ACTIVITY CARDS

Game Day

Twenty group games played for points — races, quizzes, tabletop sports and party nights.

20 activity cards · Activities 301–320

Played for points, scored out loud, with a winner every time.

Game Day — contents

20 activities. Level 1 = easy, 2 = moderate, 3 = more demanding. Stages show where an activity still works for a person living with dementia.

#	ACTIVITY	LEVEL	TIME	DEMENTIA STAGES
Group Games				
301	The Derby	2	30m	—
302	Tabletop Golf	2	20m	—
303	Cup Grab	2	15m	—
304	Don't Touch the Colour	2	15m	—
305	The Tilt Board	2	15m	—
306	Colour Match Roll	1	15m	—
307	Colour Sequence	2	15m	—
308	Clothespin Clock	1	10m	—
309	Flip Cup Relay	2	20m	—
310	Tape Hoop Toss	2	20m	—
311	Noodle Air Hockey	2	15m	—
312	Balloon Painting	1	30m	—
313	Dance Night	3	45m	—
314	Stack Attack	2	15m	—
315	Then and Now Prices	3	30m	—
316	Survey Says	3	30m	—
317	Quiz Night	3	45m	—
318	Tabletop Shuffleboard	2	20m	—
319	Hallway Bowling	2	30m	—
320	Higher or Lower	2	20m	—

Game Day

The Derby

Level 2 of 3



Goal

anticipation · counting · laughter. Takes 30m.

How to do it

- Each resident "buys" a horse with tokens before the race. Post the odds on a board;
- Roll two dice; the horse with that number moves one square. Call it like a race commentator;
- First horse past the line pays out to its owners. Run three races and crown the richest stable.

You need

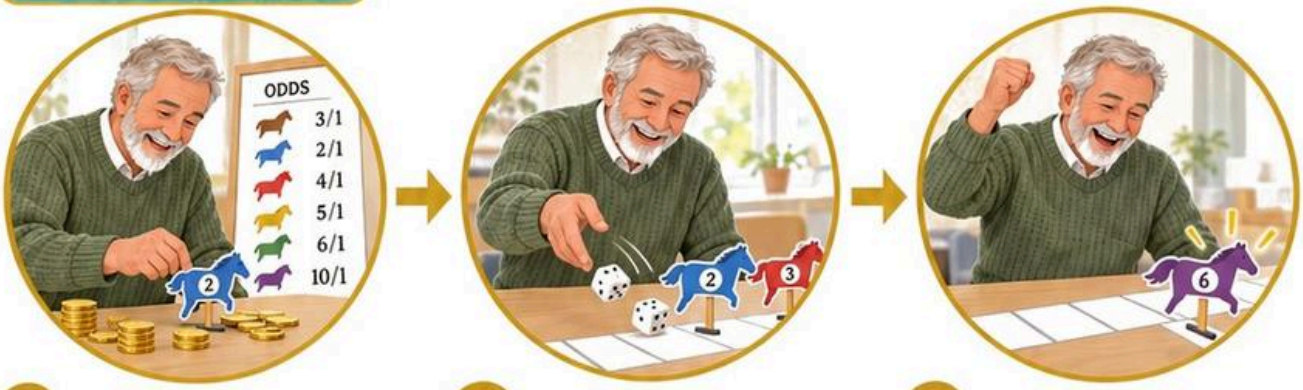


6 paper horses on sticks or cut-outs, a track of 10 squares taped on a table, 2 dice, play-money tokens.

Adapt it

- Wheelchair or limited mobility: hand the dice to whoever owns the leading horse; nobody needs to stand.
- Memory loss: give each player a card with their horse's colour and number on it.

Step by step



1. Each resident "buys" a horse with tokens before the race. Post the odds on a board
2. Roll two dice; the horse with that number moves one square. Call it like a race commentator
3. First horse past the line pays out to its owners. Run three races and crown the richest stable

Care note: Keep score out loud and give the winner something.

Game Day

Tabletop Golf



Goal

hand-eye coordination · friendly rivalry. Takes 20m.

How to do it

- Lay the cup at one end of the table. Each player putts from the other end;
- Count strokes. Add a book or a folded towel as a bunker for the second round;
- Nine "holes" around the table; lowest total wins the green jacket (any green cardigan will do).

Adapt it

- Wheelchair: play from the side of the table at chair height.
- Memory loss: one hole at a time, with the cup pointed out before every shot.

