

Things to do

Many of the ideas in
Things to do are based
around the articles in
Living Life

In this new look
"Things to do"
we will be giving you lots
of activity ideas and
suggestions. We hope you
will pull out this centre
section and save it in a
ring binder for future
reference.



In this edition

+ **Ideas** – Winter themed activity ideas

+ **Plus** – Lots of outdoor things to do



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www.napa-activities.co.uk

+Editors piece

Hello again ...

Lots of Winter themed ideas in this issue, remember not everyone has fond memories of this time of year so make sure you think of this when planning activities and events.

New NAPA Competition (Members only, please quote your membership number)

We want to know what activities you do in your setting, write and tell us about 1 particular tried and tested activity that is adaptable for all abilities. We will feature a selection of them in our next magazine (Issue 1 2015) 1 of them will be our Star activity and will win a prize!



+Gianna Burns

Editor – project@napa-activities.co.uk

We have introduced a **colour code** to the featured Activities so that you can try to match them to **people's abilities, interests and level of participation**.

This is a guide but you know what level of participation your residents will want to have or be able to have.

+Blue

Blue – High cognitive skills- able to complete quizzes, puzzles and crosswords unaided.

+Red

Red – Early – mid stage Dementia/ Mild confusion. Interested in the 'doing' rather than the end result, can follow simple instructions

+Orange

Orange – Mid- late stage Dementia. Able to work one to one to complete short activities

+Green

Green – Living with late stage dementia, highly dependent. Probably not aware of their surroundings. Sensory stimulation is needed to raise their self awareness, only stimulate 1 sense at a time as too much can be distressing or confusing for the person

Our colour coding is supported by Jackie Pool Associates and the PAL Activity Levels.: (Pool J (2012) the Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp54-55)

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+Blue

+Red

+Orange

+Green

+T-shirt making project

Every year the DeMay Living Centre in Newark, New York holds an annual camp week event. We take one of our screened in gazebos and make a craft shack. We bring out all of our craft supplies; odds and ends and what have you's, and organize them all out on tables. There are beads for jewellery making, wooden projects to be sanded, and built, and the ever popular t-shirt making projects.



These are made with white cotton t-shirts, usually packs of men's undershirts.

A piece of card board or aluminium foil is placed inside the shirt, to prevent the ink from flowing through to the other side of the shirt.

With Sharpie permanent markers, draw a design on the t-shirt. Designs that are made with dots, such as the leaves on the trees, will give a flowing effect for the next step.

Take rubbing alcohol (this can be brought from most chemists) and put it in a new and clean spray bottle.

Lay the designed t-shirt on a flat surface, and thoroughly spray it with the alcohol. This is the best part of the process.

As the liquid interacts with the ink of the marker, it will begin to spread across the surface of the shirt.

The more you spray, the more the design will spread.

Allow the shirt to dry on a flat surface for a while, as a wet hanging shirt will draw the ink downward and it may not be the desired effect for the design.

Once the shirt is partially dry, it can be hung on a line in the sun for faster drying.

Put the dry t-shirts in a warm dryer for 20 minutes to allow the colour to set before wearing and washing.

The t-shirts will fade a bit every time they are washed.

Each year when we have our camping event, we enjoy pulling out the previous year's creations and comparing our handiwork.

Here is a picture of a t-shirt that we make annually.

+Think

You could adapt this idea for handkerchiefs, cushion covers or napkins. This can be adapted for different abilities.

Idea submitted by **Shelley Evans**
Certified Alzheimer's Disease
and Dementia Care Trainer.
Owner of Dementia Resources
of the Finger Lakes

+Blue

+Red

+Orange

+Winter Quiz:

Can you answer the questions below?



1. Which French skier won three gold medals at the 1968 Winter Olympic Games?

2. In which city is Rastrelli's winter palace?

3. Which British animal is brown in summer and white in winter?

4. Which of these is the correct name of a Shakespeare play,
› A Winter's tale,
› The Winter's Tale,
› A Winters Story,
› Cold is the winter,
› It's freezing outside?

