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Prioritising Wellbeing

NAPA Activities Calendar *for every day of the year*

March 2022






March 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 March dates:

Tuesday 1st March

- + Mardi Gras

Tuesday 1st March

- + Shrove Tuesday

Thursday 3rd March

- + World Wildlife Day

Sunday 13th March

- + Closing of the Winter Paralympics

Sunday 13th March

- + BAFTA's

Friday 18th March

- + Red Nose Day

Sunday 27th March

- + Mother's Day

Sunday 27th March

- + Passover

Nutrition and Hydration Week 2022

For more information and resources – [Click Here](#)



Supportline

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

The darling buds of May are almost in reach. Can you see Spring beginning to unfurl enticingly around us?

Already the mornings are brighter, and sunsets are later. Daylight has such a powerful effect on how we feel, and when we plan activities to make the most of the sunshine, it can really enhance our mood and general wellbeing. We are celebrating this change in the seasons throughout the next few issues of the NAPA Calendar, offering inspiration and ideas to put a spring in your step! We hope you will feel inspired to create and share your ideas with each other in the NAPA Facebook group. [Join Here.](#)



Thank you to Lakeland Dairies for sponsoring the NAPA Calendar in 2022; their generous support enables NAPA to create a fully interactive calendar resource that you can access at your fingertips!



Steeped in Irish heritage, Lakeland Dairies are excited to inspire Care Settings to celebrate all things Irish in March, with St Patrick's Day a focal day on 17th March.

To help make this easy to do, a new resource has been specially created by Lakeland Dairies, with support from NAPA. The resource is filled to the brim with amazing recipes, all with an Irish twist to inspire you to host a fantastic Irish Party in your care setting. Plus: the resource includes several activities, puzzles, and top tips from NAPA for hosting an Irish themed afternoon tea party.

Find out more on the **17th March page** in this calendar and start planning your party now!

Lakeland Dairies is a 100% farmer owned Irish Dairy Co-Operative. Generations of family farming expertise goes into creating each delicious product.

From lush green fields, we create products trusted by chefs

CELEBRATE
green
THIS
March

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](#)

Colcannon Competition



CHANCE TO WIN £1000 in Amazon vouchers

As part of their Celebrate Green campaign, celebrating their Irish provenance, Lakeland Dairies are inspiring foodservice operators to create a modern twist of Colcannon in the month of March. One lucky winner will receive a fantastic £1000 amazon gift card!



Colcannon

What is Colcannon? A traditional Irish dish made with mashed potato, butter, cream, and cabbage. In a Lakeland Dairies poll last year, Colcannon was voted as chefs' favourite Irish dish!



Inspiration

For inspiring Colcannon ideas, visit Lakeland Dairies website [here](#).

Our ideas include Colcannon Shepherd's Pie and Colcannon Stuffed Mushrooms and we're excited to see what ideas you will come up with.

How to Enter

Submit an image and short description of your Colcannon creation [here](#).

Judges' Criteria

Lakeland Dairies are looking for creative, modern twists on Colcannon. The entries will be judged for their creativity, presentation, and use of Irish dairy products.

Why not add Colcannon to an Irish Themed Tea Party menu! For more inspiration, claim your FREE Irish Party Activity Resource and Millac Piping Bags from Lakeland Dairies [here](#).





Lady Bird Johnson

"Where flowers bloom so does hope."

Spring into March

The chill of winter is finally thawing, the sun is feeling warmer and the flavour of spring is noticeable in the air. It's clear that nature needs to make a fresh start and produce something lovely out of what was before barren and fruitless. Make this Spring the time to create a better season and spring clean into action!

Interesting March:

- + The month of March, and June, have something special in common; every year, the end of the two months occurs on the same day.
- + March, which was first known as 'Martinus', was declared the first month of the calendar year in 758 BCE!
- + March was actually named after the Roman God of War – Mars.
- + The birthstones of March are the blue aquamarine and the red bloodstone.



For many of us Spring is the time to get outside and organise the garden shed. When you think of a traditional shed, the image you likely have is of a building of organised chaos that is situated at the bottom of the garden, right?

For many, this is the usual way of keeping your tools and bits and bobs in one place, this spring we invite NAPA Members to visit **The NAPA Shed**, a digital platform with thousands of resources to inspire activity and engagement every single day! To find out more **[Click here](#)**



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



- + **'Enchanted April'** Elizabeth von Arnim – [Click here](#)
- + **'A Room with a View'** E.M. Forster – [Click here](#)
- + **'Miss Cayley's Adventures'** Grant Allen – [Click here](#)
- + **'Flush'** Virginia Woolf – [Click here](#)
- + **'Anne of Green Gables'** Lucy Maud Montgomery – [Click here](#)
- + **'The Secret Garden'** Frances Hodgson Burnett – [Click here](#)

Music



- + **'Lovin' Spoonful: 'Daydream'** (1966) – [Click here](#)
- + Simon and Garfunkel: **'The 59th Street Bridge Song'** (1966) – [Click here](#)
- + U2: **'Beautiful Day'** (2000) – [Click here](#)
- + Hugh Masekela – **'grazing in the grass'** (1968) – [Click here](#)
- + Cat Stevens: **'Morning Has Broken'** (1972) – [Click here](#)
- + Patti LaBelle: **'New Attitude'** (1985) – [Click here](#)

Films



- + **'Went the Day Well?'** (1942) – [Click here](#)
- + **'Easter Parade'** (1948) – [Click here](#)
- + **'Spring in Park Lane'** (1948) – [Click here](#)
- + **'Late Spring'** (1949) – [Click here](#)
- + **'Ferris Bueller's Day Off'** (1986) – [Click here](#)
- + **'A Tale of Springtime'** (1990) – [Click here](#)

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The Studio (continued).



Poems



- + **'Spring'** By Christina Rossetti – [Click here](#)
- + **'Spring'** by Gerard Manley Hopkins – [Click here](#)
- + **'Today'** by Billy Collins – [Click here](#)
- + **'Lines Written in Early Spring'** by William Wordsworth – [Click here](#)
- + **'The Thrush'** by Edward Thomas – [Click here](#)
- + **'Sonnet 98'** by William Shakespeare – [Click here](#)

Gallery



- + Sandro Botticelli **'La Primavera'**, c.1482 – [Click here](#)
- + Pieter Brueghel the **Younger** **'Spring'**, 1622-35 – [Click here](#)
- + Nicolas Poussin **'Spring'**, 1660-4 – [Click here](#)
- + Hokusai **'Bullfinch and Weeping Cherry'** 1834 – [Click here](#)
- + Pierre-Auguste Renoir **'Spring Bouquet'** 1866 – [Click here](#)
- + Alfred Sisley **'The Small Meadows in Spring'** 1880/1 – [Click here](#)



My Life TV

Take a look around The Queen's Garden as it starts to burst into life in the springtime, on My Life TV – the dementia friendly channel.

[Click here](#) – The Queen's Garden



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

Breath of Fresh Air

March is the end of the winter months and as the days lengthen, we find ourselves venturing out again into the great outdoors!

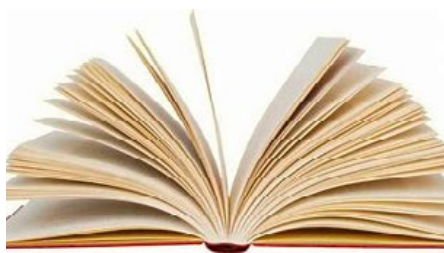
Each month, this section of the calendar will aim to encourage you to head outside for a **Breath of Fresh Air**. Add your own ideas to this collection, be creative and get out and about.



