

## October Information

### National and Celebrate Holiday(s)

- Jewish Sukkot – 3<sup>rd</sup> or 15<sup>th</sup> day of the month of Tishrei (late September to late October).
- Columbus Day – Always the second Monday in October
- Leif Erikson Day – 9<sup>th</sup>
- Navy’s Birthday – 13<sup>th</sup>
- Boss’s Day – 16<sup>th</sup>
- Sweetest Day – always the 3<sup>rd</sup> Saturday in October
- Oktoberfest – late September and runs to early October – 16 day festival
- Halloween – 31<sup>st</sup>



Birthstone: Opal – Traditional - meaning Hope  
Tourmaline – Modern- referred to as the gemstone of the rainbow

Flower: Calendula – The Calendula represents grief and jealousy

## Activity Theme Overview

- 1) Fall Decorating Day
- 2) Autumn Theme
- 3) Cookbook (Launch) Day – always October 12<sup>th</sup>
- 4) Germany Theme (or you can use do Oktoberfest since it ends the first week of October)
- 5) Mystery Day Theme
- 6) Pastor Appreciation Day (always the second Sunday in October, but we can honor during the week)
- 7) Dictionary Day – 16<sup>th</sup>
- 8) Bridge Day – (always the third Saturday in October)
- 9) United Nations Day – 24<sup>th</sup>
- 10) Mad Science Theme

## Activity Theme Details:

### Fall Decorating Day (Suggestion for 1<sup>st</sup> day of October)



This day is all about letting the residents and staff help decorate the facility for all the activities this month and it can also carry into November by just switching out any Halloween things for Thanksgiving items. You can make decorating into activities so you don’t have to do all the work by yourself and it gives the residents that love to decorate the opportunity to do so.

Gardening – You will need to have several large flower pots or you can use barrels filled with good soil and let the residents plant fall flowers in them such as mums, sunflowers, and ivy or fountain grass. I suggest you do this activity outdoors where the planter set up will be located. This is so you don’t have to move the heavy pots through the facility to adorn the

entrance way or courtyards. If they are already there then the cleanup will be easier too. Don't forget to get the dried cornstalks, Indian corn, gourds, scarecrows and pumpkins to accent the colorful fall pots. If you don't want to do pots for outdoors, then hollow out table size pumpkins and place a small pot of mums in them to adorn the dining tables.

Craft – Make table runners or wall hangings by using fall print fabric cut to any size you need for your desired project. Instead of sewing the hems use hemming tape to iron the borders of the runners or wall hanging. For the table runners purchase some tassels to hand stitch on the corners for additional decoration. If you are making the wall hanging then you will need to have a small lightweight wooden or plastic rod and rope or you can use heavy ribbon. At the top you will need to fold down enough fabric to make a pocket for the rod to go through. You can use the iron on hemming tape however I would do two rows to secure it. After you insert the rod in the pocket you can tie the cord or ribbon around each end of the rod. You can use a temporary wall hook that can be removed without hurting the walls. The can be temporary or removable wall hooks can be found at any discount or hardware store.

If each resident makes a table runner or wall hanging then you should have enough to decorate the tables and several walls. Make sure to label the craft projects with the residents name so they can be returned to the owners after November.

Another suggestion is to make large bows out of fall colored ribbons or use the crepe paper to make the bows out of. This will give some additional decorations around the nurse station or the front desk area. If you have trees around your facility with branches that have fallen then collect them for decorations. You will have to rinse with water to remove any insects on them before bringing them in the facility. Take one of the large bows and tie around the bundle of branches to set in a corner or in a large vase for inexpensive decorations.

Cooking – This project is to feed the birds more than the residents, so remind them of this as you work on this cooking project.

You will need the following items:

- Pine cones
- Cheerios
- Popcorn
- Dried cranberries and/or cracked corn
- Birdseed
- Suet
- Peanut butter
- Wire
- Ribbon

Instructions:

Tie a wire or orange/yellow ribbon about the top part of the pine cones so you can hang them around the outside of the facility windows. Spread the peanut butter on the pine cones and then roll it into the mixture of their choice.

Creative door contest – Have the residents decorate their room door themselves. You can help them hang, tape or whatever else to get the decorations on the door, but let them design it themselves. Ask all staff, volunteers and family to assist the residents, however they need to encourage the residents to

be creative. Then ask three vendors or local art teachers to come judge the doors. Give a prize for the top three or five doors. You don't have to have the judging on this day but let it be the beginning of the door decorating. You may want to give three days, but no longer than a week before the judging takes place.

