

Social Outlets Sample List

Here is a sample list of activities your loved one would like to continue.

I would like to:	What is required for this activity?	Who can help us fulfill this wish list?
Go to church	Requires a ride at 9:30 on Sunday	Church member or friend
Play cards	Need cards with big numbers; favorite game is Aggravation	Anyone willing! Mom can teach them the game. She likes to bet pennies; be prepared!
Cook	Anyone able to stand at the stove to stir, lift heavy pots, put things into the oven. Likes to bake banana bread to give away	Anyone willing! Mom knows the recipe. Someone will need to make sure everything is in the house ahead of time
Watch football or baseball together	Any Sunday they play	Someone who understands the game
Play golf	Any day possible	Someone who can drive the cart
Book club	Third Wednesday of the month	Someone who loves to read and can drive
Walking/Exercise	As often as possible	Anyone who doesn't mind a slower pace and conversation
Shopping for fun	Any availability	Someone who drives/ can manage a rollator in and out of the car
Going out to dinner	Any availability	Someone who drives/ can manage a rollator in and out of the car