

# Fun Group Activities



DEMENTIA EMPOWERMENT NETWORK

RÉSEAU D'AUTONOMISATION DES PERSONNES ATTEINTES DE TROUBLES NEUROCOGNITIFS



There are no limits to what activities your groups can do - just your imagination!

Below are some ideas to get you started:

- > painting
- > meals
- > trivia
- > cornhole
- > charades
- > movies
- > walks
- > mini golf
- > bingo



“ **Whatever people want to do is what you should be doing!** ”

**TIP:** Have a variety of activities at the beginning and see what people gravitate towards!

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