

# Park Activities for **ALZHEIMER'S**

**Asbury SeniorSapes at  
Monocacy Village Park**  
409 Delaware Road  
Frederick, MD

## **FIND THE BIRDS**

- Look for the "Find the Birds" sign in the back right corner of the park.
- Spot bird statues hidden around the park. Don't forget to look up!
- Celebrate each discovery together, making it a fun and cooperative adventure.



## **JUST WALK**

- Enjoy a side-by-side stroll along the park's three loops (250ft, 300ft, 450ft).
- Fencing creates a safe space for gentle wandering and exploration.
- Use short, reassuring phrases, and invite reminiscing as you walk together.

## **BALANCE & MOVEMENT PLAY**

- Try heel-to-toe steps on the log bridge or across the surface challenge.
- Use the parallel bars for gentle squats or leg raises, or step up using the bar for support.
- Walk around the column and count out loud together, turning movement into a playful game.

## **SEATED SOCIAL TIME**

- Sit together on a bench to people-watch and enjoy the moment.
- Share a picnic under the gazebo for a relaxing break.
- Rest under a tree and talk about the sights, sounds, and feelings of being in nature.

## **MINI PUTTING & BALL GAMES**

- Roll a golf ball or use a putter for some simple fun.
- Bounce and catch a ball, or dribble to encourage light activity and laughter.

## **REPETITIVE ACTIVITIES**

Repetitive motions like walking, biking, singing, or marching can be soothing and enjoyable.

## **CAREGIVER TIPS:**

- Keep activities lighthearted and playful.
- Focus on enjoyment, not performance - there's no right or wrong way to join in.
- Time in nature helps calm, connect, and uplift everyone.