5. Which song begins with these lines: "Sleigh bells ring: are you listening? Down the lane, snow is glistening."?

6. Which Caribbean country entered a bobsleigh team in the 1988 Winter Olympics?

7. Who received an Oscar for her performance in the film "The Lion in Winter"?

8. Which bird turns white in winter?

9. Who was the men's figure skating gold medallist at the 1976 Winter Olympics?

10. What disease became an epidemic and caused forty-three deaths in Croydon in the winter of 1937?

11. From which play does the line "Now is the winter of our discontent" come?



Answers on page 19 of Things to do.

+Blue

+Red

+Orange

+Winter Picture Quiz:

Use these pictures as a conversation starter.

- › What are they?
- › What are your earliest memories of them?





+ Anyone for a Sing Song?

This was passed onto me and I just had to share it with you. Everyone knows the song 'My Favourite Things'.

Julie Andrews on turning 79

To commemorate her birthday, actress/ vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favourite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used, and if you sing along, it's hysterical!!!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillac's and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak, when the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.

Back pain, confused brains and no need for sinning,
Thin bones and fractures and hair that is thinning,
And we won't mention our short shrunken frames,
When we remember our favourite things.

When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.



+ Think

This is a great idea for a silly sing song. You could try doing the same with popular songs.



+ Karaoke Evening



Why not hold a Karaoke Evening

You could make a real event of it by inviting residents, staff, relatives and community groups.

What you need:

- A few willing volunteers to get the singing started.
- A karaoke machine or CD player with good speakers and a microphone.
- Music on an ipod or CD's. Collect a broad variety of music as well as seasonal songs and carols. Ask your guests if they have a favourite song, you could invite everyone to write their choices on their RSVP.
- You can find the lyrics to most songs on the internet. Print them out in large print if you can't project them.
- Why don't you hold your own concert and invite the local community. You could make an afternoon of it sharing homemade mince pies and mulled wine.

Singing with local schools and choirs

Many schools visit care homes at this time of year to entertain residents which is lovely but why not ask the local school if you can take some residents along to their concert or carol service. It makes for a great, and inexpensive, trip out for those residents that really enjoy seeing children perform.

Local churches often hold choir practice at a regular time in preparation for services. They probably wouldn't object to a few residents listening in while they practice.



+ Christmas Sums

+Blue

+Red

- A: Legs on a reindeer + Gold Rings my true love gave to me divided by The Kings of Orient
- B: Ships sailing by x Turtle doves my true love gave to me + days of Christmas
- C: Ali Baba's thieves – Snow White's Dwarves + Cinderella's Ugly Sisters
- D: Santa's reindeer (including Rudolph) + legs on a turkey

Answers on page 19 of Things to Do

+ You could be an Older Mens Champion



I have worked in The Older Peoples sector for the last 20 years. Previously to that I had a Disability Sport background.

For the last 8 years I have worked specifically with men over 50 on their Health and Well Being.

So for the last 8 years I have been "picking up older men".

My work has taken me across all borders of the UK and even into Australia engaging with Older Men.

Most services and organisations struggle to attract older men to attend events / activities and groups especially if it's thought to be health related.

My role has been to look at innovative ways to engage with men and make them more aware of health and well being issues

I previously looked at ways to involve the men using their passion for sport.

In this, my final article I look at innovative ways to engage with men in a care setting.

+ THE BARBER SHOP

Men of this generation would visit the Barber. He would sit with other men, chat reminisce and enjoy the whole experience.

So... Once a month have a barber visit. Make a red and white pole for outside the room, have men's magazines like Classic Car or Model Making scattered on the tables, maybe even a couple of old posters for Brylcream – create that unique setting, the men love the experience, although some of the guys do miss the womanly touch they have got used to from the hairdresser. You could also offer a hot towel shave and eye -brow trimming to add to the experience.

+ THE BAR AREA

It's great to have a little corner that's – the men's area – maybe recreate a bar area – a few old posters – beer mats on the tables – TV for watching the racing or sports. Daily papers and mens' magazines like Classic Car or Model Making scattered around will create a place where the men can be encouraged to congregate, relax and talk together. A rummage box that reflects the contents of a shed with old clocks to dismantle might go down well. They can play bar games, cards or dominoes in a setting that they feel is theirs...

