

Easy Cinnamon Candle Holder Activity for Seniors

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Materials Needed:

1. Cinnamon sticks (5-6 inches long, quantity as per preference)
2. Glass votive holders or small glass jars (1 per senior)
3. Hot glue gun and glue sticks
4. Twine or ribbon (optional, for decoration)
5. Battery-operated tea light candles
6. Scissors (for cutting twine/ribbon if using)

Instructions:

1. Glue Cinnamon Sticks onto the Glass Holder

Be sure to supervise seniors that may need to take extra care using the hot glue gun, carefully apply a line of glue along the length of a cinnamon stick and press it firmly onto the glass votive holder or jar. Repeat this step, attaching the cinnamon sticks side by side until the entire holder is covered with the sticks. The aromatic cinnamon will lend a warm and inviting touch to the candle holder.



2. Secure and Decorate

For added security and a decorative touch, tie twine or ribbon around the cinnamon sticks. Add your personal touch! You can create a simple bow or wrap the twine/ribbon around the holder and tie a knot for a rustic look.



3. Insert Light Candle

Place a light candle inside the glass holder. The soft glow will create a cozy ambiance, and there's no need to worry about an open flame.



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