

Activities 2 Go Magazine

The Complete Monthly Magazine for Leisure and Lifestyle staff

Evaluation Copy



Sample
Pages

REMINISCENCE

MULTICULTURAL DAYS

DEMENTIA SPECIFIC

MEN'S SHED

WORD GAMES

THEME DAYS

QUIZZES

NO-BAKE RECIPES

EASY CRAFTS

HELPING OTHERS

HUMOUR PAGES

POETRY

MOVIES

ITEM	QTY	AUS	NZ	ITEM	QTY	AUS	NZ
ACTIVITIES 2 GO MAGAZINE				POSTER PACKS cont.			
		\$AUD	\$AUD			\$AUD	\$AUD
12 months Subscription		\$148	\$160	Father's Day Posters 4 x A3		\$19.95	\$24.95
6 months Subscription		\$88	\$100	Halloween Posters 4 x A3		\$19.95	\$24.95
Back Copies 2010 Printed in B&W		\$125	N/A	Melbourne Cup Posters 4 x A3		\$19.95	\$24.95
Back Copies 2010 on CD		\$105	\$110	Merry Christmas Posters 4 x A3		\$19.95	\$24.95
Back Copies 2009 Printed in B&W		\$125	N/A	Rugby Posters 4 x A3		\$19.95	\$24.95
Back Copies 2009 on CD		\$105	\$110	Aussie Rules Posters 4 x A3		\$19.95	\$24.95
Back Copies 2008 Printed in B&W		\$125	N/A	Nostalgia Poster Pack 1 4 x A3		\$19.95	\$24.95
Back Copies 2008 on CD		\$105	\$110	Nostalgia Poster Pack 2 4 x A3		\$19.95	\$24.95
Back Copies 2007 Printed in B&W		\$125	N/A	Waitangi Day Posters (NZ) 4 x A3		\$19.95	\$22.95
Back Copies 2007 on CD		\$105	\$110	Activities Officer Poem A3 Poster		\$ 7.00	\$9.00
Back Copies 2006 Printed in B&W		\$120	N/A	50 Priceless Activities for a Perfect Day A3 Poster		\$ 7.00	\$9.00
Back Copies 2006 on CD		\$100	\$105	Two Mother's Remembered A3 Poster		\$ 7.00	\$9.00
POSTER PACKS				MISCELLANEOUS			
Happy New Year Posters 4 x A3		\$19.95	\$24.95	Magazine Binder		\$32.50	\$37.50
Australia Day Posters 4 x A3		\$19.95	\$24.95	CD - Guided Relaxations & Meditations For Aged Care - A Complete Program		\$19.95	\$22.95
Chinese New Year Posters 4 x A3		\$19.95	\$24.95	GIANT PAPER BANNERS 200 x 34cm			
Valentine's Day Posters 4 x A3		\$19.95	\$24.95	Happy New Year		\$13.95	\$20
St Patrick's Day Posters 4 x A3		\$19.95	\$24.95	Australia Day		\$13.95	\$20
Thankyou Volunteers Posters 4 x A3		\$19.95	\$24.95	Happy Valentine's Day		\$13.95	\$20
Commonwealth Games Posters 4 x A3		\$19.95	\$24.95	Happy St Patrick's Day		\$13.95	\$20
Happy Easter Posters 4 x A3		\$19.95	\$24.95	Happy Easter		\$13.95	\$20
Daylight Savings Posters 2 x A3		\$12.95	\$17.95	Anzac Day		\$13.95	\$20
April Fools Posters 2 x A3		\$12.95	\$17.95	Happy Mother's Day		\$13.95	\$20
Anzac/Rememb. Day Posters 4 x A3		\$19.95	\$24.95	Bastille Day		\$13.95	\$20
Mother's Day Posters 4 x A3		\$19.95	\$24.95	Happy Father's Day		\$13.95	\$20
Queen's Birthday Posters 4 x A3		\$19.95	\$24.95	Happy Halloween		\$13.95	\$20
4th of July Posters 4 x A3		\$19.95	\$24.95	Melbourne Cup		\$13.95	\$20
Bastille Day Posters 4 x A3		\$19.95	\$24.95	Remembrance Day		\$13.95	\$20
Christmas In July Posters 4 x A3		\$19.95	\$24.95	Merry Christmas		\$13.95	\$20
Seniors Week/Month Posters 4 x A3		\$19.95	\$24.95	Welcome		\$13.95	\$20
				Happy Birthday		\$13.95	\$20
				Happy 100th Birthday		\$13.95	\$20
				Commonwealth Games		\$13.95	\$20
					Order Total		\$

Editor's Note



Hello dear reader,

Welcome to this free evaluation copy of Activities 2 Go Magazine. If you're reading this information, then you're obviously passionate about activities in the aged care context! You know what a difference a fantastic activity program can make to the lives of elders in care, and you're probably hungry for more activity information and ideas, particularly in the high-care, dementia-specific and men's shed areas! If you're unfamiliar with Activities 2 Go magazine, then let us introduce ourselves...

Activities 2 Go Magazine has been around since 2006, when it was first launched at the Brisbane

Diversional Therapy Conference. Since that time, we've gone from strength to strength, thanks largely to the support of our subscribers, but also due to our genuine passion and determination to provide timely, topical and enriching activity ideas.

Originally a monthly publication, Activities 2 Go went bi-monthly back in 2008. In 2009 we also introduced a free online component to our hard-copy publication. Most months, the hard-copy magazine is accompanied by a selection of downloadable material from our website. These 'Subscriber Extras' pages provide further activity options and complement the hardcopy material. These extras are included in the price of your magazine subscription.

In the following pages, you'll find a selection of activities that have appeared in Activities 2 Go Magazine since 2006. Please note that this is not a full version of Activities 2 Go Magazine and does not contain key segments and articles, including our comprehensive monthly planning calendars. We do hope however that it will give you a taste for the delicious activities that we serve up to our subscribers month after month!

If you would like to join the many people in Australia and New Zealand who are already enjoying a subscription to Activities 2 Go Magazine, please fill out the order form on the previous pages. Whatever your role in life, and whatever your personal circumstances, may your daily activities enrich and enhance your own life and the lives of those around you. As Aristotle remarked so many centuries ago, '*The quality of life is determined by its activities*'. What more is there to say?

