



# BRYN MAWR TERRACE

MAIN LINE SENIOR CARE ALLIANCE

A Healthy Tradition of Care and Wellness

## Tips For Holiday Crafts & Activities

Doing crafts and activities helps seniors to reduce stress, improve hand-eye coordination and enjoy opportunities for social interaction. Around the holidays, participating in themed crafts and activities puts everyone in the holiday spirit and makes the season exciting.

### Benefits of Crafts & Activities:

In addition to preventing boredom and loneliness, crafts and activities have many other benefits for seniors:

- **Decreases stress.** Having a task to focus on in a comforting and social place helps seniors reduce stress levels.
- **Stimulates all senses.** Making something artistic incorporates all the senses, so seniors are getting a full cognitive workout.
- **Encourages independence and spontaneity.** The creative freedom that comes with these activities allows seniors to make something in their own unique fashion. With a routine of participating in these activities, seniors can cultivate their own artistic identity.
- **Hand-eye coordination.** Painting, drawing or assembling something requires coordination. Consistent practice will help to improve and maintain a strong hand-eye coordination, which also helps with seniors' independence as they're able to complete tasks on their own.
- **Concentration.** The arts promote focus and patience, improving seniors' concentration.

### Types of Holiday Crafts & Activities:

- **Ornaments.** These are fun to decorate with paint, and seniors can hang them up on holiday trees for everyone to see.
- **Holiday cards.** Making cards for family and friends is a great way to start the holiday season.
- **Scrapbook.** This could be a family effort and would be an opportunity to make new memories. Bringing old pictures from past celebrations and putting them all in a scrapbook does more than chronicle the loved one's family. They have made a new keepsake to cherish.
- **Baking.** Baking cookies might seem like a difficult activity, but there are so many aspects to it that make participation easy. For those with higher ability, they can help with ingredients and making the cookies. For those who need a simpler task, they can decorate the cookies with icing and sprinkles. The best part is when everyone can enjoy eating the cookies together.



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- **Look at festive lights.** Driving around town and seeing beautiful light displays is relaxing and really puts people in the holiday spirit. However, this is a change of scenery, so make sure to pay close attention to your loved one's response to being in the car. If they start to seem agitated or uncomfortable, then it's best to go back home. It could be a good idea to find the best lights before this outing and stick to a time limit.

Remember, seniors can be used to a routine, and it might be more harmful than helpful to disrupt it. Choose activities that best fit their schedule and needs. Taking breaks for naps, snacks or a change of pace could be necessary.

By participating in holiday-themed crafts and activities, seniors can have positive and fun experiences that make the holiday season meaningful and enjoyable. Tailoring the activities to their needs is the best way to make sure everything goes well and everyone has a good time. With so many options to choose from, seniors can love the holiday season and all of crafts and activities that come with it.

## A Healthy Tradition of Care and Wellness

Located near Bryn Mawr Hospital, Bryn Mawr Terrace – part of [Main Line Senior Care Alliance](#) – has provided exceptional care and services to seniors and their families since 1966. It's a tradition we're proud to continue.

Today, Bryn Mawr Terrace serves as a Continuing Care Retirement Community (CCRC), offering a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [independent living](#), [personal care](#), [memory care](#), [restorative care](#) and [respite care](#) – all in a setting that is warm, welcoming and nurturing.

**For more information on Bryn Mawr Terrace and our variety of needs-based lifestyle services, please call us at (610) 525-8300 or [contact us](#) online.**

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