



Holiday Checklist

Home & Decor

- Put up simple, safe decorations with help as needed
- Check light cords for wear and replace as needed
- Light a holiday candle (or switch to LED if sensitive)

Health & Comfort

- Refill prescriptions early
- Schedule quiet rest breaks
- Dress for the weather — consider indoors and out

Holiday Tasks

- Write and send holiday cards via mail or online
- Finalize gift list (friends, family, and you)
- Plan menus or meals and use grocery delivery if available

Seasoned Self-Care

- Block off “me time” on calendar and watch a calming video.
- Call someone you’ve been meaning to every few days
- Do one thing that makes you laugh (ugly sweaters count) every day

Gift Ideas from Seasoned Folks Shop

- T-shirt with a sassy quote
- Funny apron or cap
- Holiday ornament with personality
- Mug that speaks your truth
- Gift one to yourself because... why not?