Beyond Bingo: 14 Activities for Elderly People That Aren't Boring

- Group Exercise Classes
- Wii Sports
- Walking Clubs
- Gardening Clubs
- Book Clubs
- Lectures and Continuing Ed Classes
- Art Classes
- Live Music
- Life Story Exercises
- Jewelry-Making
- Field Trips and Excursions
- Music Therapy
- Pet Therapy
- Self-Care

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