

Things to do

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

In this edition of
“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

- + ***New Ideas*** – Winter themed ideas
- + ***Plus*** – Some ideas to help you with the Christmas Tree competition

+Editors piece

Hello

We have lots of great ideas in this issue of Things to do, there are some ideas to help you with the Christmas Tree decorating competition!

The activity on page 13 is my absolute favourite I think; you can have so much fun. The rather cute photo of the little one year old is my grandson Stanley, he loved it! His 86 year old Great Great Gran loves looking at the photos of his cake smash and did say how she would love to do that!

If you have a tried and tested activity that you would like to share, please send them to me. proect@napa-activities.co.uk

Have you been on to the Members Only page on the website lately? There are past issues of things to do available for you to download and lots of activity ideas. Check out my personal favourite, Mini Christmas Cakes. Such a great activity with which everyone can get involved – passing the bowl around the group, people love making wishes and ooh, the smell is just wonderful!

Gianna



+Gianna Burns

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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)

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+Think

This is a great game to get people involved in, there will be lots of laughter so people will enjoy watching.

+Right and Left Frosty the Snowman game



This is a really fun game to play.

Start off slowly so people get the hang of it!

As I read this story, whenever you hear the word **RIGHT**, continuously pass the gifts to the **RIGHT** until you hear the word **LEFT**, then switch direction and continuously pass the gifts to the **LEFT**. Are you ready? Here we go...

Frosty, the **LEFT**-handed Snowman was a **RIGHT** jolly happy soul
With a corncob pipe and a button to the **LEFT** of his nose
And two eyes, **LEFT** and **RIGHT**, made of coal.

Frosty the **LEFT**-handed Snowman is a fairytale they say
He was made of **bRIGHT** white snow, but the children know he came **RIGHT** to life one day.

There must have been some magic **LEFT** in that old silk hat they found
For **RIGHT** when they placed it **RIGHT** on his head, he began to dance **RIGHT** around.
Oh, Frosty the **LEFT**-handed Snowman was alive and **LEFT**-handed too
And the children say he could laugh, w**RITE** and play, just the same as you and me.

Thumpety thump, **LEFT**, thumpety thump, **LEFT**, look at Frosty go
Thumpety thump, **LEFT**, thumpety thump **LEFT**, **RIGHT** over the hills of **bRIGHT** white snow.

Frosty the **LEFT**-handed Snowman knew the sun was **bRIGHT** and hot that day
So he said: "Lets run, we've **LEFT** time for some fun now, before I melt **RIGHT** away".

RIGHT down to the village with a broomstick in his **LEFT** hand
Running **RIGHT** here and there all around the **LEFT** square
Saying: "Tag my **RIGHT** hand if you can".

He led them **RIGHT** down the streets of town **RIGHT** to the traffic cop
And only paused a moment when he raised his **RIGHT** hand and hollered "Stop!"
For Frosty the **LEFT**-handed Snowman had to hurry **RIGHT** on his way
But he waved goodbye and **LEFT**, saying: "Don't you cry, I'll be **RIGHT** back again someday".

Now you know how his story went, which way did the gift go? To the **RIGHT** and to the **LEFT**, stop the passing and open your gift!



+Picture Quiz:

1. Countries of the Commonwealth.

1. Which country does this animal remind you of?
2. This Mediterranean island country was awarded this cross during WW2
3. The capital city of this Caribbean island is Kingston
4. This is a very large country famous for Maple Syrup
5. Mahatma Gandhi helped to achieve independence for this country in 1947
6. An island off the southern coast of India earlier called Ceylon
7. Not far from Australia, made of two main islands, and famous for its lamb
8. This country is at the bottom of the African continent, with amazing wildlife, and its capital is Cape Town
9. This Asian country north of Singapore is famous for its rubber
10. The bowler hat is a well-known image for this country
11. The Commonwealth's best athletes compete in this every four years
12. The Head of the Commonwealth

2. There are 52 countries in the commonwealth.

Name as many as you can.

3. Using the letters from the word 'COMMONWEALTH'

how many words of two or more letters can you think of?

You can re-use letters every time you start a new word.

'O' and 'M' are the only letters you can use twice in any word. All other letters you can only use once.

Hint. Check out the Members Only section on the website, you might get some help!

