

December compiled by Christine Jennings



December information:

National Holiday and Celebrate Holiday(s)

- Pearl Harbor Day – 7
- Brownie Day – 8
- Christmas card Day - 9
- Hanukkah Day – 10
- Chanukah – 12 – 19
- Boxing Day - 26
- Kwanzaa – 26 to 31
- Pledge of Allegiance Day - 28
- Birthday Month of Bingo
- Cookie Cutter Week – first week
- Lipstick Week – third week

Birthstone: Turquoise – Traditional – prosperity, success, happiness and good fortune

Flower(s): Holly – Domestic happiness

Activity Theme Overview:

- 1) Hanging of the Greens
- 2) Baby Shower Event (a facility project which includes lots of fun for the holiday)
- 3) Picture this!
- 4) Wrap it up!
- 5) Our House
- 6) Food for Thought
- 7) Winter Wonderland
- 8) Christmas Around the World
- 9) Birthday Celebrations and Traditions
- 10) Discover the New Year with Activities (This is a day to get input from residents and staff)

Activity Theme Details:

Hanging of the Greens

Hanging of the Greens is an English tradition of decorating the home with wreaths, garlands, a Christmas tree, and evergreens for Advent and Christmas. You can use this same tradition in your facility with your residents. This can bring back some wonderful memories for some and introduce a new tradition to others. This is also a great way to get the entire facility to participate in decorating for the holiday season.

Learn & Listen – Discuss the tradition in hanging the greens with the residents.

Tradition of:

- *Advent Wreath* – The evergreen represents everlasting life found in Christ, the circle symbolizes life without end. The three purple candles in the wreath represent royalty (HOPE), humility (PEACE) and penitence (JOY). The rose-colored candle represents happiness (LOVE). The tall white candle in the center symbolizes God’s special light that has come to a dark world.
- *Candles* (you can use the battery operated kind) - Before the celebration of Christmas, candles were used to signify Christ as the light of the world.
- *Bells* – Are used to ring in the glad news of the birth of Jesus.

- *Carolers* – Sing out the coming of the Savior just like the angel choir sang to the shepherds and the message has been carried on ever since that first Holy night.
- *Gift Giving* – The Wise Men wanted to share their love and desire to know the King of Kings so they traveled many miles, risked their life by disobeying King Herod and they presented their gifts of gold, frankincense, and myrrh. We continue the gift giving through giving tithes and gifts to family and friends.
- *Candy Cane* – The first candy cane was created to honor Jesus. The candy maker wanted to honor our Lord so he made a candy in the shape of a shepherd's staff, when turned upside down it is the letter J for Jesus. The red and white stripes represent the blood of Jesus, which washed away our sins and makes us pure and white as snow. One bold stripe represents God who is the Father of us all. He three fine stripes represent the Trinity: one God, who revealed Himself to us in three ways: the Father, the Son, and the Holy Spirit.
- The *Christmas tree* symbolizes peace and eternal life.
- *Poinsettias* – The star of the leaf represents the star of Bethlehem, the red flower stands for the bloodshed by Jesus who came to be our Savior.
- *Evergreen wreath* is an emblem of eternal life and God's faithfulness to all humanity.



There are various traditions of the Hanging of the Greens and you can Google to learn more about this tradition if you want a deeper understanding of the formal service. Your residents will enlighten you as well from their own personal experience in church.

Consider setting up a separate time and place where the residents and staff can come help place the decoration (use the list above as a guide to schedule to hang each decoration). After each decoration is put in place sing a spiritual Christmas Carol or Hymn, this is the Carolers part of the ceremony and will get everyone excited about the holiday season. You can also serve refreshments to encourage fellowship throughout the day. This alone will be a full day activity and it will decorate the facility to start the holiday celebration.

Baby Shower Event (a facility project which includes lots of fun for the holiday)

The purpose of this theme is to give during the holiday season to a baby organization in need. This can be a facility holiday project to support a local community crisis pregnancy center, or a family in need selected by the local Social Service Worker, or a local church ministry that helps with families in need. This is a good activity the marketing director can use to promote your facility in the local newspaper as a community event. Decide which organization to present to the residents and I would only present the two most in need for them to choose between. All the gifts and donations will go to the center of the resident's choice. You may want to advertise this activity a couple of weeks ahead of time so the staff and community will be aware. Below is a list of suggestion to that the residents ask family members to donate for this event:

- Diapers
- Baby wipes
- Baby formula
- Baby clothes (0 – 12 months)
- Gift cards
- Baby car seats or cribs

Learn & Listen – Get information from the local centers to review and discuss with the residents about helping one of the organizations with today's gifts and donations.

