

Dementia Activities For Seniors



Seven Days, Seven More Ways To Connect

A Second Week of Gentle, Joyful
Activities for Every Stage of Dementia

Published By:
Mellow Memory Books

About the Author

Mellow Memory Books was founded by a healthcare professional with nearly 20 years of experience supporting individuals living with dementia. We are committed to supporting both the individuals themselves and their caregivers through every stage of the journey.

We create tailor-made, dementia-friendly activity books that stimulate memory, boost mood, and strengthen motor skills through fun, engaging activities and exercises. These can be enjoyed independently or with a caregiver, offering meaningful opportunities to spend time together.

We also offer practical guides designed specifically for dementia caregivers—filled with proven strategies, compassionate insights, and supportive tools to help navigate each step of the dementia journey.

Through these resources, we aim to ease the burden of dementia care and provide guidance, comfort, and connection to those facing its many challenges.

Medical Disclaimer:

This book is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider with any questions regarding a medical condition. The author and publisher are not responsible for any actions taken based on the information presented in this book.

Copyright

Copyright © Mellow Memory Books 2025. All rights reserved. This content is the intellectual property of Mellow Memory Books. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the copyright holder, except in the case of brief quotations used for educational or non-commercial purposes permitted by copyright law.

Introduction

This book, *Seven Days, Seven More Ways to Connect*, is a follow-up to *Seven Days, Seven Ways to Connect*—a bonus resource from *Dementia Activities for Seniors*.

Designed as a one-week guide, it features daily activities that gently engage individuals living with dementia. Whether you're a family member, friend, or care professional, each activity offers a simple, meaningful way to connect, share moments of joy, and spend quality time together.

Each activity is easy to do and helps evoke happy memories, reduce agitation, and provide a sense of achievement. The activities are suitable for all stages of dementia and can be adapted to meet individual needs.

It's important to remember that what matters most is not doing each activity perfectly, but focusing on what brings joy to the person.

Understanding The Stages of Dementia

Dementia affects each person differently, but it generally progresses in stages. Understanding what to expect at each stage can help caregivers choose appropriate activities and provide the right support. Below is a simple overview of the early, middle, and late stages of dementia.

Early Stage: In the early stage of dementia, individuals may still live independently, though they may begin experiencing memory lapses, difficulty finding words, or challenges with planning and organizing. They may need occasional reminders and extra support with daily tasks. Activities that engage long-term memory, personal interests, and encourage meaningful conversation can be especially beneficial during this stage.

Middle Stage: As dementia advances to the moderate stage, memory loss and confusion become more pronounced. Individuals may struggle with daily tasks, recognizing familiar locations, or keeping track of time. Communication may become more difficult, and emotional responses may fluctuate. Activities that are hands-on, sensory-based, and structured—particularly those with visual or physical cues—can help sustain engagement and promote a sense of connection.

Late Stage: In the late stage of dementia, there is a marked decline in physical abilities, communication, and awareness of the environment. Individuals may require full assistance with daily care and may have limited speech. However, they can still respond to music, touch, familiar voices, and established routines. At this stage, activities are centered around offering comfort, fostering connection, and promoting a sense of calm.

Tips on Adapting Activities for Each Stage

Early-Stage

- Involve the person in planning or choosing the activity.
- Focus on conversation, reminiscing, and shared decision-making.
- Encourage independence - offer support only when needed.
- Use familiar objects, places, and routines to spark memory.

Middle Stage

- Keep instructions simple and step-by-step.
- Use visual aids or demonstrations instead of verbal explanations alone.
- Minimize distractions and noise to help with focus.
- Choose activities that use the senses—touch, smell, sound, and movement.
- Allow extra time and celebrate participation, not perfection.

Late-Stage

- Prioritize comfort and emotional connection over completing a task.
- Use music, soothing touch, and familiar voices to engage the senses.
- Keep activities brief and gentle—short moments can still be meaningful.
- Sit together quietly, hold hands, or share a calming routine.
- Watch for non-verbal signs of interest or enjoyment.