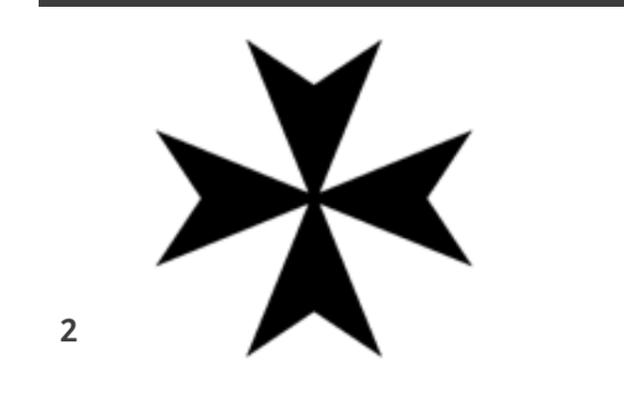
This quiz has kindly been supplied by **Chris Harding**, The Daily Sparkle

+Think

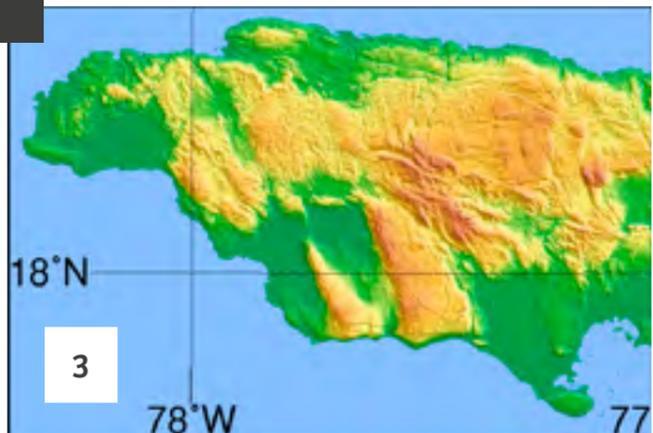
Use the images as conversation starters. To make it harder you could read out the questions so people can not see the pictures.



1



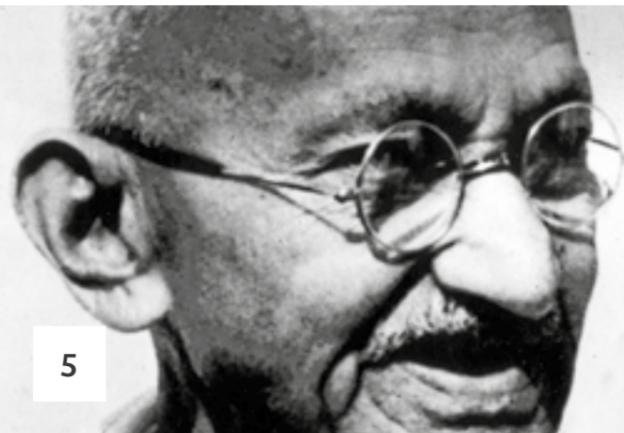
2



3



4



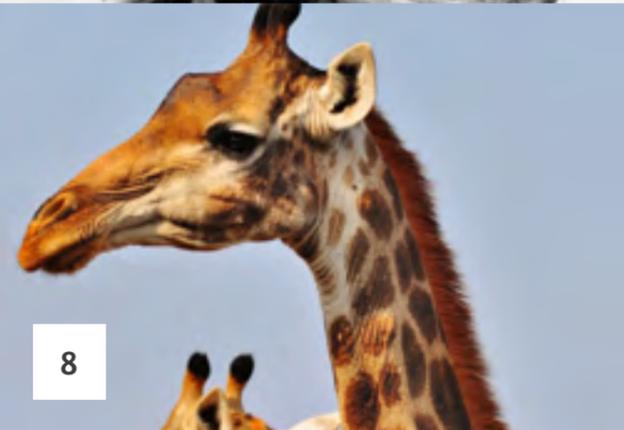
5



6



7



8



9



10



11



12

things to do



+Think

Talk about what ingredients you are using, residents may like to talk about the things they enjoyed making. Pass the bowl around so everyone can smell the mixture, this may spark some memories.