Social – At the end of the busy decorating day invite all the residents, staff and family to enjoy relaxing music and some light refreshments as they enjoy the beauty of all the fall colors that the residents adorned the facility in with flowers and craft project they worked hard on today.

### Autumn Theme

Writing class – Start the day reading a few poems, quotes or short stories to the residents, then ask them to write an autumn memory either in a short story, poem or just whatever comes to their mind. A website I found that had good autumn poems or short stories to read to the residents are [egreeway.com](http://egreeway.com) then click on Months: Poems, Quotes, Links, Bibliographies, and Chores, then choose autumn or October.



Nature Walk – Take a nature walk around the facility or in a park. Let the residents collect some colorful leaves that can be used for a craft class when they get back.

Craft – Leaf press (this is a two week project) – You will need two pieces of ¼ inch plywood about 2 feet by 1 foot, heavy duty cardboard, blotter paper, newspaper, and several bricks. Take the colorful leaves the residents gathered from their nature walk and make sure they are clean and dry. Stack on table in this order one piece of plywood, cardboard, blotter paper and newspaper. Place the leaves on top of newspaper in order making sure to include a small name tag next to each leaf with residents name, date and location where the leaf was found. Add another sheet of newspaper on top of leaves followed by blotter paper, cardboard and plywood. Place the bricks on top of the last piece of plywood to keep it pressed down. The blotter paper will need to be changed every day for two weeks. This project needs to stay in a warm, dry area with good area flow. If you leave it on a table in the corner of your craft/activity room then that should be fine. Assign a high functioning resident to change blotter sheets each day. After about two weeks the leaves are ready to use to decorate note cards, or preserve them in a small picture frame with the tag so the residents will remember their nature walk. If you took pictures that day you can include a picture too and show case the leaf behind as a decorative boarder. This decoration will be ready in time to display in November.

Game – Rake the leaves - If you have trees around your facility do this game outside, if not then you can do it in your activity room. Divide your residents into teams.

- Purpose of game is to promote team work and physical activity
- Give each team a broom, trash bag, straw hat and two or three pairs of garden gloves
- Scatter leaves in a line about four yards long. It does not have to be a great deal of leaves, just enough to have a line to the finish line.
- Instruct the residents to do the following:
  - Have one member of the team sweep the leaves to the finish line with the broom dividing the leaves into two or three separate piles.

## October Activity Themes – Compiled by Christine Jennings

- The second member will wear the straw hat and carry the trash bag to the finish line as fast as they can.
- The next member wearing a pair of gloves will go as fast as they can to collect the first pile of leaves into the trash bag that the second member is holding. Once they get their pile of leaves in the bag then the bag holder will take off the hat and wave the next member to come collect their pile of leaves in the bag. This will be repeated until all the members wearing garden gloves collect their pile of leaves.
- The first team to finish putting all their leaves in the trash bag wins.

You should treat the winners with an extra treat, but all residents should get a goody for coming to the activity. If you have a lot of residents then reset the leaf lines and let the next set of teams play while the other cheers them on. This is more or less a relay race with props, so adjust so your residents can have fun while getting some exercise.

### Cooking – Cream of Pumpkin Soup with cinnamon raison wedges:

#### Ingredients for soup:

- 2 tablespoons of melted butter
- 1 cup chopped onion
- 2 cans chicken broth (14.5 or 15 oz each)
- 1 can of pumpkin puree (15 oz)
- 1 teaspoon of salt
- ½ or ¾ teaspoon ground cinnamon (if you really like cinnamon use 2/3 tea)
- ¼ teaspoon ground ginger (you can us as little as 1/8 teaspoon, but do not use more than ¼)
- 1/8 ground black pepper
- 1 cup heavy whipping cream

#### Ingredients for cinnamon raison wedges:

- 4 to 6 slices of cinnamon raison bread
- 3 to 4 tablespoons of softened margarine
- 2 to 3 tablespoons brown sugar

#### Soup instructions:

Sauté onion with butter in a medium saucepan until it is tender. Be careful not to overcook. Onions should look translucent. Add 1 can chicken broth; stir well. Bring to a boil; cover, reduce heat, and simmer 15 minutes.

Transfer brother mixture into a blender or processor. Process the mixture until it is smooth.

