



A Plan For Senior Care's Guide To Father's Day Activities

The third Sunday of June is a special day in America. Father's Day honors and celebrates fatherhood and father figures. It is a great day to set aside time to remember or spend time with the important men in your life. Here are some ideas to honor a special person in your life.



Ideas For Outings

- Share a relaxed meal at his favorite restaurant.
- Stroll through a shopping mall. Outdoor malls are fantastic in good weather.
- Visit a botanical garden, beach or park. If the weather is nice, bring a picnic lunch.
- Visit a historical site or museum.
- Share his hobby with him like art, gardening, music, golf, woodworking or fishing.
- Take him to a live sporting event, concert or the movies.
- Take him to visit family or special friends.

Ideas For Staying Home

- Cook his favorite meal or get takeout from a favorite restaurant. Include his favorite drink or dessert.
- Invite family and friends over for a casual barbecue to honor him.
- Barbecue or cook a favorite dish together.
- Read aloud from a book or the newspaper or share current events.
- Listen to his favorite music and discuss the musicians and the era.
- Do a puzzle, play cards or a board game together.
- Relax together while watching a favorite movie, TV show or sport's game.

Ideas If You Cannot Be Together

- Call your loved one and have him share some old stories of his life. Let him know how he impacted your life.
- Skype or FaceTime so he can see you and other family members.
- Send a gift, card or special note, include some pictures. Care packages with special treats are great too!
- Have his favorite restaurant meal delivered to his home.
- Arrange for him to be pampered with a haircut, massage or pedicure.
- Arrange to have friends or family visit him.
- Hire someone to do chores or maintenance around his house.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.