+Christmas Scones

Total time: 35 minutes

Makes nine small or six medium scones



What you need:

- + Large bowl
- + Weighing scales
- + Measuring spoons or teaspoon
- + Measuring jug
- + Round cutter – the one shown in the picture is 6 cm diameter
- + Baking tray
- + Cooling rack
- + 250 g self-raising flour (+ a little extra for dusting)
- + 50 g unsalted butter (+ extra for greasing)
- + ½ tsp baking powder
- + ¼ tsp salt
- + 30 g caster sugar
- + 100 g mincemeat
- + 50 g marzipan
- + 50 ml brandy
- + 85 ml full-fat milk (+ extra for brushing on top of your scones)

What you do:

- + Pre-heat the oven to 220°C/200°C fan.
- + Lightly grease a baking sheet with butter.
- + Put the self-raising flour (250 g) into a large bowl. Cut the butter (50 g) into cubes and add it to the flour.
- + Gently rub the butter into the flour until it is the consistency of breadcrumbs.
- + Cut the marzipan (50 g) into small cubes.
- + Add the caster sugar (30 g), baking powder (½ tsp), salt (¼ tsp), marzipan, mincemeat (100 g) to the flour and butter. Give the mixture a quick stir to ensure that all the ingredients are evenly distributed.
- + Make a well in the centre and add the full-fat milk (85 ml) and brandy (50 ml). Keep a tablespoon or two of milk back to add at the end to help collect up any stray bits of flour.
- + With as little action as possible, mix the milk and brandy into the dry ingredients using your hands until the mixture has come together. If there is any flour left at the bottom then add a little more milk to help collect it up.
- + Sprinkle a dusting of flour on to your work surface. Place the dough on the floured surface and pat it flat, about 1½ inches thick (don't use a rolling pin).
- + Using a round cutter (a 6 cm diameter cutter will make nine small scones), press into the dough and carefully lift out the scone and place it on your baking sheet. Cut as many scones as you can, ball up the remaining dough, pat flat and repeat cutting out more scones until all of your dough has been used.
- + Brush a little milk on to the top of each scone.
- + Place the scones in the oven and cook for 12–15 minutes until they are cooked.
- + Once cooked, remove them from the oven and place on a wire rack to cool (or eat them while they are still warm!).

+Think

Everyone can be involved with this activity, from shopping, chopping to sticking the fruit in place. Some may be able to get involved by watching and tasting their fruit.



+Fruit Christmas Tree



What you need:

- + Dairy free/gluten free/low fat/vegan/vegetarian
- + 1 ripe pineapple
- + 1 pear (a little under ripe works best)
- + 2 clementines, peeled and segments separated
- + 3 kiwi fruits, ends trimmed then chopped into sixths with skin left on
- + 8 oz strawberries, stems removed
- + 6 oz blackberries
- + 8oz red grapes
- + 18oz green grapes
- + 1 bamboo skewer
- + Toothpicks

What you do:

- + Slice the top and bottom off the pineapple, then cut a thin slice from the top.
- + Press a star-shaped cookie cutter into the centre of the thin slice then set the star aside.
- + Slice a little off the sides of the pineapple at an angle to create a cone shape.
- + Push the bamboo skewer through the centre, then skewer the pear on top, leaving the top of the skewer uncovered (you will skewer the star on top at the end).
- + Place the pineapple on to a serving tray then insert toothpicks around the pineapple and pear at a slight angle, breaking a little off if necessary, then add the fruit. You may find it easier to place most of the bigger fruit first then fill in with the smaller fruit like the grapes.
- + Add the pineapple star to the top of the skewer then serve.

Source: <http://iowagirleats.com>



+Think

Some residents may not be able to help make these, but will be able to touch them and will benefit from looking at them hanging

+Scrabble ornaments

These would be great to do on a larger scale, maybe in a photograph frame or on a person's door.



What you need:

- + Card – the size of a bookmark would work well
- + A selection of scrabble pieces
- + Glue
- + String or ribbon to hang
- + Hole punch

What you do:

- + Work out which letters you are going to use.
- + Lay them out on your card, making sure you don't cover the hole.
- + Glue each letter in place and leave flat whilst drying.
- + Thread the ribbon or string through the hole.



+Think

These would be lovely to send relatives, you may need to work one to one with some residents, im sure the care team would be more than happy to help with this one.



+Greetings Cards

These would be great to send to relatives. They would be lovely for any occasion.

You could take photographs of the setting on a snowy day (hopefully we get one!). You can buy readymade card blanks that have a slot for a photograph.



