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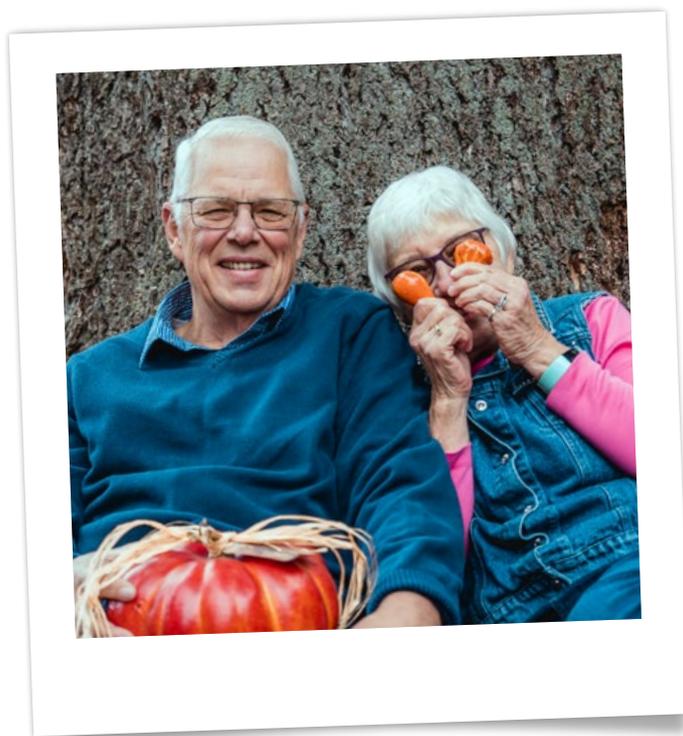
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*Prioritising Wellbeing*

## NAPA Activities Calendar *for every day of the year*

# November 2021



Sponsored by



# November 2021

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 November dates:

### Thursday 4th November

- + Roast Dinner Day

### Saturday 13th November

- + Transgender Awareness Week 2021

### Sunday 14th November

- + Prince Charles' 73rd Birthday

### Monday 15th November

- + Road Safety Week

### Monday 15th November

- + Peter Phillips' 43rd Birthday



## 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 & Lakeland Dairies



*Hilary*

**Hilary Woodhead**  
NAPA's Executive Director

I love this time of year, when the temperature drops, and the days get shorter. On goes the heating, out come the blankets and throws, the candles are lit, and the focus is on warmth and comfort.

It's not just about hibernating indoors this month though, one of my favourite things to do is to do pop on my wellies and walk through the park, kicking the leaves and dodging the rain! Autumn is the theme of the November calendar, and we are delighted to include a diverse range of activities to



inspire you in engaging the people you support. I would like to thank Lakeland Dairies for sponsoring this month's calendar, we hope you enjoy their cocktail contributions!



**Lakeland Dairies** are delighted to sponsor the November edition of NAPA's activity calendar.

We are excited to be working with NAPA to inspire you to organise a delicious cocktail tasting sessions and introduce our new **Create Your Own Cocktail Competition** ready for celebrating this festive season!

Lakeland Dairies are the makers of Millac Gold Double, a popular product in many Care Settings. It's deliciously versatile for whipping, cooking, and pouring and can help create a showstopper cocktail.

We hope you enjoy taking part in the competition and look forward seeing plenty of entries.

**SO MUCH MORE than cream**

with added VITAMIN D

**THE PROFESSIONAL'S CHOICE**

- Deliciously versatile; for savoury or sweet, hot or cold dishes
- More stable than cream; doesn't split or over-whip and can be re-whipped
- Whips up to 3 times its volume, giving great value for money
- Long ambient shelf-life which means reduced waste

From lush green pastures we create products trusted by chefs  
www.lakelanddairies.com/foodservice

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

# Autumn Season

*I notice that Autumn is more the season of the soul than of nature.* – Friedrich Nietzsche



Autumn really is a beautiful time of year, the trees turning into fiery shades of red, gold, brown and copper. The nights become shorter, and the mornings turn crisp with a dampness in the air. We delight at the sight of conkers falling and leaves floating down just like snow.

At home, we sit by the fire, maybe playing games or watching our favourite shows. We snuggle into our cosy autumn knits and slip into our cool rubber wellies. We enjoy the delicious smells of pumpkin spice and apple pie and dream of stews bubbling in the pan nearby.

We sow the bulbs which will sleep tight and surprise us in the spring with new life. We watch as the evening starts to draw in and marvel at the golden hour as our face turns to a grin.

Autumn lends itself to sensory engagement; we can offer one to one magic moment using all the senses as our guide.

**Click here** to find out more about sensory activities.

- + Why not create an area with tactile objects, poems, songs and pictures, enabling people to stop, reflect and talk?
- + What could you provide to the individuals who are unable to access the outdoors; could you create a seasonal sensory trolley which you can bring to them?
- + How will you be celebrating autumn this year?

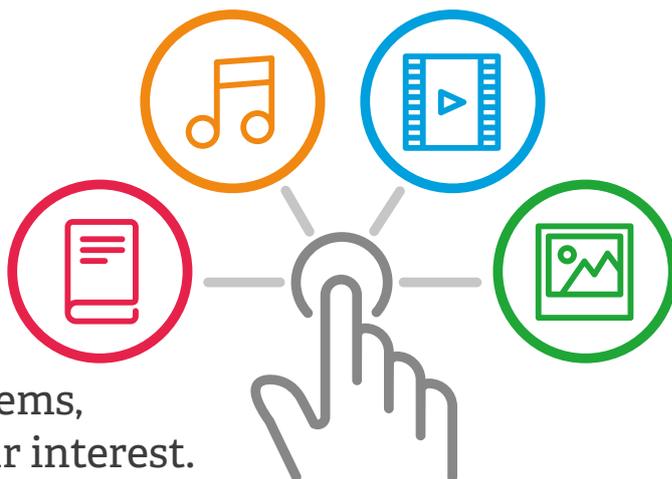
**Here are some ideas to inspire you:**

1. Decorate for the season
2. Pick fruit
3. Make an autumn wreath
4. Collect conkers
5. Roast and eat chestnuts
6. Watch fireworks
7. Fly a kite
8. Write an autumn poem
9. Bake apple crisps

10. Bake seasonal biscuits
11. Arrange autumnal flowers in festive pots
12. Iron leaves between two sheets of waxed paper and hang them in the window
13. Take a thermos of hot chocolate into the garden for on an early-morning chat
14. Tell stories by the fireplace
15. Press flowers together
16. Make a wind chime
17. Make a bird feeder
18. Buy a pumpkin spice latte!
19. Peel apples for apple sauce, or apple pie
20. Make a pumpkin pie

# 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

- + **To Kill a Mockingbird** - [Click here](#) to buy
- + **Northanger Abbey** by Jane Austen - [Click here](#) to buy
- + **Wuthering Heights** by Emily Brontë - [Click here](#) to buy
- + **The Call Of The Wild** by Jack London - [Click here](#) to buy
- + **Anne Of Green Gables** by L.M. Montgomery - [Click here](#) to buy
- + **The Catcher In The Rye** by J.D. Salinger - [Click here](#) to buy

## Music

- + **True Colors** by Cindi Laupe - [Click here](#) to listen
- + **Forever Autumn** by the Moody Blues - [Click here](#) to listen
- + **Weathercock** by Jethro Tull - [Click here](#) to listen
- + **Harvest Moon** by Neil Young - [Click here](#) to listen
- + **Autumn Days Hymn** - [Click here](#) to listen
- + **Give me oil in my lamp** - [Click here](#) to listen

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

## The Studio (continued).



### Films



- + Dead Poets Society
- + Remember the Titans
- + Cheyenne Autumn
- + The Winds of Autumn
- + A Walk in the Clouds
- + October Sky

### Gallery



- + Vincent van Gogh, Landscape with Trees, 1881 - [Click here](#) to find out more
- + David Hockney, Woldgate Woods, 2008 - [Click here](#) to find out more
- + Georgia O'Keeffe, Autumn Leaves, 1924 - [Click here](#) to find out more
- + Henri Rousseau, Eiffel Tower at Sunset, 1910 - [Click here](#) to find out more
- + Egon Schiele, Four Trees, 1917 - [Click here](#) to find out more
- + Jean-Francois Millet, Haystacks Autumn, 1873 - [Click here](#) to find out more



### My Life TV

**Click here** - It's Halloween and take a look at some mischievous kittens playing in their very own spooky house. For more kitten antics, go to My Life TV

**Click here** - Cold, crisp mornings are what we all love about autumn so why not step into Richmond Park in London at daybreak to savour the beauty of the wildlife captured on camera? To see more, please go to My Life TV.

