

Suggestions to Get a Discussion Started

1. Name one type of bread.
2. Where did you go on your honeymoon?
3. What is your favorite hot weather activity?
4. Would you rather sing the blues or sing in an opera?
5. What is the first thing that comes to mind when you hear the word "sunflower"?
6. Name one positive thing about chewing gum. Name one negative thing.
7. Name five famous women.
8. Describe a way to entertain a small child on a rainy day.
9. How can you tell if a watermelon is ripe?
10. Tell us about shaving for the first time.
11. If you were a steamship captain, where would you like to sail?
12. What is the strangest food you have ever eaten?
13. How long is a jiffy?
14. What are all the things you would have to do to hold a baby shower?

How Many of These Do You Remember?

Candy cigarettes

Wax Coke-shaped bottles with colored sugar water inside

Soda pop machines that dispensed glass bottles

Coffee shops with tableside jukeboxes

Blackjack, Clove and Teaberry chewing gum

Home milk delivery in glass bottles with cardboard stoppers

Newsreels before the movie

P.F. Fliers

Telephone numbers with a word prefix....(Raymond 4-601).

Party lines

Peashooters

Howdy Doody

45 RPM records

Green stamps

Hi-Fi's

Metal ice cubes trays with levers

Mimeograph paper

Beanie and Cecil

Roller-skate keys

Cork pop guns

Drive-ins

Studebakers

Washtub wringers

The Fuller Brush Man

Reel-to-reel tape recorders

Tinker toys

Erector Sets

The Fort Apache Play Set

Lincoln Logs

15-cent McDonald hamburgers

5-cent packs of baseball cards - with that awful pink slab of bubble gum

Penny candy

35 cents-a-gallon gasoline

Would You Rather...

1. Would you rather eat a bug or be in a minor car accident?
2. Would you rather speak to a huge crowd or hold a snake?
3. Would you rather play monopoly or chess?
4. Would you rather walk on the moon or visit the bottom of the ocean?
5. Would you rather drive a really nice car or have a gorgeous home?
6. Would you rather have a personal chef or a housekeeper?
7. Would you rather be too hot or too cold?
8. Would you rather have supernatural hearing abilities or be able to see great distances?
9. Would you rather take care of three children with the flu or one grown man with the flu?
10. Would you rather wear boxers or briefs?
11. Would you rather snack on a Snickers bar or buttery popcorn?
12. Would you rather be good at drawing or singing?
13. Would you rather be a cat or a dog?
14. Would you rather know what time it is without a clock or always know exactly where you are without a map?

15. Would you rather be able to speak another language fluently or do difficult math in your head?
16. Would you rather have a Samoa or a Thin Mint?
17. Would you rather be Cat Woman or Wonder Woman?
18. Would you rather go for a year without television or a year without books?
19. Would you rather live in a busy neighborhood with a great view or deep in the woods with complete privacy?
20. Would you rather go for a year without sugar or a year without salt?
21. Would you rather have a Peep or a Cadbury Creme Egg?
22. Would you rather have a brilliant mind or an athletic body?
23. Would you rather loan a friend money that you know will never be paid back or donate the same amount to charity?
24. Would you rather do work that involves detail or creativity?
25. Would you rather attend a big party or have a private dinner with just one person?