You will need:

- + Cardstock, folded in half
- + Oversized gemstones, giant sequins or buttons in Christmas colours
- + White PVA craft glue
- + Permanent, fine line marker

What you do:

- + Arrange your gemstones on the front of the card and glue into place.
- + Draw a string from the top fold down to each gem.
- + Draw bows.
- + Optional: if you're good at calligraphy or have a mini alphabet stamp kit, add a greeting to the front of your card.



+Think

Some residents will be able to help make these and others will benefit from seeing the finished product. They would be great in a sensory room or someone's bedroom if they are being cared for in bad.



+Light-up Canvas Pictures

These would be a perfect addition to a sensory room. You could make one look like the moon with stars!



What you need:

- + Plain canvas, you can buy lots of different sizes, so it depends on what you have in mind as to which size you go for
- + Sharpie marker pens or paint – again this is really up to you
- + Battery-operated fairy lights
- + PVA glue

What you do:

- + Start by choosing your design, you could do something as simple as paint the canvas in different colours or something with much more detail.
- + If the design is being drawn on you may want to do it in pencil first, to make sure you are happy with the result.
- + Use the pens or paint to colour in your design.
- + Poke holes in the back using a sewing needle. You could use something else but it needs to have a sharp point to penetrate the canvas.
- + Cellotape the battery pack from the fairy lights on to the back of the canvas and poke the bulbs through the holes you have made.
- + Turn the lights on and enjoy!
- + Check out the images for inspiration!



+Think

These something festive about a Christmas Tree, the smell, watching it turn from a plain green tree into something wonderful. Everyone will enjoy watching, suggesting and pointing out where there are gaps! A small tree in someone's room would make is really nice for them if they are being cared for in bad.



+Weird and Wonderful Ways to Decorate your Christmas Tree

Ideas for the Christmas Tree Decorating Competition!

Have a look at these ideas to see how you could decorate your tree!



For some it is all about the baubles and how many things will fit on, while for others it is the twinkling of the lights.

Invite your residents to talk about the decorations they had on trees when they were younger.



+Cake Smash!



Who says a cake smash is only for one-year-olds!

This is so much fun to be a part of, even watching from the sidelines.

- + Please make sure you get consent from the resident before you make plans to do this. You might want to invite the relatives in too.
- + The new way to celebrate your baby's first birthday
- + Gone are the days of balloons and a Victoria sponge. If it is your baby's birthday, there is only one way to celebrate – with a cake smash.
- + The craze started in the USA, and over the past few years, parents across the UK have been joining in.
- + A cake smash is where a one-year-old gets very messy with a cake and a professional photographer captures the moment.
- + After that, there is often a bubble bath, which is also caught on camera for posterity.



Why not celebrate residents' birthdays with one?

Imagine setting the scene for a photograph shoot. You could start the day by having a meeting to discuss who has a birthday coming up and most importantly, who would like to do this. Remember some people don't like having their photographs taken or are unable to give consent.

This would be a really nice activity in which to get the whole home involved, as well as the relatives. Check out the images that I spotted on Facebook or those of a photographer who was asked to photograph a cake smash for a friend's grandmother's 98th birthday! Aren't they brilliant?





+Think

These are great fun to make; you can make them in any size you like. You can buy special rings from craft shops too so you don't need make the cardboard cut outs.

+Pom Pom Ornaments

These are brilliant sensory items. Have a look online and see all the things you can do with them.



What you need:

- + Lots of wool, of different colours, depending on the design you are going for
- + 2 circular pieces of card, with a smaller hole cut out of the middle – this is one per pom pom, so you may want more if lots of people want to make them
- + Scissors to cut the pom pom free from the card once ready
- + Any other small decorations you wish to stick on them such as bells, ribbon, small hats, etc.
- + You can buy the small pom poms that are on the pine cones

What you do:

- + Tie on your piece of wool and wind round and round the card as shown in the picture.
- + Make a small gap between the two bits of cardboard, and carefully cut the wool, as shown in the picture.
- + Remove the cardboard, and there you have your pom pom.
- + Decorate whichever way you decide.
- + Have a look at some of the images; they may give you some ideas. Check out Pinterest for more inspiration!

The preparation of this activity is a great way to get to know residents. Find out where they have lived or travelled.



