

# FOR MEN ONLY... OK, WOMEN TOO

Let us not forget our handier gentlemen and ladies. Sometimes, it feels good to just do a simple task and accomplish putting something together...or maybe taking it apart! From disassembling old appliances to sorting nuts and bolts, shining shoes and much more, there is something for everyone.

Many of these activities were chosen by design because they cannot be done right or wrong and your client will always be successful in doing the task. There aren't any rules or time constraints. These are activities to keep your client occupied and help them feel good about themselves, but safety comes first.

Please always supervise activities. You may know your client better than anyone else. Certain activities involve small pieces and rope. If your client puts small objects in their mouth or ties up body parts, do not do these activities. Remove all sharp objects.

These are activities to keep your client engaged happily and hopefully evoke memories of tasks and interests from their earlier years. Visiting something briefly that used to be a big part of someone's life in the past can be very emotionally fulfilling.

**A MOMENT IN TIME:**  
**LET'S LEARN, LAUGH, PLAY AND PRAY!**

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## PIPES AND FITTINGS

Gather inexpensive PVC pipes in varying lengths, some elbows, and t-joints, and have your client put them together in different ways. The pipes and fittings can be put together and taken apart repeatedly to make different shapes. You can purchase these at your local hardware store.



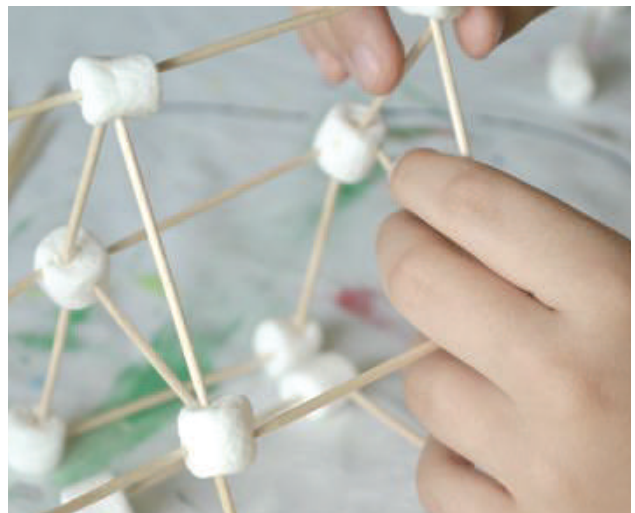
## UNTIE KNOTS

Find or buy a length of medium-thickness rope from the local hardware store. Loosely tie a few simple knots and ask your client to help you untie them. For those who did scouting, remember your knots!



## BUILDING SCULPTURES

Using either plastic straws and marshmallows or toothpicks and grapes or gum drops, build interesting sculptures. [Click Here For Ideas](#)



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## **SORTING NUTS, WASHERS AND BOLTS**

Sorting is a simple activity that can be done with a variety of materials – coins, jelly beans, even M&Ms on Chocolate Day! Your client can do this activity independently if they are not at risk of choking. For men that used to be the “Fix It Man” around the house, sorting nuts, washers and bolts can bring back memories and keep them busy over and over again.



## **TAKE APART AN OLD APPLIANCE**

If your client likes “to tinker” with things (perhaps they used to spend a lot of time in their basement or shed), purchase an old appliance from Goodwill, cut off the electrical plug and let them go to town. Provide tools, safety goggles, etc.





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## SHINING SHOES

Shining shoes is a lost art! Who doesn't remember their father or grandfather shining their shoes? Many even had their own shoeshine box filled with every color shoe polish and a horsehair brush. Seniors often find significant fulfillment in polishing and buffing their own shoes. The task is practical and purposeful helping your client feel good about themselves. Shining shoes can bring back memories of getting ready for work at the office or donning their Sunday best!



Use clear colors with non-toxic ingredients to keep seniors safe and minimize cleanup.



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## EXAMINING A TOOLBOX

Most households had a toolbox brimming over with all the essential tools to get the job done! Rummaging through an old toolbox can bring back pleasant memories of maintaining their house and getting things done. You can have your client empty their toolbox and put the items back in the box.



Remove any sharp or potentially dangerous items like hammers, screwdrivers, chisels, or blades. Stock with safe items like paintbrushes, tape measure, wrench, etc.

