

**November information:**

National Holiday and Celebrate Holiday(s)

Sandwich Day – 3<sup>rd</sup>

Sadie Hawkins Day (usually the first Saturday in November or the nearest Saturday to the 9<sup>th</sup>)

Veterans Day – 11<sup>th</sup> US, Remembrance Day (Canada & Australia)

Guinness World Record Day – 13<sup>th</sup>

Homemade Bread Day – 17<sup>th</sup>

Mickey Mouse’s Birthday (18<sup>th</sup>)

US Marine Corps Day – 19<sup>th</sup>

National Bible Week - 22<sup>nd</sup> – 29<sup>th</sup>

Black Friday – 27<sup>th</sup>



Birthstone: Topaz – Traditional – Brings serenity  
Citrine – Modern - Is known as the “healing quartz”

Flower(s): Chrysanthemum – Stands for optimism, cheerfulness and friendship.

**Activity Theme Overview:**

- 1) Space Theme – (In honor of International Space Station opened Nov 2<sup>nd</sup>, 2000)
- 2) Egyptian Theme (in honor of King Tut’s Tomb being discovered on Nov 4<sup>th</sup>, 1922)
- 3) Basketball Day – (in honor of the inventor of basketball James Naismith’s birthday Nov 6, 1861)
- 4) Magazine Day – 7<sup>th</sup>
- 5) Tuscany Theme (Truffle Festivals in Italy are held in Tuscany the 3<sup>rd</sup> and 4<sup>th</sup> weekend in Nov)
- 6) Weather Theme – (First official weather warning in US on November 8, 1870)
- 7) Children’s Book Day (In celebration of National Children’s Book Week)
- 8) World Television Day – 21<sup>st</sup>
- 9) Math Theme (in honor of Mathematician John Wallis’ Birthday – 23, 1616)
- 10) National Game & Puzzle Day (this is really a week celebration 23<sup>rd</sup> – 29<sup>th</sup>)

**Activity Theme Details:**

**Space Theme** – (In honor of International Space Station opened Nov 2<sup>nd</sup>, 2000)

Listen & Learn – Discuss the space adventure of NASA, past, present and future. Ask residents if they remember the moon landing/walk. Ask if they know what the current moon mission NASA is preparing for and what it means for the future.

Game – Unscramble the space word. You can either print the list of definition or read the definition and write the scrambled word on a white board so the residents can unscramble it to get the correct word or you can come up with your own way to present the game. Here is a list of space words with their meanings to use with your game:

- The **aurora** consist of sheets and waves of vibrant light caused by charged solar particles igniting gases in Earth’s atmosphere. They are typically visible at northern latitudes, and sometimes (during heavy solar activity) into the mid-latitudes of the United States and elsewhere. - Aurora
- The **anooor** is the Sun’s outer atmosphere. – Corona

## November Activity Themes – Compiled by Christine Jennings

- Charged particles streaming away from the Sun envelop Earth and other planets in a magnetic bubble. The **erheehlipso** is the bubble this solar wind blows out into the local interstellar medium. It defines the volume of space over which our Sun's influence predominates. - Heliosphere
- Magnetic fields within the Sun slow down the radiation of heat in some areas, causing **stsuopns**, which are cool areas and appear as dark patches. - Sunspots
- A **yxgaal** is a huge group of stars, dust, gas, and other celestial bodies bound together by gravitational forces. – Galaxy
- Impact **srcreta** are the remains of collisions between an asteroid, comet, or meteorite and the Moon. Craters

You can find other words to scramble with their meanings by searching Google for Space glossary.

Food – Suggestion for fun space food snacks that the residents can make:

- Space Snacks
  - 1c dry powdered milk
  - 2 tbsp. Wheat germ
  - 2 pkg. of Knox unflavored gelatin
  - 1/8 tsp. salt
  - 1 cup crunchy or creamy peanut butter
  - 2/3 cup of honey

Mix together all dry ingredients and cut in peanut butter. Add honey and mix thoroughly. Shape into any size sticks or desired shapes. Store in plastic container or enjoy now!

Exercise – Learn to do the Moonwalk and if your residents can not stand to learn the Moonwalk, then teach them to do the Table Moonwalk with their hands.