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

# Create Your Own Cocktail Competition

Lakeland Dairies, together with NAPA, are running a competition for the best designed cocktail!

Why not host a cocktail making session in your care home and encourage residents to get involved by designing their own cocktails? Try making delicious creamy cocktails using Millac Gold Double – with added vitamin D and real dairy cream from Lakeland Dairies’ farms.

## How to enter:

To enter the Lakeland Dairies Cocktail Competition, simply email your drawings of cocktails, or if you are feeling extra creative, try making the cocktails and taking photos of your wonderful creations!

Send all entries to [competitions@lakelanddairies.com](mailto:competitions@lakelanddairies.com). Terms and conditions apply and can be found [here](#)

## Deadline:

Submit your entries by Midnight 3rd December

## Prizes:

The winning cocktail will be awarded an activity kit including a cocktail shaker, aqua paints, and a case of Millac Gold Double



## Tips:

- + Think of creative ways to design cocktail recipes – it doesn't need to be a finished drink
- + Consider collage, pencil or crayon drawings or watercolours. You could provide a printed template of a glass for residents to design onto
- + Don't forget to give your cocktail creations a name
- + If you plan on making the cocktails, consider how to work with the catering team to ensure the activity runs smoothly. Set up a meeting with the catering team to discuss ingredients and utensils
- + Don't worry if you don't have a cocktail shaker – try using a protein shaker bottle, or reusing a clean, large plastic bottle and giving everything a good shake!

Alternatively, most cocktails can easily be mixed in a jug with a whisk

- + Remember to take lots of photos
- + Think of festive ingredients, bright colours and dramatic decorations
- + Of course, Lakeland Dairies would love to see some creamy cocktails made with Millac Gold Double!



# The NAPA Activities Calendar – November 2021

<p>Mon 1 November</p> <p><b>i</b> <b>World Vegan Day</b></p> <p><b>R</b> Celebrating Vegan Day</p>	<p>Tue 2 November</p> <p><b>i</b> <b>On This Day</b></p> <p><b>R</b> Marie Antoinette was born in 1755</p> <p><b>Tea Tuesday</b> </p>	<p>Wed 3 November</p> <p><b>i</b> <b>National Stress Awareness Day</b></p> <p><b>R</b> Autumnal Potpourri</p>	<p>Thurs 4 November</p> <p><b>i</b> <b>Diwali</b></p> <p><b>R</b> The Light of Diwali</p> <p><b>NAPA – Person Centred Sensory Activities</b></p>	<p>Fri 5 November</p> <p><b>i</b> <b>Guy Fawkes</b></p> <p><b>R</b> Remember Remember the 5th of November!</p>	<p>Sat 6 November</p> <p><b>i</b> <b>On This Day</b></p> <p><b>R</b> Adolphe Sax Was Born</p>	<p>Sun 7 November</p> <p><b>i</b> <b>National Hug a Bear Day</b></p> <p><b>R</b> Original Teddy Bear</p>
<p>Mon 8 November</p> <p><b>i</b> <b>Sugar Awareness Week</b></p> <p><b>R</b> Just a Teaspoon of Sugar!</p> <p><b>NAPA WinterFest</b></p>	<p>Tue 9 November</p> <p><b>i</b> <b>Inventors' Day NAPA Comp</b></p> <p><b>R</b> Be the NAPA Wellbeing Walk Welly Winner</p>	<p>Wed 10 November</p> <p><b>i</b> <b>National Vanilla Cupcake Day</b></p> <p><b>R</b> Cup Cake or Cup Fake</p>	<p>Thurs 11 November</p> <p><b>i</b> <b>Armistice Day</b></p> <p><b>R</b> Armistice Day Crafts</p>	<p>Fri 12 November</p> <p><b>i</b> <b>On This Day</b></p> <p><b>R</b> Grace Kelly was born 1929</p>	<p>Sat 13 November</p> <p><b>i</b> <b>World Kindness Day</b></p> <p><b>R</b> Tranquil Terrarium</p>	<p>Sun 14 November</p> <p><b>i</b> <b>Remembrance Sunday</b></p> <p><b>R</b> Acrostic Poem</p>
<p>Mon 15 November</p> <p><b>i</b> <b>Inter Faith Week</b></p> <p><b>R</b> Connect, Discuss and Learn</p>	<p>Tue 16 November</p> <p><b>i</b> <b>On This Day</b></p> <p><b>R</b> "The Sound of Music" musical opens 1959</p> <p><b>Equality and Diversity (An Inclusive Approach)</b></p>	<p>Wed 17 November</p> <p><b>i</b> <b>Homemade Bread Day</b></p> <p><b>R</b> That smells good!</p> <p><b>NAPA – Providing One to One Activities Workshop</b></p>	<p>Thurs 18 November</p> <p><b>i</b> <b>On This Day</b></p> <p><b>R</b> Margaret Atwood was Born</p>	<p>Fri 19 November</p> <p><b>i</b> <b>International Men's Day</b></p> <p><b>R</b> Beard Oil</p>	<p>Sat 20 November</p> <p><b>i</b> <b>World Children's Day</b></p> <p><b>R</b> Intergenerational Projects</p>	<p>Sun 21 November</p> <p><b>i</b> <b>National Gingerbread Day</b></p> <p><b>R</b> Gingerbread Garlands</p>
<p>Mon 22 November</p> <p><b>i</b> <b>UK Disability History Month</b></p> <p><b>R</b> Painting with Nature</p>	<p>Tue 23 November</p> <p><b>i</b> <b>Start of Ashes Aus v Eng</b></p> <p><b>R</b> OUT! – Howzat?</p>	<p>Wed 24 November</p> <p><b>i</b> <b>Celebrate your Unique Talent Day</b></p> <p><b>R</b> We all Have a Talent!</p>	<p>Thurs 25 November</p> <p><b>i</b> <b>National Parfait Day</b></p> <p><b>R</b> One Dessert or Two?</p>	<p>Fri 26 November</p> <p><b>i</b> <b>Native American Heritage Day</b></p> <p><b>R</b> Catch a Dream</p>	<p>Sat 27 November</p> <p><b>i</b> <b>Lancashire Day</b></p> <p><b>R</b> Creative Writing</p>	<p>Sun 28 November</p> <p><b>i</b> <b>French Toast Day</b></p> <p><b>R</b> Pumpkin Baked French Toast</p>
<p>Mon 29 November</p> <p><b>i</b> <b>Start of Hanukah ends 6th Dec</b></p> <p><b>R</b> Happy Hanukah</p>	<p>Tue 30 November</p> <p><b>i</b> <b>St Andrew's Day</b></p> <p><b>R</b> Là Naomh Anndrais</p> <p><b>NAPA Workshop (Planning Activities, Events and Celebrations)</b></p>	<p><b>The NAPA WINTER WELLBEING WALK</b> </p> <p><b>SAVE THE DATE</b> Saturday 4th Dec</p>				

November 1st – World Vegan Day



**Delia Owens, Where the Crawdads Sing** – “Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar.”

# Celebrating Vegan Day

Veganism has been around for many years, but the popularity of a Vegan diet is only recently growing within homes and business across the planet and in the last 3 years it has become the new diet of choice.

We now have an abundance of options from non-dairy products to meat alternatives and vegan sweet treats which look, taste, and smell the same as conventional options.

What better way to celebrate Vegan Day, then to hold a fun tasting session with conversation?

## Expand Vegan Knowledge:

Print off information supporting the benefits of a vegan diet – the individuals you support may have lived some way of a vegan diet when growing up and meat was an expensive outlay for any household. **Click here** for more information on veganism.

## Make a Vegan Beauty Product

Veganism is not just a diet but also a way of life, not using animal products within your daily living. Have a conversation about what could be animal products we use each day. **Click here** for a list of non-vegan products we use in our houses.



## Coffee, Cocoa and Oatmeal Face Mask

### You will need:

- + 1 tablespoon ground coffee beans
- + 1 tablespoon cocoa powder
- + 1 tablespoon ground oatmeal
- + Coconut milk (enough to prepare a paste)

### What you do:

- + Add all the dry ingredients to a glass bowl.
- + Add coconut milk to the bowl. Adjust the quantity to give it a paste-like consistency.
- + Use a cosmetic brush to apply the face mask.
- + Leave it for at least 20 minutes or until it dries.
- + Wash your face with lukewarm water.
- + Follow up with a light moisturiser.

