

# 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 activity ideas for everyone to get involved in

# +Editors piece

**Hello ...** With winter showing its face, I have given you lots of ideas themed around the season. You will also find some great activity ideas focused on music and singing.

Music plays a part in all our lives; some may say it has the power to unlock people from the world they are in. I have witnessed this on many occasions – residents who come alive when music is played, people that struggle with communication sing the words to every song that is played. It is truly amazing.

Years ago, I cared for a lady who struggled to walk most days. She took very small steps and would often get frustrated when “her legs wouldn’t work!”

We knew that she had spent the majority of her working life as a dancer, so one day we tried something. We counted her steps, one, two, three, one, two, three. Amazingly her legs started working. She had heard those numbers counted so often that her legs instantly began to move. The power of music!

**Enjoy!**



## +Gianna Burns

Editor – project@napa-activities.co.uk

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### Contact NAPA

National Activity Providers Association  
 1st Floor, Unit 1,  
 Fairview Industrial Estate,  
 Raans Road, Amersham HP6 6JY  
 Telephone: **020 7078 9375**  
 Fax: **01494 726752**  
 Email: **info@napa-activities.co.uk**  
 Registered Charity No: 1070674, SC038991  
 Company Limited by Guarantee No: 3482943

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.**

- +Blue** **Blue** – High cognitive skills- able to complete quizzes, puzzles and crosswords unaided.
- +Red** **Red** – Living with early – mid stage Dementia. Interested in the ‘doing’ rather than the end result. Can follow simple instructions.
- +Orange** **Orange** – Living with 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)

# +Painting

Ever taken an art class?

People see art in different ways. It may be seen in scenery, people, animals, objects or buildings, or it can be seen in an abstract way.



### What you need

- Each person’s chosen subject, this could be inside or outside
- Paints/pencils and paper – ask each person how they want to paint/draw
- They may find it more comfortable to use an easel or maybe on a pad on their laps
- Imagination

### What you do:

- Invite residents to paint/draw what they choose in the most comfortable way.
- If someone wants to remain in their room and paint, that’s ok.

## +Think

You could hold an exhibition and invite the local community to show the artwork that you create.





# +Picture Quiz:

Well known initials and abbreviations

## Questions.

1. What do the initials AA stand for?
2. What is the full name for the NAAFI? When was it founded? 1910, 1920 or 1930?
3. What is the full name for a TV?
4. What do the initials BOAC stand for?
5. What is the full name for the WI? Was it founded in 1895, 1905 or 1915?
6. What do the initials QE stand for in the ship's name QE2? Was it launched in the 1950s, 1960s or 1970s?
7. km is a measurement of length. What does km stand for and how many metres are in a km?
8. The RAC is an automobile association. What is its full name and which organisation was founded first, the RAC or the AA?
9. Sports fans – what does FC stand for?
10. This organisation was originally just for women but now it is also open to men. What does WRVS stand for?
11. Flying high. What does RAF stand for? When was it founded?
12. Legal beagles. What is the full title of a QC?

How many words of two or more letters can you make from the letters A B B R E V I A T I O N S?

What other initials or abbreviations can you think of?

## +Think

Use these pictures as a conversation starter

1



2



3



4

5



No 6 missing

6

7



8



9



10

11



12



This quiz was kindly supplied by Chris Harding, The Daily Sparkle

Answers on page 19 of things to do.



# +Activity Sheet Music Crafts

There are so many things you can make using sheet music. Have a look at the pictures and let your imagination do the rest.



## +Think

Don't buy new music books, you will most likely find used ones in charity shops or you could photocopy one that you already have.



# +Activity Glass Bead Sun Catcher

These would also make great coasters, snowflakes or tree decorations.