Game – What else but Baby Shower games: Baby Stuff Word Scramble

Write these scrambled words on a white board to see if the residents can unscramble the word. Since this is in the honor of a real baby shower game each resident that correctly unscrambles the word gets a point and the one with the most points gets a prize. Here are some words you can use or make some up yourself:



- YBBA TOLBET (Baby Bottle)
- SARPIED (Diapers)
- ICRB (Crib)
- TLYAETE (Layette)
- LRDAEC (Cradle)
- RLMUFAO (Formula)
- IGRKNCO HRCIA (Rocking Chair)
- KLEBNTA (Blanket)
- TETLAR (Rattle)
- CRIPIEAF (Pacifier)

Food – Make a treat that the residents can enjoy during the next baby shower game. Easy suggestions:

- Ham and Cream Cheese Rolls
 - 1 pack of thin Ham slices cut into one inch strips
 - 1 container of Pineapple-Cream Cheese
 - 1 pack of plastic party picks
 - Paper towels

Pat ham slices dry with a paper towel before slicing. Spread pineapple cream cheese on thin slices of ham. Roll and skewer with plastic party picks. Chill and serve.
- Party Mix
 - 1 box each of Wheat, Rice and Corn Chex cereal
 - 1 large jar of peanuts (optional)
 - 1 pound of butter
 - 1 tablespoon of onion salt
 - 1 large can mixed nuts (optional)
 - 1 package thin pretzels
 - 2 tablespoons of chili powder
 - ¼ cup Worcestershire sauce

Pour the cereals, nuts and pretzels into a flat metal baking pan. Melt butter and seasonings together over a low heat. Pour over the cereal/nut mixture and bake in 250 degree oven for 45 minutes.

Exercise – Taking care of baby takes a lot of work, so try these in your exercise plan.

1. Start with rocking the baby:
Get as many rocking chairs as possible and let the residents' rock OR just tell them rock back and forth in their chair. The rocking chair will give stretch to their feet and legs as they move the

chair back and forth. Rocking back and forth in a regular chair will work the abdominal area, side and back muscles. An alternative to rocking back and forth in a chair is to rock with their arms. Have them cradle the baby doll in their arms and slowly swing their arms to the left and right in rocking motion.

2. Lift the baby:

If you have baby dolls then give one to each resident and have them to lift the baby as high up as they can then lower and repeat. Do this several times giving a break in between. This works the arm muscles.

3. Bounce the baby:

Everyone loves to bounce a baby on their knee and it provides good exercise too. Make sure to bounce on the other knee. You may also want to have them lift their entire leg as they bounce the baby. This will give extra stretch to the legs and arms.

These are just a few suggestions to incorporate the baby theme into your exercise plan. Have fun with it while you exercise just to do something different so they don't get bored with the same old everyday routine. Using different props such as the baby doll also makes a difference and if you use something different every day then they will show up just to see what you will have them use during their daily exercise activity. The main point is to keep it interesting to them and fun so it does not seem like exercise.

Craft – Let the craft be part of the gift giving. Here are a few suggestions:

- Fleece baby blanket
- Let residents paint a large gift box and then fill with baby items, wrap with clear wrap and tie with a nice big bow.
- Make a centerpiece for the social. Let residents help make a diaper cake. There are lots of instructions for this on the Internet, just Google "diaper cake centerpiece".
- Make burp bibs.

There are lots for easy baby items to make, just check with your local fabric store for ideas and instructions.

Game – This is an oldie that will get the residents to talking about baby showers in their past. Drop the clothes pin in a canning jar. Whoever gets the most clothes pins in the jar wins a prize. If you have never played this game, you will take at least 10 wooden clothes pins and one at a time hold it up to your nose and try to drop the clothes pin into the jar which is on the floor. You will have to make adjustments to how the game is played for your residents that are in wheelchairs. A suggestion is to have a bucket instead of a jar and let the resident throw the clothes pins in the bucket which is about three to five feet away from their chair. Most residents will remember this game was played with an old glass milk bottle, which was a challenge to get the clothes pins in the little hole. The pins would bounce off the glass bottle mouth ring all over the place, which caused lots laughs.

