

## TABLE BALL GAME



Encourage the resident to roll a tennis ball so that it bounces gently off the side of the game and rebounds into one of the target holes. This item is especially useful for individuals of all functioning levels who wander or frequently try to leave the unit. The item also provides exercise and R.O.M.

**Cues for this action:** “Here is the tennis ball we are going to use.” *Demonstrate-* Roll the ball down the table and try to get the ball in the hole. *Give the tennis ball to the resident and cue -*“You try it.”

### **Promotes:**

1. Reach, grasp, and release skills.
2. Visual tracking.
3. Fun, repetitive movements.
4. Sense of achievement.

### **Discussion ideas:**

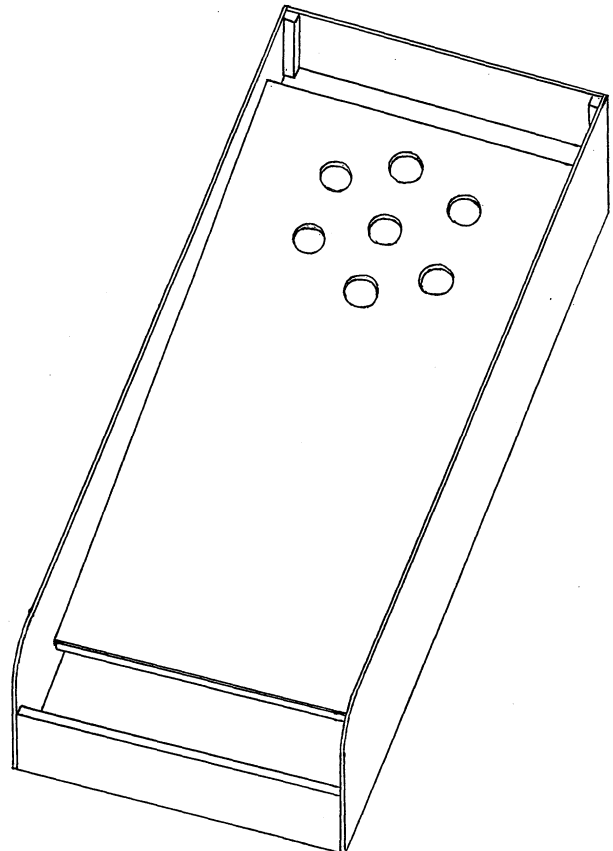
Did you ever bowl?

Did you ever go to an arcade?