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 are you 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 :

- + Plant summer-blooming bulbs
- + Mow the lawn
- + Divide perennials e.g. snowdrops
- + Tackle the weeding
- + Mulch the ground around your fruit trees
- + Leave the bushes to the birds' nests
- + Continue making compost

What to plant :

- + Celery
- + Carrots
- + Chives
- + Beets
- + Broccoli
- + Leeks


Outdoor activities :

- + **Stargazing** – On a dark evening-wrap up, sit outside with a hot drink, look at the stars.
- + **Play eye spy!** – 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!
- + **Paint plant pots** bright colours
- + **Plant your seedlings** in the green house.
- + **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 Daffodil



The NAPA Activities Calendar – March 2022

<p>Tue 1 March</p> <p>i St Davids Day</p> <p>R Bara Brith</p>	<p>Wed 2 March</p> <p>i Ash Wednesday</p> <p>R Ash Art</p>	<p>Thurs 3 March</p> <p>i World Book Day</p> <p>R Stitch a Book</p>	<p>Fri 4 March</p> <p>i Opening of the Winter Paralympics</p> <p>R Winter Paralympics Quiz</p>	<p>Sat 5 March</p> <p>i St Pirans Day</p> <p>R Miners Lamp</p>	<p>Sun 6 March</p> <p>i British Science Week</p> <p>R Creative Writing</p>	<p>Mon 7 March</p> <p>i Alexander Graham Bell patents the telephone</p> <p>R Ring Ring!</p>
<p>Tue 8 March</p> <p>i International Women's Day</p> <p>R It's a Wrap!</p>	<p>Wed 9 March</p> <p>i National Meatball Day</p> <p>R My Meatballs</p>	<p>Thurs 10 March</p> <p>i International Bagpipe Day</p> <p>R Design a Bagpipe</p>	<p>Fri 11 March</p> <p>i National Oat Waffles Day</p> <p>R Oat Waffles</p>	<p>Sat 12 March</p> <p>i National Plant a Flower Day</p> <p>R Pressing Flowers</p>	<p>Sun 13 March</p> <p>i National Jewel Day</p> <p>R My Crown Jewels</p>	<p>Mon 14 March</p> <p>i Commonwealth Day</p> <p>R Commonwealth Wordsearch</p>
<p>Tue 15 March</p> <p>i Brain Awareness Week</p> <p>R Exercise the Brain</p>	<p>Wed 16 March</p> <p>i Start of Purim</p> <p>R Purim</p> <p>NAPA – The use of Dolls in Activities for people living with dementia</p>	<p>Thurs 17 March</p> <p>i St Patricks Day</p> <p>R St Patrick's Day</p>	<p>Fri 18 March</p> <p>i Global Recycling Day</p> <p>R Milk Elephant</p>	<p>Sat 19 March</p> <p>i St. Joseph's Day</p> <p>R Candle Art</p>	<p>Sun 20 March</p> <p>i Spring Begins</p> <p>R Potato Candies</p>	<p>Mon 21 March</p> <p>i World Poetry Day</p> <p>R Acrostic Poem</p>
<p>Tue 22 March</p> <p>i World Water Day</p> <p>R H2O Experiments</p> <p>NAPA – How to celebrate the Platinum Jubilee</p>	<p>Wed 23 March</p> <p>i Shakespeare Week</p> <p>R Shakespeare Ruff</p>	<p>Thurs 24 March</p> <p>i National Button week</p> <p>R Button Bowl</p>	<p>Fri 25 March</p> <p>i Greek Independence Day</p> <p>R Keramos kerameikos</p>	<p>Sat 26 March</p> <p>i Diana Ross Birthday</p> <p>R Happy Birthday Diana!</p>	<p>Sun 27 March</p> <p>i World Theatre Day</p> <p>R 'A Midsummer Night's Dream'</p>	<p>Mon 28 February</p> <p>i National Nutrition Month</p> <p>R Chocolate Soil Pots</p>
<p>Tue 29 March</p> <p>i Piano Day</p> <p>R Guess the Piano Tune!</p>	<p>Wed 30 March</p> <p>i National Pencil Day</p> <p>R Shadow Drawing</p> <p>NAPA Life Story Work An Inclusive Approach</p>	<p>Thurs 31 March</p> <p>i Eiffel Tower Day</p> <p>R Building your own Tower</p>				

March 1st – St David's Day



Charles Dickens

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade"

Bara Brith

On St David's Day, why not enjoy this traditional Welsh tea bread, typically made with raisins, currants and candied peel?

Dress tables for afternoon tea with the colours of the Welsh flag, reds and greens. Add a vase of fresh daffodils, the traditional national flower.



Welsh Tea Bread

You will need:

- + 450G self-raising flour
- + 1tsp mixed spice
- + 175g Muscovado sugar
- + 1 medium size free-range egg
- + 1tbsp orange zest
- + 2tbsps orange juice
- + 1tbsp honey
- + 300ml cold tea
- + 450g mixed, dried fruit
- + Extra honey for glazing

What you do:

- + Combine the mixed dried fruit and tea in a mixing bowl and leave to soak overnight.
- + The next day, mix the sugar, egg, orange juice, zest and honey, and add to the fruit.
- + Sift in the flour and spice and mix well.
- + Pour the mixture into a buttered loaf tin.
- + Bake in a preheated oven at gas mark 3 for 1¾ hours.
- + The loaf should be golden in colour and firm to the touch in the middle.
- + Baste with honey whilst still warm.



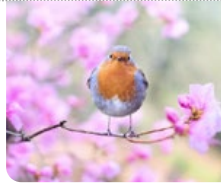
- + Allow to cool before serving.
- + Sit at the table with a cup of tea and a slice of Bara Brith, in celebration of St David's Day!

Click Here to discover NAPA Food-based activities guidance.



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)

March 2nd – Ash Wednesday



L.M. Montgomery "March came in that winter like the meekest and mildest of lambs, bringing days that were crisp and golden and tingling, each followed by a frosty pink twilight which gradually lost itself in an elfland of moonshine"

Ash Art

Ash Wednesday is the first day of Lent, in Western Christianity. Ash Wednesday, also known as "Day of Ashes," occurs 40 days before Easter every year. Lent is a period of fasting, repentance, moderation and the abandonment of 'sinful habits' during which Christians prepare for Easter.

In the Bible, ashes are a sign of death. God created humanity from dust.

Palm fronds are collected from Palm Sunday services the previous year. The ashes are burned, then ground into a fine powder and stored in bowls. A priest distributes ashes to congregants by delicately rubbing the shape of a cross with ashes onto their foreheads during Ash Wednesday mass or ceremonies. The practise of tracing a cross on one's forehead is intended to link believers to Jesus Christ.

Why not use charcoal to make an artistic drawing to commemorate Ash Wednesday? You can use religious artefacts or anything you have on hand.



You will need:

- + Charcoal
- + Paper
- + Objects
- + Damp Cloth for washing hands

What you do:

- + Set up a table with a variety of objects from which people can choose.
- + Place the white paper in front of the individuals.
- + Give them the charcoal and encourage them to begin drawing.
- + Remind them that they can use their fingers to smear the charcoal to create shadows.
- + Because charcoal can be messy, use the damp cloths to assist individuals in cleaning their hands.



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March 3rd – World Book Day



Caroline May

*"March, when days are getting long,
Let thy growing hours be strong to
set right some wintry wrong."*

Stitch a Book

Why not make an 'accordion book'? This craft activity encourages creativity and conversation. It is also a great way to use up beautiful papers, stickers and other funcraft supplies.

You will need:

- + Long paper
- + Scissors
- + Ruler
- + Thin card
- + Buttons
- + Sewing kit
- + Glue
- + Decorations (optional)

What you do:

- + Measure the paper to get the desired book size.
- + Cut a long strip for the accordion folds. Decide how many pages are needed and divide the total length by that number. This will help to place your folds.
- + Measure with the ruler and place a mark where each page fold should be
- + Design a front and back cover, just like a proper book.
- + Place the folded paper on the thin cardboard and trace out the size you need. Cut out 2 pieces.
- + Select one of the cardboard pieces to be the front cover.
- + Sew two buttons near the edge on one side.
- + Use a big needle to push through the cardboard.



- + Place the buttons near the centre of the edge.
- + Wrap the thread around the stitches you have sewn and then back through the cardboard and repeat.
- + Attach the front cover. Put some glue all over the thin cardboard on the printed side.
- + Use tacky glue; glue sticks are strong enough
- + Take the folded accordion paper and place in front of you like a closed book, with the first page opening on the right.
- + Place the glued cardboard directly on top of this page.
- + Place the buttons on the right side. Align the edges.
- + Trim the cover after the glue dries.
- + Knots from your stitching should be sandwiched between the cardboard and paper.



- + Take your book and turn it over. Open the first page (which is the last page of the book).
- + Before gluing on the cardboard, take a 12-inch piece of string. Make a loop and knot it. This will be the string that holds the book closed.
- + Put the glue on the second piece of thin cardboard.
- + Sandwich the string loop between the paper and the cardboard.
- + Glue the cardboard to the inside of the first page on the left side.
- + Open the accordion book fully. The cardboard should be on the back of the first page and on the back of the last page.
- + The book is complete.
- + Close by winding the string around the buttons.

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March 4th – Opening of the
Winter Paralympic Games



Jean Hersey

*"In March winter is holding back
and spring is pulling forward.
Something holds and something
pulls inside of us too."*

Winter Paralympic Quiz

The first Winter Paralympic Games took place in Rnsköldsvik, Sweden, in 1976, Beijing will host the 2022 Paralympic Winter Games on March 4th 2022, welcoming around 600 of the world's greatest paralympic athletes, making it the first city to host both the summer and winter versions of the Paralympic Games.

Athletes will compete in 78 different events in six sports in two disciplines: snow sports (alpine skiing, cross-country skiing, biathlon and snowboarding) and ice sports (snow skiing, cross-country skiing, biathlon and snowboarding) (para ice hockey and wheelchair curling).

Can you match the individual to the sport they participate in using the photographs below?



Person **One**



Person **Two**



Person **Three**



Person **Four**



Sport **A**



Sport **B**



Sport **C**



Sport **D**

Answers: 1 Gregor Ewan D Wheel Chair Curling / 2 Kelly Gallagher C Women's Downhill Skiing / 3 Owen Pick B Para-Snowboarding / 4 Scott Meenagh A Para - Nordi Skiing

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March 5th – St Piran's Day



Tracy Chevalier "My father was often impatient during March, waiting for winter to end, the cold to ease, the sun to reappear. March was an unpredictable month when it was never clear what might happen. Warm days raised hopes until ice and grey skies shut over the town again."

Miner's Lamp

Cornwall's most prominent holiday, St. Piran's Day, falls on March 5th. The patron saint of tin miners is St. Piran.

St. Piran is credited with developing the tin extraction technique, revealing the secrets of the county's most valuable industry to a local miner. When he cooked a black stone with his fire, it leaked a white liquid, and tin mining in Cornwall was created. This significant discovery is symbolised by the Cornish flag, which features a white cross on a black backdrop.

- + Do the individuals you support have any recollections of Cornwall?
- + Are any of them or anyone they know, ex-miners?

Why not try your hand at creating a tin mining lamp? If necessary, you can adjust this to try with firm card following the same steps below.



You will need:

- + Tin can
- + Nails
- + Hammer
- + Pencil or thin marker
- + Black and white block image
- + Block of round wood which fits inside the tin can
- + Battery tea light

What you do:

- + Using your pencil or thin marker, make a pattern on your tin can that you want to hammer out.
- + For ease, you can take a black and white image and attach this to your can as a guide.
- + Place the wood into the tin can once you've finished your pattern. You must ensure that there is no space between the tin can and the wood. Otherwise, when pounding, this will dent your can.
- + Using your hammer and nail, start to hammer holes into your pattern
- + You want to leave spaces in between each hole.
- + Once you have finished, place your Battery tea light inside and enjoy!



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)

March 6th – British Science Week

The New York Times “Despite March’s windy reputation, winter isn’t really blown away; it is washed away. It flows down all the hills, goes swirling down the valleys and spills out to sea. Like so many of this earth’s elements, winter itself is soluble in water... It is a wet world, winter’s harsh grip beginning to relax... An outcropping ledge on the hillside sheds its beard of icicles and becomes a seep spring that drips into a shallow pool that feeds a growing runlet.”

Creative Writing

Use a photograph to stimulate conversation and create a story.
Use this photograph to inspire a story in celebration of science



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?
- + Can you tell me what names we should give to the individuals?
- + Are they friends, relatives or colleagues?
- + What do you think they are doing?
- + What are they talking about?
- + What can you see around them?
- + Did you do science experiments when you were at school?

You can use the questions as conversation starters. Write down the answers and memories as they are shared. Use the notes to form the basis of the story and ask for other ideas. Read the story out loud and edit it together, letting the story evolve. Take your time!

Why not watch a film or documentary together, about science or scientists e.g., ‘2001: A Space Odyssey’ or the 80’s classic, ‘Weird Science’?

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March 7th – Alexander Graham Bell patents the telephone

Ring!

Alexander Graham Bell was just 29 years old, when he received a patent for his ground-breaking new invention, the telephone, on March 7th 1876.

Alexander, who was born in Scotland, later worked in London with his father, Melville Bell, who created Visible Speech, a written technique for teaching deaf people to talk.

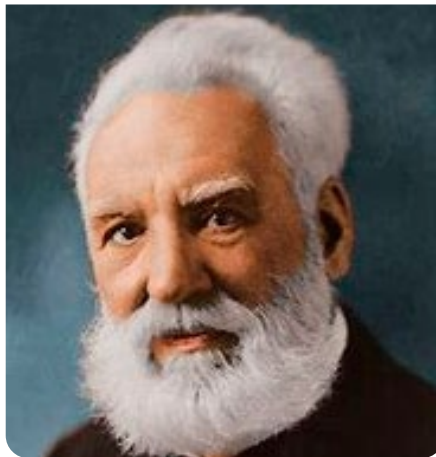
Alexander became fascinated by the prospect of sending speech across cables. He aimed to improve an early telegraph design by inventing a "harmonic telegraph," a gadget that combined the characteristics of a telegraph and a record player to allow people to communicate across long distances.

Alexander created a prototype with the help of Thomas A. Watson, a Boston machine shop employee. The telephone conveyed its first comprehensible message—the famous "Mr. Watson, come here, I need you"—from Alexander to his assistant three days after the patent was filed.



Discover the timeline of one of the world's most important inventions by following the phone cable.

7th March 1876: Patent submitted for a telephone.



10th March 1876: First call on a telephone was made.

10th August 1876: Alexander Bell makes the world's first long-distance telephone call, one-way, not reciprocal, over a distance of about 6 miles, between Brantford and Paris, Ontario, Canada.

9th October 1876: Alexander Bell makes the first two-way long-distance telephone call between Cambridge and Boston, Massachusetts.

14th January 1878: Alexander demonstrated the telephone to Queen Victoria at Osborne House on the Isle of Wight with calls to London, Cowes and Southampton.

1881: The Government authorised the Post Office to offer the public telephone, as well as the telegraph service.



Neil Gaiman

"By March, the worst of the winter would be over. The snow would thaw, the rivers begin to run, and the world would wake into itself again."

17th July 1882: the Postmaster-General, Henry Fawcett, decided to grant licences to operate telephone systems to all responsible persons who applied for them.

1936: The speaking clock was introduced. The Post Office had held a competition to decide on the voice to be recorded giving the Greenwich time correct to one-tenth of a second which was won by Miss Jane Cain, a London telephone operator.

January 1970: The world's first telephone directories produced by a fully integrated computer printing process, were completed for the Post Office.

1980: A distinguishing name was given to the telecommunications business of the Post Office – British Telecom – following a Government decision to separate the major Post Office operations.

1st October 1981: British Telecommunications, trading as British Telecom, severed its links with the Post Office under the British Telecommunications Act, 1981 and became a totally separate public corporation.



Can you locate various sorts of phones and use them to inspire memories and conversation? Have some switchboard photographs on hand and other images.

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)

March 8th – International Women's Day



Ogden Nash

"Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year."

It's a Wrap!

Wool wrapping is a lovely tactile craft activity, using both colour and texture. Wool frames can display a poem or inspirational quote beautifully. For international Women's Day, why not display iconic women who mean something to the individuals you support?

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women.

Find out the history of the women you support and work alongside.

Here are some questions to prompt discussion:

- + What women inspire you?
- + Who would you celebrate?
- + How have women's rights changed throughout history?



Let's wrap!

You will need:

- + Wool (use thicker wool for individuals who might tire easily)
- + Scissors
- + Cardboard
- + PVA glue/Glue gun
- + Optional: decorations for frames such as buttons, flowers
- + Pencil
- + Ruler



What you do:

- + Cut lengths of cardboard at the same thickness as your ruler.
- + Decide on the size of the frame; if you are making these frames to display poems or photos, make sure they will fit easily in the frame!
- + Leaving the 1cm card clear, start wrapping wool either from a ball or cut off long strips around the card.
- + Once you have four wrapped strips, you can glue them together with a glue gun.
- + Glue the poem or photo to a piece of card just a bit smaller than the frame. Stick this to the frame so it fits nicely through the frame.
- + You can decorate as you would like to, with flowers or beads.
- + Display your frame and celebrate the women in your life and in history!



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March 9th – National Meatball Day



John Steinbeck

"In March the soft rains continued, and each storm waited courteously until its predecessor sunk beneath the ground."

My Meatballs

No one knows who invented meatballs, unfortunately. Meatballs as we know them now weren't really invented in Italy. When Italian immigrants arrived in America in the 19th and 20th centuries, they brought their delicious meat balls with them.

It's possible that the dish was inspired by kofta, a Persian dish made with a variety of meats and rice, bulgur or mashed lentils. This meal became popular in different countries and cultures over time.

Because meatballs are now the star of any pasta dish, why not make your own famous meatballs and enjoy this recipe?

You will need:

- + 1 pound ground beef
- + 1 egg
- + ½ cup Italian-seasoned bread crumbs
- + ¼ cup grated Parmesan cheese
- + 4 tablespoons garlic powder
- + 2 tablespoons Italian seasoning
- + 2 teaspoons olive oil
- + 1 (28 ounce) jar marinara sauce



What you do:

- + Combine beef and egg in a large bowl. Add breadcrumbs, Parmesan cheese, garlic powder, and Italian seasoning. Mix together, but do not overmix, as it will get tough.
- + Shape into 1- to 2-inch balls.
- + Heat oil in a frying pan over medium heat. Cook meatballs in the frying pan until browned and no longer pink in the centres, 3 to 5 minutes per side.

- + Meanwhile, heat marinara sauce in a pot over medium-low heat. Add cooked meatballs to sauce and let simmer for added flavour, about 15 minutes.

- + Enjoy!

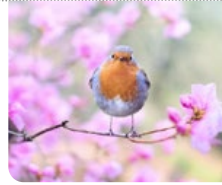
Top tip

Why not replace the ground beef for a vegan substitute?

Click here to discover NAPA Food-based activities guidance.

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)

March 10th – International Bagpipe Day



Unknown

"As it rains in March, so it rains in June."

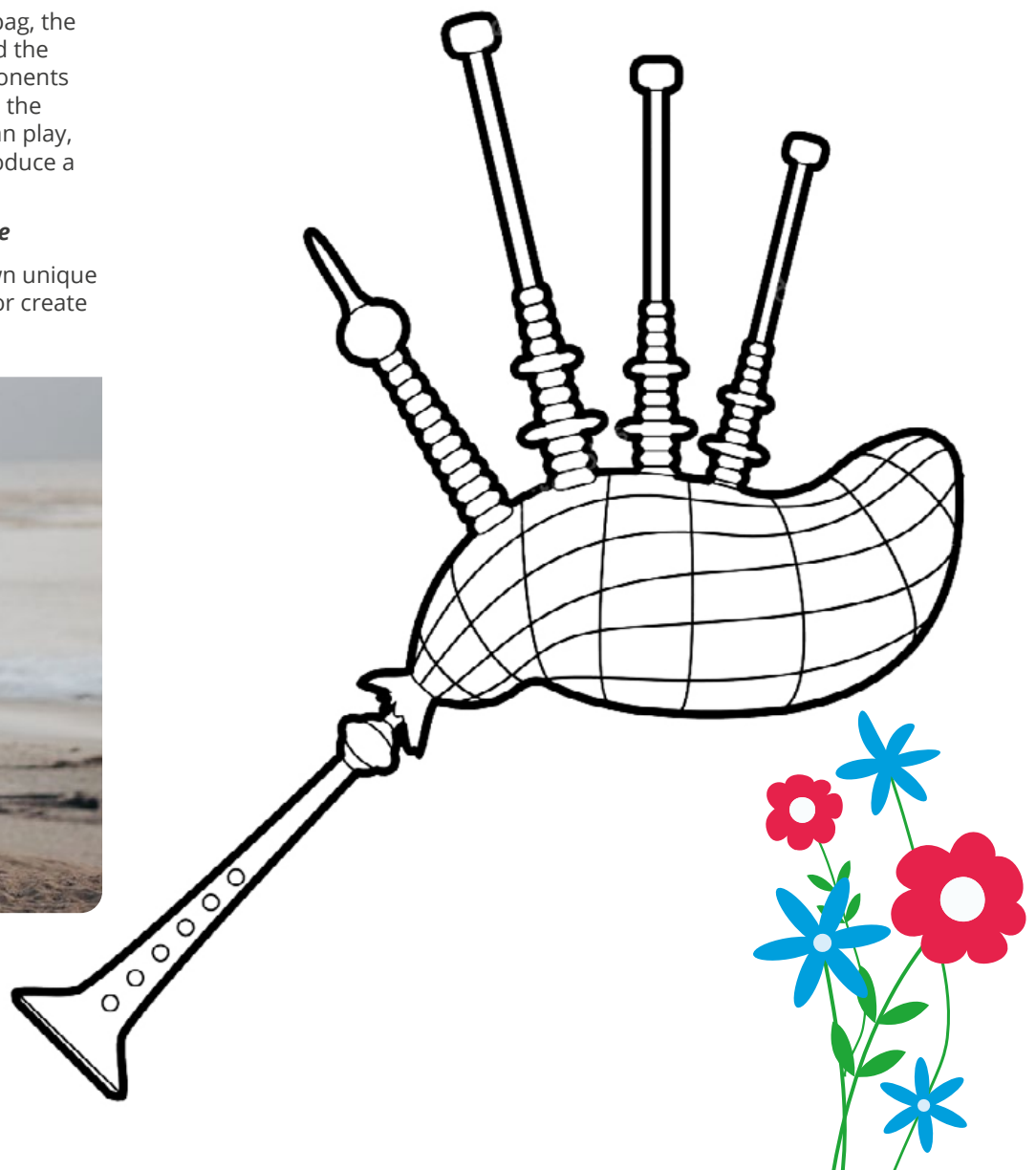
Design a Bagpipe

Bagpipes are supposed to have originated in Egypt around 400 B.C. Bagpipes are distinct and unique musical instruments that have a specific place in Scotland and Ireland, among other places in Europe.

The air supply blowpipe, the bag, the chanter, the chanter reed, and the drone or drones are all components of the bagpipe. The chanter is the melodic pipe that the piper can play, while the drone or drones produce a steady tone.

Listen to bagpipes – [Click Here](#)

Are you able to make your own unique bag pipes? Use the template or create your own tartan design?



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](#)

March 11th – National Oat Waffles Day



William C

*"The stormy March has come at last,
With winds and clouds and changing
skies; I hear the rushing of the blast
That through the snowy valley flies."*

Oat Waffles

On March 11th, National Oat Waffles Day honours a healthier alternative of the classic waffle. A waffle is a batter or dough-based cake cooked in a waffle iron with a patterned size, shape and surface impression. There are numerous variations or waffle makers.

Oats have just as many health benefits as they do deliciousness. They are a great way to start the day and a very useful multi-purpose ingredient.

For a fun breakfast, experiment with different ingredients in your oat waffle mix.

You will need:

- + 2/3 cup plain flour
- + 1/2 cup oats
- + 1 tablespoon brown sugar
- + 1 teaspoon baking powder
- + 1/2 teaspoon salt
- + 1 large egg, room temperature
- + 2/3 cup milk
- + 1/4 cup rapeseed oil
- + 1/2 teaspoon lemon juice
- + 1/4 cup ground pecans
- + 1/2 cup fresh or frozen blueberries



What you do:

- + In a bowl, combine flour, oats, brown sugar, baking powder and salt.



- + In another bowl, combine egg, milk, oil and lemon juice; stir into dry ingredients until combined.
- + Fold in ground pecans and blueberries. Let stand for 5 minutes.
- + Bake mixture in a preheated waffle iron according to manufacturer's directions until golden brown.
- + If desired, top with additional blueberries and chopped pecans and serve with maple syrup and butter.
- + Enjoy!

Click here to discover NAPA Food-based activities guidance.

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March 12th – National 'Plant a Flower' Day



Anamika Mishra

*"Flowers and colours everywhere,
I am so glad that March is here."*

Pressing flowers

Pressing flowers is an ancient art form, originally practised by the Greek and Romans thousands of years ago. Still loved today, not only does pressing extend the life of your blooms, but the pressed flowers also add a unique, stylish touch to your home.

However, to start this activity we first need to plant the flowers!

As a group, look at the list below for recommended flowers to sow in March.

- + Cosmea
- + Gazania
- + Petunia
- + Lobelia
- + Sweet Pea
- + Calendula
- + Clarkia
- + Larkspur
- + Nigella
- + Marigold

Decide on which flowers to sow and where to grow them for people to enjoy. Once they have grown, why not take samples and save them by pressing the flowers?



What you do:

- + Pick your flowers from the garden and cut them in the morning after the morning dew has evaporated. Avoid picking them on rainy days.
- + Trim the stems to the size that you want.
- + Remove low-hanging or scraggly leaves that remain on the stem.
- + Cut thick flowers in half so they can be dried flat.
- + Place the prepared flowers between 2 sheets of parchment paper.
- + Arrange the flowers so that none of their petals, leaves or stems overlap.
- + Set the sheets between the pages of a heavy book.
- + Stack on 2 to 3 more books to provide extra weight.
- + Leave the flowers alone for 1 to 2 weeks to allow them to dry out fully.
- + Create a decorative book to store your collection and make a note of the date and a thought.

You will need:

- + Flowers
- + Parchment paper
- + Book
- + Heavy books for pressing
- + Scissors



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March 13th – National Jewel Day



Sara Coleridge

"March brings breezes loud and shrill, stirs the dancing daffodil."

My Crown Jewels

National Jewel Day honours the creators, jewellers and unique items that take our breath away. Most jewellers work with artisans who cooperate with customers to realise their design. They also clean and repair heirloom antiques.

The earliest known jewellery was made by Neanderthals living in Europe, not by humans (Homo sapiens). Porous beads fashioned from small sea shells were discovered in the Cueva de los Aviones, a cave on Spain's southeast coast, going back 115,000 years.

Birthstones – a gemstone allotted to each month of the year – are thought to be an ancient concept, with researchers tracing it back to the Biblical Breastplate of Aaron detailed in Exodus.

Which Is your birthstones?

- | | |
|------------------------------|---|
| + January – Garnet | + August – Peridot |
| + February – Amethyst | + September – Sapphire |
| + March – Aquamarine | + October – Opal |
| + April – Diamond | + November – Yellow Topaz, Citrine |
| + May – Emerald | + December – Tanzanite, Zircon, Blue Topaz |
| + June – Pearl | |
| + July – Ruby | |



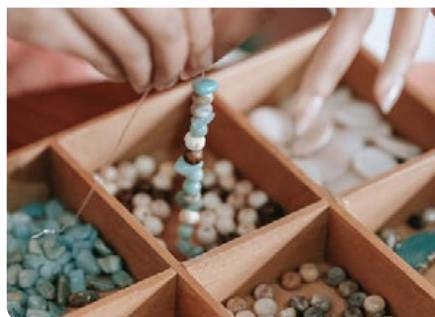
Make a beaded necklace or bracelet to make your own jewels.

You will need:

- + Beads of all types and sizes. Ask around for old costume jewellery that is no longer used or broken
- + Elasticated thread
- + Scissors

What you do:

- + Put the beads into clear tubs or bowls for individuals to choose the design they would like.
- + Measure the elasticated thread around a wrist or neck and cut to size.



- + Add the beads and tie.
- + Share, wear or give to someone as a present.

Top tip:

Do you have a special piece that's been shut up in a jewellery box? Bring it out for this celebration! It needs to see the light of day share the memories and history.



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March 14th – Commonwealth Day



William Wordsworth

"Now when the primrose makes a splendid show,
And lilies face the March-winds in full blow, And
humbler growths as moved with one desire; Put
on, to welcome spring, their best attire..."

Commonwealth Wordsearch

+ TRINIDAD
AND TABAGO

+ TONGA

+ SWAZILAND

+ CAMEROON

+ TUVALU

+ ZAMBIA

+ SOUTH AFRICA

+ GHANA

+ UNITED KINGDOM

+ CANADA

+ SRI LANKA

+ NEW ZEALAND

+ MALTA

+ INDIA



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

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March 15th – Brain Awareness Week



Unknown

"So many mists in March, so many frosts in May."

Exercise the Brain

Have you ever been curious about how the brain functions? Have you ever wondered what goes on within your thoughts on a daily basis? The human brain is the body's most sophisticated organ.

This intricate organ is made up of numerous pieces, each of which performs a specific function or collection of functions. Everything we do is controlled by it, from basic biological functions such as breathing and heart rate to more complicated ones such as decision-making, memory and language.

Why not try your hand at some of these brain-training games?

The Stroop Test: Say the colour of the ink and do not read the word

Red / Blue / Green / Yellow / Pink / Orange / Black

Jumbled Letters: You should be able to read the text, if the start and ending letters of the word are in position.

"It doesn't mttar in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe."

Finish the Phrase:

1. Actors are often told to "break a _____."
2. I'll just have to "turn over a new _____."
3. He got an answer "straight from the _____'s mouth."
4. It's too late at night for me; I'm going to "hit the _____."
5. Something rare only happens "once in a _____ moon."

Answers 1. Leg 2. Leaf 3. Horse 4. Hay 5. Blue

Top tip:

Consider the people you're helping when you're using this resource- what changes can you make to the resource to help be more inclusive and adapt for individuals living with dementia?

Can you adapt the ideas? You could change the Stroop test to a task of matching coloured objects to the appropriate colour pots? Do you know a song's lyrics?

We should not let cognitive limitations prevent us from engaging in brain exercise; we simply need to adapt the exercise.



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March 16th – Start of Purim

Purim

Purim, which falls on the 14th of Adar, is the most joyous and exciting day of the Jewish year. It celebrates the miraculous deliverance over two millennia ago.

The history: The Persian empire in the 4th century BCE (BC) spanned 127 countries, and all Jewish individuals were subject to it. When King Ahasuerus had his wife, Queen Vashti, put to death for disobeying his commands, he staged a beauty competition to pick a new queen. Esther, a Jewish girl, gained favour in his eyes and became the new queen, despite her refusal to reveal her nationality.

Meanwhile, the empire's antisemitic prime minister, Haman, was appointed. Mordechai, the Jewish leader (and Esther's cousin), refused to bow to Haman despite the king's demands. Haman was furious, and he persuaded the king to issue a decree ordering the killing of Jewish people on the 13th of Adar, a date determined by a lottery devised by Haman (thus the name Purim, which means "lots").

Mordechai energised the entire Jewish community, persuading them to repent, fast and pray to God. Meanwhile, Esther invited the King and Haman to a banquet. Esther confessed her Jewish origin to the King at the feast. Haman was hanged, Mordechai was named Prime Minister in his place, and a new order was issued allowing Jewish people to defend themselves against their enemies.

On the 13th of Adar, the Jewish people mobilised and slew a large number of their foes. They relaxed and celebrated on the 14th of Adar.



Ralph Waldo Emerson "Our life is March weather, savage and serene in one hour. We go forth austere, dedicated, believing in the iron links of Destiny, and will not turn on our heel to save our life: but a book, or a bust, or only the sound of a name, shoots a spark through the nerves, and we suddenly believe in will..."



How to celebrate:

- + **Give to your community (Matanot LaEvyonim)** – on Purim day Jewish people place special emphasis on caring for the less fortunate.
- + **Send Food Gifts to Friends (Mishloach Manot)** – Jewish people send a package containing at least two different ready-to-eat food items and/or beverages. Men send to men, and women to women.
- + **Feast!** Gather around family, maybe invite a guest or two, and celebrate with a festive Purim meal. Traditionally, this meal begins before sundown and lasts well into the evening.

- + **Masquerade!** Some adventurous adults traditionally dress in costumes, an allusion to God's hand in the Purim miracle, which was disguised by natural events.

Why not reach out to your local Jewish community to learn more about the event and join them in celebrating it?



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March 17th – St Patrick's Day

St Patrick's Day

Steeped in Irish heritage, Lakeland Dairies are celebrating the lush green grass of their family farms, and inspiring care homes to host an Irish themed afternoon tea party this March

Irish Themed Party

Claim a fantastic Irish Party Activity Resource from Lakeland Dairies [Here](#).



Recipes

The resource is filled to the brim with amazing recipes, all with an Irish twist to host a fantastic Irish Party.

Try one, or all of our 15 fantastic recipes, including:

- + **Incredible Chocolate Soil Pots;** inspired by the lush green grass of our family farms
- + **Delicious Shamrock Mocktail;** carefully crafted to be high in protein
- + And Chef's favourite, as voted for in 2021*, **Colcannon!**



And that's not all!

The Irish Party Activity Resource is also full of resident facing activities including:

- + Quizzes
- + Spot the Difference
- + Wordsearches
- + Storytelling Activities

Plus: Top tips for hosting an Irish themed afternoon tea party from NAPA

Free Millac Piping Bags

Plus, a free roll of 10 x Millac piping bags will be given away with every Irish Party Activity Resource

Winning ingredients

Did you know, Millac Gold Double is the only cream alternative with real dairy cream and added vitamin D? Just 100g contains 15% of Reference Intake for Vitamin D.



Lakeland
DAIRIES

March 18th – Global Recycling Day



Unknown

*"Winds of March, we welcome you,
there is work for you to do. Work
and play and blow all day, blow the
winter wind away."*

Milk Elephant

Recycling is critical for keeping the environment clean, conserving natural resources, conserving energy and lowering the quantity of rubbish in landfills.

Have fun collecting "recyclable materials" to use in recycling projects. With a little paint, white glue, scissors and imagination, you can create some amazing works of art!

Enjoy constructing these amusing milk elephants out of recycled milk bottles, which are one of the most common waste materials.

You will need:

- + 1 (or more) empty and clean plastic milk bottles
- + scissors
- + brightly coloured tissue paper cut into equal size and shape squares
- + PVA/ white glue and brushes
- + white card
- + black pen



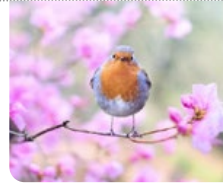
What you do:

- + Stand the milk bottle up and cut into it just below the handle. This will form the elephant's trunk.
- + Then cut off the flat bottom of the bottle and cut four legs into it, as well as a little tail. Done!
- + Cut your tissue paper into squares.
- + Set out tissue paper and glue and start to stick
- + Once the whole body is covered, add another wash of glue over the top to make it dry hard and shiny.
- + Make some ears by cutting equal sized pieces of white card into semi circles, with a tab at the bottom so you can bend it and glue onto the body.
- + Decorate with more tissue squares.
- + Cut some eyes from some card and draw the pupils with black marker and glue in place.
- + These Bright colourful milk elephants brighten up any room!



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March 19th – St. Joseph's Day



Susan Reiner

"March bustles in on windy feet and sweeps my doorstep and my street."

Decorative Candle Art

The Feast of Saint Joseph, commonly known as St. Joseph's Day. Christians believe that Saint Joseph was the husband of the Blessed Virgin Mary and Jesus Christ's stepfather. The feast day of St. Joseph is observed all around the world. Due to the fact that this event happens during Lent, no meat is served on the altars.

As a symbol of their faith, many people light a candle before worshipping. The lighting of candles has an important role in Catholic festivities and ceremonies.

Candles provide a spiritual energy that many people might benefit from. Lighting a candle is a good way to reflect your affirmations or happy thoughts.

Making these picture candles at home is a great way to enjoy being creative!

You will need:



- + Candles
- + Images
- + Quotes
- + Diamantes
- + Glue
- + Scissors

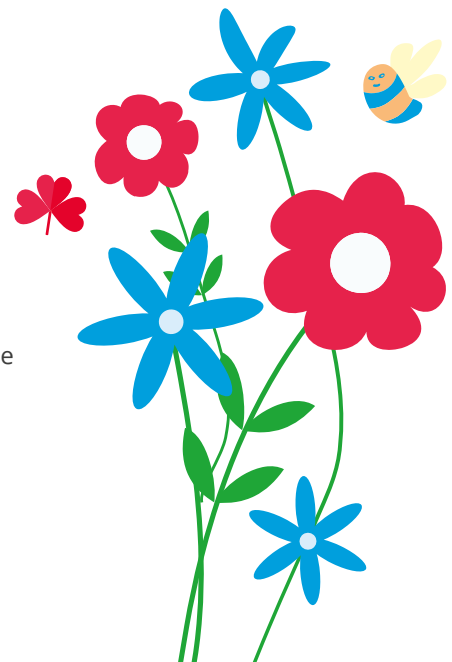
What you do:

- + Take your candle and make sure it's clean.
- + Using magazines or the internet, pick images you would like to use to decorate your candle.
- + On the back of the candle, think if you would like to add messages or print a quote.
- + Once you have your images and quotes, cut round them to fit onto your candle.
- + Then glue down in place.
- + Next decorate the candle using the diamantes and any other decorations you would like.
- + You can seal the photos with PVA glue.



Remember!

DO NOT LIGHT these candles once they've been decorated; instead, use battery pillar candles, if possible. These are also beautiful decorations for individuals who wish to look at them rather than create them.



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March 20th – Spring Begins

Potato Candies

CELEBRATE
green
THIS
March

These fun Irish Potato Candies are a great no-bake recipe that you can create with residents: small candies made of cream cheese and desiccated coconut and rolled in cocoa powder to look like mini potatoes!



Ingredients:

Serves 12

- + 60g Lakeland Dairies Butter
- + 400g Icing Sugar
- + 5g Vanilla Essence
- + 250g Dessicated Coconut
- + 125g Lakeland Dairies 100% Dairy Skimmed Milk Powder
- + 120g Full Fat Cream Cheese
- + Cinnamon and drinking chocolate for dusting

Method:

- + In an electric mixer beat together the Lakeland Dairies Butter, cream cheese and vanilla essence until smooth.
- + In a bowl combine the coconut, Lakeland Dairies 100% Dairy Skimmed Milk Powder and icing sugar.



- + Slowly add the dry mixture to the creamed mixture and continue mixing on low speed until fully incorporated.
- + Roll the mixture into tablespoon size balls to imitate potatoes.
- + Coat the potato balls in cinnamon and drinking chocolate then place in the fridge until set.
- + Dig in!

Fortified

Lakeland Dairies 100% Dairy Skimmed Milk Powder is ideal for fortification, with 55kcal and 5.5g of protein in every 15g tablespoon.

Irish Party Activity Resource

For more fun Irish themed recipes and activities, claim your FREE Irish Party Activity Resource from Lakeland Dairies **Here**.

Plus FREE Millac Piping Bags with every resource!



Lakeland
DAIRIES

March 21st – World Poetry Day



Patience Strong

"When March comes in like a lion
it goes out like a lamb."

Acrostic Poem

A celebration of linguistic expression that people from all cultures can identify with.

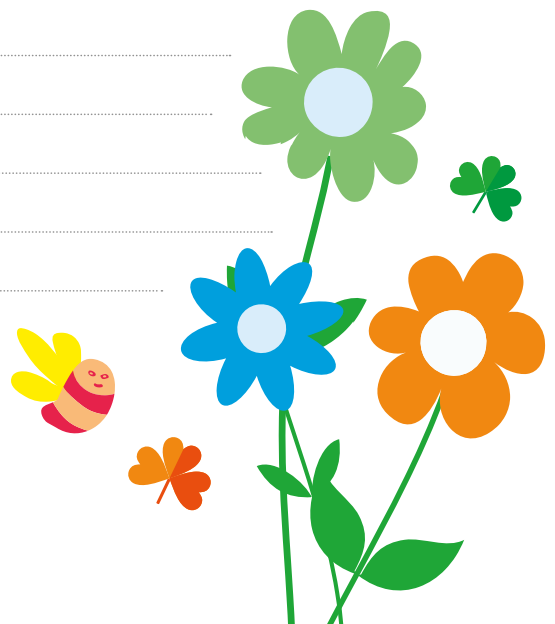
A poem is a piece of writing in which the expression of feelings and ideas is given intensity by particular attention to diction (sometimes involving rhyme), rhythm and imagery. – English Dictionary

Writing poetry can be a creative and therapeutic process, enabling us to express our feelings and experiences.

Most people will say they are not poets; this simple, easy acrostic poem will show them they are!



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March 22nd – World Water Day



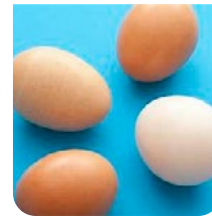
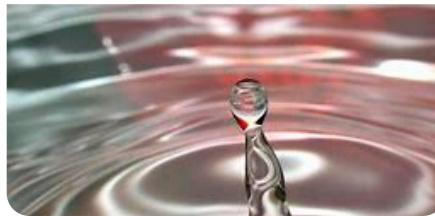
Unknown

"A dry March and a wet May, fill barns and bays, with corn and hay."

H₂O Experiments

World Water Day honours water while also raising awareness of the 2.2 billion people who do not have access to safe drinking water. The goal of World Water Day is to help accomplish of Sustainable Development Goals. **Click here** to find out more.

What not try some of these fun water experiments to discover more interesting facts about water?



Oil and Water Experiment

The aim of this experiment is to demonstrate that oil and water have different densities, and that oil molecules are not attracted to water molecules.

You will need:

- + Several cups
- + Baby oil
- + Food colouring
- + Water

What you do:

- + Start by adding a few drops of food colouring to different cups of water.
- + Stir it and observe the colour dissolve into the water.
- + Pour some baby oil into the cups with a dropper.
- + The oil will not mix with the colored water. Since oil is less dense than water, it will remain on top of the coloured water.
- + It is beautiful to watch the oil form a thin layer on top of the coloured water.