For more recipes from Vegetarian for Life **click here**

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

## Try Vegan Canapés Recipe

While enjoying the conversation, try some nibbles- food after all is the best conversation starter!



## Vegan Pizza Pinwheels

### You will need:

- + Pitted olives
- + Peppers
- + Mushrooms
- + Pizza sauce (Homemade or store bought)
- + vegan cheese
- + Vegan puff pastry

### What you do:

- + Finely chop vegetables
- + Add to sauce mix and combine
- + Roll out your pastry
- + Pour the sauce mix over the pastry and spread, leaving a 2cm gap around the edge
- + Roll the pastry up from one end to the other so it looks like a log
- + Cut the log into 2cm slices
- + Pop onto a baking tray and cook in the oven for 20mins at gas mark 6 or 200C
- + Remove once golden and cool. Then serve and enjoy!

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

**November 2nd**



**Jane Hirshfield**, The Heat of Autumn – *“The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider.”*

# On This Day

**Maria Antonia Josepha Joanna von Österreich-Lothringen** was born November 2nd, 1755, Vienna, Austria.

At the age of 15, she married the dauphin Louis who later became King Louis XVI of France. The French Revolution took place in 1789, when the ordinary people of Paris fought back against the rich. Marie Antoinette and the rest of the Royal family were seen as traitors and imprisoned; she was beheaded in October 1793.

**Below are some very interesting facts!**

+ Marie Antoinette had a model farm built on the palace grounds so that she could dress as a maid. She had some unusual interests, such as hot air balloons and the Inca people of Peru.



- + Marie Antoinette had her own hairdresser who spent many hours on the Royal hair. Her hairstyles were often 4 feet high.
- + Marie Antoinette is famous for saying ‘Let them eat cake’ when she was informed that the people of Paris didn’t have any bread to eat.



Apparently, the literal translation of ‘Qu’ils mangent de la brioche’ is ‘Let them eat brioche;’ Brioche is a rich bread made with eggs and butter, almost as luxurious as cake, but not actually cake. However, there is no evidence that she said this either; some believe it was all made up to undermine the queen.

- + Marie Antoinette could not write correctly in German or in any language commonly used at court, such as French or Italian. She learned to play the harp, the harpsichord, and the flute. She sang during the family’s evening gatherings, as she had a beautiful voice. She also excelled at dancing, had “exquisite” poise, and loved dolls.



- + Marie Antoinette met Mozart when they were both children and he performed a recital for the imperial family in 1762, aged six.
- + Many people blamed Marie Antoinette for France’s financial difficulties, earning her the nickname “Madame Deficit.”
- + Two of her favourite things were chocolate and flowers. She employed her own chocolate maker and often started the day with a cup of hot chocolate.

Why not watch the 2006 Movie ‘Marie Antoinette’ and eat cake (or Brioche!)?

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

**November 3rd** – National Stress Awareness Day



**Virginia Woolf** – “And all the ives we ever lived and all the lives to be are full of trees and changing leaves...”

# Autumnal Potpourri

What better way to celebrate National Stress Awareness Day than popping on your jacket and boots, taking a walk outside in the fresh air and collecting a few autumnal items for crafting?

Try making this beautifully natural autumnal potpourri and enjoy the sights and smells of autumn.

## You will need:

- + Basket or bag to collect items
- + Brown paper bag
- + Baking tray
- + Hammer
- + Bowl for display
- + Cinnamon
- + Nutmeg
- + Oranges
- + Cloves



## What you do:

- + Head out on your walk with your basket or bag.
- + Collect interesting nature items to toss in your potpourri mix. Some good choices include acorns and other tree nuts, bark, interesting twigs, and pinecones.



- + Wash oranges peel and remove any wax or pesticides. Then peel them by hand, with a sharp knife or with a vegetable peeler. Remove as much of the white pith from the skin as possible, as it has a bitter flavour. Cut the peels into even pieces and place on a baking tray in the oven gas mark 6 for 30 minutes or start to go dark. Remove and cool in a dry place for 3 days to go hard.
  - + Measure 10 cups of natural materials, 2 cups of the spices and all the orange peels into a large bowl. Mix all ingredients thoroughly, but gently. Use your hands or two large spoons.
  - + Pop it all into an airtight container for two weeks and shake gently each day.
  - + After two weeks, pour into your bowl for display.
- Top Tip**  
You could bag the Potpourri into little gift bags and sell at your next fete.

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



**Elizabeth Barrett Browning**, *The Autumn* – “Go, sit upon the lofty hill, and turn your eyes around, where waving woods and waters wild Do hymn an autumn sound. The summer sun is faint on them – The summer flowers depart – Sit still – as all transformed to stone, Except your musing heart.”

**November 4th – Diwali**

# The Light of Diwali

Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs, and Jains across the world.

It is particularly associated with Lakshmi, the goddess of prosperity and marks the beginning of the financial year in India.

The days around Diwali, especially Dhanteras, are supposed to be the most auspicious; people buy household items and jewellery. In India, Diwali also attracts lots of tourists. The marketplaces are beautifully decorated with colourful ribbons and lights, stalls selling firecrackers.

- + Do the individuals you support celebrate or know of Diwali?
- + Do your local community or schools hold a festival?
- + Do your staff members or visitors enjoy the celebration?
- + Why not hold your own Diwali celebration?



**Here are a few ideas:**

**Make Diyas**

Make Diyas from ceramic clay or with wheat dough and mould it into the shape of a diya. Keep it overnight. Glue little mirrors while the moulded Diya is still wet. You can add colours to Diwali

lighting by decorating simple clay Diyas and making them works of art. Use oil paints to make traditional designs or fix Zari or Gota over the edges of the Diya. Paint them in red, blue, or yellow colours to add to the festivities of Diwali.

**Make Door Hangings**

Take a piece of thick cotton cloth of vibrant colour. Make it over with geometrical designs, religious symbols, or traditional prints such as elephants etc. You can use mirrors, Zari, sequins, glitter paste and cloths of different colours, which fixed in designer patterns, would look gorgeous. Stitch the cloth around rods from both the ends and attach a strong string to it. Now hang it on your walls and showcase your enthusiasm and creative talent.

**Make Torans**

Make floral torans to give to your guests. All you need to do is to bead flowers, using a long needle and strong thread. Weave them and make some big and small strands. Now attach them so that they are in a beautiful design.

**Glossary:**

- + **Dhanteras** – The first day that marks the festival of Diwali in India.
- + **Diya** – An oil lamp usually made from clay, with a cotton wick dipped in ghee or vegetable oil.
- + **Zari** – An even thread traditionally made of fine gold or silver used in traditional Indian, Bangladeshi, and Pakistani garments.
- + **Gota** – Gold and silver lace.
- + **Toran** – Decorative wall hanging

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

**November 5th – Guy Fawkes**



**George Eliot** – “Is not this a true autumn day? Just the still melancholy that I love – that makes life and nature harmonise.”

# Remember Remember the 5th of November!



On 5th November 1605, in London, 13 conspirators planned to blow up the House of Lords during the State Opening of Parliament. The authorities were prompted by an anonymous letter to search Westminster Palace, and they found Fawkes guarding the explosives. The conspirators wanted to overthrow King James I and restore a Catholic monarch to the throne. He became synonymous with the Gunpowder Plot, the failure of which has been commemorated in the UK as Guy Fawkes or Bonfire Night ever since.

Tradition celebrates the date with bonfires and fireworks – why not create a vibrant piece of art using scratch art and watch as the colours appear like fireworks?



### You will need:

- + Card
- + Oil pastels in various bright colours and black
- + Pencil or toothpick

### What you do:

- + Cover a piece of card with oil pastels: use bright colours and completely cover the page.
- + Then cover over all your bright colours with black oil pastel. You might need to add two or three layers.
- + Use a pencil or toothpick to draw on the black oil pastel. As you make marks, you will see the colourful bottom layer show through.

### Top tip:

You could make a large display of art by producing one big colourful display.

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November 6th



**E.E. Cummings** – “A wind has blown the rain away and blown the sky away and all the leaves away, and the trees stand. I think, I too, have known autumn too long.”

