

LEISURE REMINISCENCE

Inspired by participating residents from:

Falcon House / Sutton Court / Figham House / Pendle Brook
Care Homes

Creative
PATHS



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

LEISURE REMINISCENCE

INTRO

There are three themes in this activity pack, all are leisure activities!

Use the questions, prompts, and photographs to facilitate discussions and promote recall.

DANCING

Dancing is a great subject to reminisce about! It is energetic, fun, and people enjoy both watching and taking part.

There are a wide range of supporting materials you can use, such as videos, music, and photographs.

BAKING

Baking is an enjoyable and interactive theme that most people have experience doing, and certainly lots of people enjoy.

There are interesting opportunities to including sensory and practical activities such as practical baking, tasting, smelling essences, and creative arts.

READING

Reading is an underrated activity that does not have to be done alone.

It can involve discussing classic books and characters, audio books, film interpretations and classic quotes.

There are many classic stories that have been popular for generations, that many people will know.

TIPS

Try combining these resources with objects and sound recordings, details on which are on each page.

Make notes with each page and then you can build knowledge on each participants personal stories.

Dancing

Questions:

Did you regularly go dancing in dance halls?

What was your local dance hall called?

Was it open on a particular day?

What would you wear to go dancing?

Did you have special dancing shoes?

Do you prefer energetic dancing styles, or more relaxed ones?

How does dancing make you feel?

Ideas:

Dancing gives residents a chance to express and enjoy themselves. It can improve their mood, is good for physical wellbeing and can strengthen bonds between people.

Set the scene by decorating the area to suit the mood, such as with a sixties theme, rock and roll, country and western, etc.

Having food and drink to fit the style of music and dancing can make it more of a special themed day.

Playing music before a session can be helpful in getting everyone prepared and in the right mood to dance, it's important to warm up and lift everyone's spirits!

Videos:

[Link 1](#)

[Link 2](#)

[Link 3](#)







I danced every Friday night

It took two to tango

The local dance hall was where I met so many friends

It was great fun!

I did Ballet when growing up

I have two left feet

I did the Jive!

Baking

Questions:

Do you have a signature recipe that you like to make for special occasions? What is it?

Fruit cake, chocolate cake, or cheesecake?

What ingredients do you use for a Christmas cake? Do you have any special ingredients that you like to add?

What kind of cakes do you associate with Easter?

Ideas:

Baking is a great reminiscence subject because it is so accessible and multi sensory. It can be a practical making activity, a tasting activity, it can involve smell, discussions and more.

Look for items and resources which can be used to stimulate memories while being handled, such as whisks, old food tins and sweet containers. They serve as great prompts for food reminiscence. Additionally, photos of classic food packaging can be used.

Use this to stories about when they used to bake when they were younger. Food smells and essence bottles can be used when appropriate to make a stimulating experience and recall interesting memories for discussion.

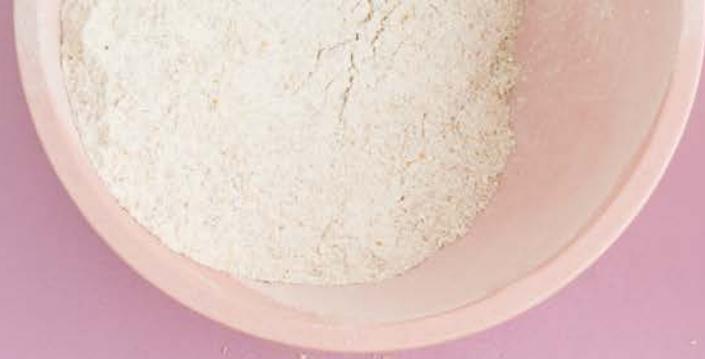
Videos:

[Link 1](#)

[Link 2](#)

[Link 3](#)







I enjoyed making fresh bread

Brandy in the Christmas cake!

I find kneading dough very satisfying

**I prefer chocolate cake
to fruit cake**

I baked on Fridays

I learned by baking with my mother

It was hard work

Reading

Questions:

Do you have any favourite authors?

Do you like to keep a diary, then look back and read what you've written? Have you learned anything surprising about yourself?

Do you enjoy reading non-fiction, like history, articles, and biographies?

Do you enjoy poetry, and have you written any before?

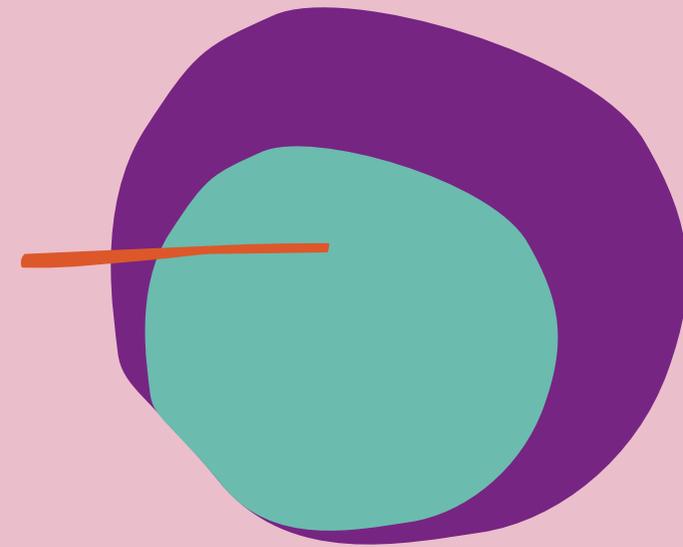
Ideas:

Reading is a stimulating, important, and often overlooked subject for reminiscence.

They are occasions that activities can be tied to, such as world book day, and national poetry day.

Reading activities can be short, such as reading out a poem. These are easier to recall when they rhyme, though short sayings such as haiku's can be used too. These are great for creating as they are brief and follow simple rules.

Audio books are an interesting and versatile tool which can be beneficial for everyone, and particularly for people struggling with their eyesight, and can be paired with headphones.

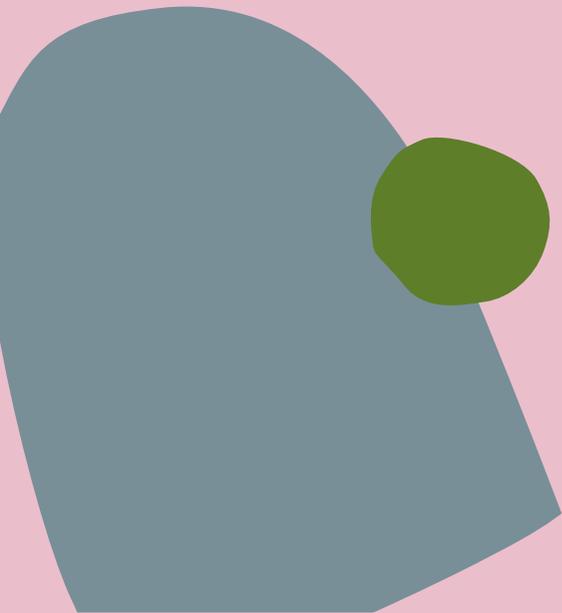


Videos:

[Link 1](#)

[Link 2](#)

[Link 3](#)





THE
TRANSFORMING
FRIENDSHIP

WEATHERHEAD

THE
ALBATROSS
BOOK
OF
LIVING
VERSE

FIFTE

THE
ENGLISH
GALAXY
OF
SHORT



Reading is my relaxing time

I love diving in to a good book

Reading at night with a hot cup of tea

I enjoy short stories

A good book

I used to write poems in school

I love murder mysteries