

## Welcome

Warmly welcomed. Take a seat (or guided to seat) in the room layout. Activity can begin. Coffee, tea and sweets are offered.

## Target group

People with an early or middle stage of dementia.

## Supervisors

One or two employees or volunteers.

## Objective

- (re)introduce the participants to the game of checkers
- Bring back memories
- Talking, relaxing and fun

## Group size

At least two participants and max. 15 (depends on available space).

## Duration

One hour.

## Playful Mind Fitter Brein

*A game of checkers for people with dementia. Train the memory and keep the brain fit and healthy for as long as possible.*

## Tips

- Create a welcoming setting: fun and enthusiasm are very important.
- Make sure they learn something new every time e.g.: a new rule or trick.
- Involve other target groups: children/young people, family members, other organisations/partners.

## Materials

- Checker boards
- 7 small tables (2 persons and a checker board) or 4 large tables (4 persons and 2 checker boards)
- Screen, beamer and audio equipment
- Computer or laptop with HDMI

## Facilities

- Indoor activity; preferably in care home or other easy accessible (social) organisation
- Location accessible for people with disabilities
- Coffee, tea and some sweets

## Goodbye

After the game, plenary closing with everyone. Talk about the activity experience. All participants receive a present: their own board of checkers and maybe some flyers of Fitter Brein.

