

# Faith-Based Activities for Seniors Who No Longer Read

*Connection does not require reading. These gentle, Christ-centered activities reach the heart through music, touch, sight, and familiar words.*

1. **Sing the old hymns.** Play or sing hymns like *Amazing Grace* or *How Great Thou Art*. Long-loved melodies often stay in the heart long after words on a page are lost — many will hum or sing along.
2. **Read Scripture aloud.** Read a familiar passage slowly — Psalm 23, the Christmas story, the Lord's Prayer. You are not testing them; you are surrounding them with words they have known their whole life.
3. **Pray together, simply.** Hold their hand and pray a short, familiar prayer. Invite them to say "Amen." Routine and reverence bring comfort even when understanding fades.
4. **Look through old photos.** Point to faces and share the story yourself: "This is your wedding day." Let them enjoy the feeling of the memory without pressure to name anyone.
5. **Offer something to hold.** A soft blanket, a smooth stone, a wooden cross, or a familiar object gives the hands something calming to do and can soothe restlessness.
6. **Enjoy God's creation.** Sit by a sunny window, step outside, or watch the birds. Fresh air and natural light lift the spirit and gently mark the time of day.
7. **Play hymns during care.** Soft worship music during meals, bathing, or evening can ease anxiety and turn a hard moment into a peaceful one.

8. **Share a familiar taste.** A favorite treat — tea, a soft cookie, a slice of orange — can spark a smile and a memory through the senses.
9. **Do a simple, repetitive task together.** Folding soft towels, sorting large buttons, or winding yarn offers a gentle sense of purpose and accomplishment.
10. **Watch a Bible story or nature film.** Gentle, familiar images ask nothing of the viewer and can be enjoyed side by side, quietly.
11. **Give a gentle hand or shoulder touch.** A held hand, a soft lotion hand-rub, a warm presence — touch communicates love when words no longer land.
12. **End the day with a blessing.** Close each evening the same way: a hymn, a short prayer, "The Lord bless thee and keep thee." Familiar endings bring peace and rest.

---

**For a full program of faith-based memory-care activities: *The Christian Memory Care Activity Guide*, on Amazon.**

*goldenfaithpublishing.com · With love, the Golden Faith Publishing family*