



United Way of Greater Houston

DO IT YOURSELF!

SENIOR ACTIVITY KIT



The COVID-19 pandemic has caused many senior citizens to isolate in their homes where they are unable to visit their loved ones or continue regular hobbies and activities. The Senior Activity Kit will provide senior citizens in our community with safe and entertaining activities to do from home. Volunteers will organize Senior Activity Kits to provide a way for Houston's senior community to remain happy and entertained throughout this stressful time.

SUPPLY LIST

Each Senior Activity Kit will be completed using the materials listed below. Volunteers can make as many bags as they like and include a handwritten, decorated note for the recipient. For a budget friendly option, supplies can be found at a local dollar store.

ACTIVITY BOOK

one per kit

Ex: Word search, crossword puzzles, sudoku

NOTEBOOK

one per bag

ADULT PUZZLE

one packet per bag

PENS

two per kit

GALLON PLASTIC BAG

one per kit

CONSTRUCTION PAPER

for cards

MARKERS AND/OR GLITTER PENS

variety of colors

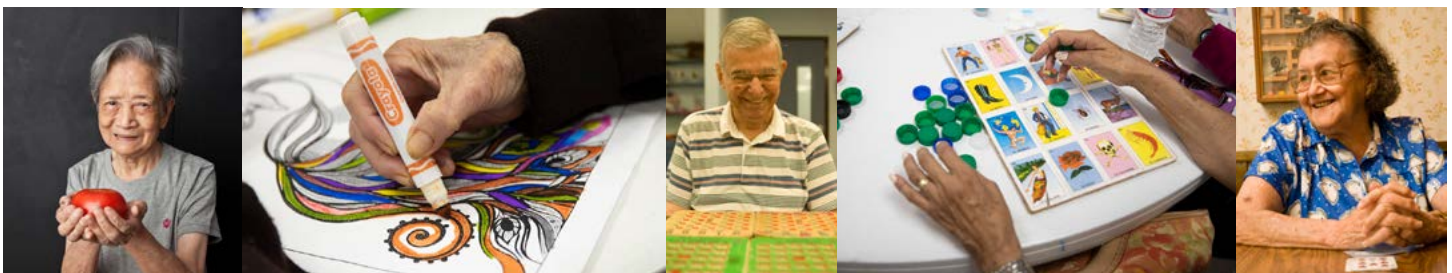
STICKERS

variety of designs

VENDOR AND SUPPLY OPTIONS

Kit making supplies can be found at a variety of online and in-person stores. Prices can vary widely throughout the year and at different stores. Below is a list of vendor ideas:

- [Amazon Wishlist](#) of recommended supplies
- **Walmart /Target** - you may be able to buy some of these items in bulk or find similar variations
- **Discount/dollar stores** - your local dollar store may supply some of the more general items in larger quantities





PROJECT TIPS

- Clean and prepare your project space.

United Way advises all volunteers to abide by the [CDC health and safety guidelines](#) when shopping for, preparing your select projects, and delivering completed kits to agencies. Here are some specific guidelines for how to participate in Days of Caring safely

- **Days of Caring Safety:**

- Please wash your hands before starting to prepare the volunteer project(s) and ensure your workspace and all materials have been disinfected.
- Use online ordering for supplies (shopping lists provided) or use social distancing while shopping for project supplies.
- When delivering your completed kits to an agency, wear a mask and follow the listed instructions. Each agency has procedures in place to ensure their safety and yours

- **Estimated time per kit**

The average volunteer can make 3-4 kits per hour.

- **Variety of supplies**

Coordinators should ensure that construction paper packs have multiple colors for the sake of variety. It may help to choose colors pertaining to a specific holiday or theme.

SET UP TIPS FOR ONSITE PROJECTS

- **Supply Table**

Set up the supply table in a central location, or multiple stations depending on the volunteer count. All supplies such as paper and decorating materials can be set up here for volunteers to have easy access to materials.

- **Materials**

Set up the materials in the center of each table. Set out the markers, stickers, and glitter pens as these are the common materials most volunteers will utilize.

- **Completed card space**

Designate a table for the completed cards to be placed. This space needs to be large enough for cards to air-dry if glue or glitter pens were used.

- **Transportation**

Coordinators should prepare spacious boxes or containers for transporting the cards. It's important to make sure the volunteer designs are not damaged once they have been made.

When your kits are completed, United Way staff will work with you to ensure delivery of kits to a community partner.

Questions or issues? Contact your United Way representative or the Volunteer Engagement Team at DaysofCaring@unitedwayhouston.org.