- Standing moonwalk is the one that Michael Jackson made famous, but we can do it slower.
- The Table Moonwalk is just like the standing version except they do it with their hands on a table.
  - Have residents seated at a table. Ask them to stretch their arms out in front of them as far as they can.
  - They will need to point their hands finger tip down so the right hand finger tips will touch the table and the left hand will lay flat on the table. (The same as the feet position in the dance).
  - Just like the dance have them slide back the hand that is flat and then roll it up to the finger tips. At the same time the hand that is on the finger tips will roll down and slide flat on the table.
  - As they moonwalk their hands back to the edge of the table their posture should also straighten up since they no longer need to lean forward to stretch their hands and arms out in front of them.
  - Once they are in a straight position with hands in front of them at the edge of the table, simple tell them to walk their hands back out across the table as far as they can and moonwalk back again.

I suggest letting them rest after they have walk out and back to see how they feel. If they are fine then let them do this several more times.

Don't forget to have some good Moonwalk music playing in the background to make it fun.

There is also a side moonwalk that can be adjusted to the table as well. Check out some YouTube videos that show step by step how it is done and then just do it with your hands on a table. The side moonwalk should provide side stretches.

Craft – Let the residents make a rocket as a group craft project. There are many easy safe rockets, such as the Seltzer Rocket that the women can paint and the men can assemble. Then afterwards they can all go outside to blast off their rocket into outer space. There are many seltzer rocket instructions on line, all you have to do is Google the words “Seltzer Rocket” and determine which rocket project will be best for your residents to make. I suggest you try making the rocket at home first so you can test it out and if you have kids around ask them to help so you can spend some fun time with them as well.

If you don’t have a lot of time to search for instructions, then check out the models at your local hobby store.

Game – Check out Wikipedia and create some Space Trivia questions for your residents to answer.

Movie – Suggestions:

- Lost in Space or Star Wars



**Egyptian Theme** (in honor of King Tut’s Tomb being discovered on Nov 4<sup>th</sup>, 1922)

Listen & Learn – Read through the Egyptian history on Wikipedia or check out ancient-egypt-online. Ask residents questions concerning the information you read to them, or see if any of them have traveled to Egypt, or what was movie do they remember the most about Egypt.

Game – List some famous Pharaohs and why they were famous to see if the residents can match the name with the event that made them so famous. You can find information on egyptologyonline.com or on Wikipedia.

Food – Fig seems to be a big part of the Egyptian culture, so make something with figs. Easy Fig Squares can be found on alleasyrecipes.com and search Fig Squares.

Exercise – You can start them off with the old “Walk Like An Egyptian” and even try some simple Belly Dancing out to stretch to. If nothing just play some Egyptian music to some chair exercises to keep in line with the theme.

Craft – Make a clay pot or bowl and give it some Egyptian flair.

Game – Have a race to see who can build a pyramid out of sugar lumps or marshmallows first. This should be fun.

Movie – Suggestions:

- Cleopatra (1963)
- The Egyptian (1954)
- Ten Commandments (1956)
- Scorpion King (2002)
- Ancient Egyptians (2003)

**Basketball Day** – (in honor of the inventor of basketball James Naismith’s birthday Nov 6, 1861)

Listen & Learn – If you have basketball fans in your facility it won’t take much to start this discussion. If you need some help on historical data, then check out the info on Wikipedia.



Game – Have a friendly game of Nerf basketball.

Food – Bake cupcakes and let them decorate like basketballs, or decorate with icing the color of their favorite Basketball team and player number. They can enjoy the cupcakes as a treat afterwards.

Exercise – Pass the basket ball, bounce it, move it side to side, just want ever they can do to get the blood circulating.

Craft – Let them decorate a plain ball cap or sweat shirt with basketball themes. You could print off some team logos from on line on transfer printer paper that they can iron on to their shirt or glue on a cap with fabric glue.

Game – Make a list of famous basketball players and let the residents match them with their team name.

Movie – Suggestion:

- “The Air Up There” (1994)
- “Like Mike” (2002)

**Magazine Day** – 7<sup>th</sup>

Listen & Learn – Gather interesting highlight historical information about magazines from Wikipedia. Share this information with the residents. Let them talk about the magazines they use to read as a teen or young adult. Do they remember magazines their parents read? If you check with the public library they might loan you some old issues of Life, Good Housekeeping or others published in the 30’s & 40’s to show as a visual during this time. In fact you could ask a librarian if they would come share their knowledge with the residents.

Game – See if the residents can guess the publishing date on several magazines listed on the magazine timeline found on magforum.com

Food – You could have the residents vote on the best magazine recipe that they every found and then make it make it during the food activity class.

Exercise – Stack the magazine race. Have a stack of magazines on one side of the room and have residents race to see who can get all their magazines stacked up without the stack falling. Or the old favorite - give them each a magazine and ask them to search for a particular picture. The resident with the most points for finding the picture wins.