+ THE CAR WASH

On a sunny day why not get some staff to park their car or motorbike in the car park near the building and wash their car.

Get the men out to sit and watch and encourage reminiscence about their cars or bikes, Most of the guys take great pleasure in informing you that you've missed a bit but it's a great stimulus to get the men talking about their experiences with transport.

+ THE SHED

Why not have a Shed where the men can go and chill, maybe do some wood craft (even if it's only shaving wood with a plane or putting something simple together) or sanding old picture frames. The experience is something most of these men will have done a lot in their lives and the shed brings back so many memories, the smell – the dirt – the space that actually is a sanctuary of peace. And again it's a way of getting the men to do something together and share their experiences.

+ THE GARDEN

Just pottering around the garden is a great activity for the men – weeding – growing – deadheading. Some settings have put in chickens which only need daily feeding but are perpetually in motion and great fun to watch. Sadly residents can't eat the eggs as they won't carry the lion stamp but you can give or sell them to staff and friends who accept their own risk.

The garden area is a great resource which brings back lots of happy memories to everyone – not just men – it needs to be used.

If you would like more information about the Older Mens Network or you would be interested in your staff being trained as Older Mens Network – contact me on:

roger@oldermenswellbeing.org
www.oldermenswellbeing.org
07833 715753





+ Whatever the Weather



There are so many reasons to go outdoors; the physical and social benefits to name but 2. Just taking a walk to the post office can be a wonderful experience for an older person. Who will you meet and what might you see?

We so often hear, "We get outside when the weather is good" but we should get outside throughout the year and not just in the summer. Do you have a supply of raincoats, wheelchair covers, umbrellas and wellington boots? As long as the resident can see the purpose of getting out they will do so whatever the weather.

Straw Bale Gardening

I heard about this recently and think it's a wonderful idea. A lot cheaper than brick build raised beds and you can move them around.

What you need:

- Straw bales
- Hose
- Trowel
- Garden soil

What you do:

- Decide where you want to put the straw bales. The best location is near fences or by pathways where they will get a lot of sunshine.
- Lay the straw bales down on their flat side. Water the bales several times a day for two days using a hose. You need to soak the bale with a generous amount of water. The bales will suck the water up so make sure to soak them well.
- Choose a cloudy day for planting your plants in the straw bales. If you live in a place where it is sunny a lot, plant in the late afternoon or early evening, around 6pm.
- Use a trowel to dig a hole in the straw bale.
- Transplant plants by inserting them into the hole you have made with the trowel.
- Pour a 1-inch thick layer of garden soil over the straw bales if you want to sow seeds. Sow the seeds at the depth and distance apart that the manufacturer recommends on the seed packaging.
- If you live in a mild climate area you could have salad leaves growing all through the winter or winter flowering pansies for a splash of colour.



How about kite flying?

This time of year is perfect for flying kites and it can be so much fun for all ages.

Kites can be brought or made fairly easily. Keep it simple by going out into the garden in your setting or you could make an afternoon of it by going to the local beach or park.

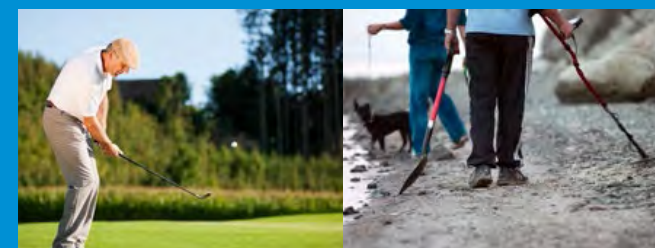
Rope in the local secondary school pupils to help get them in the air– they might have more energy than you !



+ Outdoor Activities

+TOP GOLF

Golf is enjoyed by people of all age and skill levels around the world. You could play this on the Nintendo Wii to start and then see who wants to play for real. Ex golfers might like a visit to the 19th hole (bar) of the local club to talk about their past successes.



+OUTDOOR THEATRE OR MUSIC CONCERT

Many towns and villages put on outdoor plays or music festivals of some kind. How about inviting them along to your setting to do a show in your grounds.