Kindest regards

Annabel

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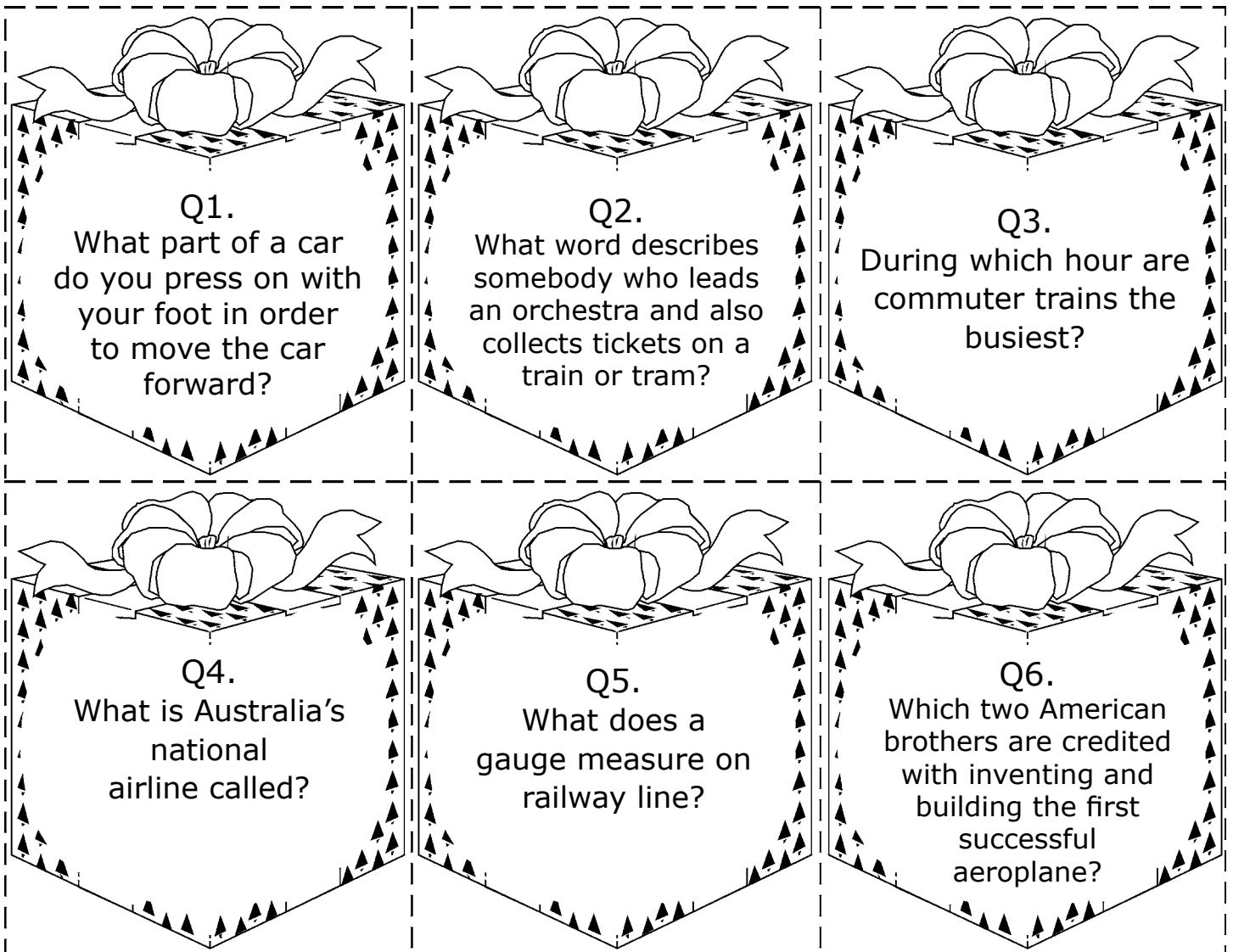
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Quizzes are a great way to celebrate theme days and special occasions. They promote social interaction and can be used in a range of ways. One popular quiz out of Activities 2 Go magazine is our monthly Pick-a-Box Quiz. The following *Planes, Trains & Automobiles Quiz* was written to coincide with the birth anniversary of Australia's Royal Flying Doctor Service in 1928. It appeared in the May 2010 edition of Activities 2 Go.

PICK-A-BOX

Pick-a-Box was a highly successful Australian TV quiz show of the 1950s and 60s. For this version of Pick-a-Box, photocopy the questions and cut them out. Put all of them into a box and ask your clients to choose one at random. You can either read the question out yourself to the whole group, or get individual clients to read out the questions and attempt to answer them. Keep your answer sheets handy!

Topic: Planes, Trains & Automobiles



1. The accelerator	2. A conductor
3. Peak hour	4. Qantas
5. The distance between the rails on the line	6. The Wright brothers

PICK-A-BOX

Q7.
A car drives on a road, but what does a train drive on?

Q8.
Before it takes off, what name is given to the road that a plane gathers speed on?

Q9.
What bags are fitted to cars to make them safer in the event of a crash?

Q10.
Which famous train, beginning with the letter 'G', travels between Adelaide, Alice Springs and Darwin?

Q11.
What is the relief pilot on an aeroplane called?

Q12.
If you leave your car's lights on overnight, what goes flat?

