





## **Table Minigolf**

The elderly people (with or without handicaps) sit around tables.

**Instruction:** "Please use the provided material to create minigolf courses for the various golf balls. Work by yourself or in pairs."

**Material:** newspaper, construction paper, painter's masking tape, Scissors (optional), various "golf balls": table tennis balls, styrofoam balls, wooden beads, glass marbles, balls made of aluminum foil. Various "golf clubs": spoons, tools, twigs, rulers, ...

**Keywords:** creativity, implementation of own ideas, hand and finger motor skills

**References:** Eisenburger, Marianne; Zak, Thesi: Bewegte Begegnungsstunden für Menschen mit Demenz. Meyer & Meyer Verlag, Aachen 2013. Zak, Thesi; Eisenburger, Marianne: Wissen kompakt: Handlungsprinzipien der Motogeragogik. In: motorik 1/2019 p. 28-30. Ernst Reinhardt Verlag, München 2019