+METAL DETECTING

One of the unique outdoor elderly activities that can also be done with the grandkids. Metal detectors can be ordered online or maybe hired. They can be taken to beaches, parks, and other public places. You never know what you might find!

+YARN BOMBING

We wouldn't for one minute encourage anyone to become a vandal but you might read the following and decide that you could Yarn Bomb a dull spot in your care home. The finished products are very tactile and would certainly become a conversation starter.

Wikipedia describes yarn bombing as "a type of graffiti or street art that employs colourful displays of knitted or crocheted cloth rather than paint or chalk." Knitted, crocheted or woven pieces are sewn around inanimate public objects such as bike racks, light poles, telephone boxes and abandoned buses. The purpose is to bring some beauty and wonder into otherwise drab and everyday surroundings. It is less damaging than painted graffiti and costs next to nothing (a pair of scissors and a few minutes work) to be cleaned up and taken away. Some find it to be pointless and no better than any other form of vandalism, but it can be easily argued that it does cause people to stop and take a fresh look at their surroundings. Larger groups such as Knitta Please and Knit the City often do large scale projects, but smaller tags can be easily created and installed by lone artists.

For more information, check www.yarnbombing.com, a blog devoted to yarn bombing. There is also a newly published book on the subject called Yarn Bombing: The Art of Crochet and Knit Graffiti by Arsenal Pulp Press.

Think of all the things you could do... near the NAPA office someone has Yarn Bombed a bicycle and placed it against the railing for all to see. They have also made warmers for the bollards in the town centre!



+HIKING

Great outdoor exercise which can be modified for different levels of mobility. Hikes can be taken around nature centres, zoos, lakes, urban routes, or in the country, to name a few. Hats, sunglasses, sun screen, insect repellent, water bottles and snacks are recommended. Even in the winter months. Make sure you wear good walking shoes and comfortable attire. Always do this activity in groups and with a buddy system.

+OLDER PERSONS GYM

So many local parks have now installed these Gyms for older people. Go along and see if your local park has one. They are lots of fun for all ages. Check out your local council's website to see where your nearest Gym is.



+Get into the Spirit of things

Mini Fruit Cakes

These little cakes are cooked in small baked bean tins (or anything of a similar size – the approximate capacity should be about 7 fl oz – 200ml) Just remove the labels, rinse and dry well. I've been using the same ones for years, and they are still in pretty good condition so you don't have to subject your family to endless meals of beans on toast every time you want to whisk up a batch of these cakes!!! -Also they don't have to be just for Christmas, they are great for any occasion. Hints and tips for involving everyone are in blue below

This recipe is enough for 6 cakes- so just multiply it up to make the quantity needed.



What you need:

- 2 oz (50g) glacé cherries
- 1 oz (25g) no-soak dried apricots
- 13 oz (450g) Mixed Fruit
- 2 fl oz (50ml) brandy/sherry/ whiskey
- 1 oz (25g) blanched (skinned) almonds
- 4 oz (125g) Margarine
- finely grated rind of half a lemon
- 4 oz (125g) soft, dark brown sugar
- 2 eggs (size 2 – medium)
- 4 oz (125g) white plain flour
- ½ level teaspoon (2.5 ml) ground mixed spice
- ¼ level teaspoon (1.25 ml) ground cinnamon
- ¼ level teaspoon (1.25 ml) or less ground mace
- 1 Tablespoon (30 ml) Milk

What you do:

- Cut the cherries into quarters.. Place the cherries and the remaining dried fruit and spices in a bowl. Cover with 1½ tablespoons of brandy. Stir well, cover and leave to stand. *(Everyone can have a go at adding and stirring)*
- Prepare six 8oz (227g) baked bean tins by lining with greaseproof paper. For each tin cut 2 circles of greaseproof paper the size of the tins, cut another strip of paper three times the height of the tin, big enough to go round the circumference with a small overlap. Fold in half and turn up a ½ inch cuff along the folded edge. Snip the cuff at ½ inch intervals. Grease the tin, line with one disc and fit strip, snipped side down. Grease base and top with second disc. *(I prepared all the circles and long pieces before hand- the residents then greased "their" tin, and then put all the papers in- I then wrote their name on the top of the greaseproof paper).*