## What you need

- Glass beads
- PVA glue
- Plastic lids – assorted sizes
- Clear string/ribbon

## What you do:

- Fill the lids with PVA glue making sure that the bottom is coated.
- Press the beads into the glue. Leave a small gap so that you can thread the string/ribbon through when dry. Once filled leave to dry for at least 24 hours.
- When completely dry peel the sun catcher from the lid
- Thread the string/ribbon through the hole in the sun catcher.
- Hang up in the window.

## +Think

You could turn these into coasters by putting felt on the bottom so they that don't scratch the surface.



## +Music

Music is very therapeutic and finding the song that people enjoy is the key. Invite small groups of people to talk about the music they enjoy.

This could be music to dance to and/or to sing to.

So often we hear about care settings playing the same old songs and presuming that just because someone is of a certain age that they must love Vera Lynn! I am sure some do but some will be too young and will enjoy different music.

I went to visit my husband's grandmother and they had some music playing in the lounge. Of the 14 people there, I think maybe only two were singing along. I sat and spoke to a few of the residents about the music and asked them what they liked. Some said "not this rubbish"; give me something with a beat so I can have a dance. I had a look at the collection and found a Beatles CD. They all agreed that they wanted me to put that on instead. Wow! The lounge came to life, with people dancing and singing! It was great, even the staff got involved.

Have a look at some of the songs listed below. It is a good idea to think about when people were in their late teens or early 20s when thinking about music choices.



### Top pop songs over the years:

<b>1945</b> Lover Man (Oh Where Can You Be) <i>Billie Holiday</i>	<b>1960</b> It's Now or Never <i>Elvis Presley</i>
<b>1950</b> I Can Dream Can't I? <i>The Andrews Sisters</i>	<b>1965</b> (I Can't Get No) Satisfaction <i>The Rolling Stones</i>
<b>1955</b> Ain't That A Shame <i>Pat Boone</i>	<b>1970</b> Bridge Over Troubled Water <i>Simon &amp; Garfunkel</i>

## +Think

YouTube is a great place to look; people may remember the name of the singer but not the name of the song. Search on YouTube for songs and play them for everybody to hear.



## +Music – Name that Singer

- Use these photographs as conversation starters.
- Who are the singers in the pictures?
- Find photographs of residents' favourite singers.





## + Music – Armchair Dancing

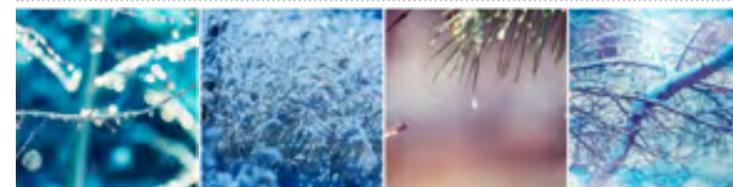
Lots of people on our Living Life Facebook group have been asking about seated exercise and I thought that this would be a great fun way to do this.

### What you need

- Music! CDs, iTunes or YouTube are great places to look; you may also find on YouTube a video giving you some tips.
- You could do many different types of dancing, such as Scottish, Irish or ballroom
- Ask your residents which music they like, it might encourage more participation
- Find some willing volunteers (that aren't afraid to get up and have a go!)

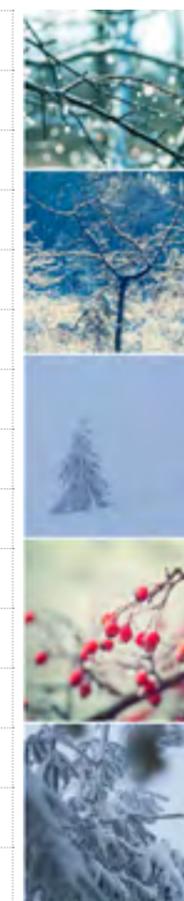
### What you do:

- Make sure that you have plenty of space in your chosen room; dining rooms tend to work well.
- Arrange the chairs around the outside of the room; leave gaps for wheelchairs if needed. This makes it easier for everyone to see you. Also it will ensure there is enough space should people want to get up and dance.
- From my experience you will probably see lots of your residents getting up. Music is such a great way to get people moving. Even if it is just a foot! Remember it doesn't matter if some people don't want to move. They may just enjoy listening to the music and watching others.



