



FEATURE ARTICLE FROM **Always Best Care**

Fun Fall Activities for Seniors

Fall is officially here and that means enjoying cooler weather and all of the fun festivities that autumn brings. It's a great time for families to get together to celebrate. While Halloween and Thanksgiving are just around the corner and bring their own excitement, there are plenty of other ways to enjoy the fall as well. Getting your senior up and out of the house while spending time with loved ones can boost their mood and create wonderful memories. Here are just a few fun activities to consider:

- **Watch the leaves change:** Depending on where you live, the changing leaves can be an amazing sight to see. The northeast in particular is known for its gorgeous colors. Take a walk or drive and see nature in all its beauty. How many different colors are on the leaves? What animals are out and about? Enjoy the peace and serenity.
- **Go birdwatching:** While you're out and about enjoying nature, why not stop to look at (and listen to) the birds? It can be fun to [hear them calling](#) back and forth and try to find where they are. Grab a pair of binoculars and a bird book and see how many different types of birds you can spot.
- **Build a birdhouse:** Speaking of fall and birds, take time to build (or just decorate) a birdhouse to hang in the yard. It's something pretty to look at, attracts birds, and gives them a safe shelter to nest in. Your loved one can let their creativity go as they paint, glue, or build their birdhouse.
- **Carve pumpkins:** As Halloween draws nearer, head out to the pumpkin patch and pick your own pumpkins or gourds. Spend an afternoon together carving or decorating your pumpkins and reminiscing about the past. You can also turn your pumpkin seeds into a healthy snack.
- **Go apple picking:** Fall is also a great time to pick your own apples and check out everything the orchard has to offer. Turn your harvest into applesauce, pies, cider, dried apple wreaths, and much more.
- **Go to a fall festival:** Check out local events such as harvest festivals or fall celebrations. Enjoy music, food, crafts, games, and other activities

together. It's a wonderful way to spend time together while supporting your community.

Talk to your loved one as well and find out what kinds of activities they'd be interested in. You may learn new things about their interests or discover things you haven't done in years. Ask about what they used to do when they were younger and how they would celebrate fall. Talking about the past can be a helpful way [to connect with aging parents](#) who may have Alzheimer's. Whatever you decide to do, enjoy your time together and make the most of each day. Having the support of an in-home caregiver can also give your loved one someone to talk to and to help them with activities throughout the fall. They can help with making applesauce or pies, accompany them to concerts or events, or help decorate for the season. You can rest easier knowing there is someone else checking in on them and providing the care they need with day-to-day activities. Always Best Care is committed to providing exceptional care for seniors as they age in place. Call (855) 470-2273 to schedule a free consultation.