Movie/Social – Invite the Organization representative to attend a special social so the residents can present their collected gifts and/or donations. Have a baby shower cake to serve with coffee and/or tea to celebrate their contribution to helping babies in need.

If you don't want to do a social, then a movie suggestion is "Baby's Day Out"

Picture this!

Learn & Listen – Before the activity ask residents if they will bring a picture with them to talk about. Ask to share their thoughts with the others as to who is in the picture, when it was taken and why. This should lead to some wonderful stories which you may want to have an assistant or volunteer to write down or record for translation later to present to a family or friend of the resident.

Game – Scatter several pictures of the past activities on tables along with index cards with the name of the activity/event. Divide the residents into teams and ask them to match the pictures with the activity/event name on the index cards. The first teams to get all pictures on their table correct wins. Talk about each picture and the activity to refresh their memory and to relive happy activity events.

Food – Well, instead of cooking, how about a game relating to food instead. Pull out the magazine to play this game. Give each resident a couple of magazines and ask them to find the picture of the main ingredient of a recipe. To make it a challenge time them with a stop watch.

- Example:
 - meatloaf – hamburger
 - spaghetti – noodles
 - broccoli casserole – broccoli
 - mashed potatoes – potatoes

Once they find the picture of the main ingredient they should hold it up or yell “Found it”. Give them points for each correct picture they find in the designated time.

Exercise – Do your work out to song about pictures.

Suggestions:

“Picture This” sung by Reba McEntire

“Old Pictures” sung by The Judds

“Pictures and Memories” sung by Alabama

“Pictures in my Mind” sung by Neil Young

Craft – Make picture frames and take pictures to remember this picture perfect theme.

Movie – The movie “Picture Perfect” is a cute movie, but you should review it before showing to residents to see if your residents will enjoy it or not.

Wrap it up!

Learn & Listen – What do you think of when you hear someone say “Wrap it up!”? Discuss with the residents all the ways they can “Wrap it up”, such as wrap a gift, to bring to an end, or to finalize a sale. Ask residents to talk about the time they have used the phrase “Wrap it up” and why.

Game – Have a gift wrapping contest. See which resident can wrap a box the fastest and still look presentable.

Food – Make snack wraps! You can use wheat or flour wraps and let the residents fill them with chicken salad, peanut butter and jelly or lots of veggies. Chill the wraps and serve them during a “Wrap it up” social.

Craft – If you have residents that sew then make a shoulder wrap. If they don’t sew then make a lap blanket by using fleece fabric, cutting three to five inch strips and knot each on. This will give them

something warm to wrap around their legs while watching TV. Instructions on how to make a no-sew fleece blanket on craftelf.com and click on the fleece blanket at the bottom right of the home page.

Game – I have a couple of suggestions for this game so you can choose which one you think your residents will like the play. How you play it will be up to you.

- Start a short story and ask each resident to “wrap it up” with their own ending.
- See how many words the residents can rhyme with the word “wrap”.

Social – Serve the wraps that were made during the food activity to all the residents, along with tea, coffee or another refreshing beverage. This will “Wrap it up!” for your activity today.

Our House



Learn & Listen – You can discuss the houses the residents grew up in, or discuss the TV show “This Old House” and how many ways a house needs fixing. The point is to get the men involved because they will open up about how they use to work on improving their homes and the women will talk more about what they did to decorate their homes. You can also ask them what improvements can be made to the facility to make it more home like since this is their new home. Ask the maintenance staff to sit in so they can answer questions or simply take notes. The facility is the resident’s home and they should have a say in how things can be improved within reason. They may bring up ideas that the

maintenance staff may not have noticed that needs fixing. Take their ideas into consideration and if it can’t be done then possible find an alternative to satisfy the request.

Game – How many items can you name in a house? Divide residents into teams; give them 30 seconds to name as many items in a house as they can. The team with the most items on their list wins something special, but everyone should get something for participating. (Example: candy, participation bucks to spend in the facility store or a printed certificate).

Food – Make graham cracker houses and decorate with icing and candy. Make it exciting by displaying the houses and let staff vote which house is the most decorative.

Exercise – Exercise to song relating to house, such as:

- “Our House” – 1983 sung by Madness
- “House of the Rising Sun” (various artist)
- “Brick House” sung by The Commodores
- “Burning Down the House” sung by the Talking Heads

Craft – Bring out the pencils, paints, paint brushes and paper or canvas and let the residents drawl or paint an old house. It can be their old house they remember or provide a large photo of an old house for them to look at as a guide.