Return mixture to saucepan. Add remaining can of broth, pumpkin, salt, ground cinnamon, ground ginger, and ground pepper; stir well. Bring to a boil; cover, reduce heat, and simmer for about 10 minutes, stirring occasionally. While the soup is simmering make the cinnamon raison wedges.

#### Instructions for cinnamon wedges:

Preheat oven to 400 degrees. Cream butter, brown sugar then spread butter mixture evenly on cinnamon bread. Place on baking sheet and bake for 8 – 10 minutes or until bread is crisp. Cut each slice into small triangles.

After the soup has simmered for 10 minutes stir in whipping cream and heat, but DO **NOT BOIL**. Ladle into individual soup bowls. Top each serving with Cinnamon Wedges.

Instead of bowls you can use the clear plastic punch cups since they are wide at the top or use small desert cups. These way residents can taste the soup, but won't waste or spoil their supper.

Social – Serve warm apple cider with/without cinnamon stick. See if any of the residents would like to read their poems or short stories to entertain everyone with their writing skills.

### Cookbook Day

**NOTE:** Prior to this day send out a notice asking residents, staff and family to bring in a family favorite recipe to be published in a facility cookbook. This will take some time, however compiling a facility cookbook can be used as a fundraiser with proceeds going to the department that needs it the most, or you can donate the money from the residents to a local cause they decide on.



Discussion – Bring out some of your cookbooks old and new to discuss with the residents. Ask them if they remember the cookbook their mothers used. If they say they didn't use one then ask them if they remember recipe cards or recipes that were written down which was a family recipe. Talk about recipes, cookbooks, and recipe card boxes.

Game – How many cookbook, magazines, or cooking shows can you name? See how many your residents can come up with. Make this a team challenge and keep score.

Here is a list to get you started:

- Betty Crocker
- Pillsbury
- Nestle
- Kraft
- Fannie Farmer
- The Joy of Cooking
- Julia Child
- Paula Dean
- The Art of Cooking
- Moosewood Cookbook
- Southern Living Cookbook (can also use this for magazine)
- Rachel Ray
- Martha Stewart
- The Cake Mix Doctor
- Iron Chef

Craft – Decorate a recipe card box and fill with index cards. The residents can give this as a Christmas or birthday gift to a family member. OR Make aprons. Wal-Mart (if your area location still sells fabric) or fabric stores sell the apron prints that only require hemming the edges and sewing on the ties. These are easy to make and can be given as gifts or kept for cooking classes.

Game –Kitchen Smart – Purpose is to demonstrate coordination and memory skills.

These are items you will need on the table:

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- A pile of aprons
- Hand mixers (the old rotary kind), potato mashers, and oven mitts
- Mixing bowls filled  $\frac{1}{4}$  water and a squirt of dish washing liquid
- Mixing bowls filled with a soft boiled potato
- Large bowl filled with hard boiled eggs in shell (you can use plastic eggs instead) and large bowl beside it empty

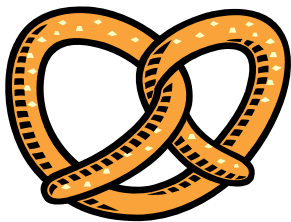
The object of this game is to have residents to demonstrate how to put on an apron. Choose the proper kitchen tool to make soap suds in the water bowl and to mash the potato. Then they need to try to move the hard boiled eggs to the empty bowl using oven mitts. This should be a little challenge, but fun and should bring back some good memories using the older cooking utensils. You can add some other challenges like having a large frying pan with cardboard or foam rubber round shape pancakes and a dinner plate, which they will have to use the spatula to transfer the pancakes to the plate. If you have them do this with the oven mitts on it will be more challenging. For the residents that are lower functioning then omit the oven mitts since it will be a challenge for them to remember which utensil is used for each task.

Move time – There are several good movies that are based around cooking. Here are a few to consider:

- Christmas in Connecticut, 1945 starring Barbara Stanwyck
- Baby Boom, 1987 starring Diane Keaton (PG)
- Mostly Martha , 2002 starring Martina Gedeck (PG)
- Because I Said So, 2007 starring Diane Keaton and Mandy Moore (PG-13, may want to view first)
- Ratatouille, 2007 animated movie – (G)

Community event – Have a cook off between your facility and local vendors with chili. Invite the community out to sample and vote for the best tasting chili. This can be a fundraiser by selling tickets so the community can vote. Tickets are 5 for \$5.00 or 12 for \$10.00. When a person samples a chili that they like one ticket is deposit into that chili booth box. The booth with the most tickets 30 minutes before the event ends wins the bragging rights and a trophy for the best chili. Marketing can use this to promote the facility community involvement and if you have the facility cookbooks printed you can sell them during the event. Proceeds can be used for the facility needs or donate to a local charity.