## + Wordsearch – Winter

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



- + SNOW ANGEL
- + LOG FIRE
- + WELLINGTON
- + BOOTS
- + FROST
- + SNOWFLAKES
- + GLOVES
- + SNOWMAN
- + HOT CHOCOLATE
- + MULLED WINE
- + FIREPLACE
- + SLEDGING
- + SNOWBALL FIGHT

**There is another word that is not on the list, can you find it!**

## + Think

Try making up a story with your residents using the words above. We would love to read them, send them into the NAPA office.





## + Winter warmers

### + Recipe Caramel Hot Chocolate

#### What you need

- 450 ml milk, preferably whole
- 60 g bittersweet chocolate chips
- 175 g caramel sauce
- Sweetened whipped cream or vanilla marshmallows
- Grated chocolate for garnish (optional)
- Caramel sauce

#### What you do:

- Heat the milk in a medium saucepan over a medium heat. Once the milk is warm, stir in the chocolate chips and caramel, whisking constantly, until the chocolate has melted.
- Allow to cool slightly and serve warm, topped with sweetened whipped cream or miniature marshmallows.
- Drizzle each serving with 1 tbsp caramel sauce and garnish with grated chocolate if desired.



### + Recipe Microwave Hot Chocolate Fudge

#### What you need

- 270g dark chocolate chips
- 14 oz sweetened condensed milk – divided into two portions
- 135 g white chocolate chips
- 150 g mini chocolate marshmallows

#### What you do:

- In a microwave safe bowl, combine the white chocolate chips with 3 tbsp sweetened condensed milk.
- In a separate bowl, combine the dark chocolate chips with the remaining sweetened condensed milk.
- Line a square 9 x 9 inch pan with foil and generously grease with butter or shortening.
- Microwave the dark chocolate for 30 seconds and stir. Microwave for a further 15 seconds, then stir vigorously until the chocolate is smooth. Transfer the mixture into the prepared pan and spread in an even layer.
- Microwave the white chocolate for 30 seconds. Stir until smooth. Spread the mixture on top of the dark chocolate layer.
- Top with mini marshmallows, and gently press them down.
- Refrigerate for at least 4 hours to set.
- Remove the fudge and foil from the pan. Carefully peel all the foil from the fudge.
- Cut the fudge into bite-sized pieces and serve.



### + Recipe Slow Cooker Cranberry Apple Cider



#### What you need

- 1 litre apple juice, pure, unsweetened
- 450 ml orange juice, pure, unsweetened
- 1 litre cranberry juice, unsweetened
- ½ cup sugar, honey or other sweetener (to taste)
- 3 cinnamon sticks, whole
- ⅛ tsp ground cloves

#### What you do:

- Place all the ingredients into a slow cooker and stir.
- Cook for at least 3–4 hours on a low setting or until hot. Keep warm for as long as needed on the low or warm setting.
- Leftovers refrigerate wonderfully and reheat just fine!



### + Recipe Rudolph's Rocket Fuel

#### What you need

- 6 medium carrots
- 1 parsnip
- 1 large potato
- 1 leek
- 1 medium onion
- 1 eating apple
- 2 cloves of garlic
- Olive oil
- Sweet paprika

#### What you do:

- Start by chopping the carrots, parsnip and potato. Trim, wash and chop the leek, peel and chop the onion, and core and chop the apple. Peel and crush the garlic.
- Throw the vegetables and apple into a large pan with the garlic and a good lug of oil and mix it all up. Season to taste (minimally, if cooking for young children).
- Cook on a medium heat for 10 minutes, stirring occasionally, or until the vegetables start to soften. Add 2 litres of water to the pan, bring to the boil, and then turn down to a simmer. Cook for 30 minutes, until all the vegetables are soft.
- Blitz with a hand blender until smooth, and sprinkle with sweet paprika. Delicious served with buttered toast.