+Map Roses

These would look lovely in a window so residents' can admire them from afar, you could spray them with rose water to make them smell like roses.



Talking about flowers and what residents had in their gardens would be a great sideline to this activity. You could even get the magnifying glasses out and look at the map!



What you need:

- + Old maps, atlases, etc., you can also get map wrapping paper but you might prefer to use maps that are printed on both sides. If that is not possible one-sided maps will still work but will look a little different
- + Green florist wire
- + Green florist tape
- + Scissors and pen
- + Glue gun and glue sticks
- + Red watercolour paint and brush (optional)

What you do:

- + First, you need to cut out your petals, you could make a card template.
- + Place your petal template on top of the map, draw round it and then cut out the petal shape. For each map rose you will need six small petals, six medium petals and six large petals.
- + Cut your florist wire to the length you would like your rose stem to be. Then wrap this wire with the green florist tape.

Adding the petals to your map roses

- + First take a small map petal and roll it up tight, using a glue gun stick the petal to the end of the green stem.
- + Take another small petal and gently roll it in your hand to shape it into a slight curve. Dab a small amount of hot glue on to the base of the petal and stick this to the stem.
- + Carry on with the remaining four small petals, overlapping them slightly as you go round.
- + Next glue the medium-sized petals one by one to the outside of the small petals, again overlapping as you go round.
- + Repeat with the six remaining large petals.
- + To finish off your map roses you can stick a small green leaf cut from green paper to the stem. You could paint the edges of the rose petals with a small amount of red watercolour paint to add a bit more red to the maps.
- + Several map roses together create a lovely decoration. They look very impressive together in a bunch.
- + You can also display them individually in small bottles. A single map rose makes a gorgeous gift topper, especially if you use maps of meaningful places.

+National Awareness days

November

- Novel Writing Month
- 13th World Kindness Day
- 19th International Men's Day
- 20th Universal Children's Day
- 21st World Television Day
- 30th St Andrews Day



December

- 1st Decembeard – Real men grow beards
- 3rd Tree Dressing Day
- 3rd International Day of Persons with Disabilities
- 5th International Volunteers Day
- 25th Christmas Morning Swim Day – Anyone for a dip?



January

- 4th World Braille Day
- 15th World Religion Day
- 18th Winnie the Pooh Day
- 19th National Popcorn Day
- 21st National Squirrel Appreciation Day
- 21st National Hug Day
- 25th Burns Night
- 26th Australia Day
- 28th Chinese New Year
- 27th – 3rd Feb National Story Telling Week – How about teaming up with a local school or nursery for this?



February

- 4th National Libraries Day
- 5th – 11th Sign2sing Week
- 7th Send a Card to a Friend Day – How about making some pen pals?
- 9th National Pizza Day
- 17th Random Acts of Kindness Day
- 19th – 25th Student Volunteering Week
- 22nd World Thinking Day
- 28th Pancake Day



+Quiz – Answers

Picture Quiz Answers (Pages 4-5)

- | | |
|--------------|------------------------|
| 1. Australia | 7. New Zealand |
| 2. Malta | 8. South Africa |
| 3. Jamaica | 9. Malaysia |
| 4. Canada | 10. United Kingdom |
| 5. India | 11. Commonwealth Games |
| 6. Sri Lanka | 12. The Queen |

A lovely poem to share with you, written by residents from **Moorland House**

Created by Myra, Betty, Elizabeth, Jane, Joan, Audrey, Moira, Kath, Anne and Harold.

Moorland House, Derbyshire.
A Methodist Home (MHA).



Venice

The geometry of the arch.

Arch upon arch

Uplift to the Heavens

Uplift to the sky

It looks peaceful

It looks very peaceful

Nothing like it. The peace of it. Feel freer.

Feeling of depth: quite different.

Looks like the people in the gondola are having a lovely time.

The gondoliers are very friendly, helpful people.

Remembering a lovely holiday here.

First time down the Grand Canal – a wonderful experience.

Being amazed by the structure of Venice.

Loved its wonderful paintings.

Beautiful glass.

Stood on the Rialto Bridge.

Coffee at Lorenzo's.

It looks peaceful.

It looks very peaceful.

A magical city.

Present and past.

How long will your crumbling walls possibly last?

Venice

things to do

+Easy poetry

+Blue

+Red

+Orange

+Green

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