Introducing The Seven Activities

Each day of the week offers a unique and meaningful way to connect with those living with dementia. From reminiscing about the past to engaging with music, animals, creativity, and acts of kindness, these daily themes are designed to spark joy, encourage gentle interaction, and provide moments of calm and connection.

- **Day 1:** Time Travel Talk
- **Day 2:** Soothing Scents
- **Day 3:** Movement & Music
- **Day 4:** Home, Sweet Home
- **Day 5:** Animal Moments
- **Day 6:** Color & Calm
- **Day 7:** Kindness Together

Lets Begin!



Day 1

TIME TRAVEL TALK

THEME

Spark memories and identity through meaningful conversation

WHAT TO DO

- Explore a memory box with objects from the past
- Look at old postcards or magazine clippings and talk about the era
- Say things like, “This reminds me of my mum’s kitchen. What about you?”
- Share an experience from your past to create space for them to share theirs
- Use a photo from a past event (wedding, holiday, school) to start a story

WHY IT MATTERS

Reminiscence taps into long-term memory, which often remains strong in dementia. It can affirm identity and bring joy and laughter. Talking about the past helps people feel seen and heard, especially when recent memories may be harder to recall. It can reduce feelings of frustration or isolation and spark meaningful conversations that build emotional closeness. Even if details are fuzzy, the emotions connected to favorite memories, like a childhood pet, a first job, or a wedding day, often stay vivid.

SIMPLE TIPS

- Talk about “firsts” (first job, first car)
- Record favorite responses in a journal
- Don’t quiz - just enjoy the flow of memory
- Let silence or repetition be okay

TRY THIS

- **Morning:** Look at old household objects or tools and ask, “Did you ever use one of these?”
- **Afternoon:** Talk about a favorite childhood meal, job, or school memory
- **Evening:** Listen to a radio show or watch a vintage clip together

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask open questions: “What music did you love as a teen?”
- **Middle Stage:** Offer visual or tactile prompts to guide the memory
- **Late Stage:** Hold an old item in your hand and describe it aloud



Day 2

SOOTHING SCENTS

THEME

Engage calm and connection through familiar smells

WHAT TO DO

- Offer a lavender or citrus-scented hand cream and apply it gently
- Set out a bowl of fresh herbs or spices to smell (rosemary, cinnamon)
- Use a cloth pouch filled with dried herbs or cotton dabbed in essential oil
- Offer a cup of scented herbal tea and enjoy the aroma together

WHY IT MATTERS

Scent is powerfully tied to memory. Gentle aromas can reduce anxiety, spark memories, or provide comfort. For someone living with dementia, familiar smells—like lavender, fresh-baked cookies, or a favorite aftershave—can create a sense of safety and calm. It can lift the mood, ease restlessness, and even help with sleep. Scents don't rely on conversation, so they offer a way to connect even when words are hard to find.

SIMPLE TIPS

- Try baking smells (vanilla, cinnamon)
- Use a small herb sachet as a hand warmer
- Blend scents with music for a layered effect
- Choose familiar scents which aren't overwhelming

TRY THIS

- **Morning:** Use lavender or citrus-scented hand lotion after breakfast
- **Afternoon:** Smell and sort herbs (mint, rosemary, cinnamon) together
- **Evening:** Offer a calming cup of chamomile or spiced tea

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask, "What does this remind you of?"
- **Middle Stage:** Let them smell and name the scent
- **Late Stage:** Rub a scented cloth gently in their hands



Day 3

MOVEMENT & MUSIC

THEME

Lift spirits through rhythm, sound, and gentle movement

WHAT TO DO

- Put on a favorite upbeat song and clap, tap, or sway together
- Try seated stretches or arm movements in rhythm with the music
- Give them a scarf or ribbon to wave slowly in the air
- Play a song from their youth and encourage toe-tapping or light dancing

WHY IT MATTERS

Combining music with movement boosts mood, supports coordination, and helps release restlessness. Adding movement, even simple clapping, tapping toes, or swaying, adds energy and joy. It encourages physical activity in a natural, enjoyable way, which can improve circulation, reduce stiffness, and promote better sleep. Familiar tunes can spark memories, while rhythm offers structure and comfort.