Craft – Make a collage from pictures cut out of the magazines.

## November Activity Themes – Compiled by Christine Jennings

Game – Scramble the letters in some of the famous magazines and see if the residents can unscramble them.

Movie – Suggestion: “The Devil Wears Prada” (2006)

**Tuscany Theme** (Truffle Festivals in Italy are held in Tuscany the 3<sup>rd</sup> and 4<sup>th</sup> weekend in Nov)

Listen & Learn – Read about Tuscany, Italy on Wikipedia to the residents. Ask if anyone has been to Italy. Discuss any memories a resident may have of visiting Italy during war times or maybe while on vacation. You can also teach a few words of Italian by using the steps on about.com “Italian exercises for beginners”

Game – Check out books from the library of famous Italian painter so you can show the pictures to the residents. See if they can guess the name of the painter and or the painting. OR you can print off pictures from Google Images to use in this matching game.

Food – Wine and cheese social. OR let them make a pasta dish as a cooking class.

Exercise - Put on some classic Italian music and direct the residents in a free dance movements. If you know some very simple Yoga moves it will help them with stretching, balance and relaxation.

Craft – Let them free style paint or ask them to water color paint a landscape view from your activity room.

Game – Name some of the movies made in Italy or about Italy:

- Under The Tuscan Sun
- A Room with a View
- The English Patient
- The Italian Job
- Much Ado About Nothing
- Roman Holiday
- The Talented Mr. Ripley
- Tea with Mussolini
- William Shakespeare’s A Midsummer Night’s Dream

See if the residents guess any titles on your list. The above are a few that I found.

Movie – Suggestions: Under the Tuscan Sun (preview first to determine if your residents will like it)

**Weather Theme** – (First official weather warning in US on November 8, 1870)

Listen & Learn – Suggestions:

- Contact the local TV or Radio station and ask the meteorologist to come talk to the residents.
- Read the history of the weather service on crh.noaa.gov and enter Nov 8, 1870 in the search window, then click on the link that gives the historical details for this date.
- Make this a reminding time about storms the residents remember from their past.



Game – Name that weather tool (or come up with some a fun name for the game) Write or read the description of the weather instrument and ask the residents what the name of the described tool is. Here is a list of weather instruments and descriptions to use:

- Measures the air temperature. – Thermometer
- Measures air pressure. It tells you whether or not the pressure is rising or falling. – Barometer
- Measures the amount of rain that has fallen over a specific time period. – Rain Gauge
- An instrument that determines the direction from which the wind is blowing. – Wind Vane
- Measures the wind speed. The cups catch the wind, turning a dial attached to the instrument. The dial shows the wind speed. – Anemometer
- Indicate atmospheric conditions above a large portion of the Earth’s surface. Meteorologists use these to forecast the weather. – Weather Maps
- Measures the water vapor content of air or the humidity. – Hygrometer
- Measures weather conditions higher up in the atmosphere. – Weather Balloon
- It is a navigational instrument for finding directions. – Compass
- Is used to photograph and track large-scale air movements, then meteorologists compile and analyze the data with the help of computers. – Weather Satellites

Food – On the calendar just list “Today’s weather recipe”. The day before of the activity check the weather and also ask residents what food they liked eating when it \_\_\_\_\_ (add whatever the weather is going to be, such as rain, cold, sunny, cloudy...). Make an over all list of the most common food that was mentioned during your weather survey with the residents and plan your recipe around that food. For example if the weather on the planned food activity day will be rain and most your residents said pickles, then plan the food recipe using pickles as a main ingredient. Suggested recipe for pickles: Pickle roll-ups (some people may call this something else, but pickle roll-ups are what I call them and this is how I make them).

Ingredients:

- 1 pack of turkey or ham lunch meat
- 1 jar of large dill whole pickles
- 1 pack of cream cheese softened

Instructions:

- Take one slice of turkey or ham and dry with a paper towel. Spread enough softened cream cheese to cover the meat. Take one large dill pickle and dry with paper towel. Place dill pickle on the edge of meat with cream cheese and roll the pickle so the meat with cream cheese is wrapped around the pickle. Place the pickle wrap in the refrigerator until the cream cheese is firm. Slice the wrap into thick slices and serve. This is my rainy day treat.

Some suggestions for other weather related recipes:

- Cold – squash or pumpkin soup, tea, hot coco, apple cider or any fun hot beverage
- Sunny – fruit, punch, cheese and crackers or any fresh veggies with dip
- Cloudy – rice crispy treats, pumpkin muffins or dry out pumpkin seeds

Exercise – To get the residents moving play some weather related songs to dance or chairacise to.