Game – See how many different words you can get out of the phrase “This Old House”

Example:

- Should
- Toss
- Shoe

Movie/Social – Movie suggestion:

- Monster House – Animated Comedy movie
- Home Alone (PG)
- I'll be Home for Christmas (ABC family movie)

Food for thought

Learn & Listen – What does “Food for thought” mean? Open this discussion with this question to your residents. Food for Thought means anything that provides mental stimulus for thinking. It is classified as nouns denoting cognitive processes and contents. Talk about food for thought sayings. What thought provoking saying has stayed with them throughout their life? When did they first hear it? Why was it important to them?



Game – Who said it? Read the quote and see if the residents can name the authors. Check out famousquotesandauthors.com for famous quotes. Click on any of the “Top 10 Authors” to get quotes that residents will recognize and some that will stump them.

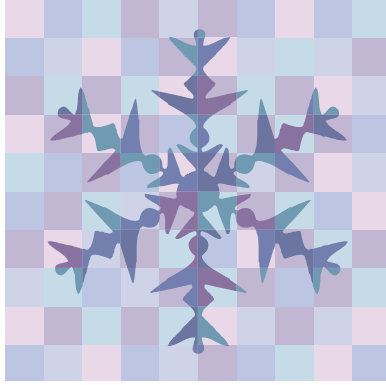
Food – What type of food makes you think about activity fun? This may be different for everyone that reads this activity, so there is no real answer. Pick a food recipe that you know all the residents like for your food activity today. Ask the residents as they make the recipe what does this type of food make you think about? Discuss the thoughts as you make the recipe.

Exercise – Try some Yoga to go with the “Food for Thought” theme. The website hubpages.com/hub/best-yoga-positions-for-elderly-individuals has a several videos including a chair yoga that some residents will be able to do and a video for laughter yoga, which just about all levels of residents can do. I personally have gone to a laughter yoga class and it was great!

Creative Writing – Encourage your residents to express themselves through creative writing. Let them put their own “Food for Thought” ideas on paper. If you have residents that are unable to write, then provide them with a small tape recorder to record their thought then have someone translate it to paper.

Game – Write out some famous quotes and leave two or three words out of the quote. Ask the residents to fill in the blanks. You will need to say the author of the quote as a hint. You can get some quotes off the famous quote website listed in the first game description.

Social – Have a gathering to read some of the creative writings from your residents. Serve light refreshments.



Winter Wonderland

Learn & Listen – What do you think of when you think of winter wonderland? Listen to your residents to see how creative they can get on what they think a winter wonderland is like. Discuss songs, movies or books relating to the theme.

Game – Name all things relating to a winter wonderland. Example: penguins, snowmen, icicles, snowballs, snowflakes. See how many the residents can get.

Food – Make Snowball cakes. Cup cake iced with white icing and covered in coconut are easy snowballs to make. You can also use the Mexican Wedding cookie recipe as a snowball, except leave out the nuts.

OR

Build snowmen with marshmallows and cut small pieces of black string liquorish to use for the eyes, and mouth. Red string liquorish to use for the nose, a thin slice of any flavor roll up candy to use as a scarf and a chocolate kisses as a hat. Pretzels for the arms and afterwards the residents can eat it since it is all ate able. Make enough to serve at the Winter Wonderland social.

Exercise – Practice having a snowball fight to stretch the arms and move their legs. Purchase the small Nerf balls for them to throw at each other just like in a snowball fight.

Craft – Get creative by cutting out snowflakes with white paper and scissors. You can even have them make a paper snowflake chain to hang in their windows.

Game – Cut out white snowflakes two at a time so two will be exactly alike. Cut them out of paper, poster board or felt. Make at least ten sets of snowflakes making sure they the sets are slightly different from the others. Now on the back side of the sets make sure to mark which two are a like. Mix up the snowflakes with the secret mark on the down side. Ask residents to pick out the two snowflakes that are exactly alike.

Social – Invite all residents and staff to celebrate a Winter Wonderland. Serve Hot Cocoa, hot tea, decaf-coffee or apple cider, Snowball cakes or cookies, crackers with white cream cheese spread or white crackers with white cheese dip. Have someone sing or lead the group to sing:

- Winter Wonderland
- White Christmas
- Frosty the Snowman
- Let it Snow

Christmas around the World

(This theme can be stretched out for an entire week by breaking down the activities so you highlight a new country Christmas celebrations each day.)

