

Spring Reminiscing

After months indoors, encourage residents to breathe-in and enjoy the fresh air of spring!

A little planning is required. With temperatures warming-up, make sure residents are dressed for the occasion and well hydrated. Basking in spring sunlight is often recommended by doctors to maintain Vitamin D levels; essential for muscle and brain function.

Things to do in Spring

- Watch a sports event (a grandchild playing football or soccer)
- Fish by the bay or lake
- Watch and listen to birds busy constructing their nests
- Visit a Museum or Gallery of Modern Art
- Bird watching at a park or backyard
- Visit your local Botanical Gardens
- Take a bus or boat tour
- Plant something in the garden
- Go to an outdoor café for coffee and cake
- Feed the ducks or some ponies
- Watch and listen to Bumblebees at work
- Visit the local Zoo
- Buy seasonal flowers to decorate your space

On Rainy Days

- Listen to the rain
- Cook and eat seasonal fruit and vegetables
- Bake some cookies
- Watch a movie with all the trimmings: popcorn and ice cream
- Organise a Sing-along (suitable spring songs are listed below)
- Hold a Pyjama Day Party
- Write a Group Story: choose the genre and start with "Once upon a time..." and go around the table asking participants to add a sentence or word. Write it down and read it back at the end of the activity for a good laugh

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- Hold a 'Spring-Clean Day' to help residents tidy up handbags, order drawers and dust shelves and rooms. You will need volunteers and perhaps residents' relatives to help out

Listen to Spring Songs

Choose a few songs to listen to.

[We'll gather Lilacs in the Spring](#) - Frank Sinatra

[Spring Rain](#) - Pat Boone

[Spring Fever](#) - Loretta Lynn

[Springtime](#) - Yiruma

[Springtime Polka](#) - Lawrence Welk Sow

[It Only Happens When I Dance With You](#) -Perry Como

Watch Spring Movies

Easter Parade

This 1948 musical is a classic and loved by so many people. (Judy Garland)

The Secret Garden

The 1949 adaptation is probably the best but the 1993 version is good too. An orphan and her cousin bring an abandoned English garden back to life.

Tammy and the Bachelor

This movie is as cute as can be. The theme song 'Tammy' drifts into the spring air. Made in 1957. (Debbie Reynolds)

Rear Window

An Alfred Hitchcock classic. Although set in the summer season, it reminds people of Spring because of the open windows, fresh air and happy chatter. (Jimmy Stewart and Grace Kelly)