101 Things To Do with a Person with Alzheimer's

1. Clip coupons
2. Sort poker chips
3. Count tickets
4. Rake leaves
5. Use the carpet sweeper
6. Read out loud
7. Bake cookies
8. Look up names in the phone book
9. Read the daily paper out loud
10. Ask someone with a child to visit
11. Listen to Polka music
12. Plant seeds indoors or out
13. Look at family photographs
14. Toss a ball
15. Color pictures
16. Make homemade lemonade
17. Wipe off the table
18. Weed the flower bed
19. Make cream cheese mints
20. Have a spelling bee
21. Read from the Reader's Digest
22. Fold clothes
23. Have a friend visit with a calm pet
24. Cut pictures out of greeting card
25. Wash silverware
26. Bake homemade bread
27. Sort objects by shape or color
28. Sing old songs
29. "Tell me more" about a memory
30. Put silverware away
31. Make a Valentine collage
32. Play favorite songs and sing
33. Take a ride
34. Make a cherry pie
35. Read aloud from Ideals magazine
36. Play a favorite game
37. Make a basket of socks
38. Take a walk
39. Reminisce about 1st day of school
40. String Cheerios to hang outside for birds
41. Make a fresh fruit salad
42. Sweep the patio
43. Color paper shamrocks green
44. Fold towels
45. Have afternoon tea
46. Remember great inventions
47. Play Pictionary
48. Paint a sheet
49. Cut out paper dolls
50. Identify states and capitals
51. Make a family tree poster
52. Color a picture of our flag
53. Cook hot dogs outside
54. Grow magic rocks
55. Water house plants
56. Reminisce about the first kiss
57. Play horse shoes
58. Dance
59. Sing favorite hymns
60. Make homemade ice cream
61. Force bulbs for winter blooming
62. Make Christmas cards
63. Sort playing cards by their color
64. Write a letter to a family member
65. Dress in your favorite football team's color
66. Pop popcorn
67. Name the presidents
68. Give a manicure
69. Make paper butterflies
70. Plant a tree
71. Make a May basket
72. Make homemade applesauce
73. Finish famous sayings
74. Feed the ducks
75. Mold with play dough
76. Look at pictures in National Geographic
77. Put a puzzle together
78. Sand wood
79. Rub in hand lotion
80. Decorate paper placemats
81. Arrange fresh flowers
82. Remember famous people
83. Straighten out underwear drawer
84. Finish Nursery Rhymes
85. Make peanut butter sandwiches
86. Wipe off patio furniture
87. Cut up used paper for scratch paper
88. Take care of fish tank
89. Trace and cut out leaves
90. Ask simple trivia questions
91. Finish Bible quotes
92. Paint with string
93. Cut out pictures from magazines
94. Read classic short stories
95. Put coins in a jar
96. Sew sewing cards
97. Put bird feed out for the birds
98. Clean out a pumpkin
99. Put coins in a jar
100. Sew sewing cards
101. Put bird feed out for the birds
102. Clean out a pumpkin
103. Reminisce about a favorite summer
104. Roll yarn into a ball
105. Make a birthday cake

(From the Columbia, Missouri Chapter
of the Alzheimer's Association)

CHAIR EXERCISES:

- ANKLES** Circle the ankle by drawing an imaginary circle with the toes, 4 times to the right, then 4 times to the left. Repeat exercise with left foot. *This exercise lubricates the ankle joint.*
- SHINS** Tap the toes by lifting the toes of both feet (with the heels on the floor) and dropping the toes. Repeat 8 times and pause. Then lift toes and hold for a second and release. Repeat 4 times. *This exercise strengthens the shin muscles and will help prevent tripping.*
- CALVES** Extend leg from knee and flex the ankle. Point the toes toward the knee and feel the calf muscle stretching. Repeat 4 times on each leg, alternating legs. *This exercise will help avoid cramping in the lower leg.*
- QUADRICEPS** Extend leg forward. Tighten knee cap as though pushing on a gas peddle, then release. Repeat 4 times on each leg. Put hand on quadricep (front of thigh) and feel the muscles contract. *This exercise stabilizes the knee joint and strengthens the muscles needed to get up and down in a chair or on and off the toilet.*
- HIPS & REAR** Squeeze the buttocks muscles together and release. Repeat 4 times. Then sit on one hip and tighten the abdominal muscles. Repeat 4 times, alternating right and left hip. *Strong gluteal and hip muscles are important in walking.*
- BACK & HAMS** Bring one knee to the chest (circle the ankle at the same time to lubricate the ankle joint). Repeat 8 times, alternating knees. *Stretched lower back and hamstring muscles help prevent low backaches.*
- SPINE & NECK** Sit up tall and lengthen the spine. Hook the right arm over the back of the right side of the chair and reach across the body with the left arm for spinal rotation. With the arms in this position, look right as far back as the eyes will go. Look forward. Look left. Repeat the exercise on the left side. *This exercise helps to keep the neck and spine flexible.*
- SHOULDERS** Lean out over the side of your chair (don't slouch- keep rib cage lifted). Allow the right arm to dangle straight down to the floor and keep it totally relaxed, even the fingertips. Begin circling the arm from the shoulder. Just

