

Memory Lane Therapy

Printable Activities for Seniors

Sparkle and Shine

DIY Custom Sunglasses Activity for Seniors



A fun, budget-friendly craft that encourages self-expression, creativity, fine motor skills and social interaction.

FREE DOWNLOADABLE PRINTABLE PDF GUIDE

Looking for a simple, engaging, and budget-friendly activity that brings joy and a touch of personal flair to seniors? Custom sunglasses decorating is perfect for activity directors and caregivers seeking creative ways to engage residents, offering both a fun pastime and a tangible, stylish keepsake. It is an activity that encourages self-expression and can brighten anyone's day, especially as the warmer months approach.

What You'll Need: Simple Supplies for Maximum Fun

The beauty of this activity lies in its simplicity and affordability. You only need a few basic items to get started.



Inexpensive Sunglasses	Bulk packs of plain sunglasses can be found online or at discount stores. We found some on sites like Temu and Amazon going for as low as \$0.60 a piece. Consider a variety of shapes and sizes to suit different preferences.
Assorted Jewelry Stickers & Embellishments	Look for self-adhesive rhinestones, pearls, small charms, or even fabric stickers. The more variety, the better!
Craft Glue	Optional, but recommended for durability. While many embellishments are self-adhesive, a dab of craft glue can ensure they stay put, especially if the sunglasses will be worn frequently.

How to Create Dazzling Custom Sunglasses

This activity is incredibly straightforward, making it accessible for seniors with varying dexterity levels. Here is a simple step-by-step guide.

1. Gather Your Materials

Lay out all the sunglasses, stickers, and any optional glue on a clean, well-lit surface. This makes it easy for participants to see and choose their decorations.



2. Choose Your Canvas

Each senior selects a pair of sunglasses they wish to decorate.



3. Unleash Creativity

Encourage residents to experiment with different stickers and patterns. They can create symmetrical designs, abstract art, or even spell out initials with smaller gems. The goal is personal expression and enjoyment.



Finishing the Activity

4. Apply Embellishments

Carefully peel and stick the chosen jewelry stickers onto the frames of the sunglasses. If using craft glue, apply a small amount to the back of each embellishment before pressing it onto the frame.

5. Allow to Dry

If glue was used, set the decorated sunglasses aside to dry completely before handling or wearing.

Tips for Activity Directors and Caregivers

- Preparation is Key: Have all materials organized and easily accessible before the activity begins.
- Offer Assistance: Be ready to assist with peeling stickers or applying glue for those who need a little extra help.
- Encourage and Praise: Celebrate each participant's unique design and effort. The focus should be on the process and enjoyment, not perfection.
- Theme It Up: Consider seasonal themes, such as patriotic colors for summer holidays or pastel shades for spring, to add an extra layer of fun.

This custom sunglasses decorating activity is a shining example of how simple ideas can lead to meaningful engagement and enjoyment for seniors. Creativity knows no age limit - and a little sparkle can go a long way in brightening lives.

Find more printable activities, craft ideas and senior-friendly resources at memorylanetherapy.com