You need



a long table, a golf ball or ping-pong ball, a small cup on its side as the hole, a ruler or wooden spoon as the club.

Step by step



1. Lay the cup at one end of the table. Each player putts from the other end
2. Count strokes. Add a book or a folded towel as a bunker for the second round
3. Nine "holes" around the table; lowest total wins the green jacket (any green cardigan will do)

Care note: Keep score out loud and give the winner something.

Game Day

Level 2 of 3

Cup Grab



Goal

reaction speed • listening • laughter. Takes 15m.

How to do it

- Put a cup in the middle between two players. You call actions: "touch your nose", "clap", "pat your head";
- When you say "CUP", the first to grab it scores a point. Say "cap", "cut" or "cupboard" to catch them out;
- First to five wins the pair; winners play winners until there's a champion.

Adapt it

- Limited reach: move the cup closer to the slower hand, or play seated face to face.
- Memory loss: keep only two actions plus "cup".

You need



one plastic cup between every two players.

Step by step



1. Put a cup in the middle between two players. You call actions: "touch your nose", "clap", "pat your head"
2. When you say "CUP", the first to grab it scores a point. Say "cap", "cut" or "cupboard" to catch them out
3. First to five wins the pair; winners play winners until there's a champion

Care note: Keep score out loud and give the winner something.

Game Day

Level 2 of 3

Don't Touch the Colour



Goal

attention · inhibition · speed. Takes 15m.

How to do it

- Spread the squares face up. Call a colour: "Don't touch… RED!"
- Everyone slaps any square that is NOT red. Touch red and you sit the next round out
- Speed up each round. Last player standing wins.

Adapt it

- Wheelchair: table at chest height, squares within arm's reach.
- Memory loss: play "touch the colour" instead (no reversal), two colours only.

You need



coloured paper squares (4 colours, about 20), spread on the table.

Step by step



1

Spread the squares face up. Call a colour: "Don't touch… RED!"



2

Everyone slaps any square that is NOT red. Touch red and you sit the next round out



3

Speed up each round. Last player standing wins.

Care note: Keep score out loud and give the winner something.

Game Day

The Tilt Board

Level 2 of 3



Goal

coordination · concentration. Takes 15m.

How to do it

- The resident holds the board flat on their lap. Drop a ball on it;
- They tilt the board to roll the ball into the highest-scoring hole;
- Five balls each; add up the points on the board.

Adapt it

- Wheelchair: the board rests on the armrests. One working hand: you hold one side, they steer the other.
- Memory loss: one hole, one ball, lots of cheering.

You need



a sheet of cardboard about 60 × 40 cm with 3 holes cut in it, a bag or box under each hole, a few small balls; paint arrows and point values by each hole.

Step by step



1. The resident holds the board flat on their lap. Drop a ball on it
2. They tilt the board to roll the ball into the highest-scoring hole
3. Five balls each; add up the points on the board

Care note: Keep score out loud and give the winner something.

Game Day

Level 1 of 3

Colour Match Roll



Goal

tracking · reaction · colour matching. Takes 15m.

How to do it

- The resident holds the box at the edge of the table, open side facing you;
- Roll a ball slowly across the table towards them;
- They move the box so the ball lands in the section of its own colour. A match is a point.

Adapt it

- Wheelchair: roll it onto a tray on their lap.
- Memory loss: name the colour as it rolls.

You need



a shoebox split into 4 painted sections (cardboard dividers), 4 balls in the same colours.

Step by step



1. The resident holds the box at the edge of the table, open side facing you
2. Roll a ball slowly across the table towards them
3. They move the box so the ball lands in the section of its own colour. A match is a point

Care note: Keep score out loud and give the winner something.

Game Day

Level 2 of 3

Colour Sequence



Goal

short-term memory · focus. Takes 15m.

How to do it

- Line up the four colours in front of the player
- Call a sequence — "red, yellow" — and they touch them in order
- Add one colour each round. Their best run goes on the board.

You need



4 bean bags or blocks in 4 colours.

Adapt it

- Limited mobility: they can point or say the colours instead.
- Memory loss: stop at two, and repeat the sequence once.

Step by step



1. Line up the four colours in front of the player
2. Call a sequence — "red, yellow" — and they touch them in order
3. Add one colour each round. Their best run goes on the board.

Care note: Keep score out loud and give the winner something.