- Beat 4oz (125g) margarine with the finely grated lemon rind until soft and pale. Add the sugar into mixture until blended. Lightly beat the eggs, and then slowly beat into the creamed ingredients. The mixture should be of a smooth consistency after each addition of egg. *(Again we passed the bowl around- the men really enjoyed this part!)*
- Using a metal spoon gently fold the flour into the creamed ingredients along with the soaked fruit, chopped nuts and milk. Spoon into the prepared tins equally and level each surface. *(Again we passed the bowl around- everyone made a wish – lots of memories about past Christmases. Some of the residents spooned their own mixture in- it's up to you whether they do or not. You know your residents and who is able to do what.*
- Bake at 170°C (325°F, Gas mark 3) for 1 ¼, then cool in the tins. Spoon over a little brandy, wrap and store for no more than a week before decorating. *(Freeze at this stage if required)*
I cut out a square of card larger than the base of the cake and covered it with silver foil (one per cake) to create a cake board.

To decorate:

- Two 8oz (250g) packets of marzipan
- Two (or possibly three) 8oz (250g) packets of ready-to-roll fondant icing
- 6 Tablespoons (90ml) apricot jam
- Trim the tops of the cakes with a sharp knife, if necessary, and turn over so that the base now becomes the top. Heat the jam with a tablespoon of water and sieve out any bits. *(I did all of this prior to the session). While still warm brush over the cakes. (A bit messy but some of the residents like doing it- others don't want to get sticky).* Roll out the marzipan quite thinly, dusting the work surface with icing sugar. Cut out strips long enough and deep enough to wind around the edge of your cakes. *(Use the greaseproof paper as a template)* Fit these around your cakes trimming as necessary. Roll out the trimmings and cut out six circles (2¾ – 3 inches / 7 – 7.5cm) and fit onto the top of the cakes. Roll gently over the top to neaten. *(If it looks a bit untidy at this stage it does not really matter as this will not be seen – just make sure the top and sides are completely covered*

Put onto the card bases *(Use a smear of jam on the base of the cake to help it stick to the board and leave at room temperature for about 6 hours for the marzipan to dry out slightly.*

- Roll out the icing (separately for each cake so that it doesn't dry out into a circle of about 6½ inches (16cm) Lift over the cake and smooth down over the edges. Trim to fit. Using the palm of your hand or a cake smoother, smooth down the surface of the icing. Decorate as required with ribbons, icing trimmings. You can put them in cellophane or pretty see through bags and they can be given as gifts, sold or just saved for the special day.



Mulled Wine

This is lovely for a cold winters eve.

What you need:

- 1 Litre grape juice (or red wine)
- 1 Litre orange juice
- 2 litre bottle of lemonade
- 2 sachets of mulled wine mix (you can get this from most supermarkets)
- 2 cinnamon sticks

What you do:

- Find a large saucepan and put everything in. Put it on a medium heat, once boiled simmer for an hour. Let it cool slightly before serving.

+Think
+EVERYONE can get involved in the activity, even if they just sit at the table and watch



+Get into the Spirit of things

Poppy Seed Cake



What you need

- ½ cup poppy seeds
- ¾ cup milk
- 185 g butter (6 ounces)
- 2 teaspoons vanilla essence
- 1 cup castor sugar (Castor sugar is 'super-fine' sugar).
- 3 eggs
- 2 cups self-raising flour

What you do:

- Pre-heat oven to 160 C or gas mark 3.

- Grease a round or square 18 cm / 7 inch tin.
- Combine poppy seeds and milk in a large bowl; allow to stand for 1 hour.
- Add butter, vanilla, sugar, eggs and sifted flour to poppy seed mixture.
- Beat with electric beater at low speed until ingredients are combined and then beat on medium speed for 3 minutes (until the mixture changes to a light colour).
- Bake for one hour.
- Allow to stand for 10 minutes before turning onto a wire rack to cool.

Small baskets, for sweets or chocolates



Recycle old doilies into these cute baskets for your Christmas table. They can be used to hold rum balls, chocolate, homemade christmas biscuits and anything else you can think of.