# On This Day

## Adolphe Sax Was Born

On 6th November 1814, in Dinant (what is now Belgium) a young boy named Antoine-Joseph Sax was born to instrument designers. At a young age he began to make his own instruments and was entering competitions by the age of 15.

He joined the Royal Conservatory of Brussels and began to experiment with new instrument designs. By the age of 24, he improved the bass clarinet design, which he patented. On 28th June 1846 he patented the saxophone, intended for use in orchestras and military bands.

Sadly, he never fully gained recognition for one of the most famous musical instruments and in 1894 he died in poverty.



### **Interesting facts – Growing up he faced many brushes with death:**

- + As a small child he fell from a height of three floors, hit his head on a stone and was believed dead.
- + Aged three, he drank a bowl full of acidic water mistaking it for milk.
- + He received serious burns from a gunpowder explosion.
- + He fell onto a hot cast-iron frying pan, burning his side.
- + He was struck on the head by a cobblestone and fell into a river, almost dying.
- + He avoided accidental poisoning and asphyxiation from sleeping in a room where varnished furniture was drying.

- + His neighbours called him "little Sax, the ghost"

Why not enjoy listening to music played by a saxophone? – **Click here.**

- + Does an individual you support play the saxophone or other musical instruments?
- + Do you know a visitor or staff member who can play?
- + Could you borrow a saxophone for people to look closely at one?
- + What do you think of when you hear the saxophone playing?
- + How does it make you feel?

Find out more on Adolphe Sax – **Click here.**



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

**November 7th** – National Hug a Bear Day



**Winnie the Pooh's Grand Adventure**  
– "It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!"

# Original Teddy Bear

The name teddy bear comes from former United States President Theodore Roosevelt, who was commonly known as "Teddy".



It is reported he refused to shoot the bear on a hunt, deeming this unsportsmanlike. The press found out and created a cartoon mocking the president. Morris Michtom is reported to have seen the drawing of Roosevelt and was inspired to create a teddy bear.

He placed a tiny soft bear cub in his candy shop window and named it "Teddy's bear."

Morris sent a bear to the president and after receiving permission to use his name, he then began to produce them commercially. There was great demand! Early 'teddy bears' were made to look like real bears, with extended snouts and beady eyes. Modern teddy bears are less lifelike, making their cute appearance more appealing (and less scary.)

**Why not have a go at making a sock teddy as a gift?**

## You will need:

- + 1 sock, long and flexible or use a bed sock for fluffier bear
- + Wool in a coordinating colour
- + 1-1-inch piece of white felt
- + 2 cups of rice
- + Fresh lavender or lavender essential oils (optional)
- + Black marker
- + Cup or funnel

## What you do:

- + Tuck the sock over the lid of the cup so you can fill it with the rice.
- + Fill the sock with the rice and lavender (or a couple drops of essential oils).
- + Tie the top closed, close to where the rice filled the sock top.
- + Tie a second knot, tucking in a bit of the sock near the rice to pull the second knot close to the rice part of the sock.
- + These knots are the ears, so make sure they're tight.
- + Trim the portion of sock dangling from the last knot.
- + Using a 6-inch length of wool, gather a ball of the rice nearest the knots (about 1/3 of the rice), then tie it off.
- + This forms the head.
- + Repeat the process with much smaller portions on the sides to form arms, on the bottom front to



form legs and one tiny one on the bottom to make a tail.

- + And repeat one more time with about 1/3 of the head- rice to make the bear snout.
- + Cut out 2 small, round eyes from the felt.
- + Hot-glue or fabric-glue them onto the face of the bear, right above the snout.
- + Colour the centres on the eyes using the marker.
- + Trim all the extra strings off the bear.
- + Give it a name!

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**November 8th – Sugar Awareness Week**



**Wallace Stegner**  
*"Another fall, another turned page..."*

# Just a Teaspoon of Sugar!

Sugar awareness week is an opportunity to reflect on the amount of sugar we consume.

Sugar was first produced from sugarcane plants in Northern India sometime after the first century AD. Over the centuries, the development of beet sugar, high-fructose corn syrup and

other sweeteners in the 19th and 20th centuries has led to what we know today.

For more information on Sugar Awareness Week – [Click here.](#)



**1. 200ml Sports Drink**

Let's play a game and guess the sugar content of these popular items. How many teaspoons would you find in each of the items below?



**2. 200 ml Orange Juice**



**3. 200ml Iced Tea**



**4. A can of coke**



**5. 200ml Lemonade**



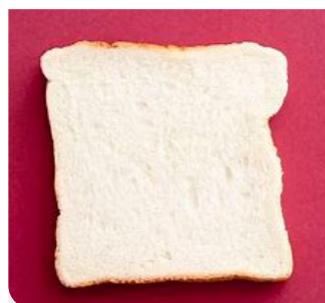
**6. Skittles**



**7. One carrot**



**8. A tin of tomato soup**



**9. Slice of white bread**



**10. A tin of bake beans**

**Answers :**  
 1. X2  
 2. X7  
 3. X8

4. X10  
 5. X6

6. X12  
 7. X4

8. X4  
 9. X1

10. X4

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**Unknown**

*"Autumn shows us how beautiful it is to let things go."*

**November 9th – Inventors' Day**

# Be the NAPA Wellbeing Walk Welly Winner!

Why 'splash' out on a new pair of wellies when you can transform and personalise an old pair?

Celebrate the NAPA Winter Wellbeing Walk on the December 4th. We would like you to get creative and design your own fabulous wellies!

You can wear your wellies for the Winter Wellbeing Walk or make a dazzling display for people to admire. You could ask the local community to get involved and plan a display of silly wellies for people to discover on a route!

Whatever you decide to do, we would love to see your photos and hear all about it!

We will be picking one lucky winner who will win a special Winter Wellbeing Walk T-shirt with the care providers name and logo printed onto the T-shirt.

**You will need:**  
(All optional – be creative!)

- + A pair of wellies
- + Welly Stickers
- + Sequins
- + Gems
- + Diamante Sparkles
- + Acrylic Paint
- + Feathers and 3D objects
- + Knitting or material
- + Ribbons and lace



**Haven't got any wellies?**

- + Use wood shaped or paper shaped wellies
- + Build a welly using recycled products

**What you do:**

- + Give your wellies a good scrub with washing-up liquid, especially if they got caked in mud last time you wore them, let them dry.
- + Plan your design, what do you want your wellies to say or represent?
- + Enjoy decorating your wellies – be creative!
- + Send us a photo of your wellies

The closing date is Tuesday 30th November – **Click here** to email us your entries.



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

**November 10th** – National Vanilla Cupcake Day



**Chad Sugg**

*“Love the trees until their leaves fall off, then encourage them to try again next year.”*

# Cup Cake or Cup Fake

We all enjoy a delicious cup cake, maybe two!



1. Cup Cake or Cup Fake?

For national Vanilla Cup Cake Day, enjoy eating cupcakes while playing this game of Cup Cake or Fake Cake. Look at the images and guess if they are a real cup cake or not.



2. Cup Cake or Cup Fake?



3. Cup Cake or Cup Fake?



4. Cup Cake or Cup Fake?



5. Cup Cake or Cup Fake?



6. Cup Cake or Cup Fake?



7. Cup Cake or Cup Fake?



8. Cup Cake or Cup Fake?



9. Cup Cake or Cup Fake?



10. Cup Cake or Cup Fake?

10 Fake

9 Cup cake  
8 Fake

7 Cup cake  
6 Fake

5 Cup cake  
4 Fake

3 Cup cake  
2 Fake

Answers :  
1 Cup cake

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**Rémy de Gourmon**  
*"Autumn is as joyful and sweet as an untimely end."*

**November 11th – Armistice Day**

# Armistice Day Crafts

Armistice Day is a Memorial Day to honour the war and those who died following the Armistice at the end of World War I.

It marks the armistice signed between the Allies of World War I and Germany at Compiègne, France on the 11th of November at 5:45 am. The date is a national holiday in many Allied nations.

Other western countries and associated nations have since changed the name of the holiday from Armistice Day to Remembrance Day or in the United States, Veterans Day.

In Britain, in 1939, the two-minute silence was moved to the Sunday nearest to November 11th in order not to interfere with wartime production should November 11th fall on a weekday. This became Remembrance Sunday.

Below are two craft ideas which you can do in a group or with an individual. You could develop this into an intergenerational session by working with your local schools. The sharing of memories and information between generations maintains these traditions.