SIMPLE TIPS

- Repeat a simple move to a familiar beat
- Keep it fun, not perfect
- Follow their pace and reactions
- Choose songs with a clear beat
- Watch for signs of fatigue and rest often

TRY THIS

- **Morning:** Clap or tap along to an upbeat song
- **Afternoon:** Do light stretches or chair dancing with music
- **Evening:** Use gentle stretches or hand movements to settle before bedtime

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Invite them to lead a movement
- **Middle Stage:** Do mirroring
- **Late Stage:** Gently move hands or feet to music with them



Day 4

HOME, SWEET HOME

THEME

Find comfort and purpose in familiar household tasks

WHAT TO DO

- Fold small towels, pair socks, or sort clean napkins
- Lightly dust a table together using a soft cloth
- Arrange pillows or tidy magazines
- Invite them to help polish silverware with a soft cloth
- Let them carry out a task slowly, offering praise as you go

WHY IT MATTERS

Household routines are deeply familiar and can ground someone in their identity and environment. Simple tasks like folding laundry, setting the table, or watering plants may seem ordinary—but for someone with dementia, they can provide a comforting sense of purpose and belonging. Familiar chores can reduce confusion, promote calm, and offer a gentle rhythm to the day. Most importantly, they allow the person to feel helpful, capable, and connected to their home

SIMPLE TIPS

- Make it social: chat while you work
- Use scented polish or fresh laundry for sensory input
- Encourage shared participation instead of doing things for them
- Keep tasks safe and simple
- Praise participation and presence

TRY THIS

- **Morning:** Help make the bed or plump cushions
- **Afternoon:** Fold tea towels, dust a shelf, or polish cutlery
- **Evening:** Tidy magazines, stack coasters, or sort a drawer

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Let them choose a task
- **Middle Stage:** Provide one-step jobs
- **Late Stage:** Let them hold a soft duster



Day 5

ANIMALS MOMENTS

THEME

Connect through memories of animals and nature's gentleness

WHAT TO DO

- Look at a pet photo album or vintage animal books
- Watch a short, calm animal video (for example: kittens, birds or horses)
- If safe, visit or hold a real therapy pet or one they once had. Ask simple prompts: "Did you have a pet as a child?" "What was its name?"

WHY IT MATTERS

Animals offer a unique kind of comfort and companionship, one that often bypasses words and speaks directly to the heart. Whether it's the gentle rhythm of a cat's purring, the eager tail wag of a dog, or even the soft gaze of a horse, animals can calm the nervous system and create a sense of safety and connection. Animals often evoke memories and emotions, sparking stories of past pets, farm life, or simple moments of joy and laughter.

SIMPLE TIPS

- Choose textures freely or visuals or emotion, not facts. Let
- memories flow naturally. Be
- present and mirror joy
-

TRY THIS

- **Morning:** Look at photos of pets or wildlife
- **Afternoon:** Watch a short animal video or documentary
- **Evening:** Hold a soft animal toy or stroke a therapy pet

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask about childhood pets
- **Middle Stage:** Show photos and name animals
- **Late Stage:** Hold a soft animal toy



Day 6

COLOR & CALM

THEME

Explore peaceful creativity through color and sorting

WHAT TO DO

- Offer a few large crayons or pastels and a simple coloring page
- Provide small bowls of colored buttons or pom-poms to sort
- Choose a “color of the day” and find matching objects around the room
- Let them arrange colored fabric scraps on a tray or table
- Create a paper collage using pre-cut shapes and glue sticks

WHY IT MATTERS

Color offers a gentle, nonverbal way to express emotion and invite calm. It engages the senses in a way that feels safe and soothing, no words, no pressure, just the simple act of noticing or choosing a color can be grounding. Whether through coloring, painting, or simply observing shades in nature or a photograph, color creates space for personal expression without needing to explain or perform.

