

# Menu of Life Enhancing Pursuits

Cultural		Physical		Social		Solitary			
1. Church/Mass		5. Walking		13. Music Session		22. Visiting Family		29. Bed Rest	
2. Prayers		6. Gardening		14. Reminiscence		23. Visiting Friends		30. Hand/Foot Massage	
3. Communion		7. Dancing		15. Seasonal Activities (Yearly Events)		24. IPAD		31. Knitting	
4. Spiritual Session		8. Exercising		16. Shopping		25. Alzheimer's Group Therapy		32. Aromatherapy	
		9. Ball Play		17. TV/Video/Films		26. 1:1 Interaction		33. Beauty Therapy	
		10. Table Setting		18. Concerts		27. Photo Session		34. Art Therapy	
		11. Baking		19. Canteen/Coffee Shop		28. Outing/Trips		35. Relaxation	
		12. Household Chores		20. Birthday Party				36. Soft Music	
				21. Garden Party				37. Listening to Piano / Guitar music	
								38. Sensory Stimulating Activities	

# Menu of Life Enhancing Pursuits



Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Residence: \_\_\_\_\_ Month/Year: \_\_\_\_\_

Date	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday							
Morning Activity																																
Outcome																																
Signed																																
Afternoon Activity																																
Outcome																																
Signed																																

Date	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday							
Morning Activity																																
Outcome																																
Signed																																
Afternoon Activity																																
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Signed																																

Outcome: Staff/Client's Impression of The Therapeutic Benefit of The Activity

E = Enjoyable/Happy and Relaxed  D = Disliked / Distressed  X = Difficult to Evaluate 