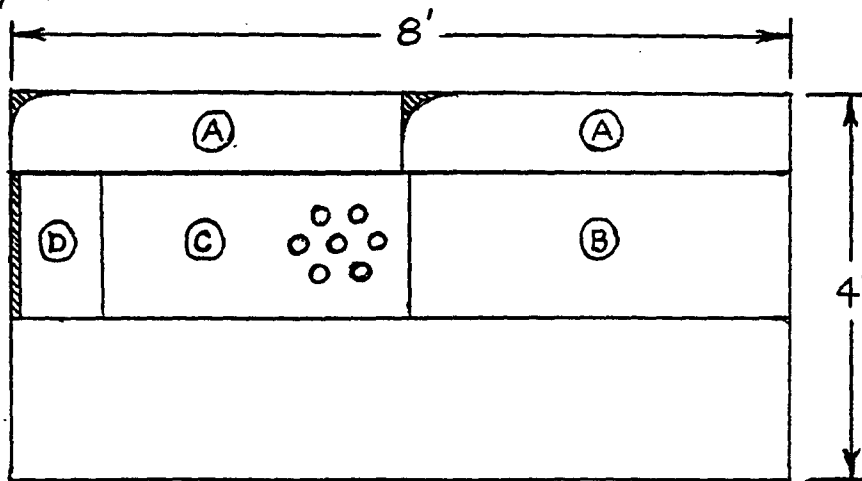
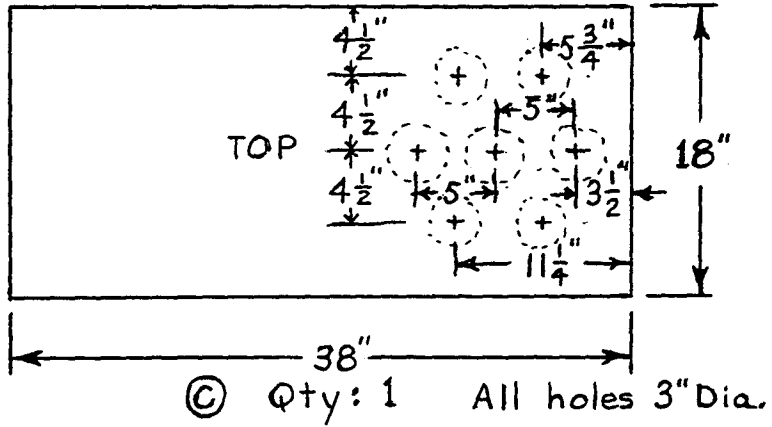
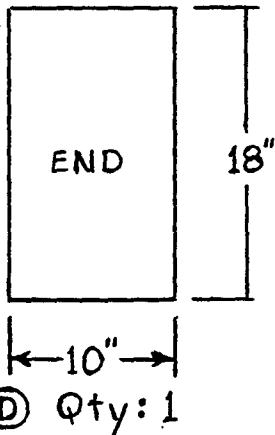
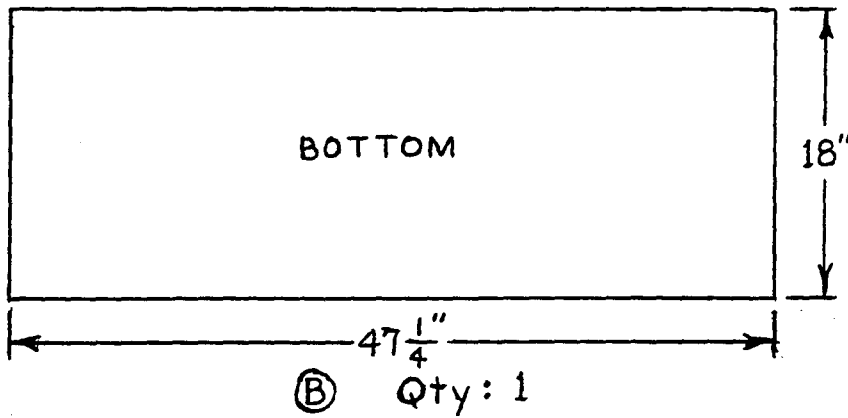
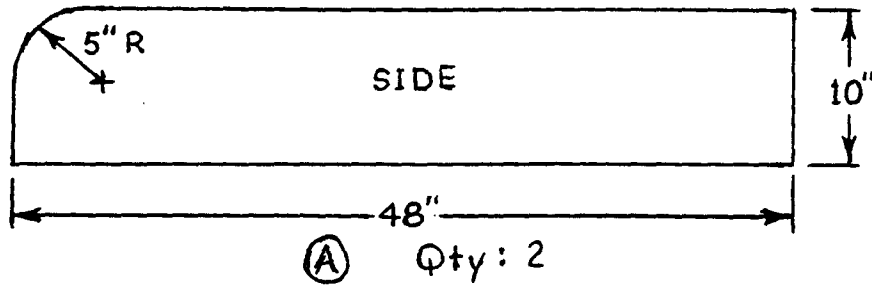
Did you ever play games at a carnival?

How many points did you score?

Let's ask a friend to play a game with us.

