

20 FESTIVE HOLIDAY ACTIVITIES FOR SENIORS



Seniors enjoy being included in holiday activities

From Del: In this article, there are more outside links than usual. I have not checked all these websites, but from what I understand, one of the reasons that DailyCare is rated the Number One Website on caring, is they have a great track record, and they only use other websites that have been checked and verified. I have had no trouble with any links from DailyCare that I have opened and used in the past.

The holidays can be fun for older adults even if they have physical or cognitive limitations. It's all about spending time together, feeling included, and enjoying the good company – whether in person or virtually. The activities you do together don't have to be exciting to be special and meaningful. Simply being able to join in brings joy and helps your older adult enjoy the season.

We've rounded up 20 fun holiday activities for seniors that are perfect to enjoy with family and friends. We also share tips on how to modify or pace activities to keep older adults from getting too tired or overstimulated.

20 fun and festive holiday activities for seniors *15 activities for staying at home—*

- Make a holiday wreath – [these are fun and festive](#)
- Decorate and fill stockings – [try this fun stocking kit](#)
- Fill your home with a cozy holiday scent with pomanders made with oranges and cloves – [like this](#)
- Decorate the house – here are some [fun ideas](#) and these [mini hat ornaments](#) are adorable and easy to make
- Prompt kids to ask about “the olden days” so they can learn about their grandparent’s youth (this is a great conversation starter for phone or video calls)
- Play simple [card games](#) or [board games](#)

- Enjoy listening to your older adult's favorite tunes
- Sing holiday songs together – [try these holiday classics](#)
- Have a movie night with snacks, extra pillows, and warm blankets to cuddle under
- Have a relaxed chat over tea or coffee
- Bake cookies – [try these delicious, easy-to-make gingerbread cookies](#)
- Cook or prepare favorite holiday foods together
- Wrap gifts together – don't worry if things aren't perfectly wrapped, the goal is for your older adult to feel included and be able to participate
- Ask your older adult to help with holiday cards – writing, addressing, stamping, or sealing envelopes
- Ask for their opinions or ideas while you're shopping online for gifts

5 activities for going out—

- Stroll around the mall and admire the holiday decorations – go at less-popular times to avoid crowds
- Take a family walk around the neighborhood or through a local park
- Enjoy a delicious meal at a favorite restaurant or get take-out and eat at home
- Watch the latest feel-good holiday movie or fun comedy in the theater
- Take in a local play or musical

Pace activities and modify as needed-

Encourage older adults to join in the holiday festivities whenever possible, but be careful not to overdo it. Many of these activities are low-key and can be easily modified to fit your older adult's energy level and abilities.

It's still wise to be on the lookout for signs of fatigue and proactively suggest breaks or a mid-day nap. If your older adult has [Alzheimer's disease](#) or [dementia](#), you may want to [modify activities even further](#) to avoid overstimulating or confusing them.

Recommended for you:

- [50 Best Gifts for Seniors: Things You've Never Thought Of](#)
- [34 Wonderful Gifts for Senior Women](#)
- [38 Great Gifts for Senior Men](#)

By DailyCaring Editorial Team

This article wasn't sponsored, but contains some affiliate links. If you buy through an affiliate link on our site, we may earn a small commission, at no additional cost to you, and we appreciate your support. We never link to products for the sole purpose of making a commission. Product recommendations are based on our honest opinions. For more information, see [How We Make Money](#).