



Virtual Catalog

Pre-register for event: Ppt. will need to pre-register with Service Coordinator (SC) to attend virtual activity. This can also work with involved management in the building if no service coordinator available or on staff.

Snack/Prizes: SC will distribute to ppt. that pre-registered

Limit per call: 5-7 ppt. max

Call in number will be provided and pin

Spanish / Mandarin/ Arminian possibility

Time Call: 15-30 min activity

Activity:

1. Virtual Bingo/Loteria
 - a. Pick up prizes from SC
 - b. Each resident given a card
 - c. Every day a number or picture is drawn and displayed in the lobby
 - d. Residents make way to the area to view "called" number or picture
 - e. Residents mark off on their card
 - f. First to get a Bingo/lotaria wins a prize
 - g. Game can take a while
 - h. Encourages walking for seniors
2. Coffee Hour- pastry/coffee, coffee cart
 - a. Provide individually packaged donuts or other pastry
 - b. Table set up with Coffee/Hot water and tea
 - i. Seniors are given ticket for a 30-minute window
 - ii. Only 7-10 seniors in each 30-minute window
 - iii. Must wear masks when picking up items
 - c. Seniors make your own coffee or tea at home
3. Contests – submit pictures
 - a. Silliest mask
 - b. pet contest
 - c. door decorations
4. Arts and Crafts-
 - a. Arts and crafts can be done by video calls (zoom) or independently done
 - b. Simple pre-packaged crafts (oriental trading company)
5. Educational Presentations: Phone, video calls (printed presentations will be supplied)
 - a. What is telehealth?
 - b. Health presentation
 - i. med. management



- ii. diabetes management
 - iii. What is PACE?
 - iv. Scam Awareness
 - v. Bed bug awareness
 - vi. Holiday Blues
 - vii. Wellness for seniors
 - viii. Anti-bullying in senior communities (management must be present)
 - ix. Senior Budgeting
 - x. Advance directive, what is it and why have one in place?
 - xi. Power of attorney, DPOA, MDPOA, what is it and why have one in place?
 - xii. Emergency preparedness for seniors
6. Walking program
- a. Pedometer offered – free
 - b. Walk to Mt. Everest
 - c. Tracking sheets provided
 - d. Prizes – target/Walmart/99 cent stores
 - i. \$15
 - ii. \$10
 - iii. \$5
7. Puzzle
- a. Provide puzzles of 50 – 100 pieces can be purchased at 99 cent stores
 - i. Must pick up
 - ii. 30-minute window
8. Virtual field trips
- a. Museums (Smithsonian, natural history)
 - b. Zoos (San Diego safari park, LA zoo)
 - c. National parks – view eagle nest or another animal area
 - d. Leading to PAC/LAC virtual center tour.
9. Pen pal
- a. Post card
 - b. Pairing seniors up
 - c. Birthday cards
 - d. Get well cards
10. Trivia
- a. Provide prizes to SC
11. Gardening activity – grow Plants - purchased from 99 cent store
- a. Ziploc bags
 - b. Seeds
 - c. Soil
 - d. Pots
12. Door Hangers
- a. Mask/hand sanitizer/brochure



- b. Bookmark/brochure
- 13. Good Bags
 - a. Color book with color pencils/brochure
 - b. Crossword with pen/brochure
 - c. Welcome wagon bags
 - i. Goodies for new residents