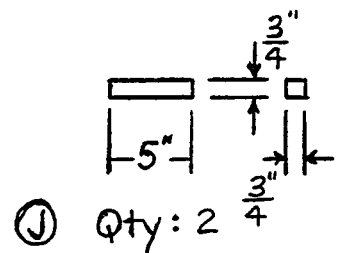
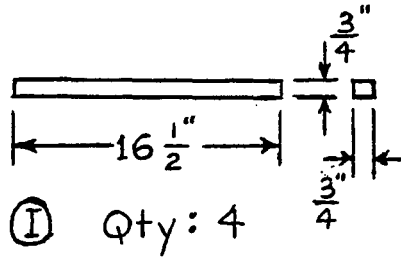
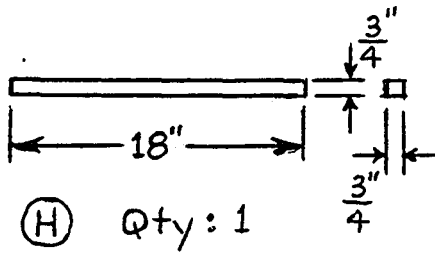
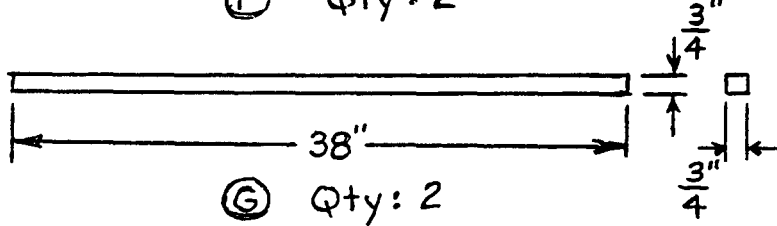
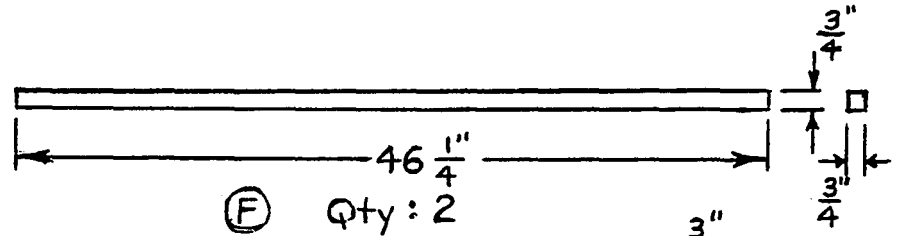
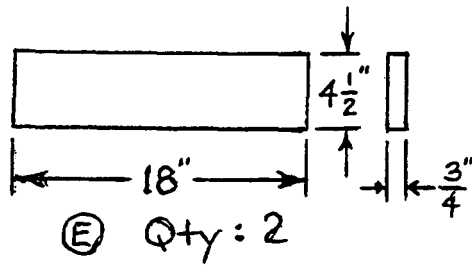


# 1/4" Luaun Plywood Cutting Instructions



Suggested layout on 4' X 8' sheet of plywood

## Cutting Instructions for 1" X 5" X 8' Board



**Cutting suggestion for the Plywood** - use a fine toothed saw for cutting the luaun plywood to reduce splintering. Applying masking tape to both sides of the plywood over the cut line can improve the cut also. Cut through the masking tape and remove the tape immediately. Masking tape left for a period of time will dry out and it does not remove easily nor cleanly.

Before pre-finishing and beginning assembly, cut all the holes in the **top C** using a hole saw and round one corner of each **side A** with a jig saw or bandsaw as described above.

**Cutting Suggestions for the Board** - cut the two 18" long pieces for the ends and then cut the remaining board into 3/4" wide strips. With a saw kerf of 1/8", this process should result in 5 strips each about five feet long. Through careful planning and measuring, all the necessary pieces described above can be cut from this material.

**Pre-finishing Before Assembly** - carefully sand the edges of all the plywood pieces since luaun plywood has a tendency to splinter easily. Sand the edges of the board pieces as needed to remove wood fibers exposed by the sawing process.

The upper surface of the plywood panel identified as the **top C** should be painted bright orange. After painting, numbers for scoring purposes (see Diagram 7) can be added using a permanent magic marker. The numbers should be large so they can be easily read.

The upper surface of the bottom **panel D**, all surfaces of both pieces of **sides A** and one surface of **end D** should be sealed with one coat of a polyurethane finish. A second coat of polyurethane finish will be applied after assembly.

## Assembly Instructions

Items needed for assembly include woodworking glue, 3/4" long brads, a small hammer, and a measuring tape. It would be helpful to have a carpenter's square and some wood clamps available but assembly can be accomplished without them.

