



McCormick Dementia Services

Advancing community
outreach and support

Table Games

What are Table Games & Why We Play Them

- There are many table games that we use at the Day Program, some common like Yahtzee™ and others that are “homemade.”
- These games can vary in cognitive complexity
 - Some may simply be chance, while others may require some strategic thinking, answering short questions or responding to conversation starters.
 - Many can require number, colour, shape or letter recognition, matching, and they can often involve math.
 - There is also a physical component involved in reaching for the dice and the dexterity to grasp, shake and roll the dice (if this is difficult however, use larger dice or place the dice in a cup to make it easier to shake and roll).
 - It can even test one’s reflexes as they stop the dice from flying off the edge of the table!

In our program, verbal communication can be limited by either language or cognition, but dice games can often be understood through demonstration or slight assistance, allowing a diverse group (skill, language, age, gender) to engage in the same program.

Many clients and caregivers have grown up playing various games, whether they be cards, dice, board games, trivia, etc.

Are you sometimes looking for an activity that your loved one can participate in to pass the time or to engage in with the family?

Many popular games like Yahtzee™ can be adapted to allow for individuals with dementia at various stages to participate in.

Here at the Day Program, rather than using the traditional Yahtzee™ score card, we have adapted the game. We roll for poker hands (ie; a pair, full house, small straight, etc.) and rather than keeping score, we award monopoly money – the more difficult the poker hand, the more money awarded. This game engages the group as often others are helping the roller decide on which dice to keep, and, which to roll again. After a number of rounds, the player with the most monopoly money is the winner.

Other dice games that we often play are “Shake & Roll,” “Left, Right, Centre,” “Shake Lose a Memory” “High Roller” or “Stuck in the Mud.”

Spin-off Activities

There are components of these games that may have spin-off activities that a person may participate in

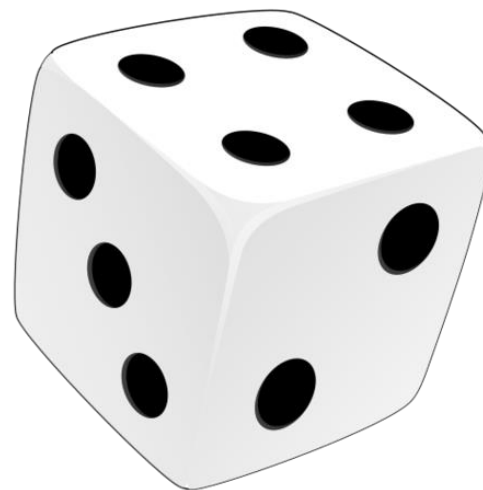
- cutting out game cards/pieces
- cutting out & sorting monopoly money
- sorting/organizing/counting poker chips & game pieces
- making outdoor versions of these games
 - Yardzee –which is large, wooden dice used to play outdoors
- score keeping, tallying game scores

Monopoly Money

Photocopied, then can be cut and sorted by colour.
Used for scoring for many games and activities, including
“points” for trivia



Dice Games



Yahtzee Poker

High Rollers

Shake & Roll

Shake Loose a Memory

Variety Show (1 = sing a song, 2 = raise your arms 5 times...)

Yahtzee Poker

At the Day Program, we play a modified version of Yahtzee.

Game Supplies:

- 5 dice
- Monopoly money (cutting pages of monopoly money , then sorting them are great activities too!)

Optional supplies:

- cup for putting dice in to roll
- Tea towel to roll the dice in (so the dice are not as loud and don't fly all over the place when rolled). Other option is to roll the dice in to a small box (ie. Shoe box lid)

Yahtzee Poker

Players: 2 or more. 1 player can be the “banker”

How to Play:

Player 1:

- 1. Place the 5 dice in a cup**
- 2. Shake and roll out the dice on a table**
- 3. Look at the numbers to see what you might want to keep to create your best “poker hand”**
- 4. Set aside the dice you want to keep for your poker hand**
- 5. Re-roll the remaining dice and repeat steps 3 and 4 to add to your poker hand.**
- 6. You can roll the dice up to 3 times in a turn**
- 7. Determine what your final poker hand is**
- 8. “Banker” pays out monopoly money based on poker hand**
- 9. Pass the dice to the next player for their turn.**
- 10. Play as many rounds as you would like**
- 11. Each player adds up their monopoly money at the end of the game. The person with the most money is the winner!**
- 12. After the game, the money can be resorted before putting away.**

