

Park Activities for **ALZHEIMER'S**

**Asbury SeniorScapes 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.





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SEATED SOCIAL TIME

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

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