**Step 1** - Begin assembly with the **bottom B**. To the underside of the bottom, glue and nail the support rails **H** and **F** as shown in Diagram 1. Position rail **I** in the middle of **B** as indicated in the diagram.

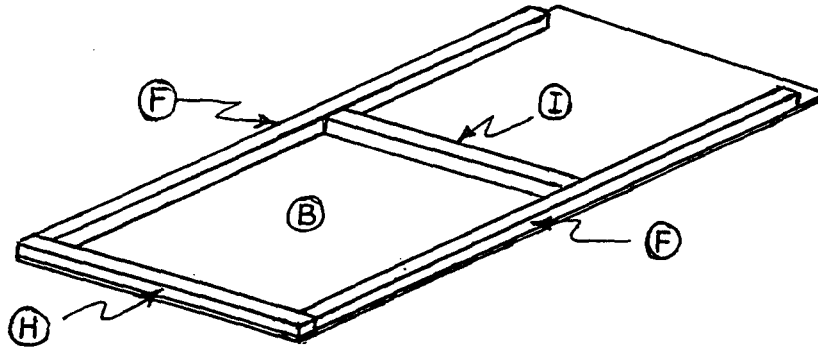


Diagram 1. Inverted bottom assembly

**Step 2**- Assemble the **top C** by gluing and nailing the support rails **G** and **I** to the unpainted surface as shown in Diagram 2.

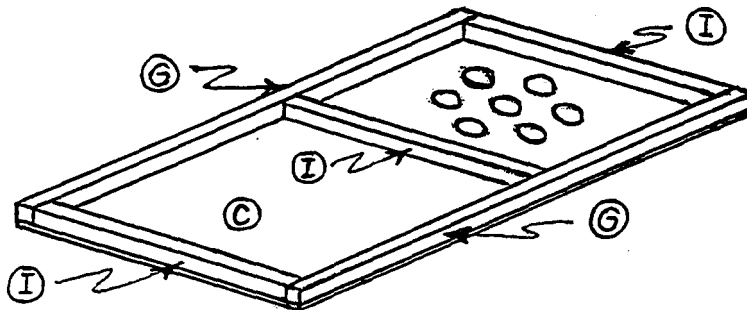


Diagram 2. Inverted top assembly

**Step 3-** Glue and nail board **ends E** between **sides A** as shown in Diagram 3. Note that one end is recessed 1/4" to allow for the adding of **panel D** later. You may want to insert the bottom assembly before the glue dries to assure that the main frame is square. See Diagram 4 for the correct position of the bottom assembly.