Learn & Listen – Learn all about historical Christmas celebration on “the-north-pole.com” and scroll down to the link which invites you to check out “Christmas around the World”. This is on the right side column about half way down the page. Once you click the link then you have an index which you can click on each country to read or print out the information to read and discuss with the residents. Ask

them if they had a family tradition that came from another country which was passed down from descendants from a foreign country. Some may discuss just their family traditions; however they may find that tradition originated from another country.

Game – Santa Claus by another name is still the same. This word search has some of the different names that Santa around the world.

Note: Turn this word search game into three separate activities extending it to cover three days (Mon, Wed and Fri) if you want to do this as a week theme.



1. The first is a “one on one” activity so you can go to each resident’s room to take a few minutes to review the word search topic and get them started on the game. Make sure you have their name printed on the word search page. Tell them that when they are finished with the word search they can either; return the page to you personally, or give it to a staff member to give to you in order to enter their name in a drawing. Ask if they have any questions and encourage them to finish the word search before Wednesday at noon when the drawing will be held at a determined time. Make the drawing a big deal to get the residents that normally won’t come out a reason to come to see who will win. Remember they must complete the word search to be in the drawing. It does not matter if they get them all right, just finish it. This will also help you see if their cognitive skill levels are changing.
2. The drawing is a second activity that allows all residents who completed the word search a chance to win a prize. You can have more than one winner, it is up to you. DO NOT throw away the word search pages after the drawing.
3. The third activity is another “one on one” to RETURN the word search page and to deliver a special treat along with a fun fact sheet that explains the origin of the different Santa Claus names. Take a few minutes to review the names with the residents.

If you are not able to spend a few minutes at least twice a week with the room bound residents ask a volunteer or staff member to help you out with the “one on one” activities. The residents will appreciate even a few minutes to share a game or just to talk about what the theme activity is all about. It makes them feel part of activities if they are not able to get out of their room, besides it might get the able body residents that don’t normally come out to an activity a reason to attend the drawing. It is worth a try and even if it only gets out one resident that normally does not come to activities then it will be worth all the efforts you made. Never give up on residents participating in activities, because when you least expect it they will show up.

This three level activity can also be done with any word search at any time, not just at Christmas.

Food – Make something from another country. The below recipes are a couple of my favorites that I have made, however you can always Google to find different easy country recipes to try with the residents.

- Instant Russian Tea
 - 1 – one pound jar of Tank
 - ¾ cup instant tea with lemon
 - 1 ½ cup sugar
 - 1 tsp. ground cloves
 - ½ tsp. cinnamon

- ½ tsp. allspice
Mix all ingredients well and store in air tight container. To serve, use 2 well-rounded teaspoons to a tea cup of boiling water.
NOTE: You can make this as gifts in a canning jar for the residents to give as gifts to family or friends.

- Mexican Traditional Wedding Cookies

- 1 cup sweet-unsalted butter, softened
- ½ cup powdered sugar
- 1 tsp. vanilla
- ½ tsp. almond extract
- 2 ¼ cups sifted flour
- ¼ tsp. salt
- ¾ chopped walnuts
- Powdered sugar for rolling baked cookies in)

Directions:

1. Cream together butter and powdered sugar until light and fluffy; stir in vanilla and almond extract.
2. Whisk together salt, flour and gradually add to butter mixture; stir in chopped nuts.
3. Chill dough for easy handling.
4. Roll dough into small 1" balls and place onto parchment-line or ungreased baking sheets.
5. Bake at 400 degree for 10-12 minutes or until cookies turn light golden brown.
6. Remove from oven and allow to cool slightly. Roll warm (not hot) cookies in powdered sugar and place on a wire rack to cool completely.
7. Cookies can be rolled in powdered sugar a second time once completely cooled.

The recipe yields up to 48 cookies, depending on the size of your balls.

Exercise – Have a good old snowball fight, except use marshmallows instead of snow. Let the resident throw, stretch, bend to pick up as many as they can and move side to side to dodge the marshmallow snowballs from the other residents. A snowball fight is a good way to get in some exercise and have fun at the same time.

Craft – Make a peppermint candy tree.

What you will need:

- A medium green Styrofoam cone for each resident
- A large bag of wrapped peppermint candy
- Low temp glue gun
- Mini red bows
- A star or larger gold bow for the top of the tree

Use your low temp glue gun to glue one side of the peppermint candy wrapper onto the green Styrofoam cone. Start from the bottom gluing the candy around in layers until the cone is covered. Add the mini red bows in various places on the tree to make it look like ornaments and top it off with the gold star or bow.

