

Mix and Mingle Activities Guide

Get creative at your Mix and Mingle using these ideas!

- Conversation Cafe
- Gardening Project
- Story Writing
- Watch a Movie
- Old's Cool
- IT Support
- Cooking/Baking
- Fruit Skewers
- Make a PomPom
- Music and Singing
- Build a Den
- History at Home
- Board Games
- Chair Games

Use this guide to help you plan your activity!

Global Intergenerational Week

24-30 April 2024

#GIW24

www.giw.scot

