RECREATIONAL ACTIVITIES

INDOOR ACTIVITIES:

- Velcro darts
- Scavenger hunts
- Cup stacking
- Walking with a pedometer or headphones
- Exercise bike or treadmill
- Exercise videos
- Dance-creative with scarves or streamers or basic line dance or recreational dances (chicken, limbo, hokey-pokey)
- Cards or dice games (Uno, Phase 10,)
- Bingo
- Jenga
- Basketball shooting games
- shuffleboard

OUTDOOR ACTIVITIES:

- Croquet
- Lawn darts
- Ladder golf
- Croquet
- Kite flying
- Disc or Frisbee golf
- Bocce
- Miniature golf
- Walking-record distances
- Biking
- Jumprope
- Softball
- Gardening
- Horseback riding
- Scavenger hunt
- horseshoes