This is a craft they can keep or give. If they only glue on side of the wrapper to the tree then after Christmas they can pull them off and enjoy the candy.

Game –Let the residents help fill a piñata and invite the family/staff children in to let them take a swing at breaking the piñata. Keep residents a safe distance away, but close enough to cheer on instructions for the kids as they try to hit their target.

Movie/Social –Host a Christmas around the World social for residents and staff. Have finger foods from different places such as Swedish meatballs, Mexican Wedding cookies, English Toffee, with drinks. Play music from around the world and you could have different country flags set around on tables.

Birthday Celebrations and Traditions



Learn & Listen – There are several sites that you can use to reference birthday traditions around the world and different family traditions to prepare yourself for the open discussion activity. Below is a list of sites to check out for birthday traditions around the world and in families:

- Wikipedia – search “Birthday customs and celebrations”
- wellnessways.aces.illinois.edu/pdf/ho_BirthdayCelebrations.pdf
- www.kidsparties.com/FamilyBirthdayTraditions.htm

After you share some of the birthday traditions from around the world and family traditions, ask the residents what type of birthday traditions they did in their families to start your open discussion.

Game – Birthday True or False

Divide the residents up in teams and ask them true or false questions. If the team gets their questions right they get a point. If they get it wrong see if one of the other teams can answer the question correctly to earn a point. Then continue to the next team making sure each team can earn points. All teams should get a little something for participating, but the team with the most points should get something extra special. Here are a few questions to get you started, but you can make up more on your own with the information you reviewed during Learn & Listen activity:

1. A birthday is a day that marks the day of ones birth. (True)
2. In America and most countries the person celebrating their birthday is usually presented with a cake. (True)
3. A birthday cake can only be white cake with white icing. (False, it can be any flavor desired)
4. In Africa tribal tradition instead of birthdays they have initiation ceremonies for groups of children. (True)
5. In Canada the birthday child’s hand is greased for good luck. (False, it is the nose that is greased for good luck)

Now, create your own true/false questions to make this game a challenging, informative and fun.

Food – Have a birthday cupcake bar. Make the cupcakes a head of time and have assorted toppings so the residents can make their own birthday cupcake. Suggestions for topping:

- vanilla and chocolate icing
- different colored sprinkles and candies
- mini chocolate chips

- cookie crumbs

Have plastic knives for each resident to spread their own icing and paper plate to sprinkle the toppings in. When you pour some of the topping in their plate then they can just dip their iced cup cake in it for easy sprinkle decorating.

Exercise – In Argentina, Bolivia and some other countries a special birthday tradition is to dance the waltz. Depending on your residents level of function you can either dance the waltz, free move dance to waltz music or do some chair exercises to the waltz music in honor of this tradition.

Craft – Ask the residents to make special birthday cards to send to one or all of the following:

- A local hospital nursery to give out to the new born babies born
- A social worker has a list of children that have birthdays that they can give them out to
- A local orphanage
- A local vet center
- Or send them to a troop overseas asking that they be given to those that need a birthday card from the states.

Game – Famous birthdays - Can your residents guess the last or first name of these famous people? Read the birth date and the first or last name listed to see if they can guess the missing name. The missing name is in (). Below are two famous people's birthdays for each month of the year.

- Jan 1, 1752 – Betsy ---- (Ross)
- Jan 8, 1935 – ----- Presley (Elvis)
- Feb 1, 1895 – Clark ----- (Gable)
- Feb 6, 1895 – Babe ---- (Ruth)
- Mar 1, 1904 – Glenn ----- (Miller)
- Mar 2, 1904 – Dr. ----- (Seuss)
- Apr 3, 1924 – ----- Day (Doris)
- Apr 28, 1950 – Ann ----- (Margret)
- May 6, 1915 – Orson ----- (Welles)
- May 26, 1907 – John ----- (Wayne)
- Jun 1, 1934 – Pat ---- (Boone)
- Jun 30, 1917 – Lena ----- (Horne)
- Jul 13, 1942 – ----- Ford (Harrison)
- Jul 29, 1938 – ----- Jennings (Peter)
- Aug 1, 1779 – Francis ----- Key (Scott)
- Aug 11, 1925 – Mike ----- (Douglass)
- Sept 10, 1929 – Arnold ----- (Arnold)
- Sept 19, 1926 – ---- West (Adam)
- Oct 2, 1890 – Groucho ---- (Marx)
- Oct 31, 1912 – Dale ----- (Evans)
- Nov 11, 1885 – George ----- (Patton)
- Nov 20, 1925 – Robert F. ----- (Kennedy)
- Dec 14, 1951 – Patty ---- (Duke)
- Dec 20, 1856 – Woodrow ----- (Wilson)

Play this game in teams or just let the residents call out as individuals. However you want to play it, just have fun!

