



## 5 Simple Garden Projects to Do With Your Senior Loved One

*Therapeutic, Joyful Activities That Nurture Connection and Well-being*

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### Why Gardening Matters for Seniors

Gardening isn't just a pastime — it's therapy. Whether at home or in assisted living, it can help:

- Boost mood and reduce stress
- Improve mobility and coordination
- Stimulate memory and cognitive function
- Foster meaningful connection between generations

These simple garden activities are perfect for families who want to **spend quality time** together while supporting **healthy aging**.

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### 1. Herb Pot Project (Smell & Memory Stimulation)

**What You Need:** Small terracotta pots, potting soil, herb starters (like basil, mint, or rosemary)

**Why It Works:** Herbs offer strong scents that trigger memory and calm anxiety. Let your loved one pick their favorites.

**Try This:** Label each pot with handwritten tags — encourage your loved one to recall meals or memories tied to each herb.



## 2. Sensory Garden Box (Touch, Sight, Smell)

**What You Need:** A shallow container or raised bed, soft-textured plants (lamb's ear, marigolds, snapdragons)

**Why It Works:** Engages multiple senses, great for individuals with dementia or limited mobility.

**Try This:** Add a wind chime or water feature nearby for extra sensory impact.

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## 3. Grow-Your-Own Salad Garden (Quick Rewards)

**What You Need:** Large container or garden bed, lettuce, spinach, cherry tomatoes, radishes

**Why It Works:** Fast-growing crops show visible progress quickly, offering a sense of accomplishment.

**Try This:** Plan a mini “garden-to-table” lunch together using your harvest.

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## 4. Seasonal Flower Planting (Color & Creativity)

**What You Need:** Flower seeds or starter plants, garden space or containers

**Why It Works:** Visual beauty stimulates joy and creativity. Seasonal planting gives seniors something to look forward to each quarter.

**Try This:** Create a memory garden by planting flowers tied to loved ones or special occasions.

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## 5. Bird & Butterfly Garden (Connection to Nature)

**What You Need:** Native plants, bird feeder, shallow birdbath

**Why It Works:** Invites wildlife for daily observation. Encourages peaceful reflection and curiosity.

**Try This:** Start a garden journal — log which birds or insects visit each day.

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### **Bonus Tip: Make It a Weekly Ritual**

Even just **15–20 minutes of gardening a week** has shown measurable improvements in seniors' physical and emotional health. Make it part of your weekly visit — and watch how it deepens your bond.

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### **Want to Learn More About Garden Therapy in Senior Living?**

At Sarawood Assisted Living, we incorporate gardening into our wellness programming — creating safe, engaging outdoor environments that help our residents thrive.

### **[Schedule a Tour of Sarawood](#)**

Because connection grows best in the garden. 

**Sarawood Assisted Living**

*Closer Connections, Better Care*

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