Song suggestions:

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- “Walking on Sunshine” by Katrina and The Waves
- “It’s Raining Men” by The Weather Girls
- “Sunny” by Bobby Hebb
- “Good Day Sunshine” by The Beatles
- “Have You Ever Seen The Rain?” by Creedence Clearwater Revival
- “Here Comes The Sun” by The Beatles
- “I Love A Rainy Night” by Eddie Rabbitt
- “Let It Snow! Let It Snow! Let It Snow!” by Dean Martin
- “Windy” by The Association
- “You Are My Sunshine” by Ray Charles
- “You Are The Sunshine Of My Life” by Stevie Wonder

Craft – Wind Sock for them to hang outside their window or hang them from a tree that can be seen from a room uses for most activities. Some may just want to hang it in their room for decoration or give it to a family member.

### Supplies

- Cardboard cylindrical box, such as an oatmeal box or a large Coffee Mate can/box – 1 per resident
- Construction paper or paint
- Crepe paper or plastic streamers
- Items to decorate such as stickers, pictures, etc...
- Glue (recommend a hot/cool glue gun to make sure it endures the outdoors)
- String (strong or waxed will work best if it will hang outside)
- Scissors
- Hole punch

### Instruction:

1. Cut the bottom off a cylindrical box.
2. Cover the box with construction paper or paint it. You can let the residents decorate their wind sock with stickers, or paint flowers, stars, or whatever they want on it to make it their own.
3. Cut streamers and either glue or staple them to one end of the wind sock.
4. Punch four holes along the top of the wind sock.
5. Measure two pieces of string 12 inches long each. Tie each string to the opposite ends of a hole on opposite sides of the cylinder. Then with the center of each string pull together and tie with a longer piece of string making sure to knot it good. The long string in the middle is used to hang the wind sock.

### Game – Weather Word Search

### Movie – Suggestions:

- “Singin in the Rain” Gene Kelly (classic)
- “Gone with the Wind” Clark Gable (classic)

There are several movies with weather related themes such as The Perfect Storm, Tornado, and Night of the Twister, however you would have to watch them and decided for yourself if these titles would interest or upset your residents. The classics are always safe, but the bottom line it is your call on movie picks.

**Children’s Book Day** (In celebration of National Children’s Book Week)

Listen & Learn – Discuss old children’s story book and talk the residents about what type of books were their favorite as a child, what books did they read to their children/grand-children.

Game – Name that story. Read a few lines from a classic children’s story and see if the residents can guess the title. To make this a intergenerational activity as the resident’s grand-children or staff’s children to partners with a resident to help with the Name that story game.

Food – Have fun with your food activity by making some gingerbread houses like in “Hansel and Gretel”, OR make some green eggs and ham from the Dr. Seuss book of the same name, OR make cookies, like in “If you give a Mouse a Cookie”.

Exercise – Take a walk like Goldie Locks did or Red Riding Hood through the woods in a nice park.

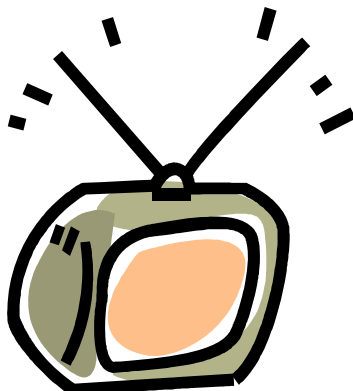
Craft – This is a writing/craft class combined. Have ready small notebook for each participating resident. Ask them to write a short children’s story and afterwards decorate the front of the notebook to reflect the title of their story.

Game – Play Charades with children’s book titles. This can be another intergenerational game where the children can help out the residents.

Movie – Suggestions:

- “Nim’s Island” (2008)
- “The Spiderwick Chronicles” (2008)
- “The Chronicles of Narnia: The Lion, The Witch and The Wardrobe” (2005)
- “Bridge to Terabithia” (2007)
- “Horton Hears A Who” (2008)
- “Inkheart” (2008)
- “Charlotte’s Web (2006)

**World Television Day – 21<sup>st</sup>**



Listen & Learn – Just have an open discussion on when the TV came about and if the residents remember the first time they watched TV, was it black and white or color? What was the first show they watched? What show were they not allowed to watch and why? What was the longest running show they watched? Do they remember any one season shows that they liked but due to ratings it was canceled after the first season?