## Simple Soldier

**You will need:**

- + Old fashioned wooden clothes pegs (available at craft stores)
- + Army coloured wool
- + Googly eyes
- + Green felt
- + Black permanent marker
- + Gemstone or red felt
- + Plastic cocktail or stirrer



**What you do:**

- + Wrap the peg in army looking wool and glue the ends down with a glue gun.
- + Use the cocktail stick or stirrer as the sword or gun and glue it to the side of his body. Colour the bottom of his feet with black marker.
- + Take the gemstone or red felt and glue to his chest to represent his medal or poppy.
- + Add the googly eyes with the glue and colour on his beret with the black marker.

## Poppy plates

**You will need:**

- + Paper plate
- + Scissors
- + Red paint
- + Black paint
- + Paint brush

**What you do:**

- + Cut the paper plate in the shape of the poppy.
- + Paint the plate red and let it dry.
- + Paint a black circle in the centre.

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

November 12th



**J.K. Rowling** – “Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple.”

# On This Day

## Grace Kelly was born in 1929

### If you say the name Grace Kelly, what is the response?

Born on November 12th, 1929, in Philadelphia, Pennsylvania, Grace Patricia Kelly was born into a very wealthy family. Her father was a self-made millionaire and Grace was third of four children. From a young age, she was said to have a deep love of performance. After finishing high school, she decided to pursue an acting career in New York City. Her parents were not pleased. It was Grace’s Uncle George who encouraged her to pursue an acting career and supported her during her rise to fame.

At 22 years old she was discovered on a film set by Gary Cooper, and he gave her a leading role as his wife in *High Noon* (1952). Grace went onto star in some of the most iconic movies of the time and became one of the highest-paid and most respected actresses in the world.

### Do the individuals you support recognise these films?

### Maybe you could hold a movie evening!

- + Mogambo
- + Rear Window
- + Dial M for Murder
- + Catch a Thief
- + The Country Girl
- + The Swan
- + High Society



In 1955, during a photoshoot at the Cannes Film Festival, Grace met Prince Rainier III of Monaco and a fairy tale made for films became true. Grace gave up her acting career and on April 19th, 1956, in a very public and ornate ceremony, she and Prince Rainier became husband and wife. The royal couple had three children: Princess Caroline, Prince Albert, and Princess Stéphanie. Grace embraced her royal duty, becoming involved in many cultural and charitable organisations.

Sadly, the fairy tale came to an end on September 13th, 1982, when Grace and her younger daughter Princess Stéphanie were returning home, driving along the steep cliffs of the Côte d’Azur. Grace suddenly had a stroke at the wheel and lost control

of the vehicle down a 45-foot cliff side. Sadly, after 24hrs Grace Patricia Kelly passed away aged 52 years. Her daughter, Princess Stéphanie, survived the crash with only a hairline fracture of a vertebra.

### Interesting Facts:

- + Grace Kelly has the honour of being the first actress to ever be honoured on a United States stamp. It premiered in 1993
- + Grace starred in 29 movies directed by Alfred Hitchcock
- + It's well known that Grace liked Hermes; she even once allegedly stabilised a broken arm with a Hermes scarf. While pregnant with her daughter, Caroline, Grace used to cover her belly with her Hermes bag, effectively hiding her bump from photographers. The company itself began calling that model, the Kelly bag.
- + In 1959, Grace was honoured by the government of Austria for providing aid to refugees from Hungary, trying to escape invasion from the Russians.
- + After her death, Prince Rainier placed a ban on Grace's movies. They were not to be shown in Monaco, at all.



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**November 13th** – World Kindness Day



**Andrea Gibson** – “Autumn is the hardest season. The leaves are all falling, and they’re falling like they’re falling in love with the ground.”

# Tranquil Terrarium

For World Kindness Day, why not create and gift a beautiful tranquil terrarium? This lovely gift will reflect the thought you have put into the chosen plants and design.



The recipient can watch it grow and develop over time and will brighten up any area where it is displayed.

During the day, plants absorb our carbon dioxide and release oxygen into the air. Terrariums really do bring health, peace, inspiration, and the joy of nature to an environment.

### You will need:

- + A glass container or alternative plastic bottle.
- + Small rocks for drainage and display; the size of your rocks depends on the container.
- + Sphagnum or sheet moss
- + Soil
- + Funnel
- + Plants to put in your small garden
- + Water

### What you do:

- + Using your chosen container, place a handful of rocks at the bottom of the container.

- + Soak dried sphagnum or sheet moss in water for a few seconds and squeeze out any excess liquid. Leave to one side.
- + Scoop the soil into a funnel and fill the container with several inches of it.
- + Plant your plants and arrange larger rocks as display.
- + Place your Sphagnum or moss around the plants and rocks.
- + Water the soil and admire you gift!



### Top Tip:

You could use succulents as they are less maintenance.

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

November 14th – Remembrance Sunday



**Hal Borland** – “For anyone who lives in the oak-and-maple area of New England, there is a perennial temptation to plunge into a purple sea of adjectives about October.”

# Acrostic Poem

Remembrance Sunday is held to commemorate the contribution of British and Commonwealth military and civilian servicemen and women in the two World Wars and later conflicts.

Writing poetry can help people to reflect on and express loss. It can be challenging to write a poem if you have no experience, but it is important to reassure the people you support that there are no rules.

Try using this acrostic poem as a start and find the words for each letter.



R  
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E  
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M  
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E  
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M  
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B  
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R  
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A  
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N  
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C  
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E  
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S  
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U  
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N  
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D  
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A  
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Y  
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**November 15th** – Inter Faith Week



**Albert Camus**

*Autumn is a second spring when every leaf is a flower."*

# Connect, Discuss and Learn

Inter Faith Week aims to strengthen good inter-faith relations, increase awareness of different and distinct faith communities, and increase understanding between people of religious and non-religious belief.

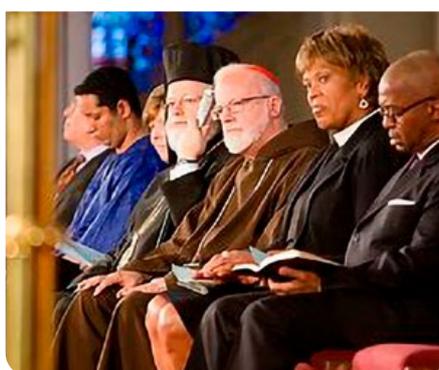
Below are a few ideas to support, connect and learn during Inter Faith Week.

### Technology

- + Using Google maps take a tour of religious buildings around the world
- + Watch services online and compare the differences
- + Discover religious attire
- + Take virtual tours inside religious buildings

### Community

- + Connect with local history groups to hold a talk on local faiths in the area and how that has developed over the years
- + Invite local faith communities and non-religious belief groups to share their beliefs and answer questions
- + Connect with your local schools and discuss faith with the children for an intergeneration session
- + Hold a "Taste and Talk" session and invite faith communities to cook and discuss religious dishes
- + Do your staff teams or visitors have access to information about different faiths?



### The Arts

- + Look at art based on faith. Then try holding your own session and use the artwork to create your own faith calendar
- + Listen to music related to faith – do you know someone who could hold a performance?
- + Celebrate with looking at the different styles of dance when celebrating faith
- + Hold a creative writing session – this can be a joint or individual experience of faith or non-faith



### In your Care Setting

- + Could you set up an exhibition area with information about different faiths with display panels about each faith group in your area?
- + Think about free training and workshops on becoming more inclusive within the care setting; how could we achieve this?
- + Set up an 'Inter Faith Week Buddy' where people can come and ask questions or be signposted to information

Not everyone may wish to join in with Inter Faith Week but holding sessions and raising awareness, could start a conversation or lead to a community connection.

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**November 16th**



**Emily Brontë**

*"Every leaf speaks bliss to me, fluttering from the autumn tree."*

# On This Day

## "The Sound of Music" musical opened in 1959

On the 16th of November 1959, Broadway was alive with the sound of music. No one could imagine how successful the show would become or what an impact the songs; "Edelweiss", "My Favourite Things", "Climb Ev'ry Mountain", "Do-Re-Mi" and the title song "The Sound of Music" would have all over the world.

The opening night starred Mary Martin and Theodore Bikel, and the production went on to be nominated for nine Tony Awards and won five, including Best Musical. In 1961, the first London production opened at the Palace Theatre.

In 1965, a film adaptation starring Julie Andrews and Christopher Plummer, won five Academy Awards, including Best Picture. It also won a place in all our hearts, voice, and heads – many of us know the words of the famous songs.

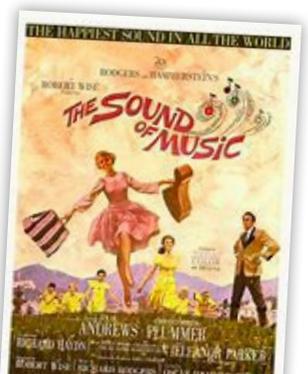
Sadly, The Sound of Music was the last musical written by Rodgers and Hammerstein; Oscar Hammerstein died of stomach cancer nine months after the Broadway premiere.

- + Why not hold a showing of the film?
- + Do you or the individuals you support know or remember the songs?
- + Why not print out the song lyrics and sing along to the film?
- + Has anyone seen the musical in the theatre?
- + Which is better, the stage or film adaptation?



### Interesting facts:

- + Julie Andrews kept falling over during the mountain scene – not only was it raining and cold throughout production, but the helicopter wind also kept blowing her over.
- + Julie Andrews almost wasn't cast as Maria – it was early edits of her performance in Mary Poppins that clinched the deal.
- + Julie Andrews kept giggling during the love scene – the lights above them made rude noises that caused Julie to giggle. The director Robert Wise had to turn the lights off and film the scene in silhouette.
- + Friedrich grew six inches during filming – Nicholas Hammond grew from 5-ft. 3-in. to 5-ft. 9-in. during the six months on set. He had to be taller than Louisa but shorter than Liesl – he started out with lifts in his shoes but by the end he was in bare feet.
- + The movie saved 20th Century Fox – after the financial failure of Cleopatra, 20th Century Fox was close to bankruptcy. Luckily, The Sound of Music was so successful and even surpassed Gone with The Wind at the box office.
- + The movie is historically inaccurate – there were 10 von Trapp children, not seven. The real Maria von Trapp left the convent to tutor one child, not to be governess to all the children. She and Georg von Trapp were married 11 years before the Nazis took over Austria. The Von Trapp's didn't escape over a mountain – in the movie, the von Trapp family escapes the Nazis by crossing over the mountains into Switzerland. In real life, the von Trap's took the train to Italy.
- + The Sound of Music is often considered to be the best musical film of all time.



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**November 17th** – Homemade Bread Day



**L.M. Montgomery**

*"I'm so glad I live in a world where there are Octobers."*

# That smells good!

Could it be possible that the smell of fresh bread awakened the senses as long as 22,000 years ago?

Archaeological evidence suggests that humans had the means to turn grains into flour and bake rudimentary types of bread. The bread would not be like we understand it today. It would have been flat and maybe a little tough, but it was an essential part of an everyday diet.

The art of bread making has developed over many years and people around the world now eat different shapes, textures, flavours of bread. We also enjoy bread during festivals and religious celebrations.

**Why not give homemade bread making a try?**

**Who can bake? Does anyone know the art of bread making?**

**Why not bake a classic white bread loaf?**

**You will need:**

- + 500g strong white flour, plus extra for dusting
- + 2 tsp salt
- + 7g sachet fast-action yeast
- + 3 tbsp olive oil
- + 300ml water



**What you do:**

- + Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
- + Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
- + Tip onto a lightly floured work surface and knead for around 10 mins.
- + Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size.
- + Line a baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.

- + Place it on the baking parchment to prove for a further hour until doubled in size.
- + Heat oven to 220C/fan 200C/gas 7.
- + Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a sharp knife.
- + Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.

**Top Tip:**

Split the mix into smaller dough balls. Add flavours, herbs or vegetables, top with cheese, nuts or spices.

Check dietary requirements beforehand, consider a gluten free recipe as required.

**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](mailto:communications@napa-activities.co.uk) or tag us on social media [@napalivinglife](https://www.instagram.com/napalivinglife) [#NAPAActivitiesCalendar](https://www.instagram.com/napaactivitiescalendar)

November 18th



**Dodinsky** – “I hope I can be the autumn leaf, who looked at the sky and lived. And when it was time to leave, gracefully it knew life was a gift.

# On This Day

## Margaret Atwood was Born

Margaret Atwood is best known for her work as a novelist and poet. She has won both the Arthur C. Clarke Award and Prince of Asturias Award for Literature and has been shortlisted for the Booker Prize five times. Many of her novels have been made into films, the most famous being "The Handmaid's Tale", which has been made into a film, opera, and TV series.

Below is one of Margaret's poems; why not hold a group called 'Poets Corner' and start off with one of Margaret's poems?

**What do you think?**

**How do you feel?**

**What message is she trying to give?**



### Blackberries

*In the early morning an old woman  
is picking blackberries in the shade.*

*It will be too hot later*

*but right now, there's dew.*

*Some berries fall: those are  
for squirrels.*

*Some are unripe, reserved for bears.*

*Some go into the metal bowl.*

*Those are for you, so you may  
taste them*

*just for a moment.*

*That's good times: one little  
sweetness*

*after another, then quickly gone.*

*Once, this old woman*

*I'm conjuring up for you  
would have been my grandmother.*

*Today it's me.*

*Years from now it might be you,  
if you're quite lucky.*

*The hands reaching in  
among the leaves and spines  
were once my mother's.*

*I've passed them on.*



*Decades ahead, you'll study  
your own*

*temporary hands, and you'll  
remember.*

*Don't cry, this is what happens.*

*Look! The steel bowls  
is almost full. Enough for all of us.*

*The blackberries gleam like glass,*

*like the glass ornaments*

*we hang on trees in December*

*to remind ourselves to be  
grateful for snow.*

*Some berries occur in sun,  
but they are smaller.*

*It's as I always told you:*

*the best ones grow in shadow.*

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**November 19th** – International Men’s Day



**Charlotte Bates**

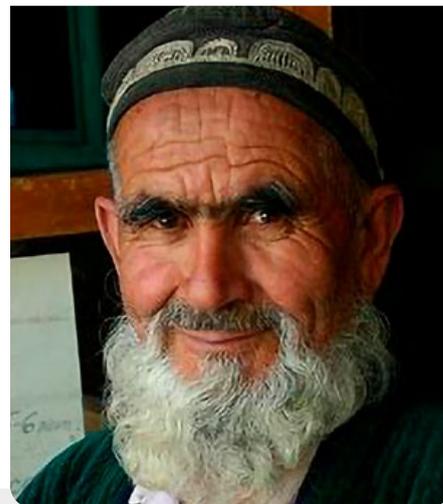
*The heart of autumn must have broken here and poured its treasure upon the leaves."*

# Beard Oil

Grooming can be so relaxing. Most men enjoy a trip to the barbers and a pamper.

Why not hold a session creating these homemade bottles of beard oil?

Set up a men’s group creating men’s beauty products to sell at your fetes or gift to people. Pre plan the herbs you will need and grow them in your garden or pots and then use in your recipe.



### **You will need:**

- + Carrier oil (sweet almond oil or jojoba)
- + 1 oz bottles
- + Essential oils
- + Measuring glass, shot glass size
- + Mini funnel

### **What you do:**

- + Mix and match essential oils to create the perfect scent.

### **Here are some ideas you can start with**

- + 1/2 oz organic jojoba oil
- + 1/2 oz sweet almond oil
- + 4 drops sandalwood oil
- + 4 drops grapefruit oil
- + 4 drops tea tree oil
- + 2 drops orange oil
- + 2 drops peppermint oil

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**November 20th** – World Children’s Day



**Victoria Erickson**

*“If a year was tucked inside of a clock, then autumn would be the magic hour.”*

# Intergenerational Projects

World Children’s Day was first established in 1954 as Universal Children’s Day and is celebrated on 20th November each year to promote international togetherness, awareness among children worldwide and improving children’s welfare.

Connecting children and the individuals you support can be beneficial to both the younger generation with learning and the old generation in teaching.

**Here are a few ideas that could help you connect and support intergenerational projects in your care setting:**

## Community:

- + Connect with education- you could connect with early years children at nursery, all the way to college students. Look at what is in your area and think of the schools who might support additional needs and connect with them, too.
- + Youth groups – many communities have a youth club who enjoy projects and helping in the school holidays. You can find this information from your local council.
- + Clubs – You will have clubs in your area, Scouts, guide’s, gymnastics, dance, tennis and much more. Connect with the groups and see what support they can offer with visits or shows.
- + The arts – many communities have a local theatre or drama group, musical bands and young artists. Invite them into the home to share the arts.



