

St Patrick's Day

St. Patrick's Day offers the opportunity for seniors to engage in a variety of fun activities. Engaging in holiday-themed activities is just one of the many ways older adults can boost their overall health and wellbeing. It's fun for your staff too!

5 Ways to celebrate St Patrick's Day with the elderly

1. St Patrick's Day Recipes

Celebrate St. Patrick's Day with Irish-inspired foods like Corned beef and cabbage, Shepherd's pie and Green Smoothies. Don't forget the green décor!

2. Play St. Patrick's Day Word Games

Seniors need to keep their minds stimulated at all times to boost their memory and reduce the risk of dementia, Alzheimer's disease, and other types of cognitive impairment. St Patrick's Day Puzzles and Word searches, are perfect for cognitive stimulation.

3. St Patrick's Day Arts & Crafts

From Pots of gold to paper Shamrocks & Cards, St Patrick's Day is ideal for encouraging craft activities.

4. Enjoy Irish Music

Enjoy the beautiful sounds of Irish Music.

5. Learn about the History of St. Patrick's Day

The Irish have observed this day as a religious holiday for over 1,000 years. Here is the history to share with the elderly in your care.



Resources:

<https://www.homecareassistancescottsdale.com/st-patricks-day-activities-for-the-elderly/>
<https://www.foodnetwork.com/holidays-and-parties/photos/favorite-st-patricks-day-recipes>
<https://www.happinessishomemade.net/st-patricks-day-word-search-printable/>
https://www.bigactivities.com/crossword_puzzles/st_patricks_day/index.php
<https://www.senioradvisor.com/blog/2016/03/st-patricks-day-crafts-for-seniors/>