start the arm moving and let it circle on its own. Don't try to make a perfect circle. Count to 8 and then reverse the circle. Repeat the exercise with the left shoulder and arm. *This exercise warms up the rotator cuff muscles in the shoulder.*

SHOULDERS Roll right shoulder forward-up-back-down. Do exercise with the left shoulder. Repeat 4 times on each shoulder. Then roll both shoulders at the same time. Repeat 4 times. *This exercise loosens up the shoulder joints.*

BACK Pretend you are holding a tray in front of you at waist level with palms up. Elbows should be lightly touching the sides of your body. Now pull right elbow back, then left elbow, squeeze both shoulder blades together and then release. Repeat 4 times. *This exercise strengthens postural muscles.*

NECK Put the neck in alignment by touching the chin with one hand. Then pull the chin back from the hand, (keeping the chin parallel to the floor). Do not tilt the head up or down, keep it level as though it was moving back and forth on a set of railroad tracks. Now turn your head to the right, look back with your eyes as far as you can. (Stay in your comfort range). Repeat exercise to the left. *This exercise helps to prevent a stiff neck and insures proper neck alignment.*

UPPER BODY Look straight ahead and lift both arms from side of body up toward ceiling and then back down toward floor. Repeat one time. Reach up with one arm at a time as though you're picking apples from a tall tree. Repeat 8 times, alternating right and left. Stretch your fingers as you reach up. *This will help lengthen your spine, increase circulation and range of motion, and exercise the fingers, all at one time.*

SPINE Reach up with right arm, reach down with left arm and stretch 2 times in both directions as you reach with your fingertips. Repeat exercises with left arm up and right arm down. *This exercise stabilizes the spine.*

FINISH Lift both arms from sides of body toward ceiling and then back down. Place relaxed hands, palms up, in lap. Now take a deep breath and give yourself a pat on the back! You did a great job!

Sit and Be Fit

With Mary Ann Wilson

A Non-Profit Organization Committed to Healthy Aging

MARY ANN'S QUICK AND EASY ENERGIZER CHAIR WORKOUT

(The following exercises are done seated in a chair)

Do during Activities Session

WORKOUT OBJECTIVES:

- ◆ Lubricate joints
- ◆ Increase circulation
- ◆ Keep ankle joints flexible
- ◆ Strengthen tibialis muscles or shin
- ◆ Stabilize spine
- ◆ Strengthen postural muscles
- ◆ Strengthen mobilization muscles

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Famous Pairs:

Popeye & _____

Peanut butter & _____

Cleopatra & _____

Salt & _____

Fred Astaire & _____

Up & _____

Batman & _____

Back & _____

Lucy & _____

Black & _____

Donald Duck & _____

Forward & _____

Roy Rogers & _____

Front & _____

The Lady & _____

Hansel & _____

Donnie & _____

Bacon & _____

Ozzie & _____

Amos & _____

Sonny & _____

Romeo & _____

Mickey Mouse & _____

Abbott & _____

Bonnie & _____

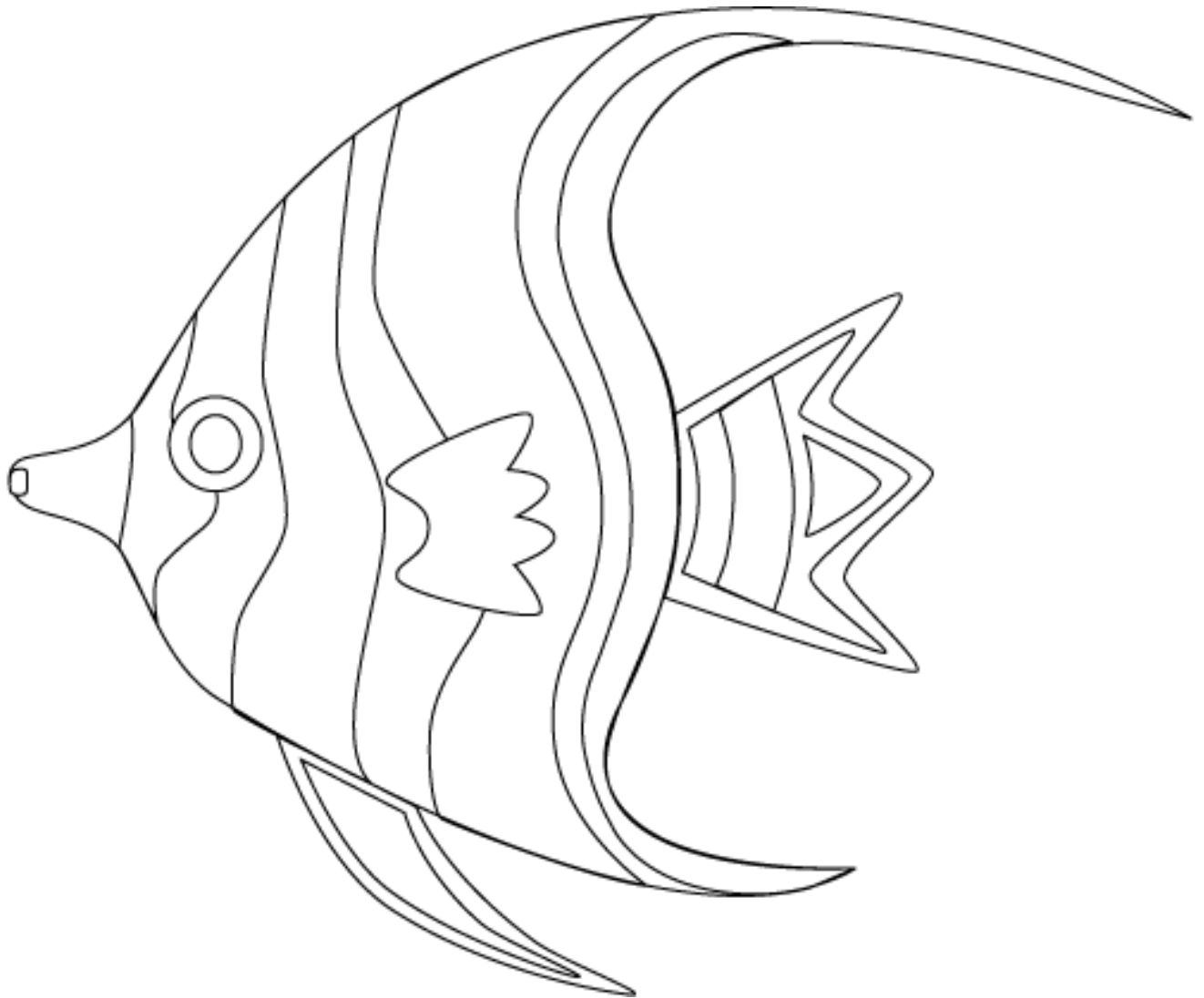
Jack & _____

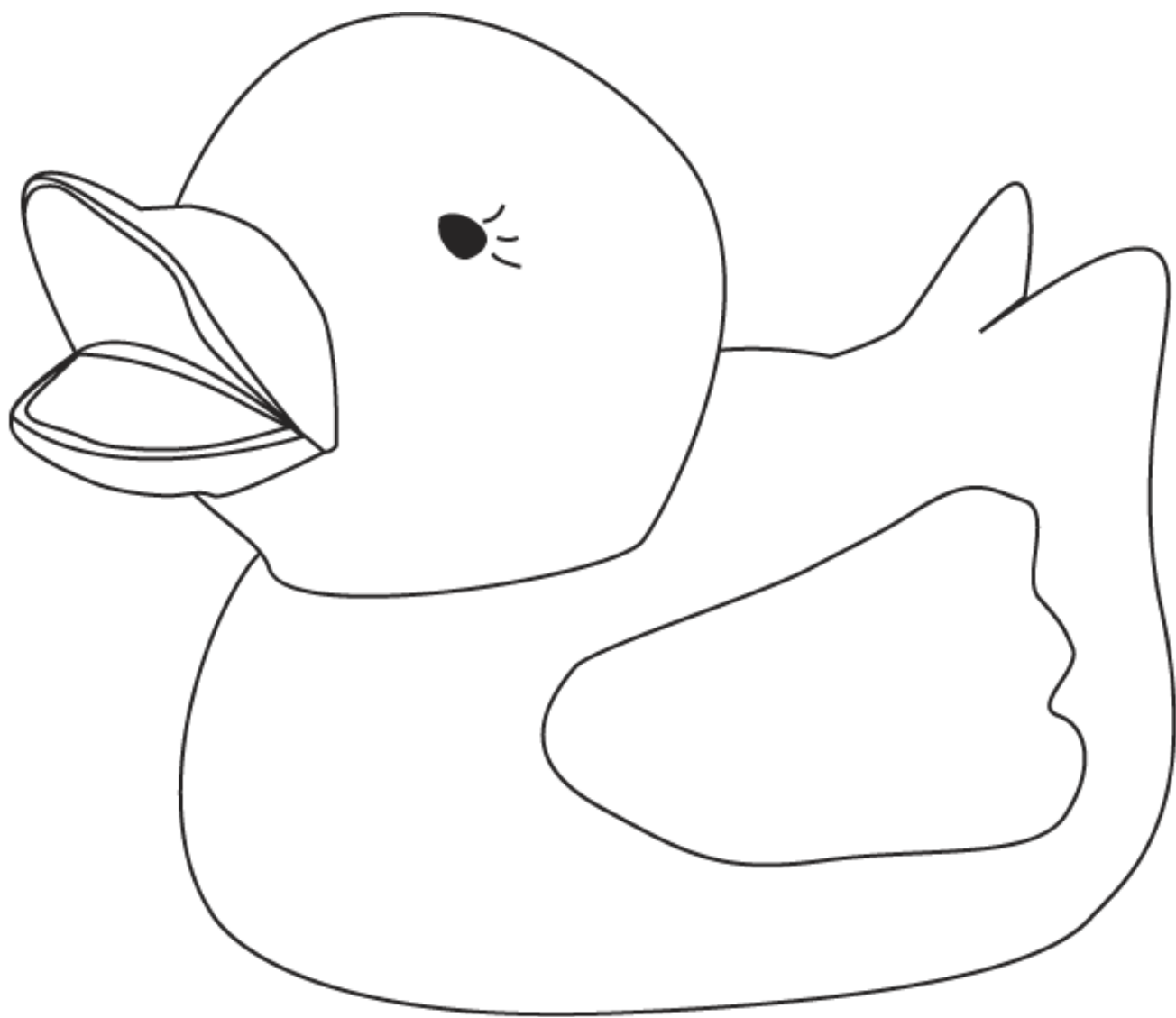