Movie/Social – Host a birthday party for the entire facility and staff in honor of all the birthdays celebrated throughout the year. This will help the residents and staff that are new to the facility after their birthday. It will also be a treat for everyone. Serve birthday cake, punch and/or decaf coffee.

OR

Movie suggestions:

The only movie that I know of based around a birthday is “Sixteen Candles”. Please review all suggestions to determine if the movie will interest your residents.

I found ideas for other countries birthday fun in the “Parents” magazine, October 2009 issue that I think you might want to incorporate in your birthday theme activities:

- Israel – Instead of friends saying “Happy Birthday” they offer creative blessings such as “May you have a year of fun and happiness” and “Wishing you lots of balloons!”
- China – A delicious dish called “Zha Jiang Mian” is prepared with fried ground pork and soybean paste, the key ingredient is long wheat noodles which the length signifies a long life. (I am thinking you could just cook the “Oodles-of-Noodles” in the instant packages, but don’t break up the noodles like the instructions say to do. This would be an easy food activity and fun for residents as they try to eat the long noodles with chop sticks. You can ask a local Chinese take out if you can have the chop sticks for your activity and most will give them to you along with discount coupons in hopes to get business from your staff. It NEVER hurts to ask, all they can say is no and you say nicely, “Thank you for your time”. Always be professional because the manager will remember and just might say yes the next time you ask for a donation.)
- United Kingdom – Instead of cake they serve a scoop of ice cream on top of a bowl full of Jell-O.
- Australia – Instead of cake they make fairy bread. It is a slice of white bread smeared with butter and covered in sprinkles



Discover the New Year with Activities_(suggest you do right after Christmas)

Learn & Listen – Let this be the time you discuss with the residents the activities for the New Year. Call a residents and staff meeting to promote your activities and ask for suggestions for the New Year. Get input from both the residents and staff members and take notes so you can try to work in some of their ideas into your activities for the New Year. Make sure to have a list of the activities you did during the year as a reminder to them what you did do. You can also have a list of new ideas for them to look over and let you know if they would like to give the new ideas a try. Make this time a general theme idea and not a

detail planner.

Game – Pull a list of games you did during the year and a list of game suggestions you have never done before. Ask the residents to help you choose which games they would like to plan again and which

games they would like to try. Let them pick out the games so if someone complains you can remind them that they picked out the games for the New Year.

OR

You could make this into a game. List some of their favorite old games and list some new games on a round circle. Place a spinner in the middle and let each resident take a turn spinning. The game that it lands on will go on your list to add sometime during the year as a game activity. Once the game is written down then remove or mark it off the circle so it does not get landed on again. If the next resident spin lands on the blank they can either suggest a game or spin again.

Food – Find out what types of foods they would like to make or if they would like to learn how to decorate a cake, make edible centerpieces, or have food demonstrators come in to show new products.

OR

Set out cook books for the residents to look through and if they see a recipe they might like to try then write it down.

OR

You can use the spinning circle to select a list of recipes to try out like you did for the game activity.

Exercise – Ask if they would like to learn any of the following instead of the usual exercise routines:

- Line dancing
- Yoga
- Balance Ball

OR

Ask them to help pick out music to exercise to. There is nothing worse than hearing the same songs over and over again (unless you're in the special care unit, which will not apply) during your exercise routine.

OR

Would they like to try a DVD instruction video, where a resident can go in and start the DVD player to start the class? You can see who would like to take turns getting the class started and making sure the DVD player is turned off once the class is finished. All you need to do is go in and take names. This would give the responsibility over to residents that want to help and give you free time to take care of other responsibilities once you take their names and ensure the DVD got started okay.

Craft – What about crafts? Is there something they would like to try making in craft class?

Movie – What type of movies interest them? Would they like the old classics or some of the new movies coming out?

Social – Now that you have got everyone's input for the New Year activities, now lets just party! Celebrate activities by playing music, dancing, eating snacks and top it all off with either a video slide show, or a power point presentation on a big screen of the highlights from activities this past year. Remind everyone of the fun, creativity, food, and fellowship they had in activities.

