



5 Easy Indoor Activities to Foster Connection This Winter

With the holiday season behind us for another year, you might be struggling to find ways to connect with your aging parent or loved one without the assistance of Christmas cookie recipes and large family gatherings. To make matters even more complicated, you might not be able to get out for your usual neighborhood walk together and grabbing lunch at your favorite restaurant might be difficult with winter weather. But take heart, as we have pulled together five of our favorite easy activities to do together. With just a bit of advance planning and preparation, you can enjoy an experience and conversation with your loved one, all within a warm and cozy home.



Manicure and Massage

This activity not only offers you both time to visit, but also gives your loved one the many benefits of sensory stimulation. Any time more than one sense (hearing, sight, touch, smell, taste) is stimulated during an activity, it can result in increased relaxation and focus. Tap into some much needed relaxation with a well-timed manicure and hand massage. Don't worry – you don't need to be a professional to give a good hand massage

and manicure. Simply bring scented lotion (try lavender for relaxation or citrus for a more energizing experience), a nail file (to prevent any unintentional skin cuts), and a few different polish colors. Put on some favorite music, serve hot tea or spa water (water with slices of orange, lemon, or berries) and get to work. Wash hands in warm, soapy water and follow up with lotion (massage the hands as you go). File down nails and add a few coats of nail polish.

Indoor Gardening

Get a glimpse of spring by adding gardening into your winter visits. You don't have to be a master gardener to nurture one, or two, plants indoors as long as you pick ones that can survive indoor conditions. Try planting a kitchen garden by planting herbs like basil or thyme in small pots that can grow on your counter. Small terracotta pots are typically inexpensive at your local craft store, and you can even paint the pots together before you fill them with soil and seeds.

Make a Comforting Meal Together

Cooking is another way to have a connected, multisensory experience together. Wintertime is perfect for making comfort favorites like soup. [Try out these one of these recipes](#), or one of your own, together. Remember to let your loved one help as much as possible and to adapt their activity as needed. For example, your loved one may need to chop while seated at the kitchen table, not standing at the kitchen counter. Enjoy your soup together with a piece of crusty bread and then freeze the leftovers.

Write to Friends

Work together to write notes to family and friends. Simply bring in a few beautiful pieces of stationery and explore your loved one's address book together to find a few people to write to. If your loved one has fine motor issues that make holding a pen difficult, allow him to dictate his words while you write it down. Mail out a few correspondences per week, making it part of your routine this winter. You both may be surprised how much joy it brings you, along with a few extra responses tucked in the mailbox.

Celebrate Elvis

Sometimes being a bit silly can break the winter doldrums quicker than any manicure or pot of soup. Elvis was born in early January, but you can celebrate his birthday any day this winter with a few fun activities. Make peanut butter and banana sandwiches for lunch and do your exercises or stretches to an all-Elvis soundtrack. Visit the [Graceland website](#) to take a virtual tour or rent and watch one of the many movies that Elvis starred in. Theme your entire visit to celebrate the King of Rock and Roll – we guarantee you will both enjoy this departure from the ordinary, even if you aren't a fan of the King.

If you are finding that your loved one needs more socialization and companionship this winter than you can provide, [let our Angels help](#). We have years of experience with seniors and would love the honor of serving your family.

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