***provide casual assistance to players as necessary, such as helping to determine which dice to keep, setting them aside, cueing to roll again, pass the dice to the next player, counting their prize money at the end of the game**

Yahtzee Poker “Hands”

Yahtzee – when all five (5) dice rolled are the same number (can be done on 1, 2 or 3 turns)

Full House – two (2) dice are the same number and three (3) dice are the same number (ie. 3, 3, 5, 5, 5)

Large Straight – when you have five (5) numbers in numerical order

ie. 1, 2, 3, 4, 5 or 2, 3, 4, 5, 6

Small Straight – when you have four (4) numbers in numerical order

ie. 1, 2, 3, 4 or 2, 3, 4, 5 or 3, 4, 5, 6

4 of a kind – four (4) dice all the same number

3 of a kind – three (3) dice all the same number

A Pair – two (2) dice the same number

Yahtzee Poker Scoring

Scoring	In one roll
Yahtzee!	\$500
Full House	\$100
Large Straight	\$100
Small Straight	\$50
4 of a Kind	\$50
3 of a Kind	\$20
2 Pairs	\$20
1 Pair	\$10
Nothing!	\$5

High Rollers

We find that when we play dice games, people often want to add up the numbers on the dice. If you start playing a game where this is not the object of the game (ie. Yahtzee Poker), we would recommend switching over to a game like High Rollers, where that is the intention.

Please keep in mind that the outcome of the game is not the purpose. Be flexible and bend the rules if necessary.

High Rollers

Supplies:

3 dice, pencil and paper/score card

How to Play:

Player 1:

1. Roll the dice and keep the highest die aside (only 1)
2. Roll the remaining dice and again set aside the highest
3. Roll the last die and add (sum) up your total.
4. Write down your score.
5. Pass the dice to the next player for their turn.

Play as many rounds as desired.

Add up total score and highest score is the winner!

High Rollers

Sample Score Card

	Player 1 Name	Player 2 Name	Player 3 Name	Player 4 Name
Round 1				
Round 2				
Round 3				
Round 4				
Round 5				
Total				
Winner:				

Shake & Roll

Shake & Roll is a game that can be created at home.

To create the cards, we find it is most effective when the cards show the same dots and pattern as the dice rather than have a card with a numerical digit on it (see PDF template)

High contrast cards as easiest to read (black on white or yellow)