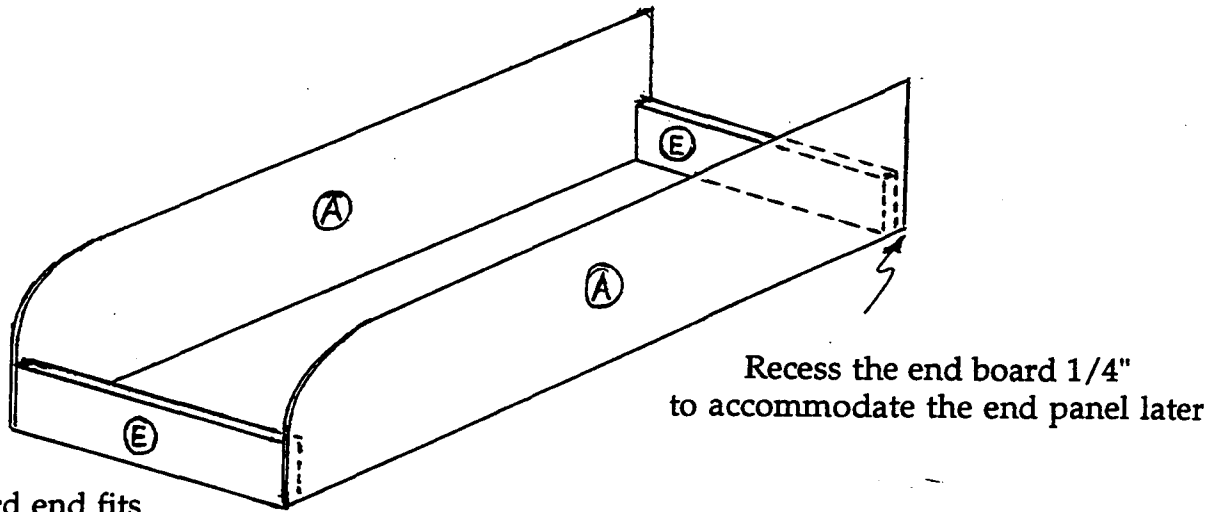


Diagram 3. Main frame assembly

**Step 4-** Diagram 4 shows the correct position for locating the bottom assembly in the main frame assembly. The bottom angles up from front to rear such that the end of the bottom assembly without a rail support rests on top of the board **end E** at location **AA**. The opposite end of the bottom assembly matches the base of the sides **A** and board **end E** at location **BB**. Nail the bottom assembly at several places through both **sides A** into the bottom assembly support rails.

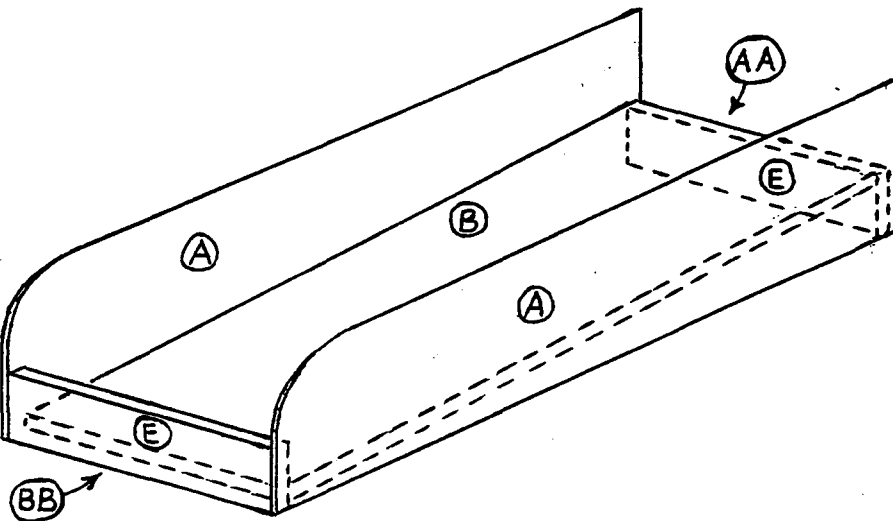


Diagram 4. Locating bottom assembly in the main frame

**Step 5** - At location **AA** (see Diagram 4), nail and glue the unfinished surface of **end D** into recess between **sides A** as shown in Diagram 5. Add corner **supports J** by gluing and nailing as needed and in the positions shown in the diagram.

