

Board games



Objective:

The goal of this activity is to stimulate elderly's cognitive and memory skills by playing board games. This can be entertaining and challenging while promoting social interaction.

Preparation:

Gather a group of older people in a comfortable and quiet environment, preferably without distracting background noise.

Description:

- Select the desired material according to the theme, print the material when needed
- Follow the instructions in the attached material

Materials:

- [Sporting Goods Word Explanation Game](#)
- [Easy Winter Sport Dominoes](#)
- [Winter Sport Dominoes, Picture + Word](#)
- [Christmas Word Explanation Game](#)



Time required:

The duration of this activity can vary. A session can be as short as 20-30 minutes or longer if you have an engaged group. Be flexible and adapt the activity to the needs and wishes of the participants.



Alone or in a group:

This activity is suitable for groups.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal