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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

January 2022

*new year
new beginnings*






January 2022

This is a digital calendar; it has been created for you to use online. Many of the features have links that will direct you to a web page where you can find further relevant information.

We hope the calendar will support you in providing activities and inspire you to create person-centred opportunities for Activity, Arts and Engagement. Please note that sometimes calendar dates change e.g., National day dates might be different each year.

How to use your NAPA Digital Calendar:

- + Find a date
- + Click the resource link 
- + For more information relating to the activity, click the web page link 
- + Look out for this symbol for NAPA occasions: click the link  to register
- + Note the additional dates listed for your consideration, as well to those on the calendar
- + Each page can be printed and shared
- + Customise your calendar – Add your own dates e.g., birthdays, local events etc
- + We would love to hear your feedback or ideas/dates to include – email – [Email here](#)
- + Send us photos and news – for a chance to WIN NAPA Membership, Resources, or Equipment – winners are selected at random and announced monthly in NAPA News!
- + To find out about NAPA and the benefit of NAPA Membership – [Click here](#)

Additional January dates:

Sunday 9th January

- + HRH Kate Middleton's Birthday

Thursday 20th January

- + Sophie, Countess of Wessex Birthday

Sunday 23rd January

- + Sundance Film Festival

Monday 31st January

- + Grammys Ceremony

National Activity Providers Week

24th – 30th Jan



Helpline

If you would like to discuss your ideas or how to introduce any of the resources included in this calendar, please contact our free helpline service.

Abilities coding – This **colour code** to the featured activities will help you to try to match them to people's cognitive abilities, interest and level of participation.



Blue: High cognitive skills – able to plan how to carry out an activity and to complete the activity unaided, perhaps with support if problems arise

Red: Moderate cognitive skills – able to engage in the 'doing' rather than working towards an end result. Can follow simple guidance.

Orange: Low cognitive skills – able to respond to one-to-one support using a sensory approach to complete short activities that are broken down into single steps.

Green: Highly dependent on others – able to engage with objects and people through direct stimulation of a single sense.

*Our colour coding is supported by QCS Ltd and the QCS PAL Instrument Levels (Pool J (2012) The Pool Activity Level (PAL) Instrument 4th ed. Jessica Kingsley publishers, London pp 54-55)

Hilary Woodhead



Hilary

Hilary Woodhead
NAPA's Executive Director

January can be a difficult time. We know that there can be an increase in low mood and anxiety as the weather is dark, we are all spent up and the festivities have fizzled.

Research suggests that more people become depressed in January than in any other month. So, this needs to be a consideration as we encourage engagement. At NAPA we believe that everyone has the right to live content, creative and connected lives and that engaging in activity, accomplishing something and making connections can encourage feelings to be expressed and wellbeing to improve. The provision of activity isn't just about cheering people up, though that might happen, it is about providing opportunities for expression and creative connection. This might involve enabling a safe space for people to express sadness and frustration and that can be tough on you. Remember, we are here for



you too. If you need a chat, please get in touch with our free activity support service; the NAPA Helpline.

We have a range of activity ideas to support your practice this month and we hope you will find some inspiration as you embark on a new year of activity planning and programming.

We are very excited to welcome Lakeland Dairies as our Calendar Sponsor and partner for 2022; their generous support enables NAPA to create a fully interactive calendar resource that NAPA Members can access at their fingertips!



Lakeland
DAIRIES

Lakeland Dairies Foodservice is delighted to announce a partnership with NAPA for 2022.

As a 100% Farmer Owned and Managed Irish Dairy Co-Operative we share many common values and we are excited to build on these together during 2022. Throughout the year, we will explore how we can support even stronger connections between activity and catering professionals, including specific food and drink activity inspiration in NAPA's calendar to make a difference to the wellbeing of people every day. We look forward to an exciting and meaningful year.



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAAactivitiesCalendar](https://twitter.com/NAPAAactivitiesCalendar)



Marilu Henner

"Feeling a little blue in January is normal."

In The Beginning

As the new year begins, we might be feeling that we need to make some changes, start on a new path, try new things, and say goodbye to old habits, problems, and difficulties. The right time could be anytime, any day but often it is the thought of a new year that helps us consider new beginnings and fresh starts.

It's a wonderful time of year to get out a note pad and start writing down or drawing what your wellbeing programme will be for the new year. Reviewing what worked well in the past year, what could have worked better, not holding back, being clear about what we really want in the year ahead.

The New Year is a perfect opportunity to discard old things that are no longer wanted, clearing out activity spaces and drawers. A de-clutter in our workspace might enable us to de-clutter our professional mental space.

We might want to build on the relationships we have made with our local communities, take time to build new working partnerships and expand our current networks, engaging with the wider community. It is likely that we will be welcoming new people to our services, new families and team members!

With all the positivity flowing around this time, why not capture this and place into a simple jar? Write down all the things you are grateful for and all the things you would like to achieve, create and discover in the next 12 months. Pop them into a jar and seal it until the 31st January 2022. Don't worry, we will remind you to open them in your NAPA January calendar, next year!



Here are some inspiring quotes to see you into the new year!

"Now, as we close one chapter, the pen is gradually inking up, preparing itself to write the next".

Mie Hansson

"There will come a time when you believe everything is finished. That will be the beginning".

Louis L'Amour

"Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending".

Carl Bard

"Every time you tear a leaf off a calendar, you present a new place for new ideas and progress."

Charles Kettering

The Studio

Welcome to **The Studio!** We invite you to explore cultural, historical, traditional, factual, and fictional collections of music, books, and poems, all carefully selected to engage your interest.



Each month, **The Studio** will change to reflect the theme of the calendar; we hope you will use the information to encourage the creative arts within your setting. Be inspired! Why not set up a book club, poets' corner, or film club?

Maybe you can add your own ideas to this collection and build your own Studio?

Just click the images below and enjoy!

Books



+ **'Jane Eyre'** by Charlotte Bronte – [Click here](#)

+ **'Moby-Dick'** by Herman Melville – [Click here](#)

+ **'The Lion, the Witch and the Wardrobe'** by C.S. Lewis – [Click here](#)

+ **'Tess of the d'Urbervilles'** by Thomas Hardy – [Click here](#)

+ **'The Adventures of Huckleberry Finn'** by Mark Twain – [Click here](#)

+ **'Great Expectations'** by Charles Dickens – [Click here](#)

Music



+ **'What a Wonderful World'** by Louis Armstrong – [Click here](#)

+ **'Walking On Sunshine'** by Katrina & the Waves – [Click here](#)

+ **'Happy Together'** by The Turtles – [Click here](#)

+ **'Beautiful Day'** by U2 – [Click here](#)

+ **'Dancing Queen'** by ABBA – [Click here](#)

+ **'Come on Eileen'** by Dexy's Midnight Runners – [Click here](#)

Films



+ **'Singin' in the Rain'** – [Click here](#)

+ **'Billy Elliot'** – [Click here](#)

+ **'Some Like It Hot'** – [Click here](#)

+ **'Big'** – [Click here](#)

+ **'Tootsie'** – [Click here](#)

+ **'Mr. Smith Goes to Washington'** – [Click here](#)

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

The Studio (continued).



Poems



- + **'A Happy Man'** by Edwin Arlington Robinson – [Click here](#)
- + **'Happy'** by Colette Dright – [Click here](#)
- + **'Character of the Happy Warrior'** by William Wordsworth – [Click here](#)
- + **'Stay Happy'** by Avik Datta Gupta – [Click here](#)
- + **'Happy the Lab'Erer'** by Jane Austen – [Click here](#)
- + **'Be Happy in The Now!'** by AiR Atman in Ravi – [Click here](#)

Gallery



- + **'Glow of Hope'** by S.L. Haldankar – [Click here](#)
- + **'A Sunday Afternoon on the Island of La Grande Jatte'** by Georges Suerat – [Click here](#)
- + **'Dog Lying in the Snow'** by Franz Marc – [Click here](#)
- + **'Happy Thoughts'** by Joseph Edward Worrall – [Click here](#)
- + **'Dogs Playing Poker'** by C.M. Coolidge – [Click here](#)
- + **'Modersgladje'** by Anders Zorn – [Click here](#)



My Life TV

[Click here](#) – Gentle Chair Yoga

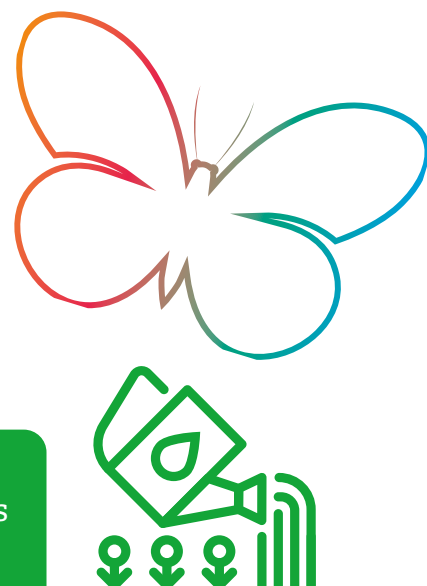


[Click here](#) to find out about subscribing to My Life TV

Breath of Fresh Air

January might be the middle of winter but as the days lengthen, we find ourselves venturing out again into the great outdoors!

Each month, this section of the calendar will aim to encourage you to head outside for a **Breath of Fresh Air**. Add your own ideas to this collection, be creative and get out and about.



Nature Journal.

Research suggests that there is a link between access to nature and feelings of happiness. Research also suggests a link between capturing memories and feelings of safety. Here we combine the two! We have created a Nature Journal to help you capture what you experience whilst enjoying a Breath of Fresh Air!

The Nature Journal is a tool to support your practice. Capture your experience in the garden and then use the journal to reflect on your experience with the people you support. Later, you might have a reminiscence based conversation, prompted by the information you have captured in the journal.



How to use your nature journal:

- + What you are going to record in your Nature Journal and how you will record it? Will you draw, write or press flowers and plants?
- + How often will you fill in your journal? Once a week or once a month? If you're feeling ambitious, you could enter a daily record!

- + At the start of each month, take the opportunity to place a photo of your favourite tree. Stand in the same spot around the same time of day. It's beautiful to watch it change over the year!
- + Don't forget to add your feelings; how did you feel, seeing the first snowdrops? If you're feeling inspired why not write a short poem together?
- + What was the weather like today? What time did the sun rise and set?
- + What wildlife did you see?

Jobs in the garden :

- + Prune apple and pear and other fruit trees.
- + Clean pots and greenhouses ready for spring.
- + Recycle your Christmas tree by shredding it for mulch.
- + Plan new areas or building projects, including what needs repainting in the spring.
- + Keep placing food and water outside for the wild birds.
- + Plan your vegetable crop for next year.
- + Turn over your compost pile.

What to plant :

- + Sow broad beans in pots in mild areas, placing them in a cold frame or unheated greenhouse.
- + Sow onion seed in a heated propagator.

- + Sow seeds indoors for early crops e.g., lettuces, cabbages and cauliflowers, spinach, salad onions and turnips.







Outdoor activities :

- + **Star gazing;** on a dark evening, wrap up, sit outside with a hot drink, look at the stars.
- + **Play eyespy!** This classic game helps you to sit and spot things around you.
- + **Garden Hunt.** Take images of objects in the garden and copy them onto paper. Encourage people to go outside and find them, ticking them off the list!
- + **Make a kite.** We all love to fly a kite so why not design your very own and try flying it in the January wind!
- + **Tree rubbing.** This simple but fun activity encourages people to find trees and take prints using paper and a wax crayon or coal.

Flower of the month Heather



The NAPA Activities Calender – January 2022

<p>Sat 1 January</p> <p>i New Year's Day</p> <p>R Creative Writing</p>	<p>Sun 2 January</p> <p>i Science Fiction Day</p> <p>R Intergalactic Robot</p>	<p>Mon 3 January</p> <p>i National Hobby Month</p> <p>R Hobby Day</p>	<p>Tue 4 January</p> <p>i World Braille Day</p> <p>R Interesting Braille</p>	<p>Wed 5 January</p> <p>i Twelfth Night</p> <p>R King Cake</p>	<p>Thurs 6 January</p> <p>i Show Boat Opens on Broadway</p> <p>R Billboard Poster</p>	<p>Fri 7 January</p> <p>i Italy Flag Day</p> <p>R Tricolour Day</p>
<p>Sat 8 January</p> <p>i Elvis Presley's Born</p> <p>R Acrostic Poem</p>	<p>Sun 9 January</p> <p>i The First iPhone 2007</p> <p>R Online Games</p>	<p>Mon 10 January</p> <p>i Rod Stewart Birthday</p> <p>R Rocking Rod Quiz</p>	<p>Tue 11 January</p> <p>i German Apples Day</p> <p>R German Apples Day</p>	<p>Wed 12 January</p> <p>i Curried Chicken Day</p> <p>R Handmade Naan</p>	<p>Thurs 13 January</p> <p>i National Gluten-Free Day</p> <p>R Taste The Difference</p>	<p>Fri 14 January</p> <p>i National Undhiyu Day</p> <p>R Cook, Chat and Eat Curry</p>
<p>Sat 15 January</p> <p>i Martin Luther King Day</p> <p>R I Have a Dream</p>	<p>Sun 16 January</p> <p>i Tu B'shevat</p> <p>R Celebrate Tu b'shevat</p>	<p>Mon 17 January</p> <p>i International Mentoring Day</p> <p>R Show, Share and Connect!</p> <p>Roundtable Event</p>	<p>Tue 18 January</p> <p>i National Winnie The Pooh Day</p> <p>R Soap and Honey</p>	<p>Wed 19 January</p> <p>i International Flower Day</p> <p>R Ice Art</p>	<p>Thurs 20 January</p> <p>i National Cheese Lovers Day</p> <p>R Making Cottage Cheese</p>	<p>Fri 21 January</p> <p>i Saturday Night Fever</p> <p>R Disco Ball</p>
<p>Sat 22 January</p> <p>i Celebration of Life Day</p> <p>R My Celebration Box</p>	<p>Sun 23 January</p> <p>i National Handwriting Day</p> <p>R Making Paper</p>	<p>Mon 24 January</p> <p>i Global Belly Laugh Day</p> <p>R Knock Knock!</p> <p>National Activity Providers and Professionals Week</p>	<p>Tue 25 January</p> <p>i Burns Night</p> <p>R Making the Most of Mealtimes on Burns Night</p>	<p>Wed 26 January</p> <p>i Australia Day</p> <p>R Make a Didgeridoo</p> <p>Roundtable event for Care Home Managers and Activity Providers</p>	<p>Thurs 27 January</p> <p>i Mozart was Born</p> <p>R Making Music</p>	<p>Fri 28 January</p> <p>i The Big Garden Birdwatch</p> <p>R Building A Nest</p> <p></p> <p>ABBA'solutley Fabulous!</p>
<p>Sat 29 January</p> <p>i National Puzzle Day</p> <p>R Jenga!</p>	<p>Sun 30 January</p> <p>i National Croissant Day</p> <p>R Oh La La!</p>	<p>Mon 31 January</p> <p>i Inspire Your Heart With Art Day</p> <p>R All the Colours</p>	<p> </p> <p>National Activity Providers and Professionals Week 24th - 30th January 2022</p> <p>  </p>			

January 1st – New Year's Day



Sara Coleridge

*"January brings the snow, makes
our feet and fingers glow."*

Creative Writing

Use a photograph to stimulate conversation and create a story.

Here are some suggested questions to prompt your conversation:

- + What year do you think this photograph could have been taken?
- + Where in the country or world do you think it is?
- + What day and time is it?
- + What names could we give the individuals?
- + Are they friends or relatives?
- + What are they listening to?
- + What are they talking about?
- + What room are they in?

You can build on the questions and write down the answers and memories as they are shared. Then, take all the information, pop it into a story and read it back to the individual or individuals you are supporting, letting the story evolve. Take your time!



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January 2nd – Science Fiction Day

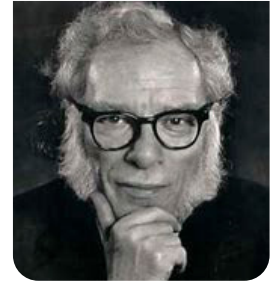


M.L. Stedman

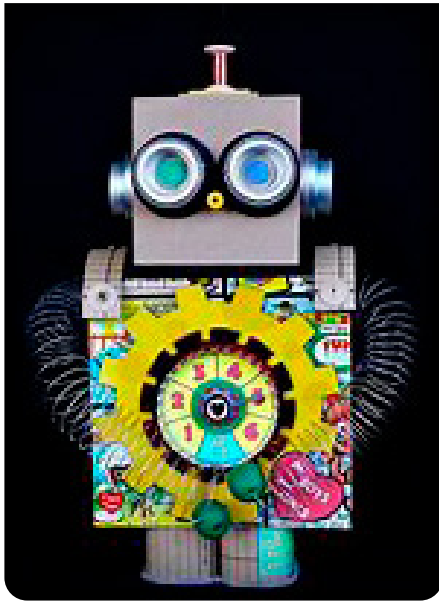
"January looks forward to the new year and back to the old year. He sees past and future."

Intergalactic Robot

Isaac Asimov was an American writer and professor of biochemistry considered one of the "Big Three" science fiction writers, along with Robert A. Heinlein and Arthur C. Clarke. One his most famous novels is 'I, Robot' which was made into a popular movie.



To celebrate Science fiction Day, why not get creative with recycled products and create your own 'I Robot'?



You will need:

- + A toilet roll tube or kitchen roll cut in half
- + Tin foil
- + Recycled materials: old bendy drinking straws, bottle caps, bits of pipe cleaner, buttons, scraps of craft foam etc
- + Scissors
- + Single hole punch or a way of making holes in the tube
- + Glue stick
- + Strong glue or double-sided | sticky tape
- + Stapler
- + Optional: stickers, googly eyes

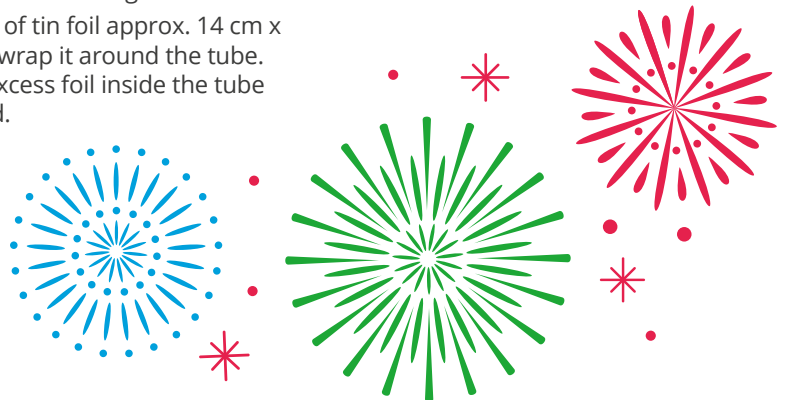
What you do:

- + Take a toilet roll tube and use a glue stick to cover it in glue.
- + Cut a piece of tin foil approx. 14 cm x 18 cm and wrap it around the tube. Push any excess foil inside the tube at each end.

- + Make two holes on each side of the tube.
- + Poke one end of the straw or pipe-cleaner through one hole and out the other side of the body. Bend each arm forwards and trim, if necessary. Now the arms can rotate up and down!
- + Place a piece of double-sided sticky tape or a blob of strong glue to the top part of a bottle cap. Stick it to the bottom of the body, in line with one of the arms.
- + Now you can decorate the body using googly eyes or stickers!
- + Don't forget to give an intergalactic name to the robot.

Top tip:

Why not watch the movie 'I Robot', later in the evening?!



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January 3rd – National Hobby Month



Anne Bradstreet

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."

Hobby Day

New hobbies can develop from the sharing of others' passions and interests. You don't need to share everything, but it can be an exciting way of expanding your personal horizons. Hobbies can further your learning, help you meet like-minded people and satisfy your curiosity, while giving you better stories to tell, creating new friendships and perhaps new groups within your care setting!

Why not hold a Hobby Day? Give people an open space to share, talk, show and discover ideas. This would be a fantastic opportunity to include some newly discovered hobbies into your activity programmes.

What to do:

- + Display a poster providing a date, time and location for 'Hobby Day.'
- + Give people an opportunity to have a space to share, show and tell.
- + Invite family members, staff and residents to take part.
- + Provide pens and paper for note taking, if needed.
- + Have sample areas set up with objects and information to inspire.
- + Create a feedback form and ask people if they would like to have a go at one of the new hobbies

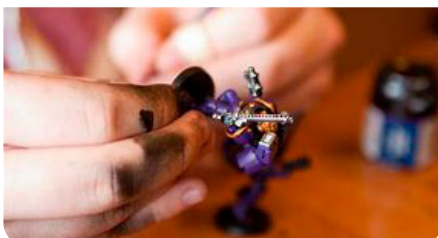


Most popular and common hobbies:

- | | |
|--------------|-------------|
| + Reading | + Traveling |
| + Collecting | + Dancing |
| + Music | + Cooking |
| + Gardening | + Bicycling |
| + Fishing | |
| + Walking | |

Less common hobbies:

- | | |
|----------------|--------------------|
| + Woodworking | + Genealogy |
| + Astronomy | + Trainspotting |
| + Home brewing | + Weather watching |
| + Quilting | + Blacksmithing |
| + Bonsai | |
| + Astrology | |



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Terri Guillemets

"Welcome, winter. Your late dawns
and chilled breath make me lazy,
but I love you nonetheless."

Interesting Braille

World Braille Day is an opportunity to consider the individual experiences of people you support with sight loss and to raise awareness. Braille can help blind or visually impaired people to read.

Have a go at reading braille with your eyes closed; what sounds can you hear around you and does it encourage your other senses?

Let's hold a discussion in a group and look at the history of braille, explore interesting facts and see what objects we can discover which use Braille.



Braille Is what we know today and here are some interesting facts!

History

Louis Braille was a French educator and inventor of a reading and writing system for use by people who are visually impaired. Following an accident at aged 3 Louis became blind in both eyes by the age of 5. His parents later enrolled him into the first school for the blind; France's Royal Institute for Blind Youth.

In 1824, he presented his work, which was a new method to help visually impaired individuals read using raised bumps. It was a revolutionary invention, and it has been adapted for use in languages worldwide.

- + Braille started out as a military code called "night writing." It was developed in 1819 by the French army so soldiers could communicate at night without speaking or using candles. It used 12 bumps which Louis Braille reduced to 6 for easier understanding.
- + Braille takes up more space than the traditional alphabet, so braille books are much larger than their print counterparts; 'Harry Potter and the Goblet of Fire' is 10 volumes in braille!
- + Braille is not a language; it's a tactile alphabet that can be used to write in almost any language.

- + There's a special version of braille just for mathematics called the Nemeth Code. It was invented by Dr. Abraham Nemeth and can be used to transcribe maths.

Braille is used on many everyday objects; can you discover the objects around you which use braille and hold a discussion? How many can you find?

- + Medicine
- + Lift buttons
- + Keyboards
- + Bottle of beer
- + Door signs
- + Money in notes
- + TV remotes
- + Food packaging

Maybe contact your local RNIB and see if they could offer support with discovering more information about braille. Click [here](#) RNIB – See differently



We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAActivitiesCalendar](#)

January 5th – Twelfth Night



Paul Theroux

"Winter is a season of recovery and preparation."

King Cake

Twelfth Night is a festival that takes place on the last night of the Twelve Days of Christmas. Superstition suggests it is unlucky to leave Christmas decorations hanging after Twelfth Night!

Food and drink are at the centre of the celebrations – wassail punch is enjoyed and special pastries, such as a tortell de reis or king cake, are baked and eaten the following day for the Feast of the Epiphany celebrations. The Theatre Royal, Drury Lane in London has had a tradition since 1795 of providing a Twelfth Night cake.

A tradition of door-to-door wassailing (like singing Christmas carols) was common up until the 1950's. Do any of the individuals you support remember wassailing or Twelfth Night celebrations?



Let's make a king cake!

You will need:

- + 2 lbs of the flour
- + 12 eggs
- + A cupl of sugar
- + 1lb butter
- + 1/2 oz yeast
- + 1/2 oz salt
- + Decorations of edible glitter and jewel looking sweets

What you do:

- + Put 1 ½ lb flour into a bowl and add your yeast.
- + Add milk or tepid water to make the dough, (milk will make it rich and delicate).
- + When perfectly smooth, set the dough to rise in a moderately warm place, covering with a cloth.

- + Let the dough rise for five or six hours, and when it has doubled in size, add the reserved half pound of flour.
- + Add six eggs, beaten very lightly with the sugar and butter, and mix all together thoroughly, kneading lightly with your hands.
- + Let it rise again for an hour or three-quarters of an hour. Cover with a cloth.
- + Take the dough and form into a great ring, making a hole in the centre.
- + Lightly glaze with a beaten egg and bake for an hour and a half at Gas mark 4 or 160 degrees for a fan-assisted oven.
- + Once cooled, decorate with edible and elaborate decorations!

Why not play The Wells Cathedral Choir's rendition of **'Wassail, Wassail'** whilst making your cake?

Click **here** to discover NAPA Food-based activities guidance



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January 6th – ‘Show Boat’ opens on Broadway in 1946



Josiyah Martin

"The magic in new beginnings is truly the most powerful of them all."

Billboard Poster

‘Show Boat’ is a 1936 romantic musical film directed by James Whale. The musical follows the lives of the performers, stagehands and dock workers on the Cotton Blossom, a Mississippi River showboat.



The show opened on Broadway in 1946 at the Ziegfeld Theatre, where it played 418 performances. The opening night cast featured Carol Bruce as Julie, Jan Clayton as Magnolia/Kim, Helen Dowdy as Queenie, Ralph Dumke as Cap'n Andy, Buddy Ebsen as Frank, Charles Fredericks as Ravenal, Colette Lyons as Ellie, Ethel Owen as Parthy and Kenneth Spencer as Joe.

Why not hold a showing of ‘Show Boat’? Create a billboard poster advertising the event!



You will need:

- + Paper
- + Images of the Show Boat
- + Scissors
- + Craft materials (pens, paint, glitter)
- + Glue
- + Ruler
- + Pencils

What you do:

- + Decide on the information you wish to display – date and times of the showing
- + Print off images of the Show Boat from the internet or photocopy images, if you have the book or theatre magazines.
- + If your feeling creative, you could draw the images.

- + Decorate the poster with your craft materials.

- + Display for all to see!

Top tip:

You could dress up for the event and provide some classic theatre nibbles of popcorn and ice cream!

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January 7th – Italy Flag Day



Alexandra Guarnaschelli

"Winter blues are cured every time with a potato gratin paired with a roast chicken."

Tricolour Day

The purpose of the day is to remember the official adoption of the tricolour as a national flag. The colours of the Italian flag were first adopted by the military in 1796. According to history journals, the first documented trace of the use of Italian national colours was on 21st August 1789.

The three colours on the flag are pale green, white and red. Green represents hope, white represents faith and red represents charity. The three stripes on the Italian flag are all equal in size. When hoisting the flag, the green stripe is always placed nearest to the flag post.

Food also plays an important part in the festivities – Italian food is inspired by the colours of the flag.

Why not make this flag inspired pizza? Have fun making the dough and enjoying the fresh taste of Italy!



You will need:

- + 650g/1lb 7oz '00' flour (or strong white flour), plus extra for dusting
- + 7g dried easy-blend yeast
- + 2 tsp salt
- + 25ml/1fl oz olive oil
- + 50ml/2fl oz warm milk
- + 325ml/11fl oz warm water
- + Passata
- + Mozzarella
- + Fresh Basil

What you do:

- + To make the dough, mix the flour, yeast and salt together in a large bowl and stir in the olive oil and milk. Gradually add the water, mixing well to form a soft dough.

- + Turn the dough out on to a floured surface and knead for about 5 minutes, until smooth and elastic. Transfer to a clean bowl, cover with a damp tea-towel and leave to rise for about 1½ hours, until doubled in size.
- + When the dough has risen, knock it back, then knead again until smooth, roll into a ball and set aside for 30 minutes to 1 hour until risen again.
- + Preheat the oven to its highest setting.
- + Divide the dough into six balls and roll each out on a lightly floured work surface until 20cm/8in in diameter. (You can also make one big pizza.)
- + Spread a little passata (or homemade tomato sauce) over each pizza base.
- + Add your mozzarella slices evenly over the pizza base.
- + Top with leaves of fresh basil
- + Pop in the oven for 10–12 minutes until the bases are crisp and golden brown around the edges and any cheese on top has melted.

Top tip

Make it more interesting by changing the shape of the pizza into a flag!

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/NAPAActivitiesCalendar)

January 8th – Elvis Presley's birthday



Unknown

"Always find time for the things that make you feel happy to be alive."

Acrostic Poem

Elvis Presley was the King of Pop, a household name all over the world. Why not write a poem in celebration of his life and music?

Can you think of a positive acrostic poem, using the letters below?
Why not enjoy this activity whilst listening to songs by Elvis?



E

L

V

I

S

P

R

E

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E

Y



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January 9th – Launch of the First iPhone in 2007



T.S. Elliot

"For last year's words belong to last year's language and next year's words await another voice."

Online Games

Technology has come a long way! Can you believe it is 15 years since the first iPhone? The development of mobile phones has turned us into a mobile gaming nation. What games can you play on your phone or online?

Word searches

Follow the link below to create your very own word search. Add family and friends' names or places that you have visited together. When the word search is complete, there's an option to send your creation to others – you can encourage them to have a go, too. There is also the option to download and print – [click here](#)

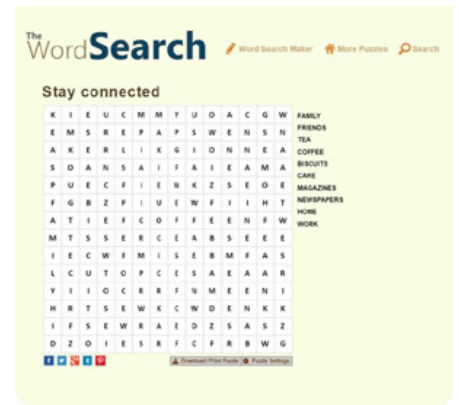
You will need:

- + PC, tablet, or smart phone
- + Internet access
- + Email address

What you do:

Once connected to the internet, follow the link and instructions on making the word search. You need to include 10 words or more. You could make it a theme of the day, choose colours or food types.

When you have typed the words, click on the save button on the screen and enjoy your puzzle.



Crosswords and a coffee

Using Skype, you could arrange a coffee morning and crossword, inviting two or more people. The link below provides daily puzzles and different people can access the same crossword – [click here](#)

You will need:

- + PC, tablet or smart phone
- + Internet access
- + Printer (optional)

We would love to see how you get on – email photographs to communications@napa-activities.co.uk or tag us on social media [@napalivinglife](#) [#NAPAAActivitiesCalendar](#)

January 10th – Rod Stewart's Birthday



Sanobar Khan, Turquoise Silence

"I blink January's lashes and gush down January's cheeks."

Rocking Rod Quiz

Sir Roderick David Stewart was born in Highgate, North London on 10th January 1945, the youngest of five children.

His father was Scottish, and his mother was English. Many people think Rod is Scottish, but it was his siblings who lived in Scotland before moving to England where Rod was born.

Rod is most famous for his gravelly voice, his cheeky charm and his famous hair style!

Why not enjoy playing the "Rocking Rod Quiz" and listening to some of Rod's famous songs? We are sure some of his back catalogue will bring back a memory or two!

Click here to listen.

1) As a child, what was Rod's main hobby?

- A) Football
- B) Railway modelling
- C) Singing

2) As a child, which football team did Rod support?

- A) Manchester Utd
- B) Liverpool
- C) Arsenal F.C.

3) Which group did Rod first join in 1960?

- A) Kool Kats
- B) Kool Dogs
- C) Kool Kids

4) What did his dad buy him for Christmas?

- A) Guitar
- B) Harmonica
- C) Drums

5) Rob left school at age 15 and worked briefly as?

- A) silk screen printer
- B) In his dad's shop
- C) Delivery boy

6) What month in 1964 did Rod sign to a solo contract?

- A) June
- B) July
- C) August

7) What was Rod's first number one hit in 1971?

- A) Maggie May
- B) I've been drinking
- C) You wear it well



8) How many number one hits has Rod had?

- A) 3
- B) 6
- C) 9

9) What is Rod's longest number one in the UK charts?

- A) 27 weeks
- B) 18 weeks
- C) 12 weeks

10) How many times has Rod been married?

- A) 5
- B) 3
- C) 1

Answers: 1-B, 2-C, 3-A, 4-A, 5-A, 6-C, 7-A, 8-B, 9-B, 10-B

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January 11th – German Apples Day



Oprah Winfrey

"Cheers to a new year and another chance for us to get it right."

Get Creative with Apples

Chat to the individuals you support and ask them for apple themed ideas for a mealtime. This could be breakfast, lunch or the evening meal. I'm sure you will get lots of suggestions!

Here are a few to get you started:

- + Apple juice/ apple cider
- + Apple sorbet
- + Pork and apple stew
- + Apple fritters
- + Apple and cinnamon porridge
- + Pork with apple and herb stuffing
- + Pork and apple sausage rolls

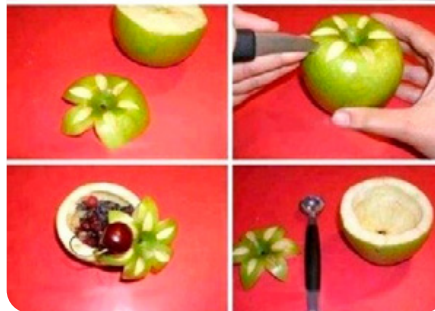
For more information, visit – **BBC Good Food**

How about putting together an apple display in the dining room?

You could buy some apple room scents to really set the mood.

Get creative with apples and try a little apple carving!

Click here to discover NAPA Food-based activities guidance.



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January 12th – Curried Chicken Day



Josiyah Martin

"The magic in new beginnings is truly the most powerful of them all."

Handmade Naan

Many food historians debate the origins of curry. It is thought that curry powder has a long history dating back to 3000 BC. The powder consists of turmeric, cumin, seeds, coriander seeds, mustard seeds, salt, five spice powder (cardamom, cinnamon, black pepper, bay leaf and cumin) and red chilli powder. It is believed curry originally comes from the South Indian, "Kari" which means sauce.

There are no standard ingredients which go into the making of curry; it all depends on the culture, nationality and country. Today, curry cuisine is widespread across cultures and countries and there are many interpretations.

Why not enjoy a nice chicken or vegan curry and have a go at making a naan bread to go with it?



What you do:

- + Pour 125ml warm water into a bowl and sprinkle over the yeast and 1 tsp of the sugar. Leave for 10-15 mins or until frothy.
- + In a larger bowl, put the flour, remaining sugar, ½ tsp salt and baking powder.
- + Mix, then make a well in the centre in which to pour the melted butter, yogurt, nigella seeds and yeast mixture. Stir well, then start to bring the mixture together with your hands.
- + When you're happy with the consistency, start kneading, first in the bowl, then transfer the mixture onto a well-floured surface and continue to knead for 10 mins or until smooth and elastic but still soft.
- + Cover and leave in a warm place for about 1 hr or until doubled in size.
- + Divide the dough into six balls and put them on a baking tray dusted with flour, then cover the tray with a damp tea towel.
- + Heat a large non-stick frying pan over a high heat.
- + Take one of the balls of dough and roll it out to form a teardrop shape that's approximately 21cm long and around 13cm at the widest part.
- + When the pan is very hot, carefully lay the naan bread into it. Let it dry fry and puff up for about 3 mins, then turn over and cook on the other side for another 3-4 mins or until cooked through and charred in patches. **Click here** for heat proof cooking glove
- + Heat the oven to its lowest setting and put the cooked naan bread on a baking sheet. Brush with a little melted butter and cover with foil. Keep warm in the oven and layer up the cooked naans one on top of each other as you make them, brushing each one with melted butter or ghee as you go.

Click here to discover NAPA Food-based activities guidance.



You will need:

- + 1x 7g sachet dried yeast
- + 2 tsp golden caster sugar
- + 300g strong white bread flour, plus extra for dusting
- + ½ tsp baking powder
- + 25g butter or ghee, melted, plus extra 2-3 tbsp for the tray and brushing
- + 150ml natural yogurt
- + 1 tbsp nigella seeds

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January 13th – National Gluten-Free Day



Gilbert K. Chesterton

"The object of a New Year is not that we should have a new year. It is that we should have a new soul..."

Taste The Difference

Gluten can be 'hidden' in all sorts of products, in places that you'd least expect it.

What is Gluten?

Gluten is a protein found in some grains, including wheat, rye, barley and spelt. In baking, gluten gives dough its elasticity and creates that lovely crumb-like texture in bread and cakes. However, some people are gluten intolerant or have been diagnosed with a condition called coeliac disease, where gluten can cause damage to the small intestine, and a strict gluten-free diet is essential.

That does not mean it has to be a bland diet. There are 'free-from' foods that have been processed to remove the gluten or are specifically manufactured to be gluten-free.

You can buy a nice selection of gluten-free cakes from larger supermarkets, but why not have a go at making your own and see if you can "taste the difference"? Enjoy with a nice cup of tea!



Victoria Sponge

You will need:

- + 225g/8oz caster sugar
- + 4 free-range eggs
- + 1 tsp vanilla extract
- + 225g/8oz butter, cubed and well-softened, plus extra for greasing
- + 250g/9oz gluten-free white self-raising flour
- + 1 tsp gluten-free baking powder
- + 125g/4½oz jam (raspberry, strawberry and blackcurrant all work well)
- + 1 tbsp icing sugar, sifted

What you do:

- + Preheat the oven to 190C/170C Fan/ Gas 5. Butter two 20cm/8in loose-



based sandwich tins and line the bases with circles of baking paper.

- + Beat the sugar, eggs and vanilla until very pale, smooth and thick. It's best to do this with electric beaters or a food mixer for around 5 minutes: the whisk should leave a thin trail of batter when lifted from the bowl.
- + Add the butter, flour and baking powder and beat together for 1-2 minutes more until smooth.

- + Divide the mixture evenly between the prepared tins and smooth the surface. Bake on the same shelf in the centre of the oven for 20-22 minutes, or until well risen, golden-brown and just beginning to shrink back from the sides of the tin.
- + Remove the tins from the oven and leave to cool for 15 minutes before turning out on to a wire rack. Peel off the baking paper and leave to cool completely.
- + Place one of the sponges on a plate or cake stand. Stir the jam to loosen and spoon onto the cake. Spread almost all the way to the edges. Sandwich the cakes together and dust with sifted icing sugar.

Click here to discover NAPA Food-based activities guidance.

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January 14th – National Undhiyu Day



Paul Coelho

"It's the possibility, of having a dream come true, that makes life interesting."

Cook, Chat and Eat Curry

National Undhiyu Day is celebrated in the Indian state of Gujarat. Undhiyu is a mixed vegetable dish, similar to a stew or casserole and is perfect for these cold winter months.

You can enjoy preparing a selection of vegetables (homegrown, if you have them.) Gather around a table and chat, while making this delicious curry!

This traditional curry can take a long time to make and needs a lot of ingredients! We have adapted the recipe for you below but for a more authentic experience, including traditional ingredients, [Click here](#)

You will need:

- + 2 medium potatoes, peeled and cut into 2cm chunks
- + 1 large carrot, peeled and sliced diagonally
- + ½ cauliflower, cut into small florets and halved
- + 3 tbsp sunflower or vegetable oil
- + 1 large onion, finely chopped
- + 1 tbsp medium curry powder
- + 1 x 227g tin chopped tomatoes
- + 300ml vegetable or chicken stock (made with ½ cube), gluten-free if required
- + 100g frozen peas or two large handfuls young spinach leaves

What you do:

- + Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for 2 minutes more. Drain in a colander and set aside.
- + Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds more, stirring.
- + Add the tomatoes to the onions and cook for 2–3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.

[Click here](#) to discover NAPA Food-based activities guidance.



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January 15th – Martin Luther King Day



Melody Beattie

"The new year stands before us, like a chapter in a book, waiting to be written."

I Have a Dream



Martin Luther King Jr was born in the United States of America to African American parents.

When Martin Luther King was growing up, life was hard for African Americans. Black people had different schools, public toilets, and sections of the bus to white people. They were also denied the right to vote in elections. In 1955, after an African American lady – Rosa Parks – was arrested for refusing to give up her seat to a white man on a bus, Martin helped to organise a boycott of the city's buses. After 381 days of protest, a court finally ruled that such segregation laws should no longer be enforced.

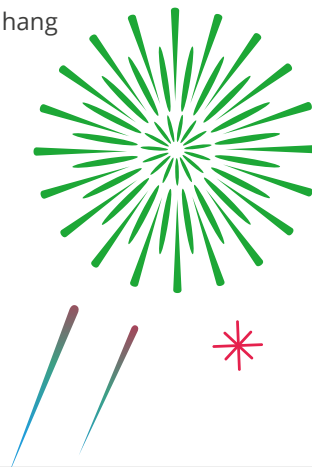
In 1963, Martin gave his famous "I Have a Dream" speech, at a rally named 'March on Washington.' Over 250,000 people gathered. His speech has become one of the most famous in history and focuses on Martin's dream of a society where black people and white people live together in harmony.

What are the dreams of the individuals you support?

Give people a piece of paper to brainstorm a list of things that they wish to have in the world. It can be a dream for the future, for their family, for their friends, or even personal possessions.

You will need:

- + Paper for ideas
- + Pens to decorate and write with
- + Colour paper
- + White paper
- + Glue
- + String to hang
- + Scissors



What you do:

- + In a group watch the history of Martin Luther King – **watch here**
- + Discuss the topic and the things he did when he was alive and the legacy he has left after his death.
- + How do we do this now?
- + Write down the answers individually on your scrap paper.
- + Take the answers and write them onto strips of coloured paper.
- + Take your white paper and cut a cloud shape.
- + Decorate the edging of the cloud with a blue marker to create a fluffy cloud.
- + Glue the strips of paper to the bottom to the cloud.
- + On the cloud write 'I have a dream' by (name of person)"
- + Place a string and hang for all to see.

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January 16th – Tu Bishvat



T.S. Eliot

"Every moment is a fresh beginning."

Celebrate Tu b'shevat

The 15th day of the Hebrew month of Shevat, known as Tu b'Shevat, is the New Year for Trees.

Families may have a Tu B'Shevat seder, or ceremonial meal. Just as at a Passover seder, symbolic foods are eaten in a special order in celebration of the important role trees play in our life. It's traditional to eat Israeli fruits, such as figs, dates and carobs. It's also customary to eat fruits you haven't tasted before, and to say the Shehecheyanu (a blessing of gratitude when experiencing something new).

Like Passover, four cups of wine are served and drunk. Unlike Passover, where the wine is the same, at a Tu B'Shevat seder, the wine begins light and progressively gets darker. For children or adults who do not drink, different fruit juices are used, from white grape to apple to purple grape.

Watch this short clip and discover more about the festival.



Here are a few ideas which you could incorporate into your planner and create conversation:

- + Eat some fruit on this day – try to get some of those fruits for which Israel is famous: olives, dates, grapes, figs and pomegranates.
- + Try planting the seeds from the fruit you're tasting on the day and see if they grow.
- + Plant a sapling and remember people you love.
- + Build a family tree.
- + Find and support a charitable organization that plants or cares for trees.
- + Volunteer or help make something as a group.
- + Think about the earth and becoming more eco-friendly.
- + Take a walk, and really pay attention to your surroundings.

You could also hold a movie night and watch the film A Tree of Life starring Brad Pitt watch the trailer [here](#).



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January 17th – International Mentoring Day



Catherine Pulsifer

"Each day is a new beginning, the chance to do with it what should be done and not to be seen as simply another day to put in time."

Show, Share and Connect!

Mentoring teaches us to lift each other up, creating powerful positive long-lasting relationships along the way. It is a powerful tool for raising awareness and the understanding of diversity and inclusion.

Mentoring by an older person offers exceptional value to young people and similarly young people can share new modern skills. Older generations experienced vital changes, challenges and improvements in society. While the younger generations battle with a digital and evolving world, sometimes unsure of social behaviours.

For international mentoring day, why not work in collaboration with your local schools or youth groups? You can work together face to face or adapt to working digitally via online zoom meetings or by telephone or by writing a letter!



You will need:

- + Connection with your local school or youth groups
- + Communication aids; internet, laptop, phone, pens, or paper

What you do:

- + Work with your school and discuss a topic for mentoring – reading, writing, technology, hobbies or future occupations.
- + Once you know the topic, discuss the themes with the individuals you support. If you know the individual's life history, you could pair them with students. For example, a student who wants to be a gardener when they grow up, could be paired with someone who has been a gardener and is happy to show and share their knowledge.

- + You can build on the sessions and develop the mentoring relationship. For example, the student might show the individual how to plan a veg plot using technology!
- + You could also support an individual who wishes to email family but finds technology challenging – a student might enjoy sharing the skills they have and teaching how to create and send emails!



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January 18th – National Winnie the Pooh Day



Vern McLellan

"What the New Year brings to you will depend a great deal on what you bring to the New Year."

Soap and Honey

In 1926, an English author A. A. Milne released the first collection of stories about a character called Winnie-the-Pooh.

The character Winnie-the-Pooh, was named after a teddy bear owned by his son, Christopher Robin Milne, on whom the character Christopher Robin was based. The bear was originally named Edward, but it was changed to Winnie after Milne took his son Christopher Robin Milne to London Zoo. A famous black bear called Winnie lived at London Zoo at the time and was the inspiration for the name change of Christopher Robin's teddy bear.

This date for National Winnie the Pooh Day was chosen as it was A.A. Milne's birthday and as the creator of such a loved character, it was decided that in his honour, his birthday should be the chosen date. Winnie The Pooh Day has been celebrated from as early as 1986!

To celebrate Winnie-the-Pooh's favourite treat, honey, why not have a go at making homemade honey soap? You can use it yourself, give it as a present or sell it.

"The only reason for being a bee is to make honey. And the only reason for making honey is so I can eat it." Winnie the Pooh

You will need:

- + Honey
- + A Pyrex measuring cup (or microwave-safe bowl)
- + Soap moulds
- + Bubble wrap
- + Glycerine melt-and-pour soap base (you can buy online)



What you do:

- + Chop your glycerine soap base into cubes. Use 1/3 pound of glycerine for every bar of soap that you're making.
- + Pop it into a microwavable dish and microwave the glycerine for 30 seconds at a time, until it's fully melted.
- + Measure your honey. You'll need one ounce of honey (by weight) for every bar of soap that you're making.
- + Add the honey to the melted glycerine. Stir it in until it's well incorporated.
- + Then, pour your honey soap base into your moulds. If you don't have moulds, then use paper cups or ice cube trays!



- + Cut a piece of bubble wrap to fit inside the top of your mould.
- + Then gently press the bubble wrap into the surface of your soap with the bubble side facing down.
- + Allow the soap to cool and harden completely. Then, lift the bubble wrap off, and unmould your soap.
- + Your soap may feel a little oily to the touch. Just let it sit out a bit, and that'll go away.
- + You can gift wrap or use it yourself and enjoy!

If you enjoyed making soap, why not look into other natural ingredients.

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January 19th – International Flower Day



Lao Tzu

"The journey of a thousand miles begins with one step."

Ice Art

Be creative with ice arts. Collect flowers and try this simple art decoration. Once complete, hang them outside and watch as they slowly melt away.

You will need:

- + small plastic containers of any size
- + flowers
- + string
- + water and freezer

What you do:

- + Arrange the flowers in a decorative way in the container; be as creative as you can.

- + Lay a string on the flowers with a loop outside the container for hanging up later.
- + Add water, (or cooled boiled water which makes the ice more transparent) and freeze for at least an hour – (depending on the size of the container).
- + Once frozen, hang outside and admire it as it slowly melts.



Herb Ice cubes

You will need:

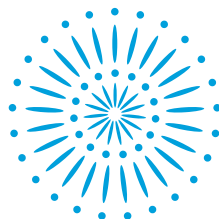
- + herbs
- + water
- + ice cube tray



What you do:

- + Pick the herbs you would like to use to add flavour to your water.
- + Place them into the ice cube tray.
- + Fill with water to the top.
- + Freeze
- + Once frozen, pop into your drink and enjoy.

Click here to discover NAPA Food-based activities guidance.



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January 20th – National Cheese Lovers Day



Steven Spielberg

"Every single year, we're a different person. I don't think we're the same person all of our lives."

Making Cottage Cheese

The earliest direct evidence of cheesemaking is found in clay sieves dating back seven thousand years. Experts believe for preservation purposes, cheese-making may have begun by the pressing and salting of curdled milk. There are now more than 1000 varieties of cheese available. The taste and the texture of each type varies.



Cheese Lovers Day is easy and fun. Individuals who can't eat dairy or follow a vegan diet can enjoy some non-dairy cheeses.

Why not have a go at making your own cheese and then celebrate with a cheese party and tasting session?!



Cottage cheese

You will need:

- + ½ gallon skimmed milk (not ultra-pasteurized)
- + 6 tablespoons distilled white vinegar or lemon juice
- + 1 teaspoon kosher salt
- + ¼ cup double cream, yogurt, buttermilk, whole milk, or single cream (optional; for creamed cottage cheese)
- + Food gloves
- + Cheesecloth

What you do:

- + In a medium pot over low heat, slowly bring milk to 180°F. When the edges start to foam, remove from heat, and add the vinegar or lemon juice. Stir to combine.
- + Cover and let sit at room temperature until curds form, about 30 minutes.
- + Transfer mixture to a mesh strainer or colander lined with cheesecloth and let the whey drain off, about 5 minutes.
- + Rinse the curd under cold water until the dry curd is completely cool. Use your hands to squeeze out more whey.



- + Transfer dry curd to a medium mixing bowl. Add salt and use your fingers to break the curd into smaller pieces.
- + For creamed cottage cheese, add double cream, yogurt, buttermilk, whole milk, or single cream to the dry curd. Gently mix to a creamy consistency while preserving the curds.

Top tip:

Why not add flavour to your cottage cheese mix? Try adding pineapple or chives for interesting flavours!

Click here to discover NAPA Food-based activities guidance.

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January 21st – Saturday Night Fever reached number one

Disco Ball

Saturday Night Fever was an instant hit when it was released in January 1977, quickly becoming one of the highest-grossing movies of the year.

Most of the film had already been shot when music producer-turned-movie producer Robert Stigwood commissioned the Bee Gees to write songs for it. With 15 million copies sold in the U.S. alone, Saturday Night Fever was the top-selling soundtrack album of all time!

Disco had been popular in the mid-1970s and has grown in popularity over the decades, with most of the songs re-achieving number spots or remixed for younger audiences.

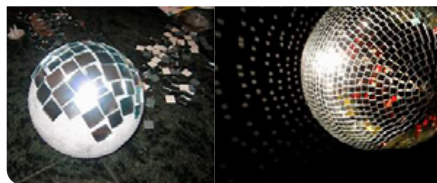
Why not hold a showing of the classic movie or hold a disco party and enjoy some of the disco hits including the soundtrack to 'Saturday Night fever'? You can still dance to old CD's, even if you don't like the music on them anymore. Just turn them into a disco ball to boogie! – **listen here**



To make a disco ball

You will need:

- + Styrofoam balls
- + CD's
- + Craft scissors or kitchen shears
- + String or hook
- + Hot glue gun
- + Coloured permanent markers (optional).
- + Safety glasses and gloves for cutting the CD's



What you do:

- + Cut the CD's into small square pieces (soak them in a bowl of hot water before cutting – they shatter less)
- + Tie a string around the styrofoam ball or install a hook on the ball.
- + Start by gluing the square pieces

from the centre of the styrofoam ball. Continue until the styrofoam ball is covered.

- + Paint with permanent markers to create a multi-coloured effect.
- + Hang the disco ball and get ready to dance!

Top tip:

These would make a welcome decoration to anyone's room! Individuals might not join in making them but will enjoy watching the effect in their rooms.

Sarah Ban Breathnach

"Take a leap of faith and begin this wondrous new year by believing."



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January 22nd – Celebration of Life Day



Plato

"The beginning is the most important part of the work."

My Celebration Box

"Celebration of Life Day" – an occasion to celebrate life, at any age!

This day is all about you and taking the time to see the greatness in this phase of life. We all have magic moments and achievements we can share. Creating a celebration box is a simple activity. You can show and share with friends and family.

A celebration box is a little bit different to a memory box – the theme of this box is to share positive achievements and stories of an individual's life.



You will need:

- + A box or any shape and size (shoe box, plastic tub, old jewellery box)
- + Paper for wrapping (wallpaper, wrapping paper, tissue paper)
- + Glue
- + Scissors
- + Decorations
- + Pens or markers

What you do:

- + The celebration box will be unique to everyone.
- + Decide what you would like to place in the box – Photos, letters, medals, awards, special objects – the list is endless.
- + Take the box and start to decorate with your paper and decorations. Do you want to have a theme or style?

- + Place the items into the box and place notes with an explanation of their significance.
- + Place the box on display or put away and revisit next year to reflect.

Top tip:

When not make your own wooden box in a woodwork session leading up to the day?!

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January 23rd – National Handwriting Day



Anusha Atukorala

"A New Year has tiptoed in. Let's go forward to meet it."

Making Paper

Before writing, there was only verbal communication. As language and cultures evolved, so did the need for written communication. Simple drawings became pictographs, which became standardised within each culture, beginning the history of handwriting.



Writing is a codified system of standard symbols. The simplest and best-known pictographs were Egyptian hieroglyphs which date to around 2800 BC. Around 700 years later, Phoenicians developed an alphabet based on smaller symbols we now call letters, and the alphabet was made up of 22 letters. When the Roman Empire reached Britain, they brought with them the Latin language. Over the years, we developed the modern alphabet with 26 letters around the 16th century. The development of the English alphabet had influences from the Semitic, Phoenician, Greek and Roman scripts.

Now we know a little of the history of handwriting, why not have a go at making the paper which we write on?

You will need:

- + Shredded papers
- + A blender
- + A frame (old photo frames are best)

- + Mesh, small like a flour sieve (you can buy this at a hardware shop)
- + Industrial stapler and staples
- + Duct tape
- + A plastic container that's bigger than your frame
- + Sponges
- + Tea towels
- + Water
- + A place to let your papers dry

What you do:

- + Staple the mesh to fully fit the frame, you will need to make sure it is secure as you will be pushing on it.
- + Duct tape the edges on one side for easy removal of the pulp.
- + Take the shredded paper and place into the blender with 4 cups of water. Blend until it forms a pulp.
- + Empty each batch into the container (you might wish to do this before you start your session)

- + Slide your frame into the vat at an angle, duct tape facing up and then flatten it out, under the gooey liquid.
- + Rock the frame back and forth a little bit as you raise it.
- + Check that the frame is evenly covered with the pulp – if not re-dip and start again.
- + While the frame is still over the vat, grab a sponge, and run it along the underside of the frame, against the screen. Be VERY GENTLE about this—you don't want to press so hard that you lift the taped screen right off the frame. Squeeze your sponge out and keep drying.
- + Place the towel on top of the screen and carefully flip over.
- + Lift the frame at each corner and see if it will start peeling off on its own. Give it a gentle tap if not – you don't want it splitting and sliding off.
- + Be patient with your paper, because it's still wet, and can be torn very easily.
- + Leave overnight and enjoy!

Top tip:

Do not pour your leftover pulp down the drains or toilet – pop into your compost bin or flower beds.

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January 24th – Global Belly Laugh Day



C.S. Lewis

"You are never too old to set another goal or to dream a new dream."

Knock Knock!

Laughter is the best medicine – there are thousands of languages, hundreds of thousands of dialects, but everyone speaks laughter in pretty much the same way!

The oldest identified joke is an ancient Sumerian proverb from 1900 BC, containing toilet humour. Its records were dated to the Old Babylonian period and the joke may go as far back as 2300 BC.

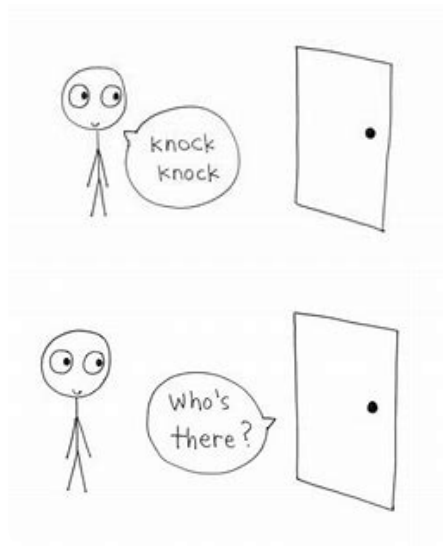
Why not create a comedy day:

- + Book a comedian
- + Watch famous comedy or stand-up shows
- + Hold a joke contest for the best and worst jokes



Here are a few to help you!

- + I tried to grab fog.....
But I mist
- + What does a house wear?
Address
- + Why is Peter Pan always flying?
Because he Neverlands
- + How do you count cows?
With a cowculator
- + Why did the orange stop?
Because it ran outta juice
- + Bacon and eggs walk into a bar and order a beer,
The bartender says sorry, we don't serve breakfast
- + Why are teddy bears never hungry?
They are always stuffed
- + Knock knock
Who's there?
Wayne
Wayne, who?
Waynedrops keep fawling on my head
- + Knock knock
Who's there?
Tank.
Tank who?
You're welcome.



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January 25th – Burns Night



Dalai Lama

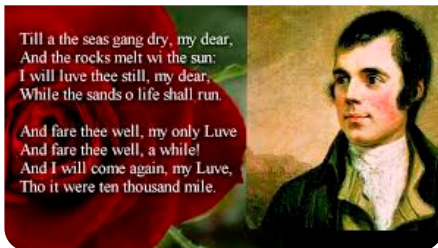
"Once a year, go someplace you've never been before."

Making the Most of Mealtimes on Burns Night

Why not have a Scottish themed meal and try something new?

Are any of the individuals you support, colleagues or relatives, Scottish? Could they help with planning and ideas?

There is a great website that has some traditional recipes – [click here](#)



Print some of Robbie Burns' poems from the internet; they could be read in-between courses – Robert Burns – Poet – Scottish Poetry Library – [click here](#)

Make some table decorations, using lavender or a tartan patterned ribbon.



How about a whisky or apple juice tasting session after your meal? Most supermarkets have a wide and varied selection of whisky and apple juice on offer. Use small plastic glasses for the tasting.

+ Be inclusive – Some individuals may not drink alcohol for personal, medical or religious reasons.

[Click here](#) to discover NAPA Food-based activities guidance.



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January 26th – Australia Day



Ted Turner

"You should set goals beyond your reach, so you always have something to live for."

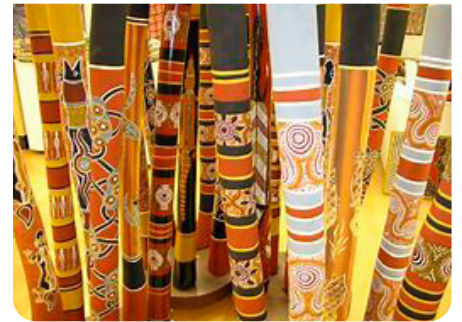
Make a Didgeridoo

The Story of Australia begins 60,000 years ago. New chapters are written every day.

On Australia Day, people reflect on the history, the highs and the lows and respect the stories of others. Australia Day celebrates the nation, their achievements and most of all, the Australian people. Music and culture play a big part in the celebrations.

Why not try making a Didgeridoo?

The Didgeridoo is a wind instrument, played with vibrating lips to produce a continuous drone while using a special breathing technique called circular breathing. The didgeridoo was developed by the Aboriginal peoples of northern Australia, at least 1,500 years ago.