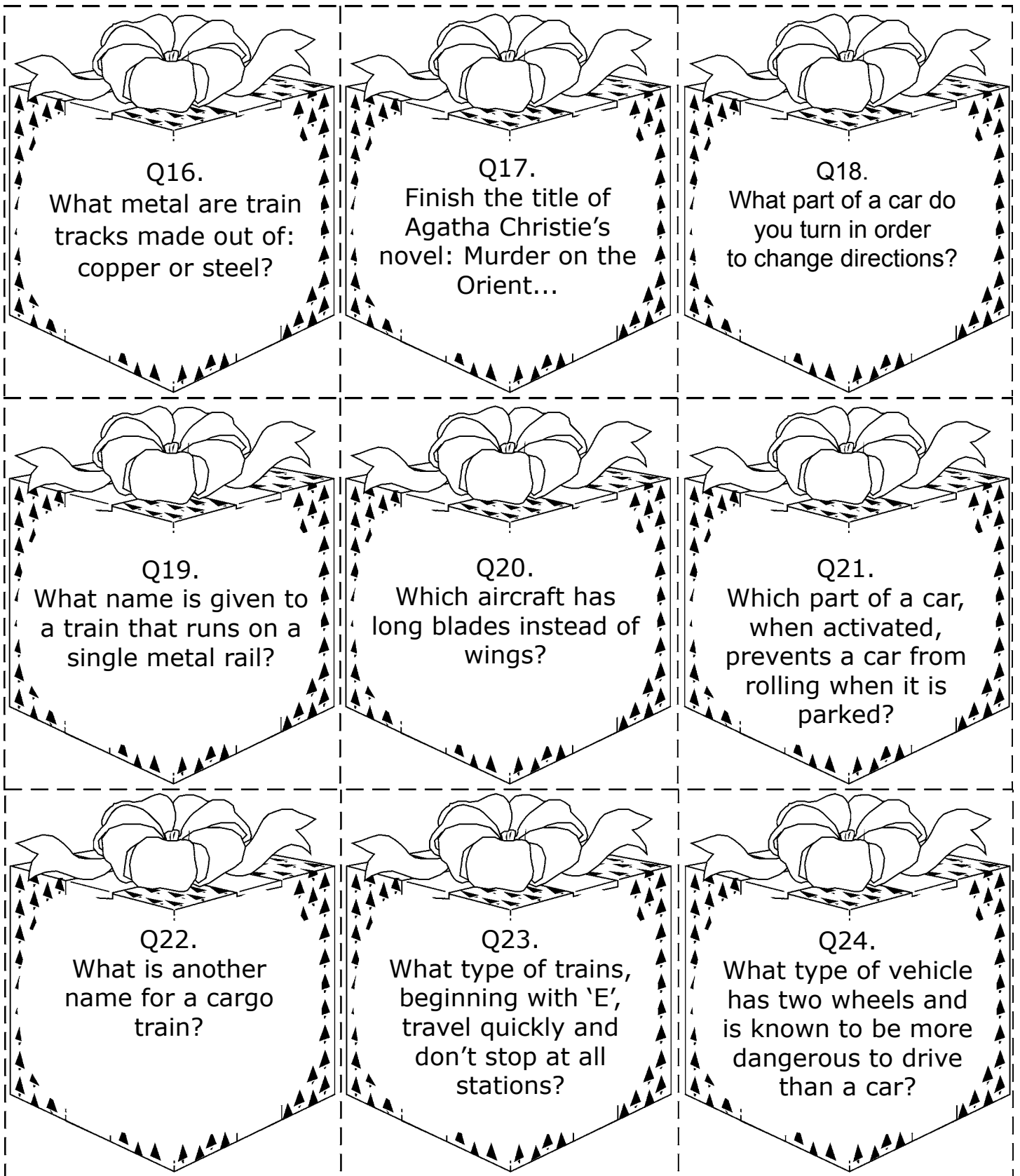
Q13.
What large vehicle beginning with the letter 'T' is used to transport goods?

Q14.
What colour is Thomas the Tank Engine?

Q15.
Which vehicle, beginning with the letter 'T' is used on a farm?

7. A track	8. The runway
9. Air bags	10. The Ghan
11. The co-pilot	12. The car battery
13. A Truck	14. Blue
15. A tractor or trailer	

PICK-A-BOX



Q16.
What metal are train tracks made out of:
copper or steel?

Q17.
Finish the title of
Agatha Christie's
novel: Murder on the
Orient...

Q18.
What part of a car do
you turn in order
to change directions?

Q19.
What name is given to
a train that runs on a
single metal rail?

Q20.
Which aircraft has
long blades instead of
wings?

Q21.
Which part of a car,
when activated,
prevents a car from
rolling when it is
parked?

Q22.
What is another
name for a cargo
train?

Q23.
What type of trains,
beginning with 'E',
travel quickly and
don't stop at all
stations?

Q24.
What type of vehicle
has two wheels and
is known to be more
dangerous to drive
than a car?

16. Steel	17. Express
18. The steering wheel	19. A monorail
20. A helicopter	21. A hand brake
22. A freight train	23. Express trains
24. A motorcycle	

MEN'S SHED CRICKET QUIZ

The following 'Men's Shed' quiz features the top 10 international cricketers of all times.
Can you guess who they are?

I was born with two extra fingers on each hand at birth, however they were removed
I batted left-handed
I was born in 1936 in the West Indies
I was the first batsman ever to hit six sixes in a single over of six consecutive balls in first-class cricket
I am a 'Sir'
I am Sir Garfield Sobers

I am regarded as one of the finest all-rounders of the game
I captained my country to its first and only World Cup victory in 1992
I was born in 1952 in Pakistan
After cricket, I had a career in politics
I am a well-known international figure and socialite
I am Imran Khan

My first name is also a female name
I was born in the West Indies in 1952
I was a very powerful right-handed batsman
I never wore a helmet
My nickname was 'The King'
I am Sir Vivian Richards

I was born in 1969
I was one of the best leg-spin bowlers of all time
My career was plagued by personal scandals
I am Australian and retired from International Cricket in 2007
However, I played in the Indian Premier League in 2008
I am Shane Warne

I am a former opening batsman for India
I captained my team several times during the late '70s/early 80's
I was widely admired for my technique against fast bowling
I set many batting world records during my career
My nickname was 'Sunny'
I am Sunil Gavaskar

I retired from cricket in 1984
I was an outstanding fast bowler
I was born in Western Australia
I was very popular and renowned for my fiery temperament
I had serious back injuries in the early 1970's and many thought I would never play again
My surname is pronounced like the name of a flower
I am Dennis Lillee



I was born on 27 August
My parent's names were George and Emily
My birth year was 1908
My batting average was 99.94
I was referred to as The Don
I am Sir Donald Bradman

I was born in Mumbai in 1973
I am often referred to as The Little Master or the Master Blaster
I am regarded as one of the greatest batsmen of all times after Sir Donald Bradman
I hold the record for the most centuries in both Tests and One Day Internationals
I am Sachin Tendulkar

I was born in 1903 in Dover, England
My batting career straddled WW2
Throughout my career, I was constantly compared with my Australian rival, Don Bradman
I emigrated to South Africa after my cricket career and died there at the age of 62
My nickname was 'Wally'
I am Walter Hammond

I was born in 1882
I played for Surrey and England
I was an opening batsman
My nickname was 'The Master'
My first name was 'Jack'
I am Sir Jack Hobbs

HELPING OTHERS

Stamp Collecting / Trimming

Those who bring sunshine to the lives of others cannot keep it from themselves. – Sir James M. Barrie

There are many ways that people in aged care facilities can help others. Helping others produces feelings of satisfaction and achievement and is also a great self-esteem booster. The old adage, 'It is better to give than to receive' holds particular relevance in the hearts of many elders who become increasingly dependent on carers once they enter into aged care. They often relish the opportunity to give back to people less fortunate than themselves, and that's why we include at least one 'Helping Others' activity suggestion in each issue of Activities 2 Go Magazine.

The following Stamp collecting idea appeared in a 2006 edition of Activities 2 Go Magazine. Since then, we've suggested literally dozens of other 'Helping Others' ideas. The stamp collecting activity is based around the works of the Uniting church in Victoria. Importantly however, you don't have to be Victorian, religious or affiliated with the Uniting Church to enjoy this activity. Here's the deal...

What is Sammy's Stamps?

The Uniting Church runs a national stamp collecting/trimming service to raise money for Australian and international emergency relief works. People send used envelopes to them from far and wide and every week a group of elderly women cut the stamps off the envelopes and sort them. The Uniting Church then sells these stamps to private stamp collectors. In 2005, the Stamp Fund (affectionately known as Sammy's Stamp group) raised over \$20 000.

Help Others with Sammy's Stamps

1. To run this activity in your facility or centre, first create a sign asking all clients and staff to keep used envelopes with stamps on them. Contact the Uniting Church on ph: 03 9251 5200 and ask them to send you a brochure that you can pin up on your notice board as well.
2. Provide a cardboard box in a central position for people to leave their used envelopes in.
3. Once you have enough used envelopes to run a 30-50 minute activity, slot a 'stamp trimming' activity session into your program. Buy safety scissors from the supermarket. Safety scissors are great as they are only able to cut paper. When trimming the stamps, instruct your clients to leave a 3mm or so border around each stamp. Consider making this a monthly activity.
4. Send all of your stamps to:
The Uniting Church
130 Little Collins St, Melbourne, Victoria 3000.

You can even send the stamps free of charge via V/Line Transport if you address the parcels as follows:
UCA Stamp Fund (For Relief)
C/O Spencer Street Railway Station
Account No. 28 633

In each issue of Activities 2 Go Magazine we provide several craft ideas for you to do with your residents. Many of the crafts are theme-based, and all of them are fail-safe and age appropriate. The following craft appeared in the March 2008 edition of Activities 2 Go Magazine in celebration of St Patrick's Day. This craft was used successfully by many of our subscribers and you can view some of their fantastic completed mobiles by visiting the Testimonial Page on our website.

Make your room come alive this **St Patrick's Day by creating our beautiful **Rainbow Mobiles in your craft group today.****

Materials

Our templates
White cardboard
Thin purple ribbon

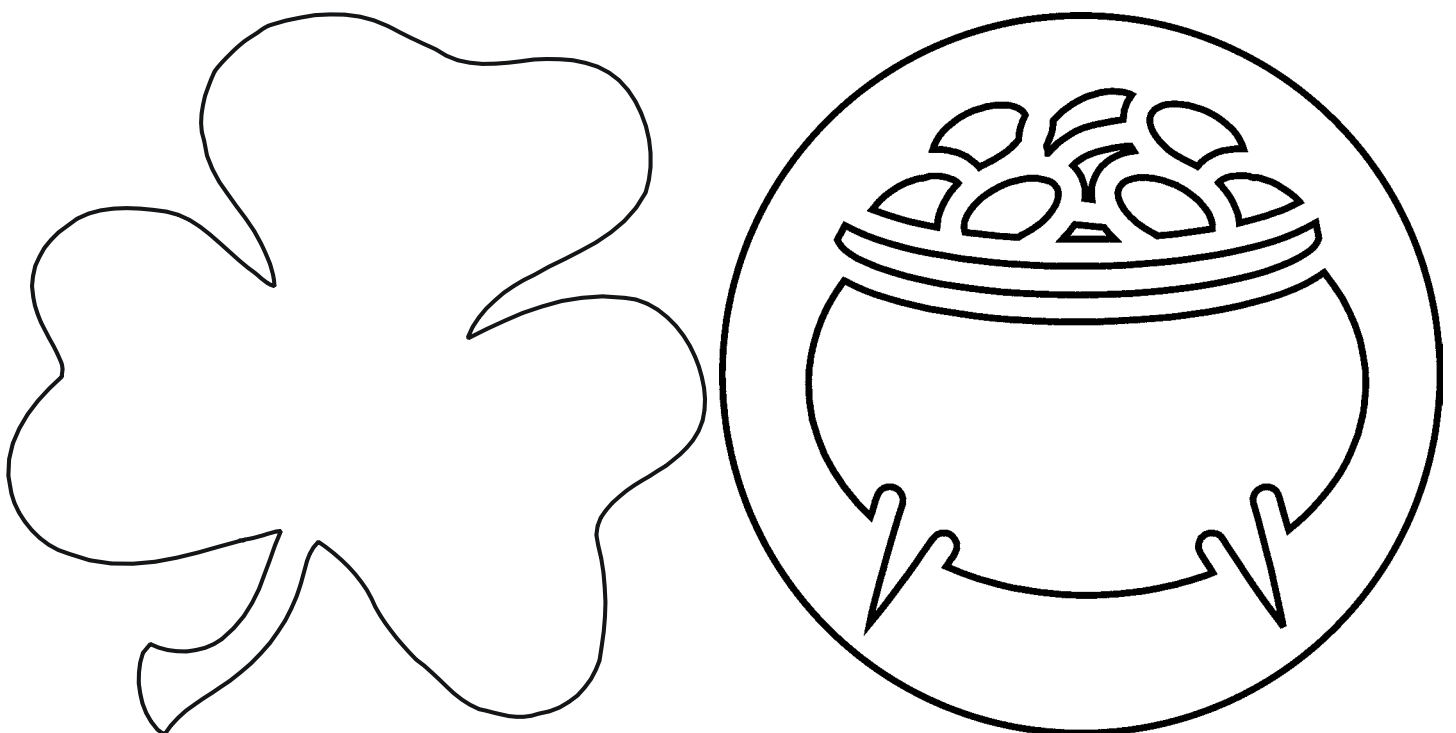
Hole punch
Scissors, glue, pencil for tracing
Craft paints or textas or crayons

Instructions

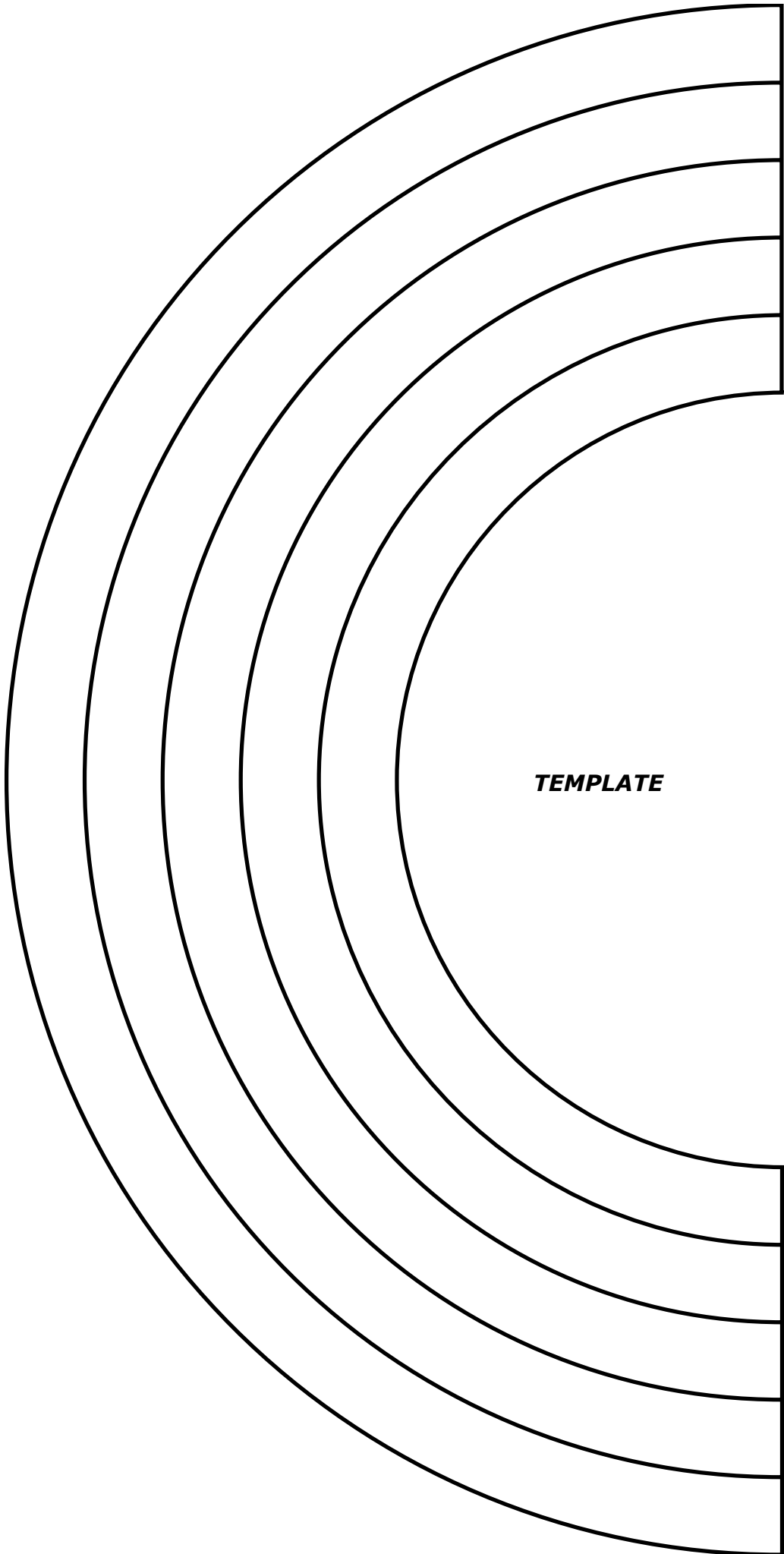
1. Photocopy our templates, enough times for each participant
2. Cut out the templates and trace around them onto white cardboard, cutting out the cardboard shapes when done
3. Glue the rainbow template onto the white cardboard so that you can easily colour in or paint the different rainbow colours (red, orange, yellow, green, blue - use violet / purple ribbon)
4. Colour in or paint the templates and allow to dry

Variation: Rather than colouring in the pot of gold, use the space to write things that you would like to find at the end of a rainbow. This provides a reminiscence aspect to this craft. Such things could be perfect health, wisdom or a trip to China! The sky's the limit at the end of the rainbow....

5. Hole punch the top of the shamrock and pot of gold and the bottom two ends of the rainbow. Attach the shapes to the rainbow with a piece of thin ribbon.
6. Hole punch the top of the rainbow and attach another piece of ribbon for hanging



TEMPLATES



TEMPLATE

In each issue of Activities 2 Go Magazine, we provide several opportunities for your clients to reminisce about their varied life experiences. The reminiscences take various formats and we have included one example here.

Instructions:

The following Drive-in reminiscence pages are designed to be photocopied and given out to your clients. Read through the article as a group, pausing after each question to allow time for discussion. You might like to start your session by playing 'Alone at a drive-in movie' from the Grease soundtrack. Make sure you also have lots of fresh popcorn and pictures of old cars on hand to set the scene for this activity!

THE DRIVE-IN REMINISCENCE

On February 18 1954 Australia's first drive-in theatre opened in Burwood, Melbourne. It was the first of more than 330 drive-ins built in Australia during the 1950s and 60s.

IN THE BEGINNING...

The drive-in first came to Australia after an Australian Hoyts' employee by the name of George Griffith Jnr, visited the States, and saw how successful drive-ins were in America. The American experience had shown that drive-ins could be successful if a country had good weather, high levels of car ownership and plentiful land. Australia ticked all these boxes and, consequently, George thought that the American experience could be replicated down under.

The drive-in was quite literally an overnight success in Australia. The Burwood drive-in initially had 652 car positions which were highly sought after. Traffic jams became a regular occurrence from the first night onwards as people fought for places. It was quite usual to queue for an hour or so in nearby traffic. Even running two sessions per night didn't ease car traffic or congestion problems; there was more than enough demand for two drive-in sessions per night.

Did you go to one of the first ever drive-ins in Australia? Which one?

Do you remember getting 'stuck in traffic' on your way in or out of the drive-in?

Were you patient with the traffic or did it frustrate you?

If the drive-in was full, did you ever park on a nearby road, trying to simply catch a glimpse of the screen?

SPEAKING OF WHEELS...

What car did you drive to the drive-in? Was it an early Holden or early Ford? Did you ever go to the drive-in in a convertible, Ute or station wagon?

Do you remember learning how to attach the speaker to your car and operate it?

What did the speaker look like?

Were you ever afraid of getting a damaged speaker that would give you a scratchy sound?

Sometimes, people were in such a hurry to beat the queues and leave the drive-in, that they forgot to take the speaker out of their car and it would bang against the car window. Did this ever happen to you?

COME AS YOU ARE!

Drive-ins were great for families. They were a one-stop entertainment and dining spot. 'Come as you are' became the motto for the drive-in. You could go to the drive-in straight after work, grab a meal at the snack bar and leave the kids to play in the terrific playground under the film screen. You didn't even have to dress up and the kids could come in their pyjamas.

Did you ever take your kids to the drive-in, or were you taken there as a child yourself?

Do you remember the children's playgrounds in front of the screen?

GOTTA HOT DATE? (If you're prone to blushing...skip this section!)

Drive-ins were sometimes known as the 'Passion Pit' or 'Sin Bin'. You could tell the cars that had couples in them by the rocking up and down of the car!

Did you ever go to the drive-in for a date?

Do you remember seeing cars rocking up and down or seeing blankets on car windows?

There were often two couples in one car – one couple in the front and one in the back. Did you ever go to the drive-in as a couple?

FEELING PECKISH?

The drive-in snack bar served take-away food including pizza, hot dogs, hot chips, hamburgers, chips, popcorn, coffee and hot chocolate. Most snack bars contained duke boxes; however these were later replaced with pin ball machines. At Burwood and many other drive-ins, there was also a steak house decorated in a 'wild west' theme as well as a chicken and fish bar. Apart from this, you could also request roaming food salesmen and women to come to your car with soft drinks or snacks by pressing a switch on the top of your car speaker.

Do you remember the food ads that were played before the drive-in movie and during the intermission? Some of them were really cute, with talking boxes of popcorn.

Do you remember queuing for the toilet during intermission? In the early days, the length of a movie's intermission was determined by the length of the ladies toilet queue.

THE FLICK!

During the 1950s and 60s, there was a great selection of films on offer at the drive-in. Popular films included Lloyd Bridges in *Sea Hunt*, and Marilyn Monroe films such as *'Some Like it Hot'*. James Bond and westerns were also popular. On Western nights, staff would dress up as cowboys and cowgirls to enhance the experience! In the 70s, *Star Wars* and *Close Encounter of the Third Kind* were particular favourites.

Which films do you remember seeing at the drive-in?

MISCHIEF MAKERS

Sometimes people got up to a bit of mischief at the drive-in. For example, people would sometimes hide in a car boot to avoid paying for an individual ticket or to gain entry to an overage film.

Did you ever see people do this at the drive-in? Did you ever do it yourself?

THE END OF THE ROAD

The drive-in went into decline in the 1980s, mainly due to the advent of the VCR and colour televisions. The land that the drive-in was on also became incredibly valuable and was sold off at a handsome profit by drive-in owners. It is still possible to go to a drive-in today however, with a limited number enjoying something of a revival in some States.

Did you prefer going to the drive-in or to a regular cinema?

Do you remember taking blankets to the drive-in when it was cold?

What other memories do you have of the drive-in?

Source: Much of the material for this reminiscence feature was taken from www.drive-insdownunder.com.au. This is a terrific website with heaps of photos and further information.

Over the years, Activities 2 Go Magazine has received many requests for multicultural activities. Consequently, multicultural and armchair travel segments now play an important role in our publication and contribute to the vibrancy and energy of the magazine.

The following multicultural day example appeared in the May 2010 edition of Activities 2 Go magazine. It was written to coincide with a Dutch National Day called Queen's Day. We had so much response from this activity that the Dutch Consulate called us to see when our subscribers would stop calling them for further information....Oops!

DUTCH THEME DAY



Today is Queen's Day in the Netherlands. It is an annual public holiday in the Netherlands, and many Australians of Dutch descent celebrate it too. We've given you a few ideas as to how to celebrate this special day!

History

The tradition of celebrating Queen's Day in the Netherlands dates back to 1885. It celebrates the birthday of the queen of the Netherlands and is meant to be a day of national unity and togetherness. Queen's Day is characterised by its 'free market' status which means that on this day of the year people all over the country are allowed to sell things in the streets.

A Note of Caution

This day has historically been associated with parties, a day off work and every-thing orange. In 2009 however, the day was tragically marred by an apparent attack on the royal family as they were driving through the streets of Apeldoorn, a municipality south east of Amsterdam. Although the royal family were unharmed, 8 people were killed in the attack. At the time of writing, it is unclear how this attack will affect Queen's Day in 2010. It is still totally valid and important to celebrate Queen's Day; however it is also necessary to remember the events of 2009.

Dress Up!

Wear orange today. The Dutch royal family is called the House of Orange. Consequently, on Queen's Day, every-thing turns orange in the Netherlands. People dress up in orange, people hang orange banners, the national cake gets iced in orange and even the water in fountains is sometimes dyed orange.

Get Cooking!

Make a really cute orange sweet today. Take 4 large oranges, cut them in half and juice them. Then, remove the inside flesh of the oranges, taking care not to break the skin. Buy 2 x 135g packets of orange jelly and make it up according to the instructions on the packet. Fill the orange halves with jelly and refrigerate until set. Cut each half in half again and enjoy! This recipe makes 16 orange jelly boats.

Eat and Drink!

The Netherlands is famous for Gouda and Edam cheese; Heineken beer; salty liquorice; smoked fish, including eel and herring; and potato eating (including mashed potatoes and fries). So put on a cheese platter or purchase some Dutch liquorice and other delicacies online from dutchfood.com.au

continued overleaf..

Decorate!

The Netherlands is known for its windmills, tulips, clogs, delftware pottery and bicycles. So bring in a bicycle, buy some tulips (imitation tulips are available all year round) and see if any-one you know has a pair of clogs you can borrow for the day! Pin up pictures of windmills and green pastures with dairy cows. Pretty soon your activity room will begin to look a lot like the Netherlands! The Netherlands's national flag is red, white and blue horizontal stripes, as opposed to the French flag which has red, white and blue vertical stripes.

Learn about the Netherlands!

Contact your local Netherlands consulate and see if they can forward you any information about their beautiful country. Consul Phone Numbers: Canberra 6220-9400, Adelaide 8232-3855, Tasmania 6234-5133, NSW 9387-3962, Victoria 9670-5573, Brisbane 3839-9644, WA 94861579, New Zealand 04 471 6390

Poetry Reading

In each edition of Activities 2 Go Magazine we include fun or theme-based poetry for you to share with your residents. The following poem appeared in a 2006 edition of Activities 2 Go Magazine. It was designed to be shared with other staff members in honour of Mother's Day. It is a poignant poem about dementia. It was so popular with our subscribers that we turned it into a beautiful A3 poster available to purchase through our poster range.

A poem to share with staff

Two Mother's Remembered

Anonymous

I had two Mothers - two Mothers I claim
Two different people, yet with the same name.
Two separate women, diverse by design,
But I loved them both because they were mine.

The first was the Mother who carried me here,
Gave birth and nurtured and launched my career.
She was the one whose features I bear,
Complete with the facial expressions I wear.

She gave her love, which follows me yet,
Along with the examples in life she set.
As I got older, she somehow younger grew,
And we'd laugh as just Mothers and daughters do.

But then came the time that her mind clouded so,
And I sensed that the Mother I knew would soon
go.

So quickly she changed and turned into the other,
A stranger who dressed in the clothes of my
Mother.

Oh, she looked the same, at least at arm's length,
But now she was the child and I was her strength.
We'd come full circle, we women three,
My Mother the first, the second and me.

And if my own children should come to a day,
When a new Mother comes and the old goes away,
I'd ask of them nothing that I didn't do.
Love both of your Mothers as both loved you.

Word Games and Brainteasers play an important role in enhancing memory and preventing or slowing down the incidence of dementia. They can also be fun! Activities 2 Go Magazine provides many pages of word games for your residents to enjoy with each edition. Some of our word games, such as the following sample page, are specifically designed to be done in a group. Others, such as the Food Crossword and 'Name that Flower' page, can be photocopied and put into your in-house newsletter or given to clients to do independently.

Word Games for the Whiteboard

Categories: Name or describe things beginning with the given letters.

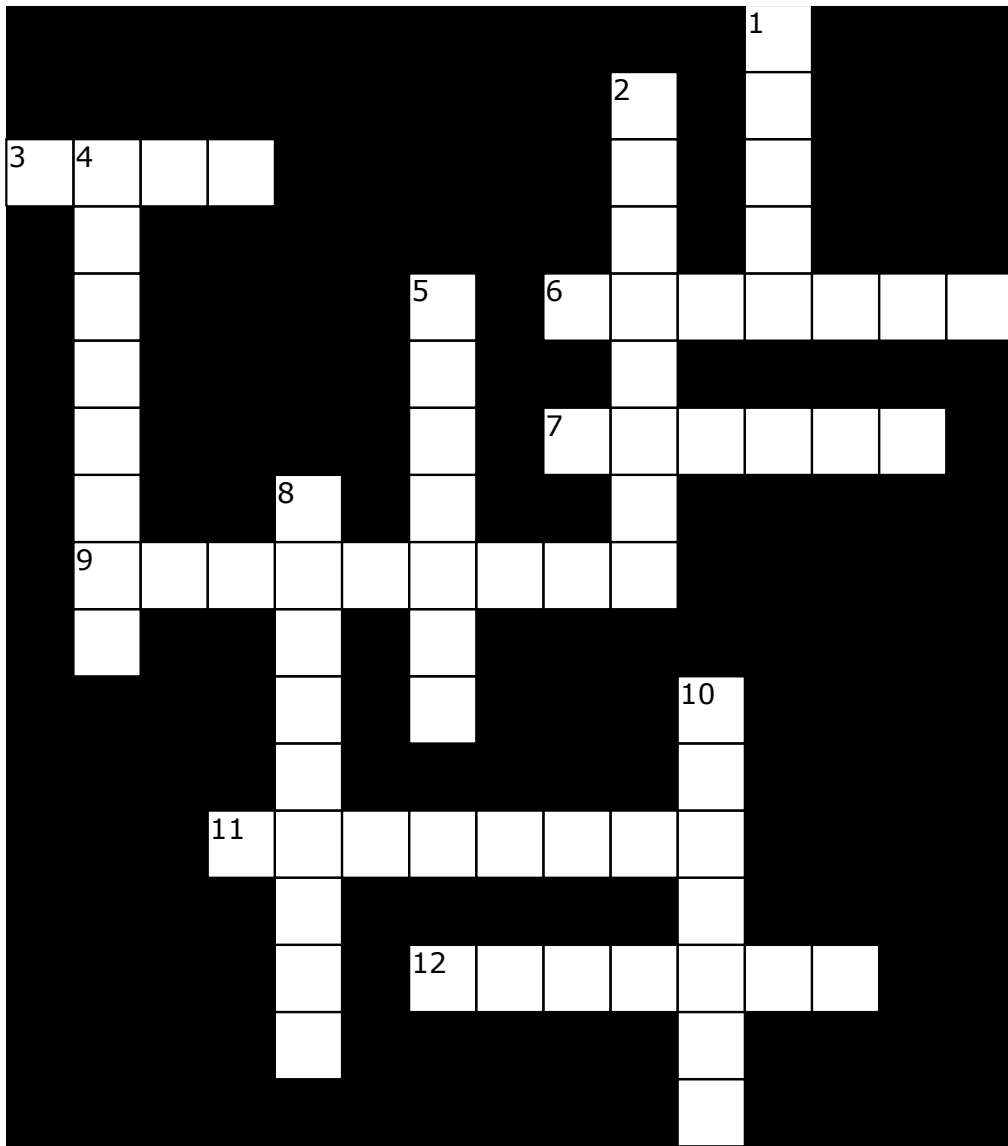
Name or describe	Beginning with	Answers
2 Times of day	D	Dusk, dawn
3 Female Names	E	Eunice, Edna, Enid
3 Action Words/Verbs	F	Fight, flee, find
3 Female Names	G	Gretel, Genevieve, Gwen
3 Countries	H	Hong Kong, Haiti, Hungary
3 Words with 'ice' in them	I	Ice age, ice skate, ice hockey
3 Animals	J	Jaguar, Jackal, Jellyfish
3 6-letter words	K	Keeper, keenly, kennel
3 Lollies	L	Lollipop, liquorice, lemon drops
3 Countries	M	Malaysia, Mongolia, Maldives
2 Words beginning with 'nail'	N	Nail polish, nail file
3 Foods	O	Oats, onion, orange
3 Colours	P	Purple, pink, puce

