

Holiday Activities that Warm the Heart

Simple Ways to Help Seniors Feel Included, Connected, & Loved this Holiday Season



Memory Ornament Project

Gather old photos or mementos and create “memory ornaments.” Write short stories on tags to hang on the tree.

✓ *Stimulates memory, storytelling, and connection.*



Cookie Exchange

Host a small baking day with family or neighbors. Let seniors lead by sharing their favorite recipes.

✓ *Promotes fine-motor activity, taste, and joyful nostalgia.*



Sing-Along Social

Play favorite carols or old-time classics on a playlist or piano.

✓ *Improves mood & cognition and includes everyone.*



Light Tour Adventure

Take a safe evening drive or walk to see neighborhood lights.

✓ *Encourages mobility & cheer while avoiding overstimulation.*



Holiday Card Kindness

Invite friends and grandkids to make handmade cards for local seniors or veterans.

✓ *Builds purpose and community connection.*

Togetherness is Preventive Care!

Isolation increases the risk of heart disease, stroke, depression, and cognitive decline.

Home care bridges that gap by keeping seniors engaged, active, and emotionally supported – especially during the holidays.



Home Care Helps!

- **Provides** companionship and daily interaction that reduces loneliness.
- **Supports** safe participation in family and community traditions.
- **Assists** with transportation, meal prep, and shopping for family gatherings.
- **Gives families peace of mind knowing loved ones aren't alone during the holidays.**

***Give the Gift that Truly Matters –
Companionship & Connection.***

**Contact us to schedule a complimentary
Holiday Wellness & Companionship Visit.**



Assisting Hands®
Home Care

www.assistinghandsdanapoint.com

Serving South Orange County

949-426-7300

HCO# 304700345