## + Men's Business



Create a space just for men who can do craftwork.

Get them sanding and painting bird boxes, and other achievable projects.

Display the finished items for others to admire.

The outcomes you are looking to achieve include:

- Socialisation
- Hand and eye coordination
- Self-esteem
- Self-confidence boost
- Sense of achievement

## + Activity Beard Oil

### What you need

- Carrier oil (sweet almond oil or jojoba)
- 1 oz bottles.
- Essential oils
- Measuring glass, shot glass size
- Mini funnel

### What you do:

You can mix and match essential oils to create the perfect scent.

Here are some ideas you can start with.

- 1/2 oz organic jojoba oil
- 1/2 oz sweet almond oil
- 4 drops sandalwood oil
- 4 drops grapefruit oil

Here's another one to try.

- 1/2 oz organic jojoba oil
- 1/2 oz sweet almond oil
- 4 drops tea tree oil
- 2 drops orange oil
- 2 drops peppermint oil



Only a few drops are needed to get that awesome beard under control and looking great!

## + Activity – Gingerbread Sensory Dough

Best ever no-cook play-dough recipe!

### What you need

- 2 cups plain flour (all purpose)
- 2 tbsp vegetable oil
- 1/2 cup salt
- 2 tbsp cream of tartar
- Up to 1 1/2 cups boiling water (adding a little at a time until it feels just right)
- Food colouring (optional)
- A few drops glycerine (optional – adds more shine!)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger

### What you do:

- Mix the flour, salt, cream of tartar, cinnamon, ginger and oil in a large mixing bowl.
- Add food colouring TO the boiling water and then into the dry ingredients (colour optional).
- Stir continuously until it becomes a sticky, combined dough.
- Add the glycerine (optional).
- Allow the mixture to cool down then take it out of the bowl and knead vigorously for a couple of minutes until all of the stickiness has gone.  
\* This is the most important part of the process, so keep at it until it is the perfect consistency!
- If it remains a little sticky then add a touch more flour until just right.





## + In the Garden

Gardening is a great sensory activity, not only for those doing the gardening but also for those that want to watch and see the end result.

Here are a few ideas to get you started.

### What you need

- A few residents that enjoy being outdoors
- A few pairs of secateurs
- A plant/bush that needs some TLC
- Garden gloves
- A bag/wheelbarrow for the cuttings

### What you do:

- Give each resident a pair of gloves and secateurs.
- Take a walk around the garden and ask them to have a look and see if anything needs pruning

### What you need

- Compost
- Seedlings and plant cuttings
- Plastic planting pots

### What you do:

- Ask your residents to join you round a table (inside or outside). Cover the table with plastic rubbish bags (easy to clear away and throw in the bin).
- Give each person a small hand shovel.
- Fill the pots with compost and plant the seeds/cuttings.
- Invite those residents that have an interest in gardening, even if they just want to watch.
- Encourage the residents to keep an eye on how the seeds/cuttings are doing and make sure they get watered!



## + SAFETY

Make sure you carry out a risk assessment before you start this activity and make sure that you only have a small group so that you can supervise and help when required.

## + Members' poems

These poems have been sent in by members, hope you enjoy them as much as we have.

### An Alpine Scene

*Breathtaking!  
Celestial!  
Majestic Mountains!  
Stunning in Height;  
Shrouded in Clouds.  
Touching Heaven.  
Cold – Ice – Spartan – Silent – Lonely;  
Snowy White Tops.  
Far below Green Water  
Reflecting Clouds;  
Pretty Flowers  
Blossom.  
Beautiful!*

Created by residents of **Gardenia Lodge Care Home**, with a little help from Anita Carey, Activities Organiser

### Climbing

Unique rock  
We look and meditate  
Glorious, majestic hills and sky  
Walking; up, up, up  
Resting every 20 minutes  
Looking up  
Remembering cosy cottage holidays  
Not Skegness, nor Blackpool  
Think about the good things in our world  
God speaks  
We are speechless  
And pray to look for  
The beauty of character  
In people too.