Game Day

Level 1 of 3

Clothespin Clock



Goal

fine motor · number matching. Takes 10m.

How to do it

- Mix the pegs in a bowl
- Clip each peg onto its matching number around the plate
- For the sharp ones: time it. Beat yesterday's time.

Adapt it

- Weak grip: looser pegs, or slot cards into cuts instead of clipping.
- Memory loss: numbers 1–4 only, one at a time.

You need



a paper plate numbered 1–12 like a clock



12 clothespins numbered 1–12

Step by step



1 Mix the pegs in a bowl



2 Clip each peg onto its matching number around the plate



3 For the sharp ones: time it. Beat yesterday's time.

Care note: Small parts — not for anyone who mouths objects.

Game Day

Level 2 of 3

Flip Cup Relay



Goal

teamwork · dexterity · noise. Takes 20m.

How to do it

- Teams sit on either side of the table. Each cup stands right side up at the table's edge, rim overhanging;
- First player flicks the rim to flip the cup face down. Once it lands, the next player goes;
- First team to flip every cup wins. Best of five.

You need



a plastic cup per player, a long table.

Adapt it

- Wheelchair: play at the end of the table where chairs fit. Tremor: a heavier cup with a little sand in it.
- Memory loss: pair them with a partner who says "your turn".

Step by step



1. Teams sit on either side of the table. Each cup stands right side up at the table's edge, rim overhanging

2. First player flicks the rim to flip the cup face down. Once it lands, the next player goes

3. First team to flip every cup wins. Best of five

Care note: Keep score out loud and give the winner something.

Game Day

Level 2 of 3

Tape Hoop Toss



Goal

aim · gentle movement. Takes 20m.

How to do it

- Tape three rings on the floor at different distances: 1, 3 and 5 points
- Each player throws three bean bags from their chair
- Keep a running score over three rounds.

You need



painter's tape, bean bags.

Adapt it

- Wheelchair: throw from the chair; move the rings closer. One working arm: throw with that arm, no handicap needed.
- Memory loss: one ring, unlimited throws.

Step by step



1. Tape three rings on the floor at different distances: 1, 3 and 5 points
2. Each player throws three bean bags from their chair
3. Keep a running score over three rounds

Care note: Keep score out loud and give the winner something.

Game Day

Level 2 of 3

Noodle Air Hockey



Goal

reaction · arm movement · competition. Takes 15m.

How to do it

- Two players sit at opposite ends, each with a noodle;
- Push the balloon along the table to get it past the other player's end;
- First to five. Winner stays on.

Adapt it

- Wheelchair: the table at armrest height. Limited reach: shorter table.
- Memory loss: you play against them and let the rally run.

You need

- a table
- two pool noodles cut in half as bats
- a balloon or a light ball
- two goals marked with tape

Step by step



1. Two players sit at opposite ends, each with a noodle
2. Push the balloon along the table to get it past the other player's end
3. First to five. Winner stays on

Care note: Keep score out loud and give the winner something.

Game Day

Level 1 of 3

Balloon Painting



Goal

creativity · sensory · pride. Takes 30m.

How to do it

- Each resident dips a balloon in paint and presses it onto the canvas
- Swap colours. Let the prints overlap
- Frame the best one and hang it with the artists' names. It's art for the hallway, not a craft.

Adapt it

- Wheelchair: canvas on a lap tray. Tremor: pressing works fine, no precision needed.
- Memory loss: one colour, guide the first press.

You need

- small balloons half inflated
- washable paint on paper plates
- canvas or thick paper

Step by step



1. Each resident dips a balloon in paint and presses it onto the canvas
2. Swap colours. Let the prints overlap
3. Frame the best one and hang it with the artists' names. It's art for the hallway, not a craft.

Care note: Check for latex allergies.

Game Day

Level 3 of 3

Dance Night



Goal

mood · movement · community. Takes 45m.

How to do it

- Advertise it like a real night out, with a poster and a start time
- Lights down, music up. Start seated with arm moves, then let the dancers dance
- Take requests for the last half hour. Finish with one slow song.

You need

a playlist by decade, lights dimmed, glow sticks or bright scarves.

Adapt it

- Wheelchair: seated dancing with scarves or glow sticks; dance partners come to them.
- Memory loss: songs from their teens and twenties; they'll know the words.

