

MIX AND MINGLE ACTIVITY IDEAS

HOW WILL YOU GET CREATIVE AT YOUR MIX AND MINGLE? CONSIDER SOME OF THE FOLLOWING IDEAS!

- GENTLE PHYSICAL ACTIVITY
- WALK AND A PICNIC
- GARDENING PROJECT
- CREATIVE WRITING
- SOCIAL MEDIA SKILLS
- LOCAL HISTORY
- PHOTOGRAPHY
- COOKING OR BAKING
- SPORTS
- ARTS & CRAFTS
- PET DAY
- MUSIC AND SINGING
- BOARD GAMES
- DANCE
- CHAIR GAMES

GLOBAL INTERGENERATIONAL WEEK

24-30 APRIL 2023

#GIW23

GWT.SCOT/GIW23

