younger years

Exploring old photo albums

Exploring genealogy and family history

Participating in Alternate Exercises

- Chair yoga
- Low-impact & mobility exercises (resistance bands, water aerobics)
- Walking
- Tai-chi



Volunteering

- Donating and sorting items for clothing drives
- Cooking/baking items for bake sales or community events
- Serving food at soup kitchens or homeless shelters