## In your setting:

- + Reach out to your team, many will have children in the local schools and groups listed above.
- + Check with the individuals you support – not everyone likes children or could be aging without children and find children a personal trigger. Remember to remain person centred when planning to invite children into the setting.
- + Safe spaces – a safe space will be needed where the children will interact with others.
- + Check dietary requirements before the children arrive.

## Activity ideas

- + Reading 1:1
- + Singing
- + Art and craft
- + History talks
- + Performances
- + Gardening
- + Playgroup
- + Classroom lessons
- + Technology
- + No cook cooking

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**November 21st** – National Gingerbread Day



**Unknown**

*“Autumn is the season to find contentment at home by paying attention to what we already have.”*

# Gingerbread Garlands

Gingerbread dates from the 15th century, and figural biscuit-making was practiced in the 16th century.



One of the first reports of a gingerbread figure was at the court of Elizabeth I of England. She had the gingerbread figures made and presented in the likeness of some of her important guests. The world's largest gingerbread man was made by the staff of the IKEA Oslo, 9th November 2009; the gingerbread man weighed 1435.2 pounds (651 kg).

We all have fond memories of Gingerbread men or houses and the smell when they are baking. Why not try making these beautiful garlands?



**You will need:**

- + 3 tablespoons margarine
- + 4oz cup sugar
- + 6oz cup water
- + 1 tsp bicarb
- + 4oz cup molasses
- + 1 tsp cinnamon
- + 1 tsp ginger
- + 1 tsp cloves
- + 17.5 oz cups of flour
- + To make the patterns – Use cookie cutters, peppercorns or small rusty bells and clear acrylic varnish

**What you do:**

- + In a large bowl, beat the margarine and sugar together until light and fluffy, stir in molasses.
- + Combine dry ingredients and sift then add to margarine mixture alternating with water. Dough should be stiff. Cover dough and refrigerate for 3 hours or overnight.

- + Preheat oven to 350°F/180°C/ Gas Mark 4 and lightly grease baking sheets.
- + Cut dough into 3 pieces and knead to warm it slightly on a lightly floured surface.
- + Cut out using cookie cutters and place on baking sheets.
- + Decorate with peppercorns and rusty bells. Bake for 20 minutes, then shut off oven and let cool inside. Remove ornaments from baking sheet, place on a rack and allow to dry for 3 days. Then preserve with 3 coats of clear varnish.

**Note:**

These ornaments are not edible and will last for years.

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November 22nd – UK Disability History Month

# Painting with Nature

We all have a creative side that we can express in many ways. Why not try this creative activity that incorporates getting outdoors to collect the materials, with painting inspired by the items you find?

## Berries

Use blackberries for purple, berries can be found in most wooded areas in the brambles. Pick them, mash with water and sieve.

## Rosehips

Rosehips for red, soak the rosehips in boiling water for a couple of hours to soften first and remove the seeds. Then mash and sieve.

## Grass

Pick grass for green, collect some grass and soak in boiling water over night, then strain the next morning.

## Mud

Muddy brown, using warm water in a bowl and add some dry mud to make brown paint!

## Dandelions

Dandelions for yellow, collect some other yellow flowers as well as dandelions and rub onto the paper for a vibrant yellow colour.

## Top Tip

Can you think of other natural paints you could experiment with in the garden, maybe beetroot and onion skins from the veg patch?



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**November 23rd** – Five-Test Ashes series



**Raquel Franco**

*“And the sun took a step back, the leaves lulled themselves to sleep, and autumn was awakened.”*

# OUT! – Howzat?

Cricket is a fantastic game for developing concentration, focus and hand-eye coordination through throwing and catching. It is one of the most popular sports and is enjoyed all over the world. Cricket inspires many activity ideas.

## Did you know?

- + The biggest event in cricket is the World Cup. The first cricket World Cup was held in 1975 and won by the West Indies.
- + The cricket pitch is 20.12 meters (22 yards) in length and 3.05 meters (3.33 yards) in width.
- + Women have been playing cricket since the 1700's.
- + Despite having invented the sport, England has never won a World Cup title.
- + The fastest cricket pitch ever recorded was thrown by Shoaib Akhtar during the 2003 Cricket World Cup. He clocked in at 100.23 mph (161.3 km/h) during a match with England.
- + The only known player to have endured a fatal injury during a cricket match is Jasper Vinall of England. He was hit by a bat on the forehead and died two weeks later.



## Why not hold a cricket session?

- + Invite your local cricket club to come along and play or go and watch a local match.
- + Ask to borrow objects – discuss and feel the objects and reminisce.
- + Replay matches from the past Watch together and eat food from the competing countries.
- + Enjoy a picture quiz or written quiz night, with cricket as the theme.

## Exercises

- + Cricket inspired warm up exercises can be fun; talk to a fitness instructor or physio and discuss how you could build a themes session around cricket warmups.
- + Playing catch is good for hand-eye coordination – adapt the game to rolling the ball across the table to ensure an inclusive approach.



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**November 24th**  
Celebrate your Unique Talent Day



**Hal Borland** – “Two sounds of autumn are unmistakable...the hurrying rustle of crisp leaves blown along the street... by a gusty wind, and the gabble of a flock of migrating geese.”

# We all Have a Talent!

As the nights become shorter, what better way to spread some laughter and joy, than a classic talent show?

We all like to have fun! This is a perfect activity and includes tips on how to build up to the event and then enjoy the show!

## Planning Tips:

- + Create a committee to plan the event- involve the whole team
- + Ask the people you support and family members to get involved, support the acts, judge the show, or help with costumes
- + Think about the promotion – could you invite a VIP?
- + Make sure the space can accommodate the numbers attending
- + Advertise with posters, email invites and social media posts



## The Acts

- + Create a list of guidance for acts, encourage creativity; singers, comedians, poets etc
- + Hold practise or support sessions building up to the event
- + Create a points system for the judges to use on the night
- + Awards – what will you give the winners? – could you ask local organisations to donate?

## The Event

- + Invite everyone to get crafting homemade decorations in the build up to the event
- + Talk to the kitchen and plan themed refreshments
- + Create a program thank everyone taking part, the acts and sponsors
- + Share the event online via a closed invited group, encourage people to attend
- + On the night hold a fundraising auction, tombola or raffle
- + Make it a black-tie event and have a red-carpet arrival
- + Most of all have fun!

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November 25th – National Parfait Day



**Ann Drake**

*"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."*

# One Dessert or Two?

Parfait describes two types of dessert in French meaning “perfect” and what could be more “perfect” than two desserts together?!

The original parfait is made by boiling cream, egg, sugar, and syrup to create a custard-like puree. The recipe has been adapted over many years to include granola, nuts, yogurt, and liqueurs, topped off with fruits or whipped cream. You can develop the recipe with your favourite ingredients or try the one below!



## Pumpkin Parfait

**You will need:**

- + 1 cup pumpkin puree
- + 1 (1 ounce) package instant sugar-free vanilla pudding mix
- + 1 teaspoon pumpkin pie spice
- + 1 cup evaporated skimmed milk
- + 1 cup skimmed milk

**What you do:**

- + In a mixing bowl, combine the pumpkin puree, vanilla pudding mix, pumpkin pie spice, evaporated milk and skimmed milk.
- + Blend together until smooth.
- + Place in parfait glasses and chill until set.



## Easy Apple Parfait

**You will need:**

- + 2 cups peeled and diced Granny Smith apple
- + 1/2 cup apple jam
- + 1 cup plain non-fat Greek yogurt
- + 1/2 cup granulated sugar
- + 1 teaspoon vanilla extract
- + 1 cup heavy whipping cream
- + 1 ½ cups shortbread cookies crumbs

**What you do:**

- + In a small bowl, toss together chopped apple and apple jam.
- + In a separate small bowl, mix Greek yogurt, sugar and vanilla together. Set aside.
- + In a separate medium bowl, whip cream until it begins to thicken.

- + Continue to whip until cream is at stiff peaks.
- + Gently fold Greek yogurt mixture into whipped cream.
- + To assemble, place about 2 tablespoons cream mixture in bottom of dish or glass.
- + Top with crumbled cookie, 2 more tablespoons of cream and then chopped apple mixture.
- + Repeat layers.
- + On the final layer, layer crumbled cookie, apple mixture, and end with cream mixture.
- + Sprinkle with additional cookie crumbs.
- + Serve immediately if you want crispier cookie, or loosely cover and chill until ready to serve.