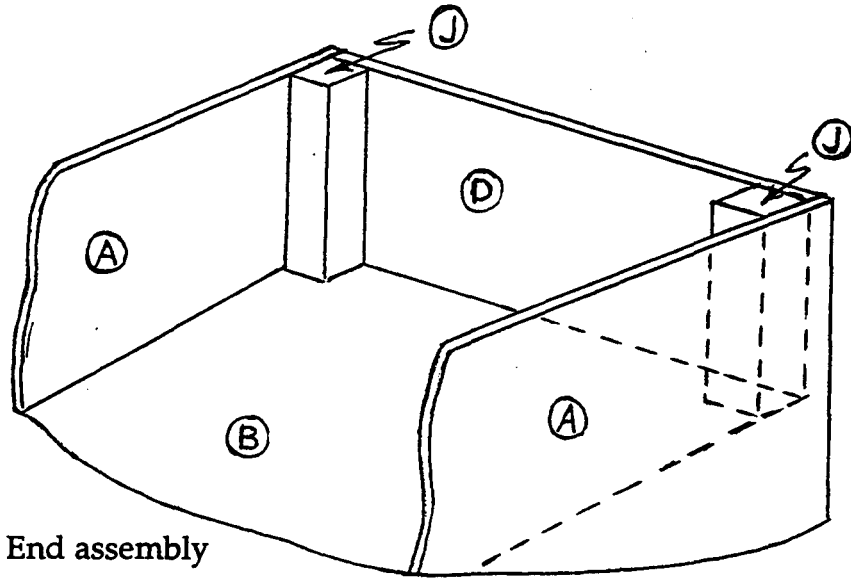


Diagram 5. End assembly

**Step 6**- Add the top assembly (support rails facing downward) to match the angle of the bottom assembly and 3" above the bottom. You may choose to use a 3" block of wood under each corner of the top assembly to assist in setting this spacing.

The top assembly needs to be centered between the front and the back providing an opening of about 5" at each end of the ends of the main frame assembly. Nail the top assembly through both **sides A** as needed to secure it in place. See Diagram 6 as a reference to this procedure. Remove the wood spacers after the top assembly is secure.

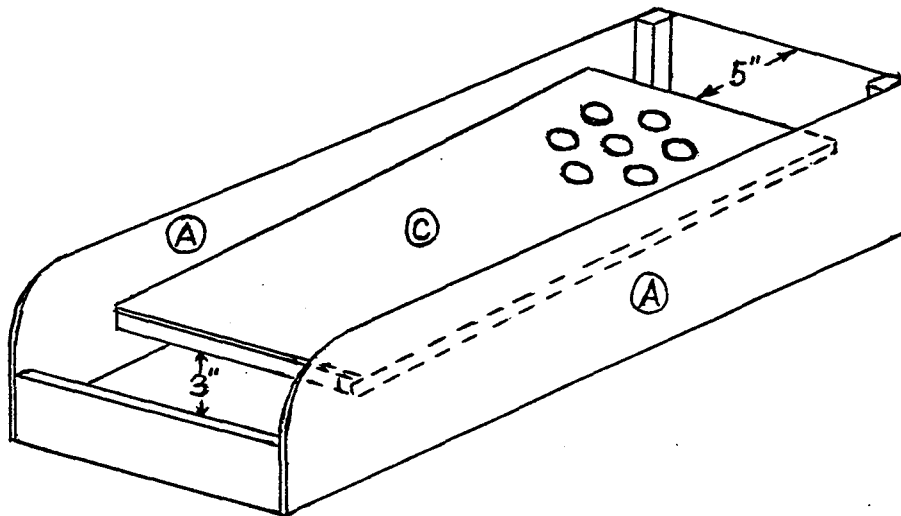
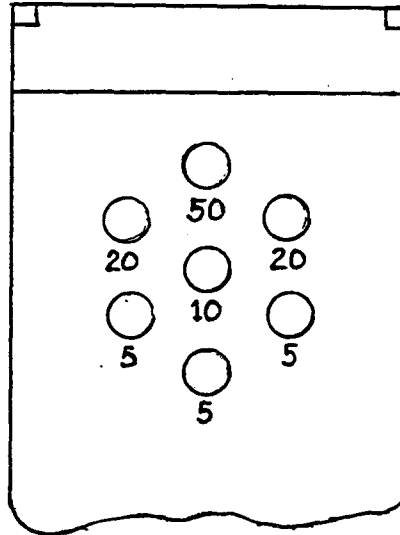


Diagram 6. Locating the top assembly in the main frame

After completing assembly, a coat of polyurethane finish should be applied to all exposed surfaces of plywood and boards except for the orange painted surface of the top.

**Playing the game** - One to three tennis balls can be used in playing the game. Keeping score is not necessary to enjoy this game but if scoring is desired, suggested values for each hole are shown in Diagram 7. Competitors can mutually agree upon a winning total score adjusting it to match the skills of the players.



**Diagram 7. Suggested point scores for each hole**

Buettner, L. & Greenstein, D. (1997). Simple Pleasures: A multi-level sensorimotor intervention for nursing home residents with dementia. (Training manual and instructions)