Water Density and Salinity

To show that the densities of fresh and saline water are different.

You will need:

- + Two glasses
- + Two eggs
- + Water
- + Salt

What you do:

- + Fill two glasses with water and gently put a raw egg into each of them.
- + Unless the eggs are stale or have gone bad, they will both sink to the bottom of the glass.
- + Now, progressively add salt to one of the glasses.
- + After a certain point, you will notice that the egg will start to rise higher.
- + As you add more salt, it will float to the top.
- + It occurs because the increased salinity of the water increases its density, eventually reaching a point where the water is denser than the egg!

Sink or Float Experiment

The goal is to figure out if items will sink or float.

You will need:

- + Tub, bucket or glass of water, ideally transparent
- + Variety of objects (Avoid anything electrical or made of iron)

What you do:

- + Start by putting different objects into the water and observing the results.
- + For example, a metal spoon will immediately sink, while a heavier plastic plate will not.
- + If you are experimenting with a glass of water, you can use a cork, which floats on water, and coins that settle on the bottom of the glass.
- + You can do the same with objects of the same weight and material as well, like a crumpled aluminium foil ball, which will sink, and a flat aluminium foil sheet, which will likely float.

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://twitter.com/NAPAActivitiesCalendar)

March 23rd – National Dog Biscuit Day



Shakespeare Week

*"March winds and April showers
bring forth May flowers."*

Shakespeare Ruff

Shakespeare Week is a national celebration of William Shakespeare which allows people to learn more about his characters, stories and language.

Shakespeare was an English playwright, poet and actor who is recognised as the greatest writer in the English language and the finest dramatist in the world. There are 39 plays, 154 sonnets, three big narrative poems and a few additional pieces in his collection.

Some of his most famous plays are:

- + 'Hamlet'
- + 'Romeo and Juliet'
- + 'Macbeth'
- + 'Julius Caesar'
- + 'Much Ado About Nothing'

Why not have a coffee morning and read a passage from his plays? You could even dress up as Elizabethans and make this simple paper ruff in the days leading up to the coffee morning.



You will need:

- + White Coffee filters
- + Ribbon or string
- + Hole punch
- + Stapler
- + Scissors

What you do:

- + Fold the coffee filter in half, then in half again.
- + Staple your folded piece, about 3/4" from the small end.
- + Hole punch just under the staple.
- + Measure your string or ribbon to fit the individual's neck, then add a few inches on each side for ease of tying.
- + Thread the filters until the string is full – you might use 30/50 filters per ruff.
- + Now fan out the filters and you're ready to wear!

Top tip:

You can swap the coffee filters for A4 white paper. Just trim the large end in a wavy line.



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March 24th – National Button week



Garrison Keillor

"March is the month God created to show people who don't drink what a hangover is like."

Button Bowl

There is no need to let the buttons on worn-out clothes go to waste! Whenever you can, snip them off and start a button collection in celebration of National Button Week.

Why not try making a beautiful button bowl to keep or give as a gift?

You will need:

- + Balloons
- + A selection of flat backed buttons – 1 large one to make a sturdy base
- + PVA glue
- + Paint brush



What you do:

- + Blow up the balloon to the desired size.
- + Paint glue onto half the balloon, the size of your bowl.
- + Place larger buttons onto the bottom to create the bottom of your bowl and then place the rest of the buttons around the sides to make your bowl shape.
- + When dry, paint a layer of glue to secure your buttons. Do this twice.
- + When completely dry, pop your balloon and enjoy your bowl.
- + Think how great it would be, filled with pot pourri!



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March 25th – Greek Independence Day



Emily Dickinson "March is the month of expectation, the things we do not know, The persons of prognostication are coming now. We try to sham becoming firmness, But pompous joy betrays us, as his first betrothal betrays a boy."

Keramos kerameikos

Greek Independence Day is an annual national holiday in Greece commemorating the beginning of the Greek Independence War in 1821. It falls on the feast of the annunciation to the Theotokos in the Greek Orthodox Church, when the Archangel Gabriel visited Mary and told her that she would bear God's son.

Greek pottery is one of the most well-known objects from Greece. Ancient Greek pottery from c. 1000 to c. 400 BCE has not only some of the most recognisable vase types from antiquity, but also some of the oldest and most diversified depictions of the ancient Greeks' cultural ideas and practises.

Why not try your hand at producing Greek pottery?

You will need:

- + Terracotta air drying clay
- + Rolling pin (not for food use)
- + For cutting into the clay, use a clay tool or wooden sticks; the ends of paint brushes can also be used!
- + Black paint
- + Paint brushes for painting
- + Varnish
- + Images of pottery designs
- + Knife for cutting (not for food use)



What you do:

- + Roll out your clay 2inch thick and gently draw out the shape of a Greek vase using your images.
- + Once you have the correct shape, cut it out and remove the excess clay.
- + Now you can start to add your own design.
- + Once you're happy with the design, leave your clay to dry; overnight might be best.



- + Once dried, use the black paint to add detail.
- + Once the paint has dried cover with varnish.

Top tip:

If you don't want to use clay, you can substitute with paper and draw a design, or if you're feeling confident, try building a 3D vase.



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March 26th – Diana Ross' Birthday



Linda Ellerbee "March is a month of considerable frustration – it is so near spring and yet across a great deal of the country, the weather is still so violent and changeable that outdoor activity in our yards seems light-years away."

Happy Birthday, Diana!

Diana Ross is an American singer, musician and actress who gained fame as the lead singer of the Supremes, Motown's most popular vocal group in the 1960's and one of the world's best-selling girl groups of all time.

Early life:

Diana Ross was born in Detroit, Michigan, on March 26th, 1944 to Fred and Ernestine Ross, who settled in Brewster-Douglass, one of Detroit's low-income housing neighbourhoods. Diana was the second of six children.

Diana auditioned for a part in a school musical when she was fourteen but was turned down. Her temporary failure changed into good fortune when she was asked to join the Primettes, a female vocal ensemble.

Primettes to Supremes:

Diana and her friend Smokey Robinson would often go to Motown Studios to listen to music. Here they met Motown producer Berry Gordy. He persuaded Diana and her friends that they needed to return to finish high school. When they formed the group in 1962, it was called "the Supremes," a name which Diana despised.

The Supremes began as Marvin Gaye's backing vocalists. The Supremes' song "Let Me Go the Right Way" was their first to reach the national charts, allowing them to join the touring Motown.

The Supremes led Motown and its exceptional performers into its heyday in the 1960's with a sequence of number one successes which included:

- + "Baby Love" (1964) – [Click here](#)



- + "Stop! In the Name of Love" (1965) – [Click here](#)
- + "Back in My Arms Again" (1965) – [Click here](#)
- + "I Hear a Symphony" (1965). (1966) – [Click here](#)

Going Solo:

Diana Ross and the Supremes were billed as Diana Ross and the Supremes on the Motown label in 1967. By 1968, rumours about Diana leaving the band had started to swirl, and they achieved their peak. After their final performance together in January 1970, she began her solo career.

Diana's new career would only get better as Motown Records poured money into her debut single, "Reach Out and Touch (Somebody's Hand)" (1970) – [Click here](#).

Diana married Robert Silberstein, a pop music manager, in 1971, and they had three daughters together: Rhonda, Tracee and Chudney.



Diana went on to be nominated for an Academy Award for best actress and to gain a nomination for best song in a motion picture. She also achieved an incredible total of sixteen number one hits, second only to the Beatles – [Click here](#).

Do the individuals you're supporting like Motown music? Play some Diana Ross music for them and see what they recall.



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](#)

March 27th – World Theatre Day

Hunter S. Thompson "March is a month without mercy for rabid basketball fans. There is no such thing as a 'gentleman gambler' when the Big Dance rolls around. All sheep will be fleeced, all fools will be punished severely... There are no Rules when the deal goes down in the final weeks of March. Even your good friends will turn into monsters."

'A Midsummer Night's Dream'

Let's look at one of the world's most famous theatres for World Theatre Day, Shakespeare's Globe. The original theatre stood 30ft high, its stage 43 to 44 ft across. The design was taken from an old playhouse they were renting.

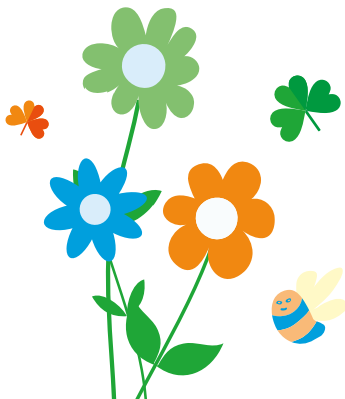


The modern version of the theatre is now located on the South Bank of the River Thames, just a few hundred yards from the theatre's original site.