What you do:

- + If you have shorter tubes, then use the brown paper in strips to join and hold down with glue. Do not use tape as it will be hard to decorate.
- + No real didgeridoo is completely straight. You can insert the ends at an angle before you stick the paper on.
- + Paint the didgeridoo.
- + Once dry, use the marks to decorate it with symbols. You can draw kangaroos, emus, water, and water holes. You can even create new symbols, if you like.
- + Cut the tip off a balloon, making it have two openings and ease the original opening onto the end.
- + Enjoy your Aborigine musical instrument!



You will need:

- + A tube from wrapping paper or join some shorter tubes from kitchen or toilet paper rolls. Collect enough that will make it at least 70 cm (28") long.
- + Brown paper
- + Balloon
- + Scissors
- + Markers & Paints
- + Glue



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January 27th – Mozart's Birthday



Charles Lamb

"New Year's Day is every man's birthday."

Making Music

We all know the name, but do we know his music? **Click here**
Music is food for the soul and can affect people differently.



Movement for Dementia.

Click here takes you to a documentary on how movement to music can benefit people with dementia. The documentary includes interesting ideas on how to include items such as coloured handkerchiefs, bean bags etc.

Singing and percussion to rhythm

Next, we move on to using the voice and body to create sound, ideal for people with speech difficulties. **Click here**

Body percussion to rhythm.

The following music session demonstrates different methods for sustaining a steady rhythm. The first uses the body to make the sound, whether just tapping your feet or clapping hands etc. **Click here**

Drum talk.

Finally, this method uses an instrument to create the rhythm. It's a game which involves copying and replying. You can improvise to suit yourself and your group. You may like to experiment with the instruments, or even use pans with wooden spoons for fun. **Click here**



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January 28th – The Big Garden Birdwatch



Ralph Waldo Emerson

"Write it on your heart that every day is the best day in the year."

Building a Nest

As encouraged by the RSPB, why not put up nest boxes to promote and enhance biodiversity and conservation of our breeding birds and wildlife? The Big Birdwatch is a campaign to keep track of birds visiting or living in our gardens. **Click here**

Whether you're a care service or family with space for a box in your garden, a teacher, a member of a local wildlife group or you belong to a bird club and could organise a work party, you can contribute to the conservation effort in the UK, whilst attracting birds to your garden or windowsill.

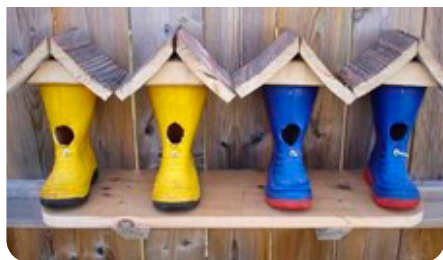
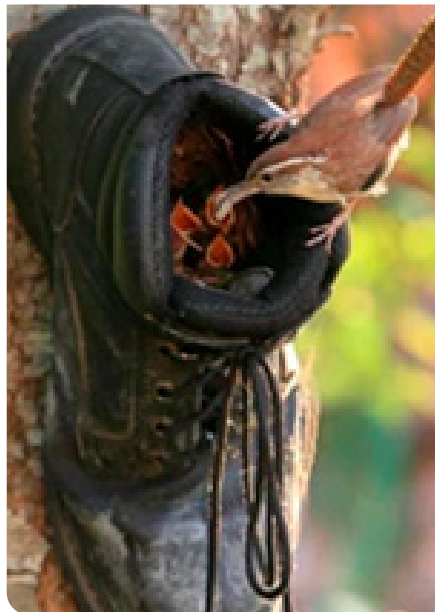
Who can take part?

Everyone!

How?

Get creative with your bird boxes and upcycle your household rubbish. **Click here** for more information and free resources

Check out these nesting boxes; they would look fab in any outside space.



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January 29th – National Puzzle Day



Bo Bennett

"A dream becomes a goal when action is taken toward its achievement."

Jenga!

Jenga was created by Leslie Scott based on a game that evolved within her family in the early 1970's.

The name Jenga is derived from kujenga, a Swahili word which means 'to build'. Leslie's idea for the game came from the family sawmill in Takoradi, Ghana. They would play with the off-cut bits of wood. Jenga is a game of physical skill. Players take turns removing one block at a time from a tower constructed of 54 blocks. Each block removed is then placed on top of the tower, the structure becoming progressively more unstable. The tallest built Jenga is reported to have been by Robert Grebler, at 4023 levels.

How high can you go, while getting to know each other?



You will need:

- + Wooden Jenga bricks (you can buy in shops or online)
- + Sticker
- + Marker

What you do:

- + Choose your questions – see below for a few suggestions
- + Write them on the stickers and stick them to the Jenga bricks
- + Invite a few people to play the game – it is a great way to get to know people
- + Play Jenga!

Suggested questions for the bricks:

- + Where did you grow up?
- + Where was your favourite holiday?
- + Who is your favourite singer?
- + What is your favourite flower?
- + What have you done for a living?
- + What do you like to do on a rainy day?
- + Have you ever built a snowman?
- + What is your favourite meal?

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January 30th – National Croissant Day



Tony Robbins

"Setting goals is the first step in turning the invisible into the visible."

Oh, La La!

The croissant can be dated back to at least the 13th century in Austria, and came in various shapes.

It was first known as "kipferl". The birth of the croissant, an adaptation from the plainer form of kipferl was around 1839 at a Viennese bakery in rue de Richelieu in Paris. It was named for its crescent (croissant) shape.

We assume the Croissant to be a breakfast treat, but it can be enjoyed any time of the day and can be eaten with a sweet or savoury filling.



Why not try jazzing up your sandwiches?

- + **Croissants With Custard and Plums:** imagine a warm custard and plum-filled croissant with your coffee on a cold winter morning.
- + **Smoked Salmon Croissant with Cream Cheese:** yummy light filling for a posh breakfast or brunch!
- + **Hazelnut and Dark Chocolate Croissants:** you can never have too much chocolate. This would make a fabulous pudding.

- + **Easy Smoked Salmon Eggs Benedict on Toasted Croissant:** Here's your breakfast for today. Enjoy.
- + **Croissants Filled with Brie and Strawberries:** fresh and light with a sample of the summer months – soon to return!
- + **Roasted Rhubarb Croissants:** Wrap up some rhubarb in a buttery croissant for a tart surprise in every bite.
- + **Chicken Salad Croissant Sandwiches:** Why eat chicken salad on plain ol' bread when you can eat it on a delicious flaky croissant?
- + **Apple and Pesto Croissant Sandwich:** Add some crunch to your lunch with an apple pesto croissant sandwich!

Click here to discover NAPA Food-based activities guidance.



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January 31st – Inspire Your Heart
with Art Day



Johann Wolfgang von Goethe

*"We must always change, renew,
rejuvenate ourselves; otherwise,
we harden."*

All the Colours

Art sessions can be a wonderful way to escape from the day-to-day problems we all have. Not everyone feels confident about starting a new hobby – here are some tips to get you going. Pick up a brush or a crayon and let's get started!

Sunsets

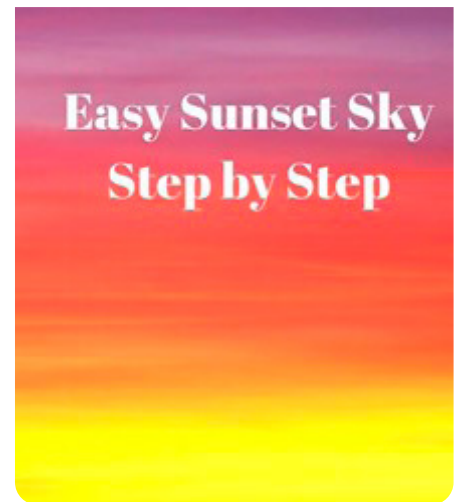
Sunsets are a great way to start painting simple pictures. They do not need too many colours.

You will need:

- + Access to internet and printer (optional)
- + 3x paints yellow/ orange / red (poster/acrylic or watercolour)
- + Paper (the thicker the better)
- + A medium to large sized paint brush (not for detail work)

What you do:

- + Pop a blob of yellow paint a quarter of the way up the paper
- + Pop a blob of orange another quarter of the way up the paper
- + Pop a blob of red three quarters of the way up the paper
- + You should have three blobs ready to start painting
- + Starting at the bottom, paint with the brush, moving it from side to side, working your way up through the colours.
- + Go bottom to top and gradually blend the yellow into orange and orange into red.
- + Display your sunset painting!



Rainbow.

You will need:

- + 3x paints yellow/ blue / red, white (poster/acrylic or watercolour)
- + Paper
- + A medium to large sized paint brush (not for detail work)

What you do:

- + Lay out all the blobs of paint and sweep in an arch to create your rainbow; you can leave gaps between each colour or blend them.
- + If you have all the colours of a rainbow, even better.
- + Ask people to try and remember how colours are made by mixing them together.
- + Display your rainbow painting.

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