

Painting Dish Towels

Target Audience:

Independent seniors

Seniors with moderate to good fine motor skills

Suitable for memory care with one-on-one assistance

Materials Needed:

- White cotton dish towels (pre-washed)
- Fabric paint in various colors
- Paint brushes or sponge brushes
- Small paint trays or disposable plates
- Painter's tape or stencils (optional for designs)
- Newspaper or plastic table covers to protect the work area
- Aprons or old shirts to protect clothing
- Paper towels for messes
- Cups of water for rinsing brushes
- Safety Measures:
 - Ensure a well-ventilated area
 - Keep non-toxic fabric paints on hand

Steps:

Workspace Setup: Cover tables with newspaper or plastic table covers for easy cleanup.

Material Distribution: Distribute pre-washed dish towels, paint, brushes, and trays.

Design Planning: Talk through potential designs. Offer stencils or painter's tape for those who'd like some guidance in creating shapes or lines.

Applying Painter's Tape/Stencils: If using painter's tape or stencils, apply these to the dish towels first to create designs. Press down firmly.

Painting: Pour paint into the trays and have seniors start painting their dish towels. If some seniors are hesitant, offer ideas or show them how to use the stencils.

Tips and Techniques: Share techniques like dabbing for even coverage, or how to blend colors directly on the fabric.

Quality Time: While they're painting, engage them in conversation, play some music, or create a relaxing environment to stimulate creativity.

Finishing Up: Once everyone is done painting, allow the towels to dry flat.

Clean-Up: Ensure that brushes are rinsed, and all paint is sealed and stored properly.

Showcase: Once the dish towels are dry, offer a time for everyone to showcase their designs.

Post-Activity Discussion: Open the floor for feedback. What did they enjoy the most? Would they like to do more projects like this?

Drying and Curing: Make sure to read the paint manufacturer's instructions for drying and curing the fabric paint, which may include ironing the back of the painted area or letting it set for several days.