



## FEATURE ARTICLE FROM Always Best Care

### Fun Fall Activities for Seniors

The air is getting chillier, the leaves are changing colors, and pumpkin spice is everywhere – autumn has arrived! This is a great time for seniors to get out and about because it's not quite so hot and uncomfortable. Plus, there are plenty of fall festivities to get everyone in the mood for the changing seasons and upcoming holidays. Seniors can get together with friends or family to enjoy all that autumn brings before winter arrives and snowflakes start falling.

**Go pumpkin or apple picking:** Make your way out to the farm and pick up a pumpkin or two to decorate the porch or carve for Halloween. A mixture of small pumpkins and gourds can make a beautiful centerpiece. [Apples](#) are also in season right now. Enjoy fresh, hand-picked apples for making cider, homemade applesauce or apple pie, or just for eating as they are. Many farms also offer a variety of other fun fall activities as well, so you can make a day of it.

**Decorate your home:** Get in touch with your crafty side by making festive fall décor, or taking the time to hang up decorations you already have. Swapping out summer items for fall ones can make your home feel more cozy as the weather cools down and the holidays arrive. You could also spend time with grandkids making fall crafts and leaf tracings or painting pumpkins.

**Watch the leaves change:** Go out and explore the area around you to find the best place to watch the leaves changing colors. New England is especially beautiful this time of year, as are some of the mountainous areas. Drive up to a lookout or go hiking and connect with nature. It is also a great opportunity to snap stunning photographs.

**Celebrate at a Fall Festival:** Discover what's going on in your own community and enjoy the festivities at a local Fall Festival. There are sure to be plenty of delicious foods and drinks, great entertainment, games to play, and opportunities to simply enjoy time spent with friends and family making memories.

**Roast marshmallows:** Get together with family and make a fire in the fire pit. It's a fun way to [warm up](#) while taking in the sights, sounds, and smells of the great outdoors. Bring along everything you need to roast marshmallows and make s'mores, or warm up hot chocolate or cider. If no one has a fire pit, a fireplace can be a good alternative.

Fall can also be a wonderful time for seniors to share stories from when they were growing up and see how things have changed and what they are thankful for. Get to know family history and traditions that you can continue to share for years to come. Or, start making your own traditions that you can pass down through the generations.

An [in-home care](#) provider can be a great companion for sharing stories and reminiscing. They can also help seniors to plan activities, get their house decorated, go to different events, and bake holiday treats. Help your senior enjoy all that autumn has to offer while staying safe and

receiving the support they need. Contact Always Best Care today at 1 (855) 470-CARE (2273) or [visit us online](#) to schedule a free care consultation.