### German Theme



Discussion – Look up information about Germany on [germany-tourism.de](http://germany-tourism.de) or [germanoriginality.com](http://germanoriginality.com) to help you with culture and historic information. Review some of the interesting information with the residents and ask what they know about Germany. Depending on the age group of your residents you most likely will get some negative remarks, however there will be a lot of positive as well. If you do encounter negative remarks you can discuss how Germany has changed into a bright, lively, classical culture. Discuss the fall of the Berlin wall and the impact it had on the country.

Cooking – Make soft pretzels. The kneading of the soft dough is good therapy for their hands and it is a great treat once it is baked.

Ingredients:

4 to 4  $\frac{1}{2}$  cups of all-purpose whole wheat (plain flour can also be used)

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1 ½ cups of warm water (should be heated to 120 degrees)  
1 package of active dry yeast  
1 ½ teaspoon sugar  
¾ teaspoon light salt  
1 egg yolk (or you can use egg yolk substitute)  
1 tablespoon water  
Coarse salt (sea salt is way better than the regular salt)

Preheat oven to 400 degrees. In a large bowl combine 2 cups of flour, yeast, sugar, light salt and the warm water. Mix for about 3 minutes. Add 2 cups of flour and knead for about 3 to 4 minutes. At this point if your dough seems sticky then you will want to add the remaining ½ cup of flour so it kneads into a soft dough ball.

On a floured surface, cut into 20 pieces and roll with hands into approximately 10 – 12 inch ropes. Shape as pretzels and lay on a cookie sheets. I like to use the foil with release so the dough does not stick and it is also easy clean up. Once the pretzels are on the cookie sheets then beat the egg yolk/substitute with the tablespoon of water and brush over the pretzels. Sprinkle with the course salt. Bake in preheated 400 degree oven for about 20 minutes. Remove from the oven and let cool. These can be stored for two days, after that they tend to get to hard to eat.

Have cheese and mustard for dipping. You can also skip the course salt and sprinkle with cinnamon sugar right before you take them out of the over for a sweet pretzel. Whichever you think your residents will like.

German Trivia – Using all the great information on Wikipedia write up questions to ask the resident.

Dance – The German dance is a lot like square dancing, however it is slower and has lots of clapping and spins. If you have a dance studio that performs traditional German dances see if they will come to demonstrate them to the residents. If you have any German residents then as if they remember any of the tradition dance steps to teach everyone. Engage any family members that can do any German traditional dances. If you have no luck with any of the above suggestions, then there is always the Hokey Pokey dance or square dances which are both folk dances that would work for your German theme. Try anything to get them moving to the music. Make sure you play German traditional music. You can see some of the German dances on YouTube.

Game – What’s that? – Print out some German words and let the residents guess what it means. You can use card stock paper to print out simple German words and on the back side paste a picture of what the word represents. Examples:

Cat = Katze  
Dog = Hund  
Man = Mann  
Woman = Frau  
Bike = Fahrrad  
Chair = Stuhl

Translation site to check out is [translate.google.com](http://translate.google.com) is easy to use.

Social – Have your own Oktoberfest for your residents to enjoy. If you make enough soft pretzels during your cooking class you can serve them during your Oktoberfest along with non-alcohol beer.

## Mystery Day

Discussion - Today is all about mysteries! Ask your residents what their favorite mystery books, radio show or TV show that they use to listen or watch. Discuss mystery games they use to play or ask them if they have ever had a personal mystery that they had to solve when they got older.

Game – Mystery words – This is just like word scrabble just using words relating to mystery writers or shows.

- Eitsirhc ahtaga = Agatha Christie (Created Miss Marple and Hercule Poirot)
- Snilloc etak = Kate Collins
- Niac M semaj = James M Cain
- Onxid w nilknarf = Franklin W. Dixon (The Hardy Boys)
- Elyod nanoc ruhtra ris – Sir Arthur Conan Doyle (Sherlock Holmes)
- Ynneplah eromyrrab ecurb = Bruce Barrymore Halpenny (author of Ghost Stations Mysteries)
- Eneek nylorac = Carolyn Keene (author of Nancy Drew books)



You can find an entire list of mystery writers on Wikipedia.