Step by step



1. Advertise it like a real night out, with a poster and a start time
2. Lights down, music up. Start seated with arm moves, then let the dancers dance
3. Take requests for the last half hour. Finish with one slow song

Care note: Keep score out loud and give the winner something.

Game Day

Level 2 of 3

Stack Attack



Goal

dexterity • speed • competition. Takes 15m.

How to do it

- Each player builds a pyramid of 10 cups (4-3-2-1)
- Then takes it back down into a single stack
- Fastest time wins. Post the record on the board.

Adapt it

- Tremor: 6 cups (3-2-1). Wheelchair: lap tray.
- Memory loss: stack 3 cups, no timer.

You need

10 plastic cups per player, a stopwatch.

Step by step



1. Each player builds a pyramid of 10 cups (4-3-2-1)
2. Then takes it back down into a single stack
3. Fastest time wins. Post the record on the board

Care note: Keep score out loud and give the winner something.

Game Day

Level 3 of 3

Then and Now Prices



Goal

long-term memory · numbers · debate. Takes 30m.

How to do it

- Read the item and the year: “a gallon of gas, 1960”;
- Everyone writes or says their guess. Closest without going over gets the point;
- Then reveal today’s price and let them argue about it.

Adapt it

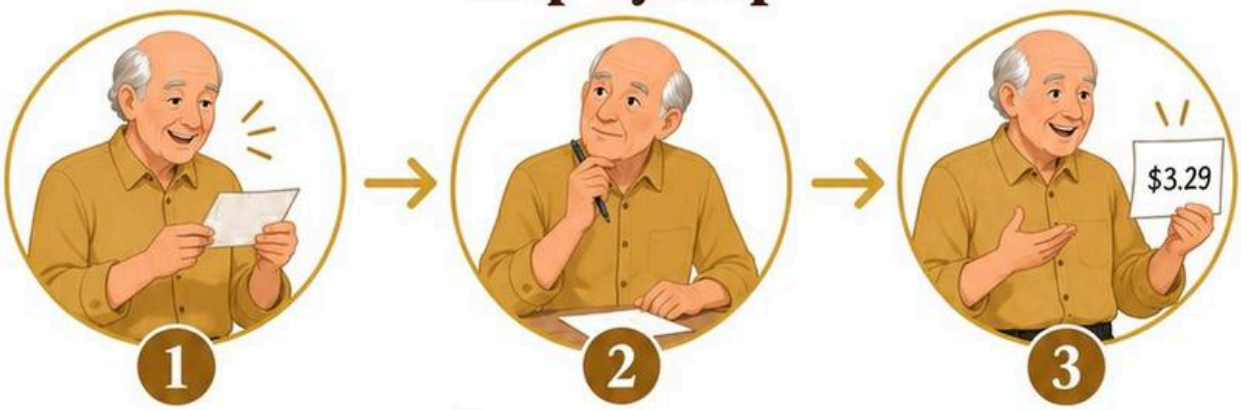
- Limited hand use: say guesses out loud.
- Memory loss: choose prices from their childhood; ask “what did it cost you?”.

You need



a list of everyday items with their price then and now (a loaf of bread, a car, a stamp).

Step by step



1. Read the item and the year: “a gallon of gas, 1960”
2. Everyone writes or says their guess. Closest without going over gets the point
3. Then reveal today’s price and let them argue about it

Care note: Keep score out loud and give the winner something.

Game Day

Level 3 of 3

Survey Says



Goal

word recall · teamwork · humour. Takes 30m.

How to do it

- Two teams. Read a question; teams take turns naming answers
- A hit scores its count; three misses passes the question to the other team
- Highest total after 10 questions wins.

You need

a sheet of 10 questions surveyed among your staff ("name something you take on a picnic"), with the top 5 answers and their counts.

Adapt it

- Hearing loss: write the question large on a board.
- Memory loss: accept any sensible answer and give a point.

Step by step



1. Two teams. Read a question; teams take turns naming answers
2. A hit scores its count; three misses passes the question to the other team
3. Highest total after 10 questions wins

Care note: Keep score out loud and give the winner something.

Game Day

Level 3 of 3

Quiz Night



Goal

general knowledge · teamwork. Takes 45m.

How to do it

- Teams pick a name. Read each round twice;
- Swap sheets to mark them. Read the scores between rounds;
- Last round counts double. Winners get a prize and their team name on the board.