Make the cards uniform in shape and, if possible, laminate them for durability

Shake & Roll

Supplies

1 set of cards for each player

- 1 set of cards is one card of each number 1-6

*You could play with a deck of cards if you have not made your own sets

1 Die (single dice)

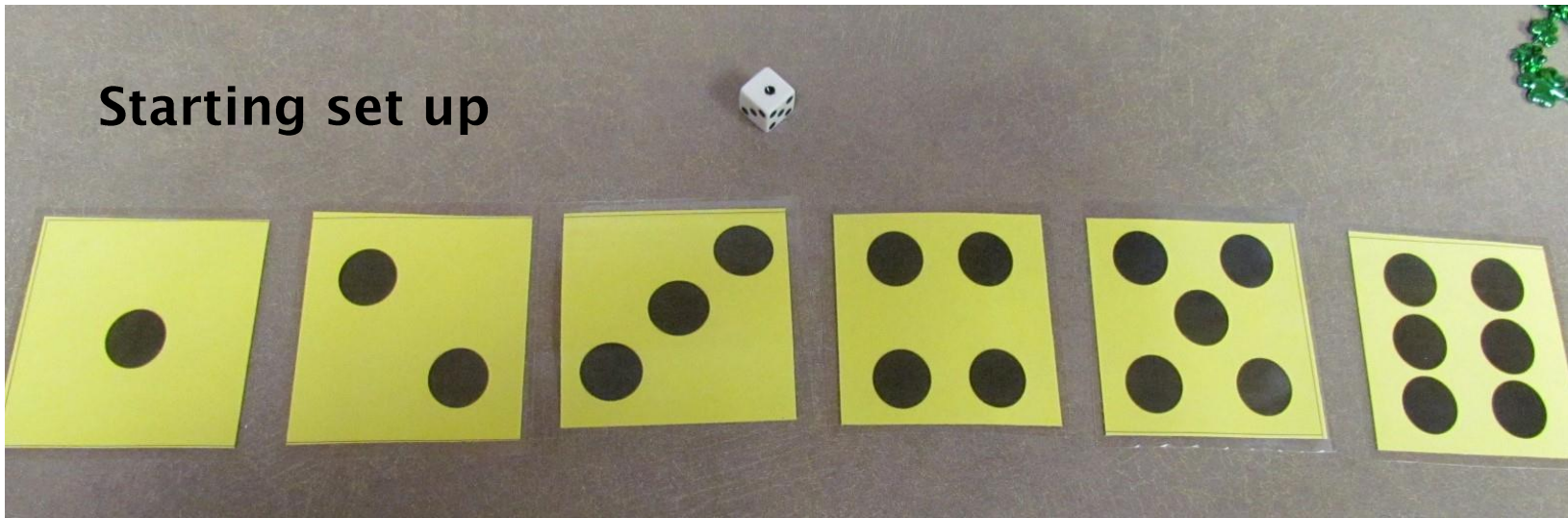
How to Play

1. Each player places their card (1-6) face up on a table in front of them.
2. Player 1 rolls the die.
3. Whatever number is rolled, only that player flips over that numbered card. If the card has already been turned over, they do not roll again. End of turn.
4. Pass die to next player.
5. Play continues until 1 player has all their cards turned over.

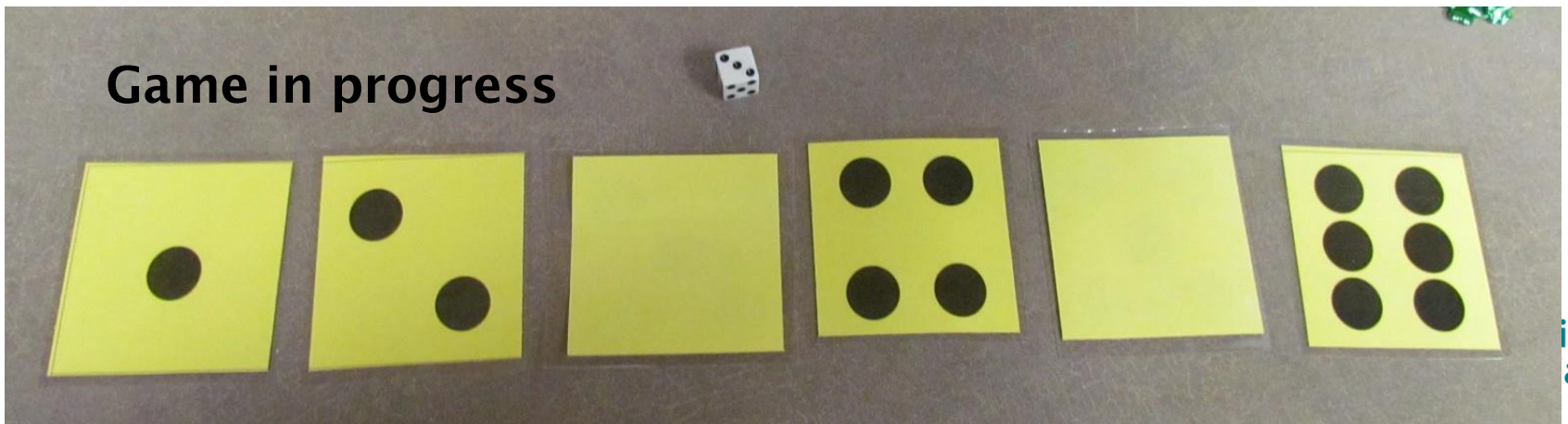
*for some people, it is better to collect the cards that are turned over rather than just turning them over in front of them. Sometimes people get “curious” what number is on that card and turn it back over.