Sensory – Make boxes with different items in them so the residents can feel and try to guess what is in the boxes. If you cut a hole big enough for their hands with a cover over it to hid the content and make it easier than blind folding them.

Skit – Have your drama club or staff put on a mystery skit. You can very easily turn a Nancy Drew or Hardy Boy book into a short skit. Just pick out the key players and the basic information leading to the mystery and how they resolved the mystery. OR Let the residents make up a mystery and have the staff act it out.

Mystery dinner – Ask the kitchen staff to participate in this activity by making a beef or chicken stew with an ingredient that they may not normally use in a stew, maybe a spice. They can also put garlic butter bread knots and make a special cake or pie that they have not made before. Then write on the menu board “Mystery Meal - Your guess is as good as mine!” Ask kitchen staff go around and ask the residents what the food was. Then ask them to guess the secret ingredient in the stew and bread. Once they guess what it is then serve the mystery cake or pie. Make sure you reward the kitchen staff for participating and honor the resident(s) that guesses the secret ingredient with a certificate for revealing the Mystery Dinner.

Movie – End the day of mystery with a mystery movie like “Clue”, 1985 starring Eileen Brennan, Tim Curry, and others. Rated PG

### Pastor Appreciation Day (2<sup>nd</sup> Sunday in October)

Pastor Appreciation Day is always the second Sunday in October, but honors the ministers that come to inspire residents faithfully each week. Since their local churches will honor them on Sunday the facility can honor them the week before.



Cooking – Have the residents to assist in making cup cakes or cookies to serve during the appreciate social for all the ministers that volunteer at your facility. OR you could have them bake a cake to give as an individual gift to each minister to say thank you for all they do for the residents.

Craft – Have the residents make cards or decorate a large poster board having all residents and staff sign to give one to each minister during their social time.

Writing - Ask some of the residents to write a poem or just a simple letter of appreciation so they can read it to the ministers during the social time.

Social – This social is to honor all the ministers that help in your facility. Prior to this day send invitations requesting the honor of their presents during your social time. Let them know this is to honor them since in a way they are the pastors of the residents at your facility. This will not be a time to preach, but for them to allow the residents to show their appreciation for all they do for them. During this time serve refreshments, let the residents read their poems or letters out loud, present the ministers their cards and cakes. If you have staff or residents that sing, then let them honor the ministers in song. A good song for them to learn to honor ministers is “Wind beneath my wing”. You may also want to invite the residents, staff and families. So many pastors do not receive the appreciation for the work they do in facilities, so this would be a good time to honor them. They are a big part of your activity schedule. You can also present them with a certificate of appreciation in closing of the social event.

### Dictionary Day (October 16<sup>th</sup>)

This day honors the birthday of Noah Webster the father of the American dictionary and it is all about words, spelling and definitions.



Discussion – Collect different dictionaries to show the residents. Talk about the different ways to we use the dictionary, such as spelling, definition, word search, etc... Ask the residents how many dictionaries they can name, such as Webster, Scribble, Oxford, etc...

Word memory game – Make large size flash card with different words on one side and leave the other side blank. Show each card to the resident and then turn it over to the blank side and ask what the word was. You can either let them shout it out, or give them paper to write it on, or ask them to raise their hand if they remember the word. This may seem like to easy of a game, however t should work well for all residents at any functioning level. If you want to divide them into team and make it more challenging use more difficult words and also show several cards one after the other to see if they can remember all the words in order. Give the teams a point for each set of words they get in order correctly.

Word Spin and Spell– This game will require a spinning wheel like they have on Wheel of Fortune, except it will list categories instead of money/prizes.

The ten categories are as follows:

1. Animal Kingdom
2. Food
3. People we know
4. In the house
5. Outside the house
6. Things we do
7. Places we go
8. Transportation
9. School subjects
10. Clothes we wear

In each category there will be a list of single words for you to call out to the resident. The resident will then try to spell the word that is called out to them. You can either let them take turns or let the resident continue to play with each right answer and stop when they miss an answer like they do in a spelling bee. THAT IS UP TO YOU!

Cooking – Food Play! – Let the residents make sugar cookies using alphabet cookie cutters. After the cookies cool let the residents try to spell words with their cookies before they eat them.

OR

If you do not have a kitchen for your residents to use then use a box of Alphabet Cereal for the residents to make words and then they can eat the sweet cereal as a snack.