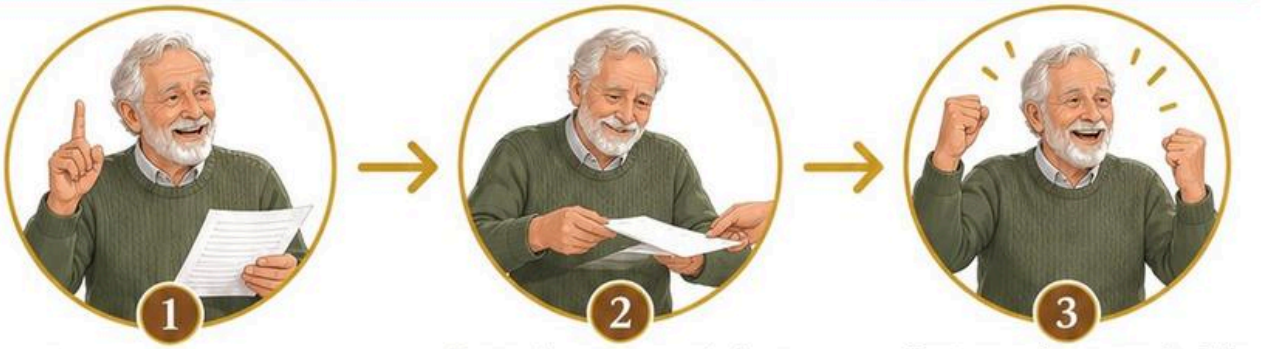
Adapt it

- Hearing loss: questions on a board. Low vision: a scribe on each team.
- Memory loss: put them in a team with a strong scribe; their answers still count.

You need

answer sheets, a pen per team, 5 rounds of 8 questions (music, history, film, sport, “this place”).

Step by step



1. Teams pick a name. Read each round twice
2. Swap sheets to mark them. Read the scores between rounds
3. Last round counts double. Winners get a prize and their team name on the board

Care note: Keep score out loud and give the winner something.

Game Day

Tabletop Shuffleboard

Level 2 of 3



Goal

aim · touch · strategy. Takes 20m.

How to do it

- Players take turns sliding their caps along the table
- Knock the other side's caps off; caps that fall off score nothing
- Count after each round of eight. First to 15.

You need

- a long table
- 8 bottle caps or coins (two colours)
- scoring zones taped at the far end

1
2
3
4

Adapt it

- Wheelchair: play from the end of the table. Tremor: heavier pieces (large coins or checkers).
- Memory loss: one colour each, and you call the score after every slide.

Step by step



1. Players take turns sliding their caps along the table
2. Knock the other side's caps off; caps that fall off score nothing
3. Count after each round of eight. First to 15.

Care note: Keep score out loud and give the winner something.

Game Day

Hallway Bowling



Goal

gentle movement · aim · competition. Takes 30m.

How to do it

- Set the bottles in a triangle at the end of a hallway or a cleared floor
- Two rolls per turn. Count the pins down
- Five frames each; keep score on a board like a real bowling alley.

Adapt it

- Wheelchair: roll from the chair, or down a ramp made from a tray.
- Memory loss: one roll, cheer every pin.

You need





10 plastic bottles with a little water in them, a soft ball.

Step by step



1. Set the bottles in a triangle at the end of a hallway or a cleared floor
2. Two rolls per turn. Count the pins down
3. Five frames each; keep score on a board like a real bowling alley

Care note: Keep score out loud and give the winner something.

Game Day

Level 2 of 3

Higher or Lower



Goal

probability · nerve · laughter.
Takes 20m.

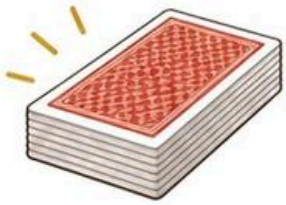
How to do it

- Turn over a card. The player says whether the next one is higher or lower
- Right: they carry on and bank a point per card. Wrong: they lose that run's points
- Stop and bank any time. Most points banked after three turns wins.

Adapt it

- Low vision: large-print cards on a stand.
- Memory loss: you hold the cards and say the number aloud.

You need



a standard deck of cards in large print.

Step by step



Turn over a card. The player says whether the next one is higher or lower



Right: they carry on and bank a point per card. Wrong: they lose that run's points



Stop and bank any time. Most points banked after three turns wins.

Care note: Keep score out loud and give the winner something.