Numberplates: The following letters and numbers read like numberplates.

Can you decipher the message or phrase?

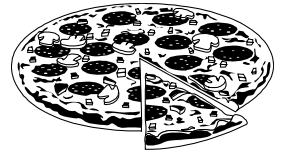
1	NJYNLF	Enjoying life
2	W8LFTR	Weightlifter
3	NVRLKBK	Never look back
4	CRE8IV	Creative
5	ICULAFN	I see you laughing
6	LVN42DA	Living for today
7	IH8U	I hate you
8	RSKYBNS	Risky business
9	TAXRFND	Tax refund
10	XQZME	Excuse me
11	POT80S	Potatoes
12	4CASTR	Forecaster
13	ICU	I see you

FOOD CROSSWORD



**D
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N**

1.



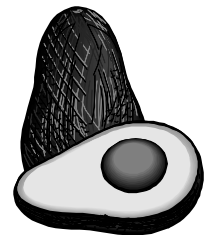
2.



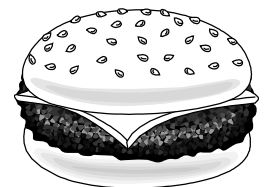
4.



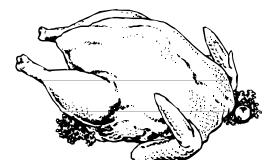
5.



8.

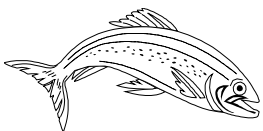


10.

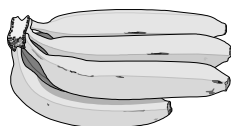


ACROSS

3.



6.



7.



9.



11.



12.



Name that Flower!

How well do you know your flowers? See if you can name the flower pictures below using the following word list. The answers are on page 27. Word List: water lily, carnation, daisy, hollyhock, hydrangea, marigold, snowdrop, sunflower, violet, rose, gerbera, liliium.



Flower _____



Flower _____



Flower _____



Flower _____



Flower _____



Flower _____



Flower _____



Flower _____



Flower _____



Flower _____



Flower _____



Flower _____

Leisure and Lifestyle staff are increasingly being called upon to provide meaningful activities for clients with dementia. This can sometimes be a daunting task, which is why we at Activities 2 Go Magazine have started to provide more and more dementia-specific activities. The following article on 'Entertainment and Dementia' appeared in a 2009 issue of Activities 2 Go Magazine. You can expect to see dementia-specific articles on a wide range of topics in each edition of Activities 2 Go Magazine.

ENTERTAINMENT & DEMENTIA

We all need to be entertained and people with dementia are no different. Clients with early stages of dementia will enjoy the same kind of entertainment that they always have. Their needs and tastes will change as the disease progresses however. The following suggestions give you an idea on how to keep your clients entertained.



Movies

People in the middle and later stages of dementia find it difficult to follow a plot. Therefore, well-known, old-time movies that feature song and dance are particularly appropriate. Some great movies in this category include: *Singin' in the Rain*; *Mary Poppins*; *The Philadelphia Story*; *The Wizard of Oz*, *The King and I* and *Hello Dolly!*

Nature documentaries

People with dementia often gain enjoyment from animal/nature documentaries. With minimal plot, visual stimulation and relaxing soundtracks, documentaries such as *March of the Penguins* and *Winged Migration* are great selections.

Music as Entertainment

People with dementia sometimes retain the ability to remember lyrics and sing, even when they have difficulty speaking. Singing can be both an enjoyable experience that stimulates memories. Many people with dementia grew up during the 1930s and 40s and they will remember some great old music including; Frank Sinatra, Hits of the '30s and '40s; Bing Crosby, Dean Martin and Benny Goodman. Buy some of these CDs to play and sing-a-long to.

Apart from entertaining, music can also be used therapeutically to stimulate our senses. Baroque music (like Mozart) has been proven to decrease agitation and restlessness in people with dementia when played regularly during meal-times for example. Playing background music to other activities has also been shown to improve both the memory and mood of clients with dementia. So try playing more classical, nature and relaxation music with your clients. The music track on our *Relaxation and Meditations CD for Older Persons CD* is particularly appropriate (See inside cover to order).

Playing musical instruments with or without musical therapists is also a fantastic way to both entertain and stimulate the senses. Other ideas include simply engaging performers to play live music, using wind chimes and providing appropriate exercise to music classes.

Coffee Table / Picture Books

Whereas novels and magazines become inappropriate for people with dementia, coffee table books can continue to be enjoyed. Choose books about nature, animals or nostalgia. You can also make your own picture books. If you're not sure how to do this, we've given you some tips in the members only section of our website this month.