What you need

- Old doilies, any size, any colour.
- PVA glue
- Various containers according to the size of the doilies. You could use an inflated balloon instead of the containers, then pop the balloon when totally dry.
- Aluminium foil.
- Brushes.
- Cooking oil spray

What you do:

- Mix equal amounts of PVC glue with water.
- Place the container upside down on a table and cover with aluminium wrap.
- Lightly spray cooking oil all around.

- Place doily over the container, the doily should almost cover container.
- Soak brush in the glue mix and start 'painting' the doily. Don't be heavy handed or you may stretch the doily. Two or three layers of glue applied over a few days should be enough.
- Allow to air dry. It will take 24 hours or more to dry. Once dry decide what you will use them for! We would love to see your photos of the finished product.



+Sensory Ideas

Make a Pomander

What you need:

- An orange
- Pins
- Red ribbon
- Cloves
- Ground cinnamon
- Greaseproof paper
- Kitchen foil

What you do:

- Wrap your ribbon around the orange, pinning it in to place. As we have used a thick ribbon we have only wrapped it round the orange once, but you can go around as many times as you want. Tie a bow on top of the orange.
- Press the sharp point of the cloves into the orange. If you have difficulties use a pin to make a small hole first.
- Sprinkle some cinnamon onto a piece of greaseproof paper. Wrap your orange in the paper, and then wrap it again in kitchen foil.
- Leave your orange somewhere dark and dry for about 6 weeks – an airing cupboard is ideal. When you unwrap it you should be left with a hard, sweet smelling ball.
- Tudors would keep a pomander in their pocket to help them escape the unpleasant smells of Tudor life!

Idea:

- Instead of placing the cloves randomly, try creating a design on your orange or forming initials.



+Think

+What does the smell remind people of?



+Tactile Ideas

Tactile reminiscing ideas



Mystery boxes/ bags

What you need

- Boxes or bags to put items in.
- Items and material that have different textures- shells, bubble wrap, ribbon, silk, metal etc

What you do:

- Place items into the Boxes/ bags individually and ask people to guess what they are
- You could keep score and give small prizes at the end.



Lego (Duplo for someone with reduced dexterity).

Meccano is great fun, some of the bits a small and fiddly.

How about Pea Shelling, you might not have any peas left at the end (they are a bit yummy!)

Flower arranging, all you need is some oasis, real or artificial flowers and some creativity.

Do you have a scrap store or recycling centre near you? It is a place you pay an annual membership fee to and you can go along and get lots of recycled items. Such as paper, card, material, jam jars and lots more. You wouldn't believe the things you can get sometimes. Either contact your local recycling centre or call us in the office and we will help you find your nearest one.



+Wordsearch – Winter

A	V	P	O	M	A	N	D	E	R	R	B	U	K
V	H	K	I	U	S	Q	H	Y	N	D	Y	M	A
I	F	F	R	L	U	O	M	V	X	Z	S	I	I
C	Q	A	P	L	W	Y	P	I	H	W	L	S	G
I	T	M	M	E	R	O	L	E	C	F	E	T	B
C	U	I	H	D	J	B	Y	D	H	U	D	L	Y
L	F	L	F	W	O	S	B	A	R	M	G	E	I
E	R	Y	R	I	M	Q	S	E	I	O	I	T	O
S	O	P	E	N	B	Z	C	D	S	D	N	O	K
R	S	N	Z	E	C	A	A	C	T	Z	G	E	H
W	T	R	C	P	L	V	X	B	M	C	N	F	D
V	X	W	C	P	Z	H	Y	J	A	S	U	C	L
N	H	A	E	L	A	V	I	T	S	E	F	Z	L
J	J	R	A	E	S	M	J	I	N	D	O	W	A
K	I	Z	H	O	G	M	A	N	A	Y	P	R	B
F	W	V	U	Y	T	R	R	E	J	T	L	O	W
O	U	H	F	V	W	Q	I	S	E	G	E	K	O
L	W	I	N	T	E	R	O	C	Y	B	C	I	N
M	Q	J	U	W	I	S	O	N	L	V	B	Y	S
Y	N	U	E	U	K	S	K	I	I	N	G	F	S