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

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**November 26th**  
Native American Heritage Day



**John Burroughs** – “How beautiful the leaves grow old. How full of light and colour are their last days.”

# Catch a Dream

The traditional dream catcher is one of the most fascinating traditions of Native Americans.

The tradition of the hoop symbolised strength and unity. It was intended to protect the sleeping individual from negative dreams, while letting positive dreams through. The negative dreams would get caught up in the web and expire when the first rays of the sun struck them. The positive dreams would slip through the hole glide down the feathers to the sleeping person below.

**Why not try making your own beautiful dream catcher?!**

### You will need:

- + One paper plate per person
- + Scissors
- + String or wool (if wanted in different colours)
- + Beads
- + Feathers

### What you do:

- + Begin by cutting out a circle from the centre of your paper plate.
- + Take a hole punch and cut even holes into the rim of your paper plate dream catcher.
- + Cut some wool – it needs to be quite long
- + Knot your wool to one hole and then lace it through the others in no patten.
- + Add the odd bead where you like as you weave.



- + Thread some more wool through the bottom 3-4 holes of your dream catcher. Let them hang down; you might want to make the length around 3-4 inch long.
- + Thread around 3-4 beads on each sting and hold them in place with a knot.
- + Take your feathers and wrap the thread around the stem of the feather and tie in place.
- + At the top of the dream catcher, make a hold to tie some string for hanging.

### Top Tip

You can make the dream catcher as large or small as you like, you can also paint the paper plate and decorate before you thread your wool or string in the middle.



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**November 27th** – Lancashire Day



**Samuel Butler** – *“Autumn is the mellow season, and what we lose in flowers we more than gain in fruits.”*

# Creative Writing

Use this photo to create a story in celebration of Lancashire Day.



**Here are some suggested questions to prompt your conversation:**

- + Look at the picture – what do you think the boys are called?
- + How old do you think they could be?
- + Why do you think they are not in school?
- + Did children often work in the mills?
- + What do you think the conditions were like?
- + How much do you think they were paid?
- + Would all the family work in the mill?
- + Are they best friends or related?

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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November 28th – French Toast Day



**Jim Bishop**

*Autumn carries more gold in its pocket than all the other seasons."*

# Pumpkin French Toast

Fresh sliced bread soaked in beaten eggs and milk, then pan fried is the perfect mix for a classic French toast.

The earliest known reference to French toast was in the 1st century, described as simply "aliter dulcia" which means another sweet dish. The traditional dish has been changed over the years and is a popular breakfast in America.

Why not try making this delicious recipe as an alternative to your breakfast options?

## You will need:

- + 3 1/2 cups cubed bread – you can use sweet or white
- + 1/4 tsp salt
- + 2 tsp cinnamon
- + 1 tsp pumpkin pie spice (or just add a little extra cinnamon)
- + 1 tsp sweetener
- + 1 1/4 cups milk of choice
- + 2 tbsp butter-type spread of choice for a butterier result
- + 1 cup yogurt of choice
- + 2 tsp pure vanilla extract
- + 1/2 cup tin pumpkin puree
- + Optional handful of raisins

## What you do:

- + In a large bowl, combine all ingredients except bread, and stir very well.
- + Grease an 8x8-in baking pan and pour the cubed bread into the pan.
- + Cover evenly with the wet mixture, then cover the entire dish with a lid or cling film and pop in the fridge overnight.
- + The next morning, preheat oven to 400 F and cook about 30-35 minutes.
- + Top with maple syrup, honey or chocolate syrup and whip cream!

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



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**November 29th**  
Start of Hanukkah ends 6th December



**John Donne,**  
*"No spring nor summer beauty hath such grace as I have seen in one autumnal face."*

# Happy Hanukkah

Hanukkah (or Chanukah in Hebrew) is the eight-day festival of lights or the festival of Dedication.



The menorah is a special candelabrum with 9 candles; one candle is lit per day. The ninth candle is called a shamash ("helper" candle) and is often the highest candle and used to light all the other candles. There are a few traditions and rituals associated with Hanukkah. For example, people share gifts and sing hymns, the Maoz Tzur is sung after the lighting of the candle each night, people get together to enjoy festive food made with olive oil to signify the burning of the lamp oil, sharing donuts and latkes.

Do you work with or support individuals who celebrate Hanukkah?

Enjoy this celebration by learning about Hanukkah and watching how it's celebrated – [Click here](#).

## Why not make a Menorah for glass decoration?

### You will need:

- + Black construction paper
- + White or light-coloured pencil
- + Craft knife
- + Silver tissue paper
- + Coloured tissue paper



## What you do:

- + Draw an outline of the menorah and candles on the piece of construction paper with a white or light- coloured pencil. Then cut out these shapes with the craft knife or scissors. Provide support where needed.
- + Cut out the shape of the menorah in silver tissue.
- + Cut out the coloured tissue papers that fit behind the cut of the candles in the construction paper.
- + Glue these pieces over the construction paper and display the menorah in the window.

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**Elizabeth Lawrence**

*"Everyone must take time to sit and watch the leaves turn."*

**November 30th** – St Andrew's Day

# Là Naomh Anndrais

Known as the Feast of Saint Andrew or Andermas, St Andrew's Day is Scotland's official national day. The day is marked with a celebration of Scottish culture and with traditional Scottish food and music.

St Andrew was the patron saint of Cyprus, Scotland, Greece, Romania, Russia, Ukraine, San Andres Island, Barbados and Tenerife. All these countries celebrate the festival, too.

**How could you celebrate St Andrew's Day in your setting?**

## Music

- + Liberty
- + Scots Wha Hae
- + Scotland Yet
- + The Wild Geese/Norland Wind
- + The Freedom Come All Ye



## Crafts

- + Create the Scottish bunting and flag
- + Flower arranging – use traditional Scottish flowers – Pines, heather, thistles
- + Tartan cards
- + Sew A Beautiful Scottie Dog Softie

## Food

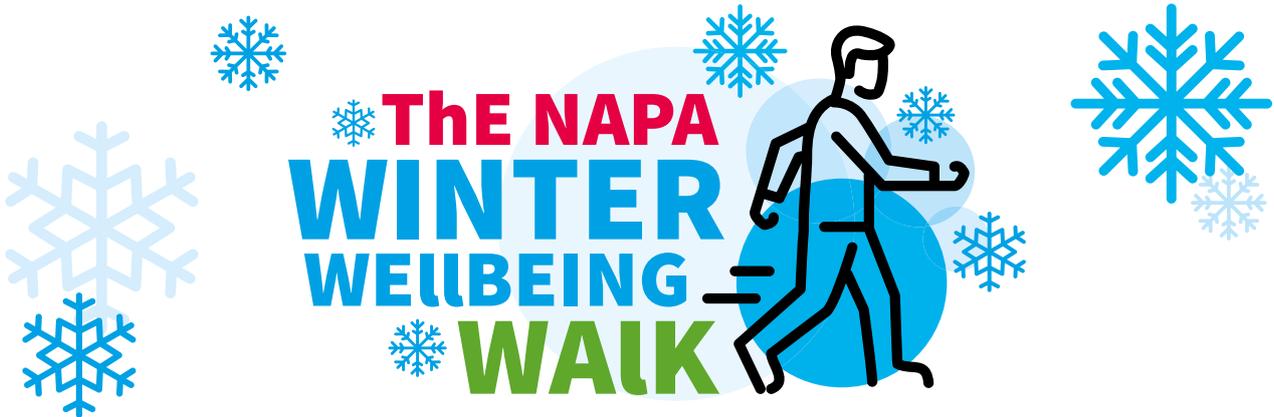
- + Oatcakes
- + Haggis with neeps and tatties
- + Scottish Cullen Skink
- + Smoked Haddock Bake

- + Vegetarian haggis neeps and tatties
- + Scottish egg
- + Deep-Fried Mars Bar

## Drinks

- + Irn Bru
- + Scotch Whisky
- + Whipkull
- + Heather Ale
- + Scottish Blend Tea

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The NAPA Winter Wellbeing Walk 2021 The NAPA Year of Moving and Grooving 2021 is a campaign to support the care sector to prioritise physical activity, with the aim of improving physical, psychological and social well-being.

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