Game – Log onto [classic-tv.com](http://classic-tv.com) to get a list of Classic TV Show to use in the “When Was That Show On” this is a game on their website and I thought it was better than anything I could come up with. This is a great site that can help you with many old classic TV games for you to try with the residents.

Food – Let the residents make popcorn or Chex mix to enjoy.

Exercise – Take a beach ball and write in each different color section the following:

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- Daytime Soap Opera
- After school special
- Night time Drama
- Comedy Show
- Favorite TV Network

If you need less just pick what you want, if more then add. Toss the ball around with some TV theme music. Stop the music one in a while and the person holding the ball, must read the category and give one TV show that is within the category. Example: Daytime Soap Opera = Guiding Light. Pass the ball around until everyone has had a chance to name a TV show from the category off the ball.

NOTE: If you don't want to write directly on the ball then use extra wide masking tape so you can pull off afterwards.

**Craft** – I can't think of a think to make as a craft for this theme, so let's have a party instead! Ask residents and staff to dress up as TV show characters, like Lucy from I Love Lucy, or The Lone Ranger, Gilligan from Gilligan's Island, or Gomez from The Addams Family. Just have fun dressing up as TV favorites and see who has the best outfit/costume. Serve TV snack foods as refreshments.

**Game** – Play the Name That Tune based on the sound tracks of old classic TV shows. This game is also listed on the classic-tv.com site.

**Movie** – Suggestions:

- "To Trap a Spy" (1964) based on the TV show The Man from U.N.C.L.E.
- "Star Trek" any of the movies are based on the TV series Star Trek

**Math Theme** (in honor of Mathematician John Wallis' Birthday – 23, 1616)



**Listen & Learn** – What do you know about mathematicians? Read information on Wikipedia to start a discussion with the residents concerning mathematician and math in general. How does math play a big role in our every day life?

**Game** – Math is part of our everyday life. See how many ways residents can come up with that we use math in everything we do. Divide them in to teams and give points with each area that we use math. Example: cooking (mathematical measurements), traveling (mileage calculation), banking, etc...

**Food** – Make a three inch subs and make sure to measure every ingredient that goes on a sub.

**Exercise** – Count out loud your sets of exercise, make sure to do a total of all the exercises for the residents to add up at the end of class.

**Craft** – Make a Hexagon Tree. I had to get this idea from Mathcats.com they have different types of math craft ideas to help with this math theme. You may want to choose another craft idea that would work better for your residents, but the Hexagon tree lets them measure, assemble and create a tree that can also be decorated up for Christmas.

Game – Print out some math worksheets and see how many the residents can finish as a one on one activity. This will help refresh their math skills. You can find many different skill levels on Google Images

Movie – (Note: Always preview the movies to see if they are appropriate for your residents. Only you as their AD can determine if they will enjoy the movie suggested or not. If the residents are higher functioning then talk to the residents about the movie suggestions and let them decided if they want to watch it or not.)

Suggestions:

- “A Beautiful Mind”
- “I.Q.”

**National Game & Puzzle Day** (this is really a week celebration 23<sup>rd</sup> – 29<sup>th</sup>)

Listen & Learn – Talk about the history of board games and/or puzzles. Ask residents what their favorite games were as children.



Game – Pull out the board games and have a friendly competition between the groups playing the game. The group that finishes an entire game first wins. They must play by the game rules too.

Food – Let them make finger sandwiches that they can eat during their card game time later on today. Make sure you use a loaf of frozen bread. Take out a stack of frozen bread and so some how to trim off the crest. Then slice them into three to four finger length strips. Let the residents spread the filling on them, such as chicken salad, pimento cheese spread, egg salad or a favorite you know they like. Then store them away for the card game later. You might have to give them at least one to try out to make sure they like what they made. By the time they are done the bread will be unfroze.

Exercise – 52 cards pick up, yes you are reading this right. Take a deck of cards and let them fly. Have the residents pick-up the cards anyway they can. Bend, and stretch to pick up as many cards as possible. The resident that has the most cards he/she picked up will win a prize.

Craft – As a craft take some old mismatched game pieces and cards that no longer are used and make one of the following:

- Door hanger that they can use when they leave their room so others will know they are at game night.
- Make pins and/or tie clips out of the dice or other pieces.

Game – Calling all Bridge players or any other card game players. Play a round or two to have fun.

Movie – Suggestions:

- “Clue” (1985)
- “Searching for Bobby Fischer” (1993)
- “Jumanji” (1995)
- “The Gambler” (1980)
- “Secrets of the Playing Card” A History Channel movie. (no date available)