



Senior Nutrition Program Activity Guide: Crack the Code

This simple game can help seniors connect and socialize. Traditionally played in person after a meal, you can play this game virtually too! For an extra touch in a virtual environment, brainstorm creative ways for participants to enjoy a healthy meal or snack together.

Basics

Goal: Work in teams to unscramble words to reveal a health- or nutrition-related phrase.

Participants: Requires at least one person to organize the activity and at least five participants to play.

Materials: Players need instructions and secret words. Give a paper version while delivering meals or during a meal pickup. Email may also work but ensure every participant has access. A phone call is a third option. Participants do not need supplies of their own.

Prizes: While there is reward in simply having an enjoyable time together, you may want to award prizes to winners (or all participants). Mail or home-deliver prizes after the event.

Coordination

- Assign a coordinator to plan and manage the activity event.
- Select a time and date for the event.
- Set up a free virtual event (e.g., [Zoom meeting](#)) that allows video and phone participants.
- Create a sign-up form and be sure seniors are comfortable sharing contact information.
- Divide participants into teams and assign team captains.
- Select a secret phrase (ideas to the right) for each team and assign words.
- Get the virtual event information and word strips to participants.
- Remind participants by phone and/or email the day before the event.

Team and Phrase

The number of team members is the same number of words in that team's secret phrase. Everyone, including the captain, gets one word. If providing paper word assignments, use our word strip template or create your own.

Game Play

The Coordinator should start the event with a quick overview of how the game works. Then, the Team Captain(s) will lead their team(s) in unscrambling words to make the secret phrase. Once a team thinks they have it figured out, the Team Captain calls or chats the Coordinator.

Have fun and customize the game in any ways that work for your group!

Phrase Ideas

Group of 5

Eat right and move more

Group of 6

Unlock your potential with good nutrition

Group of 7

Healthy eating for a strong heart beating

Group of 8

An apple a day keeps the doctor away

Group of 9

Don't give up your favorite meal, make it healthy

Group of 10

Berries, apples, bananas, and pears help reduce worries and scares