Shakespeare's most popular and widely performed play is 'A Midsummer Night's Dream'. The comedy was written by William Shakespeare around 1595 or 1596. The play revolves around the marriage of Theseus and Hippolyta and is set in Athens.

Why not:

- + Hold an evening of readings or themed performances in your garden
- + Lead craft sessions in preparation for the event, making flower crowns, fairy wings, lanterns
- + Create images and information that people can read or view while in the garden
- + Read some short scenes from the play
- + Create an enchanting evening meal of finger sandwiches and butterfly cakes
- + Decorate the garden and create an ambiance with fairy lights, blankets and cushions
- + Time the event to include dusk
- + Ask friends and colleagues to get involved
- + See if family can help, too or bring costumes and objects
- + Create themed canapés and drinks.



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March 28th – National Nutrition Month

CELEBRATE
green
THIS
March

Chocolate Soil Pots

These Chocolate Soil Pots are inspired by the lush green grass of Lakeland Dairies' 3200 family farms across the island of Ireland. Made with Millac Gold Double, the only cream alternative with added vitamin D and real dairy cream.



Ingredients:

Serves 12

- + 400ml Millac Gold
- + 2500ml Vanilla Custard
- + 250g Dark Chocolate
- + Mint leaves to garnish
- + Crushed cookie and cream biscuits for chocolate soil

Method:

- + Heat the cream, custard and chocolate in a thick bottom pan
- + Once the chocolate has melted and completely stirred through the cream, remove from the heat

- + Pass through a very fine sieve
- + Pour into serving dishes
- + Once cooled slightly, place in the refrigerator overnight
- + Serve with the chocolate soil and mint leaf

Irish Party Activity Resource

For more fun Irish themed recipes and activities, claim your FREE Irish Party Activity Resource from Lakeland Dairies **Here**.

Plus FREE Millac Piping Bags with every resource!



Lakeland
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March 29th – Piano Day



Hal Borland

"March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice."

Guess the Piano Tune!

The piano's history may be traced back three centuries to an Italian harpsichord maker named Bartolomeo Cristofori, who created a ground breaking technological improvement in the form of a new mechanism for the harpsichord that allowed it to be played with dynamic variations. This device was dubbed "touch-sensitive" by him.

The piano is an enthralling instrument with a rich past. The piano is a simple instrument to use when it comes to producing sound. To play the piano, all you have to do is hit a button in a very easy manner. Many people enjoy tapping the black and white keys on the piano because it is soothing to listen to. The piano is one of the most popular instruments to learn.

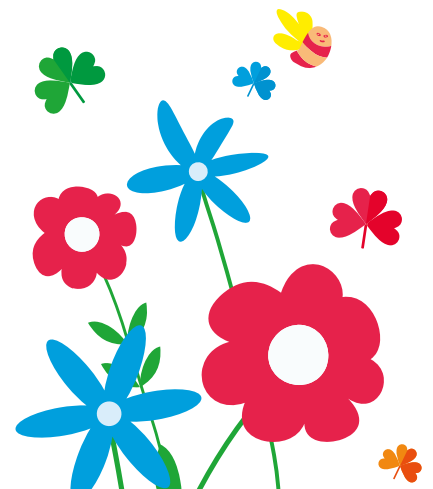
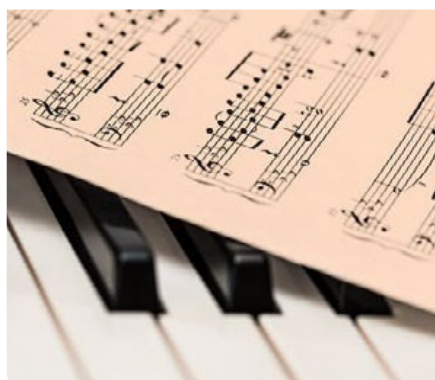
Use the links below to play 'Piano Bingo' or a 'Guess the tune' in honour of National Piano Day.

To play Piano Bingo:

Listen to the songs and write them down on a grid card, ensuring that you have a diverse selection. Play the songs as you would call numbers until someone shouts "Piano"

The links will be themed and will have a vast selection to choose from. Alternatively, you may simply enjoy guessing the music while sipping a cup of tea!

- + Movies – [Click here](#)
- + Songs – [Click here](#)
- + Shows – [Click here](#)
- + Classic music – [Click here](#)
- + 100 songs – [Click here](#)



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March 30th – National Pencil Day



Geoffrey Charlesworth

"Spring makes its own statement, so loud and clear that the gardener seems to be only one of his instruments, not the composer."

Shadow Drawing

Despite the fact that we now communicate via modern technologies, pencils and pens are ancient writing items (first used around 5000 years ago).



The origins of modern pencils can be traced back to an antique Roman writing implement known as a stylus. This slender metal rod was used by scribes to leave a light yet readable impression on papyrus (an early form of paper). Early styluses were also formed of lead, which we still refer to as pencil cores. Graphite powder and a clay binder make up the majority of pencil cores. Graphite pencils (sometimes known as "lead pencils") leave behind grey or black traces that can be easily wiped.

Many artists enjoy using a pencil as it's a small and cheap tool to carry. Artists employ various shading techniques to make their work appear more genuine.



Drawing with a pencil is considerably easier than drawing with a pen. There should be no smudges of ink on the page, your clothing or your hands.

In an art session, why not encourage the individuals you support to try their hand at drawing and shading?

Crosshatching – This method requires you to draw alternating sets of lines that cross over each other in a criss-cross pattern.

Smooth Pencil Shading – Smooth shading involves very soft strokes.

Stippling Pencil Shading – Stippling bears a strong resemblance to crosshatching, but instead of making lines that criss-cross, you create spots that are closer together and further apart.

Click [here](#) to watch a clip.

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March 31st – Eiffel Tower Day



Robin Williams

"Spring is nature's way of saying,
"Let's party!"

Building your own Tower

The Eiffel Tower was constructed between 1887 and 1889, by French engineer Gustave Eiffel, whose company specialised in metal frames and constructions. He also constructed the metal framework for another famous monument, the Statue of Liberty, which was created by Auguste Bartholdi and presented to the United States as a gift from France in 1886 to commemorate the 100th anniversary of the American Declaration of Independence.

Interesting facts:

- + Until the Chrysler Building was erected in 1930, it was the tallest structure standing at 1024 feet.
- + To reach the top of the tower, you must climb a whopping 1665 steps.
- + Every seven years, the tower is repainted, which takes 15 months and 60 tonnes of paint to complete.
- + Every summer, the tower expands by 6 inches as the metal expands due to the heat.

Is it possible for you to have a lot of fun building your own tower?

Who can construct the tallest structure without it collapsing?

You will need:

- + Paper cups or other material to use for stacking
- + Sellotape
- + Decorations
- + Tape measure



What you do:

- + Have a variety of paper cups or recycled materials to stack, as well as interesting shapes.
- + Encourage people to get creative in stacking and constructing their own tower.



- + Sellotape can be used to hold the objects in place, if necessary.
- + If feeling particularly inventive, why not embellish the tower?
- + Measure the height and see how high you can go!

Top tip:

Why not add a French flag or make your own and give your tower a name?



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CELEBRATE *green* THIS MARCH

*Steeped in Irish heritage,
Lakeland Dairies are
celebrating the lush green
grass of their family farms*

*And inspiring care homes to host
an Irish Themed Tea Party this March*

Lush Green Grass

Celebrating the **lush green grass** of our 3,200 family farms is the heart of Celebrate Green, with our March celebrations focusing on **St Patrick's Day**.

Our naturally grass-fed cows produce **high quality milk** which is the unique foundation of all our products.

We carefully design our products to deliver **extraordinary taste** and **fantastic functional performance**.



Resource
pages

Irish Themed Tea Party
CLICK HERE
for more information

Irish Themed Tea Party

Claim a fantastic Irish Party Activity Resource designed for Care Homes and packed with Irish inspired recipes selected to inspire Afternoon Tea menus, plus **Irish themed puzzles and activities**.

Every claim receives a FREE roll of Millac piping bags!

*Cows graze a
different paddock
each day, moving
from field
to field.*

*The ideal grass
height for grazing
dairy cows is 10cm
and they should not
graze below 4 cm.*

*A grass plant
only ever has
three living
growing
leaves.*

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