+CHRISTMAS
+WINTER
+POMANDER
+SLEDGING
+FESTIVAL

+HOGMANAY
+MULLED WINE
+FROST
+SNOWBALL
+FIREPLACE

+FAMILY
+SKIING
+MISTLETOE
+ICICLES



+National Awareness Days



November

- 13th November
World Kindness Day
- 14th November
World Diabetes Day
- 21st November
World Television Day
- 28th November
Carers Rights Day
- 29th November
Buy Nothing Day
- November
National Blog Posting Month
- 23rd November -1st December
National Tree Week

December

- 2nd December
National Mutt Day – go on a huge dog walk, bring a few dogs onto the home.
- 5th of December 2014
International Volunteer Day – you could invite your volunteers in and hold a party in their honour
- 6th-7th December
Tree Dressing Day – how about Yarn bombing your trees!! Check out page 11 Things to do for details.
- 10th December
International Animal Rights Day
- 20th December – 4th January
Festivals of Winter Walks – take a nice stroll in the grounds or Local Park, wrap up warm.

January

- 19th January
National Popcorn Day – anyone for popcorn? What flavours do your residents like
- 24th January
Global Belly Laugh Day – This is really good for the soul! Laughter is infectious, how about looking into Laughter therapy or laughter Yoga
- 24th January – 1st February
SOS Radio Week – The royal National Lifeboat Institution (RNLI) has saved over 140000 lives since it was set up in 1824. SOS rescue boats and drivers act as much needed safety net in case of an emergency- our seas would be much less safer without them. The founders or SOS radio run their own fundraising station each year.
- 26th January
Bubble Wrap Appreciation Day – Get popping!
- 25th – 31st January
Farmhouse Breakfast Week – refresh your breakfast routine



+Quiz – Answers

Winter Quiz (Page 4)

- 1. Jean Claude Killy
- 2. St Petersburg
- 3. The Stoat
- 4. The Winters Tale
- 5. Winter Wonderland
- 6. Jamaica
- 7. Katherine Hepburn
- 8. The Ptarmigan
- 9. John Curry
- 10. Typhoid
- 11. Richard the Third

Christmas Sums (Page 7)

- A. 4 + 5 divided by 3 = **3**
- B. 3 x 2 + 12 = **18**
- C. 40 - 7 + 2 = **35**
- D. 9 + 2 = **11**

Wordsearch (Page 17)

A	V	P	O	M	A	N	D	E	R	R	B	U	K
V	H	K	I	U	S	Q	H	Y	N	D	Y	M	A
I	F	F	R	L	U	O	M	V	X	Z	S	I	I
C	Q	A	P	L	W	Y	P	I	H	W	L	S	G
I	T	M	M	E	R	O	L	E	C	F	E	T	B
C	U	I	H	D	J	B	Y	D	H	U	D	L	Y
L	F	L	F	W	O	S	B	A	R	M	G	E	I
E	R	Y	R	I	M	Q	S	E	I	O	I	T	O
S	O	P	E	N	B	Z	C	D	S	D	N	O	K
R	S	N	Z	E	C	A	A	C	T	Z	G	E	H
W	T	R	C	P	L	V	X	B	M	C	N	F	D
V	X	W	C	P	Z	H	Y	J	A	S	U	C	L
N	H	A	E	L	A	V	I	T	S	E	F	Z	L
J	J	R	A	E	S	M	J	I	N	D	O	W	A
K	I	Z	H	O	G	M	A	N	A	Y	P	R	B
F	W	V	U	Y	T	R	R	E	J	T	L	O	W
O	U	H	F	V	W	Q	I	S	E	G	E	K	O
L	W	I	N	T	E	R	O	C	Y	B	C	I	N
M	Q	J	U	W	I	S	O	N	L	V	B	Y	S
Y	N	U	E	U	K	S	K	I	I	N	G	F	S

things to do

Invite your residents to look at this picture and give you one word that comes to mind, link the words to make a poem or short story. (You can add a few extra words too).

This can be used as a conversation starter; just looking at this may spark some memories.

We would love to hear how you get on.