



April 2025

Unique Outdoor Activities for Older Adults

Outdoor activities are a great way to stimulate both the mind and body for older adults. Engaging in unique, nature-based experiences promotes physical health, mental sharpness, and overall well-being. Here are some enjoyable outdoor activities that offer both fun and health benefits:



Caregiver SUPPORT GROUPS

- **Burlington:** Milestones, 509 Jefferson St., 1st Tuesday of each month at 3pm.
- **Ottumwa:** McCreery Cancer Center, 1003 E Pennsylvania Ave., 2nd Thursday of each month at 2pm.
- **Davenport:** Milestones, 935 E 53rd St., 2nd Monday of each month at 10:30am.
- **LeClaire:** Our Lady of the River Catholic Church, 28200 226th Place, Le Claire, IA. 1st Monday of the month 10:30am.

Word Scrambler

Unscramble the letters to form a common word.

Example: DRBAE

Answer: BREAD



- 1) MBOOL
- 2) IARN
- 3) DNERAG
- 4) REZBEE
- 5) WFOLRSE
- 6) HESFR
- 7) INHSSUNE

- 7) SUNSHINE
 - 6) FRESH
 - 5) FLOWERS
 - 4) BREEZE
 - 3) GARDEN
 - 2) RAIN
 - 1) BLOOM
- Answers:

1. Nature Scavenger Hunt: Create a list of things to find in a local park or garden—like certain types of flowers, birds, or rocks. This can engage their curiosity and encourage gentle walking.
2. Outdoor Painting or Sketching: Set up an easel in a park or backyard and encourage seniors to paint or sketch the landscape. This can be a relaxing, creative outlet.
3. Botanical Garden Exploration: Visit a botanical garden for a sensory experience. Seniors can enjoy the sights, smells, and sounds of various plants while walking at their own pace.
4. Birdwatching: Set up a birdwatching station with feeders in the yard or visit a local nature reserve. This quiet activity fosters patience and connection with nature.
5. Outdoor Yoga or Tai Chi: Gentle yoga or Tai Chi in the fresh air can improve flexibility, balance, and overall wellness while taking in the outdoors.
6. Geocaching: This modern-day treasure hunt involves using GPS to find hidden items in nature, offering both a challenge and an adventure.

These activities not only help seniors stay active but also offer a unique way to enjoy the outdoors and connect with nature.

Upcoming Events

- **Free Art Class:** Third Thursday of each month at 1pm. Newberry Center, 728 Ave. G., Fort Madison, IA.
- **B-I-N-G-O:** Every Friday at 11:45. Albia Leisure Lounge, 17 N. Clinton, Albia, IA.
- **Crafternoon:** First Tuesday of each month, 1pm. Newberry Center, 728 Ave. G., Fort Madison, IA.
- **Card Club:** Every Thursday at 10am. Community Center, 104 Sand Run Rd., Fruitland, IA.

THE ANSWERS YOU *Need*

The Milestones Information & Assistance (I&A) program provides a one-call destination to address the needs of older adults and adults living with disabilities. Assistance is a just a phone call away!