**Take time to enjoy the holidays with your family, be thankful for all things and
CELEBRATE THE REASON FOR THE SEASON!**

**Happy Holidays
Christine Jennings**

Santa Word Search



ASH MAN

BABA

BABBO NATALE

BELLSNICKLE

EL NINO JESUS

FATHER CHRISTMAS

HOTEIOSHO

JULENISSE

KERSTMAN

KRIS KRINGLE

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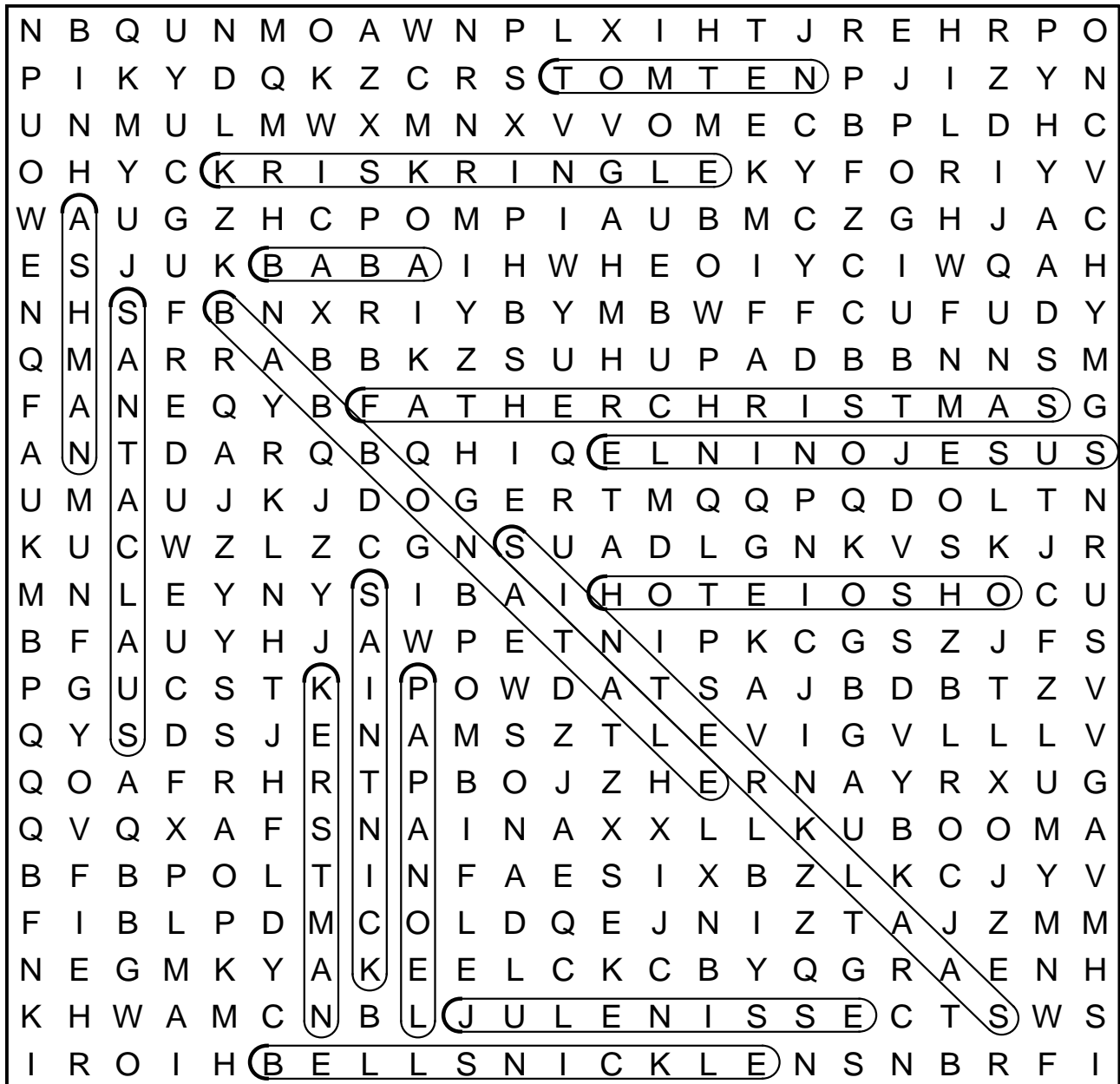
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