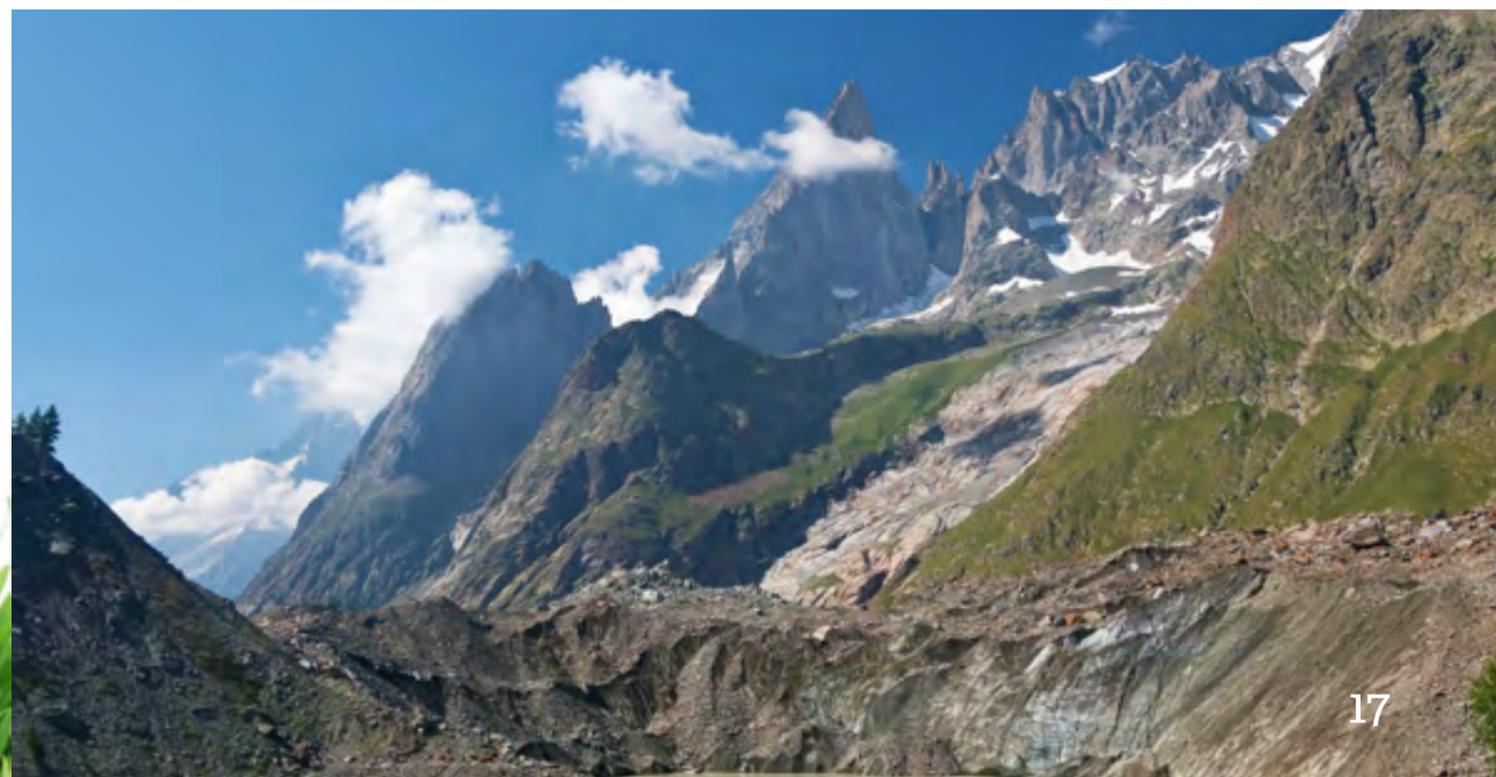
Written by the residents of **Evington Home**

### Pets

*Pets are very loving,  
Are company for people,  
Are talked to...  
A lot!  
Where you live sometimes say,  
What pet you can have!  
Flats... birds, cat, snakes,  
Fish, hamsters, mice or guinea pigs.  
Houses ... dogs, cats, rabbits or ponies!*

*Different people love different pets  
But...  
Most people love pets.*

This poem was written by residents of **Lakeside Nursing Home**.