Shake & Roll

Starting set up



Game in progress



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a

Shake Loose a Memory or Penny Ante

These are cards with discussion starters on them.

Great for reminiscing.

Try not to ask for specific memories ie. What was the best Christmas present your parents ever gave you?

For some clients “yes” or “no” questions are best.

Shake Loose a Memory can be purchased [here](#).

Topics	Sample Questions
Food & Drink	Do you prefer salty or sweet foods? Do you like coffee or tea?
Music, movies & entertainment	What type of music do you prefer – country or rock & roll? Do you prefer comedies or crime movies/books?
Skills, talents & hobbies	Did you ever learn how to knit? Woodworking – did you make ...?
Special occasions & celebrations	
Childhood memories	Did you grow up in a big family? Did you go to church?
Family (parents, siblings) & pets	Are you a cat or dog lover?
Rural vs. urban Religion Changes over time: technology, Vehicles, travel, ethics, jobs Would you rather questions	Would you rather live in the City or the Country?

Variety Show Dice Game

At times, we use dice to create a program that has a balance of cognitive and physical activities.

We create categories or actions for each number. Depending on what's rolled, that's what you do.

Example

1 = Sing a Song ie. Happy Birthday, O'Canada, Amazing Grace

2 = March your legs and pump your arms counting to 20

3 = Scategories

4 = Card Elimination

5 = Chair Dance to a song

6 = Balloon Swat

Card Games

Card Bingo

Traditional Bingo

Variations of Bingo: Picture Bingo, Music Bingo

Card Bingo

Supplies:

2 decks of cards

How to Play:

For 2 or more players

Place cards face up on table in front of player

Game is simpler with fewer cards (ie 4) or more complex with more cards (12 or more)

Using second deck, hold up one card at a time and announce the card (like calling a bingo number). Must be specific ie 7 of hearts

If player has exact card match (7 of hearts), he/she turns card over.

Once a player has all their cards turned over, they can call “BINGO!”

Like with Shake & Roll, for some players it is best to remove turned over cards to avoid the player turning the card back over.

If playing with multiple people, you could have a winner for the first one to get a bingo and the last person.

2nd deck for calling



Card Bingo Sample



Traditional Bingo

Once a Bingo lover, always a Bingo lover!

You can play Bingo at home without having 75 Bingo balls and cards

Supplies:

You can print your own Large calling cards or you can purchase a set from a store such as [here](#)

You can print your own Classic BINGO cards [here](#)

There are lots of variations for Bingo also, such as colour Bingo, shape Bingo, holiday/theme Bingos. They can also be found [here](#)

Shown at right are the cards we use in the day program. They are large print and have a slider window to make them reusable



Music Bingo

You can create your own music Bingo game with your favourite CD or playlist.

Just make a 5x5 table and write the song titles from your playlist in each square. You will want to randomly place the song titles around the card.

Play the song (or short clips of the song).

When you know the song title, look to see if you have that song title on your card.

Place a token or mark it with a pen/marker

Once you have a line or full card, you sing Bingo!

This makes for an enjoyable singalong with your favourite music.

We now have some of our Music Bingo games on our [website](#) for you to download.

Music Bingo Sample Card

Don't Be Cruel	Long Tall Sally	The Twist	Sweet Little Sixteen	The Stroll
Wake up Little Susie	The Great Pretender	All Shook Up	Money Honey	Twist & Shout
In the Still of the Night	Love Me Tender	FREE SPACE	Do You Want to Dance	One Mint Julep
That's All Right	Love is Strange	See You Later, Alligator	Rock Around the Clock	Autumn Leaves
Singing the Blues	Love Letters in the Sand	Mack the Knife	The Yellow Rose of Texas	The Green Door

Classics Board Games

There may be board games in your closet that you could dust off and try. Consider ways the game could be played as a group or simplified.

Some classic favourites are:

Scrabble

Jenga

Trivia

Crokinol

Connect Four

Scattegories

Checkers

Chess

Sorry or Trouble



Classic Card Games

Classic card games like Go Fish, WAR, euchre, and cribbage are some card games enjoyed by our clients.

You can find instructional videos and how to instructions online if you need a refresher from website such as this [one](#)

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