Adam & _____

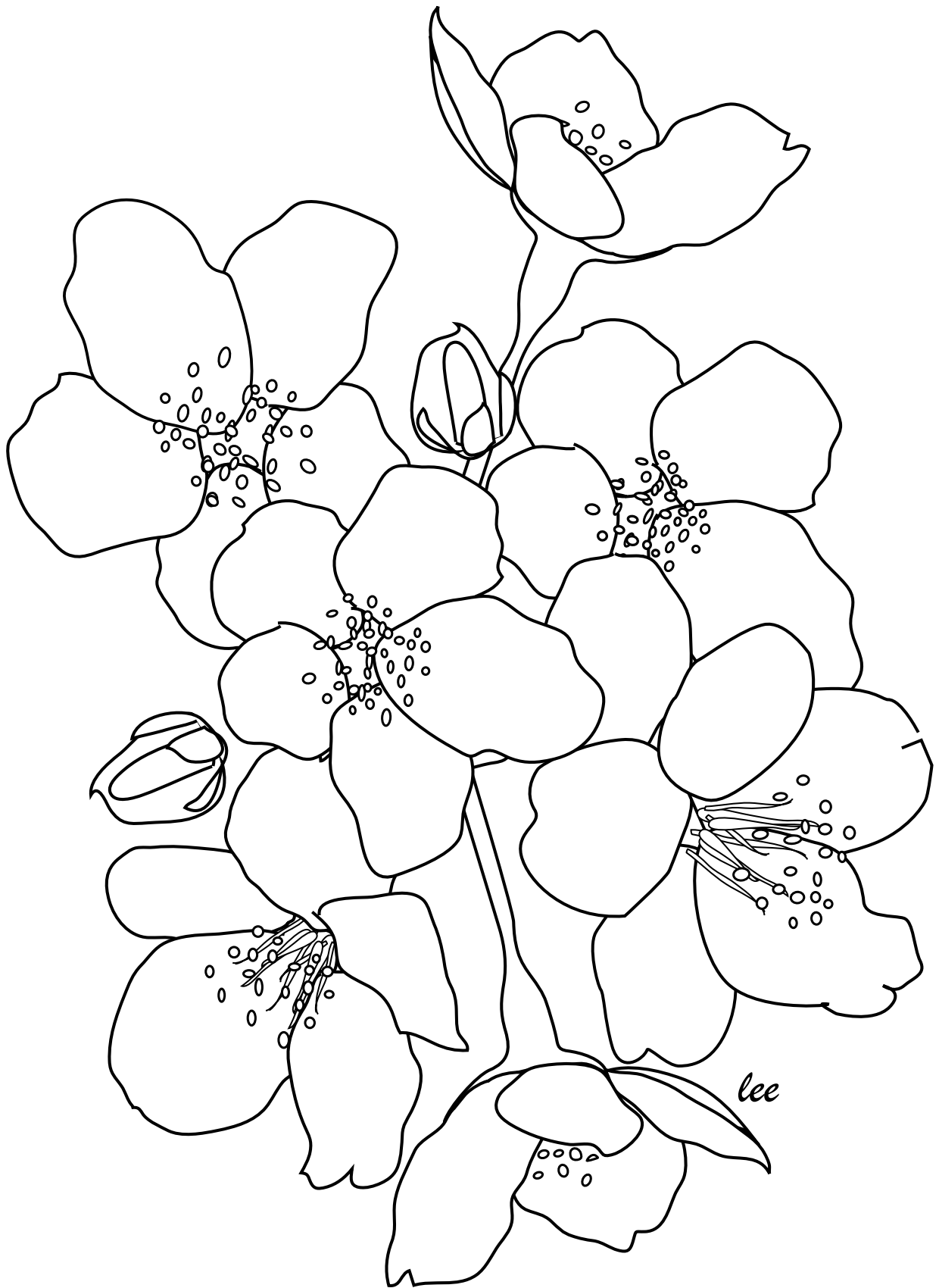
Laurel & _____

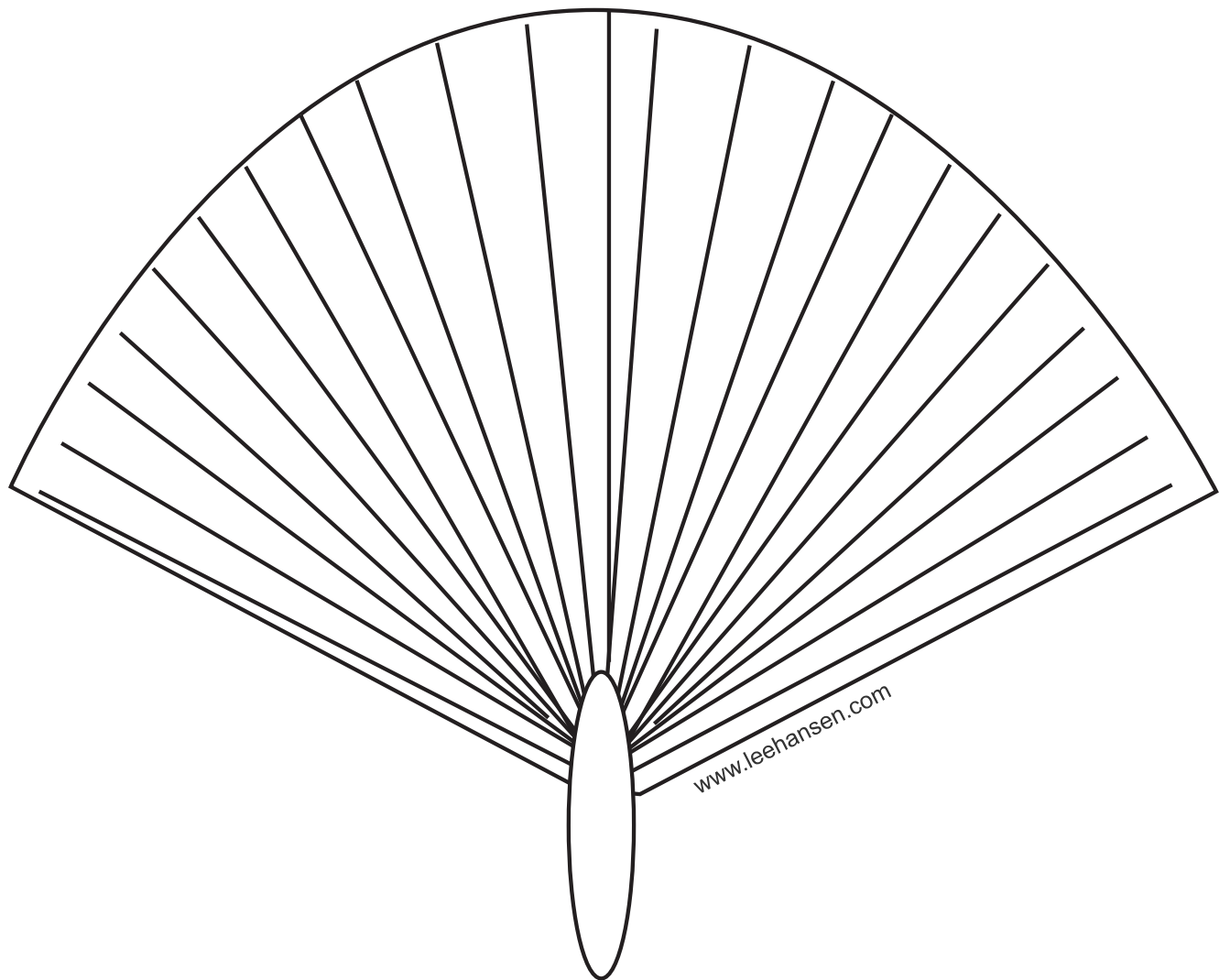
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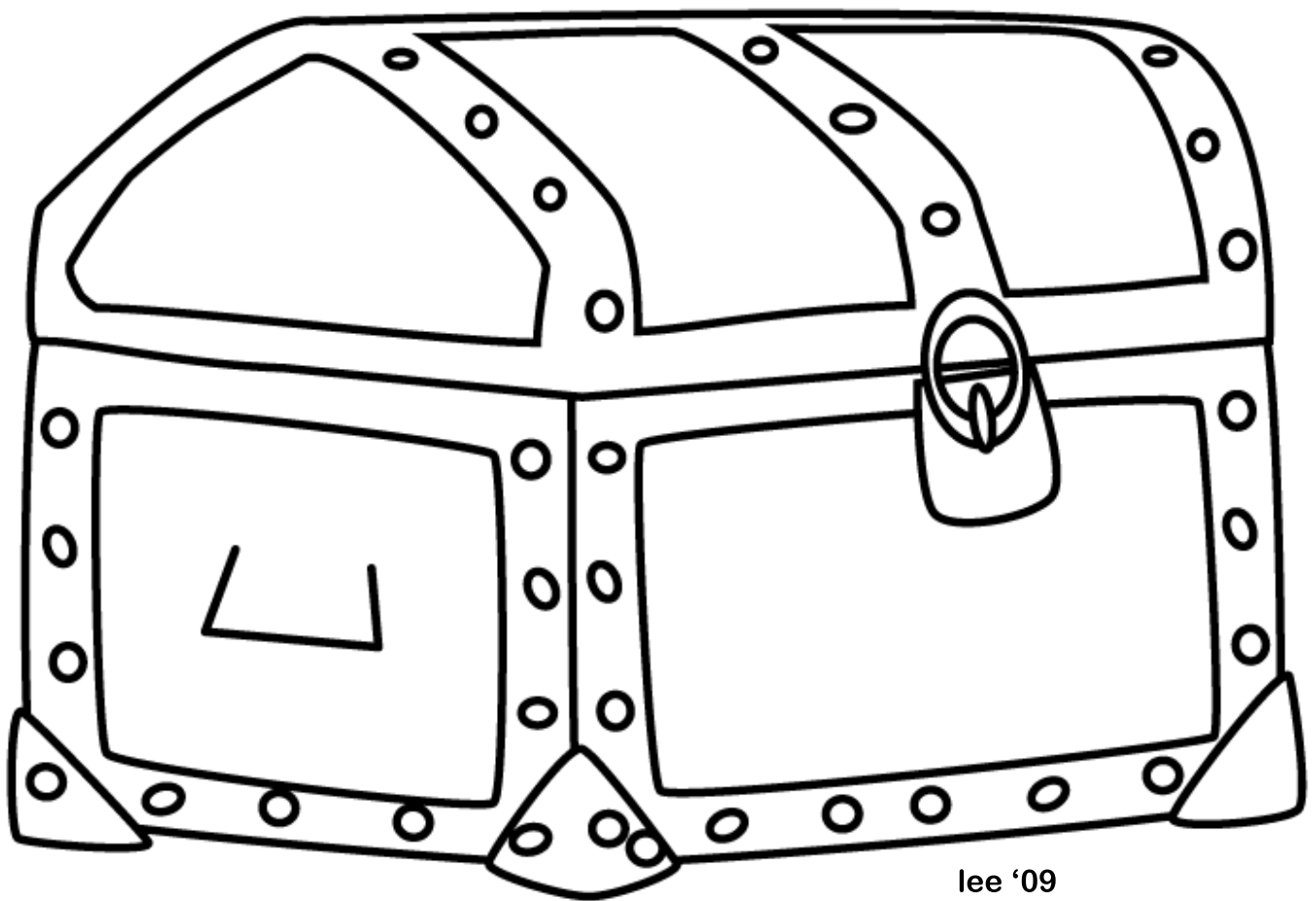
Popeye & Olive Oil	Peanut butter & jelly
Cleopatra & Antony	Salt & pepper
Fred Astaire & Ginger Rodgers	Up & down
Batman & Robin	Back & forth
Lucy & Ricky Ricardo	Black & white
Donald Duck & Daisy Duck	Forward & backward
Roy Rogers & Dale Evans	Front & back
The Lady & the Tramp	Hansel & Gretel
Donnie & Marie	Bacon & eggs
Ozzie & Harriet	
Amos & Andy	
Sonny & Cher	
Romeo & Juliet	
Mickey Mouse & Minnie Mouse	
Abbott & Costello	
Bonnie & Clyde	
Jack & Jill	
Adam & Eve	
Laurel & Hardy	











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