# + National Awareness Days



- |   |   |   |   |
|---|---|---|---|
| <p><b>November</b></p> <ul style="list-style-type: none"> <li>+ National Jigsaw Month</li> <li>+ National Novel Writing Month</li> <li>+ Guy Fawkes Night<br/>5th November</li> <li>+ International Men's' Day<br/>19th November</li> <li>+ National Maintenance Week<br/>18th – 25th November</li> </ul> | <p><b>December</b></p> <ul style="list-style-type: none"> <li>+ Tree Dressing Day<br/>Are your local trees dressed to impress?<br/>4th - 5th December</li> <li>+ International Animal Rights Day<br/>10th December</li> </ul> | <p><b>January</b></p> <ul style="list-style-type: none"> <li>+ Festival of Winter Walks<br/>8th January</li> <li>+ Bubble Wrap Appreciation Day<br/>24th January</li> <li>+ Global Belly Laugh Day<br/>24th January</li> <li>+ World Religion Day<br/>25th January</li> </ul> | <p><b>February</b></p> <ul style="list-style-type: none"> <li>+ British Yorkshire Pudding Day<br/>5th February</li> </ul> |
|---|---|---|---|

# + Have a Laugh!

A man goes to the doctor and says: 'Doctor, there's a piece of lettuce sticking out of my bottom.' The doctor asks him to drop his trousers and examines him.

The man asks: 'Is it serious, doctor?' and the doctor replies: 'I'm sorry to tell you, but this is just the tip of the iceberg.'

**Wife:** Where are you? Why aren't you home yet?

**Husband:** Love, do you remember the jewellery shop on Regent Street where you saw a diamond necklace and fell in love with it and I couldn't afford it then, but I said 'I will get it one day for you?'

**Wife:** (All excited): Yes I do, I do.

**Husband:** I am in the pub just next door to that.

**Q:** Can a kangaroo jump higher than a house?

**A:** Of course, a house doesn't jump at all.

*“ Why do seagulls fly over the sea? ”*

*“ Because if they flew over the bay, they would be called bagles ”*

*Where do fish keep their money?*

*In a river bank!*

# + Quiz – Answers

## Picture Quiz Answers (Pages 4-5)

- |   |  |
|---|--|
| 1) Automobile Association   | 8) Royal Automobile Association formed in 1897, the AA was founded in 1905     |
| 2) Navy, Army and Air Force Institutes formed in 1920               | 9) Football Club   |
| 3) Television   | 10) Women's Royal Voluntary Service (now known as the Royal Voluntary Service) |
| 4) British Overseas Airways Corporation                             | 11) Royal Air Force, founded in 1918   |
| 5) Women's Institute formed in 1915                                 | 12) Queen's Counsel  |
| 6) Queen Elizabeth, launched in 1969                                |  |
| 7) km stands for kilometre and there are 1000 metres in a kilometre |  |

## Wordsearch (Page 11)

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

## Name that Singer (Page 9)

- |                   |                        |                      |
|-------------------|------------------------|----------------------|
| 1. The Beatles    | 4. The Rolling Stones  | 6. Simon & Garfunkel |
| 2. Billie Holiday | 5. The Andrews Sisters | 7. Shirley Temple    |
| 3. Pat Boone      |                        |                      |

# things to do

---

+Blue

+Red

+Orange

+Green

## + Easy poetry

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***Invite your residents to look at this picture and give you one word that comes to mind, link the words together 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.***