

## DAY AT THE BEACH

# BODY

This mobility activity can be made easier for seniors with eyesight problems if the family caregiver describes the actions:

1. Hold the beach ball at chest level in both hands.
2. Stretch arms out straight.
3. Then pull arms back to the chest.
4. Repeat while counting to 10.

Put this skill to work while doing something a senior enjoys. When watching TV or listening to the radio, march to the beat of a favorite song while in this sitting position.