SIMPLE TIPS

- Try calming shades like blue, green, and lavender
- Keep activities short and unhurried
- Pair with scent or music for deeper effect

TRY THIS

- **Morning:** Choose a “color of the day” and find items around the room
- **Afternoon:** Sort fabric swatches, buttons, or pom-poms by color
- **Evening:** Color in a simple sheet with relaxing music

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask, “Which color do you feel today?”
- **Middle Stage:** Use sorting trays or color games
- **Late Stage:** Offer soft, colored objects to hold



Day 7

KINDNESS TOGETHER

THEME

Foster purpose and warmth through small acts of giving

WHAT TO DO

- Make a simple card with stickers, a heart, or kind words
- Fold tissue paper or decorate a small gift box Help message
- Deliver them write or draw a thank-you somewhere special
- or display a finished card
- Talk about someone who might enjoy receiving their creation

WHY IT MATTERS

Kindness and generosity remain deeply meaningful at every stage of life—including the later stages of dementia. The ability to give, not just receive, nurtures a sense of dignity, purpose, and self-worth. In moments of confusion or disconnection, kindness offers clarity. It's a language of love that doesn't rely on memory or cognition. It can be felt instantly, remembered through sensation, and reflected in return..

SIMPLE TIPS

- Use pre-folded cards or large paper
- Say aloud what the card says or who it's for
- Offer warmth: "You've made something beautiful today"
- Focus on feelings, not perfection

TRY THIS

- **Morning:** Make a simple greeting card or draw a heart
- **Afternoon:** Decorate a small gift box or fold tissue paper
- **Evening:** Write or dictate a thank-you note together

ADAPTING FOR DIFFERENT STAGES

- **Early Stage:** Ask, "Who could we send this to?"
- **Middle Stage:** Help them sign or choose a sticker
- **Late Stage:** Gently hold their hand as you create

Conclusion

Thank you for taking the time to read this book. We hope it has been a valuable resource, offering support and guidance in your caregiving this week. Remember, this is just the beginning. Feel free to revisit the activities, adjust them as needed, and make them your own. Your care, patience, and presence make an incredible difference—more than you may realize. Keep moving forward, be gentle with yourself, and know that you are not alone on this journey.

With gratitude,

Mellow Memory Books

We'd Love to Hear Your Thoughts!

Thank you for purchasing *Dementia Word Search for Seniors!*

We hope you and your loved one enjoyed the puzzles and exercises, and that *Seven Days, Seven More Ways to Connect* offered fresh, creative ways to engage and connect.

If you found these books helpful, we'd really appreciate it if you could take a moment to leave a review. Your feedback not only helps us improve but also guides other caregivers in finding meaningful, supportive resources.

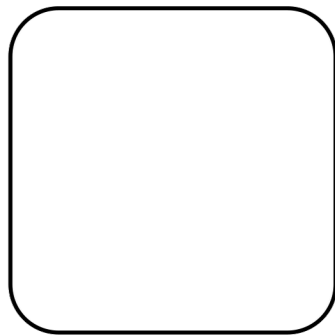
Thank You!

We'd Love to Hear Your Thoughts!

Thank you for purchasing *Dementia Word Search for Seniors!*

We hope you and your loved one enjoyed the puzzles and exercises, and that *Seven Days, Seven More Ways to Connect* offered fresh, creative ways to engage and connect.

If you found these books helpful, we'd really appreciate it if you could take a moment to leave a review by scanning the QR code. Your feedback not only helps us improve but also guides other caregivers in finding meaningful, supportive resources.



Thank You!