CRAZY 8s

Cards are a great form of socialization that may help improve a senior’s overall sense of well-being. How about a game of “Crazy 8s?”

1. The basic game of Crazy 8s uses a standard 52-card pack.
2. The dealer deals (singly) five cards to each player (seven each if there are only two players).
3. The un-dealt stock is placed face down on the table, and the top card of the stock is turned face up and placed beside the stock to start the discard pile.
4. Starting with the player to dealer’s left, and continuing clockwise, each player in turn must either play a legal card face up on top of the discard pile, or draw a card from the un-dealt stock.
5. If the top card of the discard pile is not an eight, play any card which matches the rank or suit of the previous card (for example if the top card was the king of hearts you could play any king or any heart).
6. An eight may be played on any card, and the player of the eight must nominate a suit, which must be played next.
7. If an eight is on top of the pile, you may play any card of the suit nominated by the person who played the eight.

The first player who gets rid of all their cards wins, and the other players score penalty points according to the cards they have left in their hands. Remember that meaningful conversation while playing can boost a senior’s outlook as well.