

Community Mural

Best For:

Seniors of varying ability levels

Memory care residents with one-on-one assistance

Supplies Needed:

- Large canvas or roll of butcher paper
- Washable markers in multiple colors
- Painter's tape or thumbtacks
- Aprons or old t-shirts for protection (optional)
- Stencils for easy shapes (Optional)
- Chairs for those who need to sit while participating

Instructions:

Planning:

- Decide on a theme for your mural. Ideas include seasons, holidays, or universal concepts like "friendship" or "community."
- Space Preparation:
- Find a large wall area that is accessible to everyone.

Canvas Setup:

- Secure the canvas or butcher paper to the wall using painter's tape or thumbtacks. Make sure it's at a height everyone can reach.

Station Preparation:

- On tables nearby, place the markers, stencils, and any other supplies you'll be using.

Safety First:

- Make sure the area is slip-free and accessible, even for those with mobility aids like walkers or wheelchairs.

Kick-off:

- Gather the residents and explain the theme. Show them the markers and stencils and discuss how to participate.

Starting to Draw:

- Residents can start drawing or coloring, keeping the theme in mind.
- For memory care patients, provide one-on-one assistance and consider using stencils for easier participation.

Engagement:

- Walk around and interact with the seniors as they are drawing. Praise their efforts and offer gentle guidance if needed.

Take Breaks:

- Have chairs set up nearby so that anyone who wants to take a break can sit down.

Completion:

- Once everyone has had a chance to contribute, step back and admire the work!

Celebration:

- Host a small ceremony or gathering to appreciate the finished mural and thank everyone for their contributions.

Clean-up:

- Cap all markers and collect any stray supplies.
- This marker-based mural activity should be easier to manage in terms of set-up and clean-up, while still offering a fun, collaborative project for seniors.