Word Dance and sing – Play songs or sing songs that spell out words or have words to demonstration with motions such as:

- ABC by the Jackson 5 (this is a good fun dance song)
- YMCA by the Village People (everyone knows the motions this one)
- The BIBLE (I know this is a kids church song, but most all church going residents will remember)
- The Alphabet song (no motions, but good to sing to)
- Deep and Wide (Sang this in camp and it has motions to demonstrate deep and wide and river)

Maybe you can think of other songs relating to spelling or word demonstration.

Movie –Spellbound, 2002 film directed by Jeffery Blitz is a documentary film which received nominations for Oscar and other academy awards. I personally have not seen this movie, however it looks like it might be of interest, it fits the theme and it is rated G.

### **Bridge Day (always the third Saturday in October)**

Discussion – Bridge Day is a big event celebrated in West Virginia which is attended by people from all over the world. Why you may ask, well it is the only day of the year where people can legally jump off the 798 foot bridge. Read all the information to discuss with the residents on [officialbridgeday.com](http://officialbridgeday.com) where you will find videos, quick links for the New River Gorge history and the detail events. You can also contact the Fayette County WV Chamber and request maps or visitor information to be sent to your facility to show your residents. There are even DVD's that can be



purchased or check with your library that show some of the most daring jumps off bridges, which most likely will have one or two from the New River Gorge Bridge. You can also check out [bridge.day.info](http://bridge.day.info) for additional information. Talk to your residents about bridges in your area that are famous.

Game – Since there are a lot of parachutes seen during the bridge day event let residents play a game with a parachute. If you do not have a parachute, then a large king size sheet will do.

Cooking – No bridge day event is complete unless there are funnel cakes, so let your residents make funnel cakes. You can purchase a funnel cake kit at most discount stores. There is a great how to video that you can watch which also gives a very simple recipe and method to making funnel cakes on [about.com](http://about.com), then type in search window “How to make funnel cakes”, then click on the video link.

AND/OR

Make Bridge mix snack. It is easy and you can make it to serve during the bridge game or the movie.

Game – Gather a group and play a game of bridge.

Sing-a-long – Sing songs related to bridges, such as:

- London Bridge is Falling Down (see Wikipedia for the lyrics)
- Bridge Over Troubled Water (see [old.yoursonglyrics.com](http://old.yoursonglyrics.com) for lyrics)
- Low Bridge (also known as Erie Canal Song – see Wikipedia for the lyrics)
- Love Can Build A Bridge (see [lyricsfreak.com](http://lyricsfreak.com), click J, then JU-JU and Judds)

Ask residents if they remember any songs they use to sing about bridges.

Game – See how many bridges the residents can name. You can divide up into teams roll dice to determine how many points each team gets after they have named one famous bridge on your list. You can find a list by each state on Wikipedia under “List of bridges in the United States” or for bridges all over the world just enter in “List of bridges”. You may want to start with your state first then advance to the US list.

Movie: Broken Bridges starring Toby Keith and Kelly Preston rated PG-13. This is not really a movie about bridges however it is a great movie that teaches a lesson in building bridges for relationships. I personal love this movie and have seen it a dozen times.

### United Nations Day (every October 24<sup>th</sup>)



Discussion – Read the history of the United Nations Day on Wikipedia to discuss with the residents. Ask if they remember anything about the United Nations, when it was formed, why it was formed, and what purpose does it serve, etc...



Game – Name that flag – See if your residents can name some of the flags from other countries. You can find pictures of all the nations’ flags on line to print or check out your local library for books with pictures they can look at and then guess which country it belongs to. I saw a floor size world puzzle mat in Lowes store back in the flooring department which has all the country flags on it too. It was not very expensive at all and since it is a rubber mat type puzzle it can be washed.

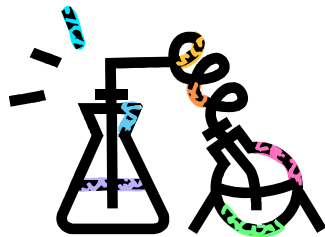
Facility Project – Collect money from everybody (residents, staff, volunteers, vendors, family and visitors) to donate to UNICEF from the facility. The residents and staff could even have a bake or craft sale with all the proceeds going to the UNICEF funds. You can get more information from [unicef.org](http://unicef.org) to discuss with the residents and staff to see if this is a project your facility wants to contribute to.

Cooking – Let your residents try some International foods. Make Mexican cornbread, chicken stir fry, Irish potatoes, or French toast.

Art – Let the residents try their hand at painting another countries flag, or a famous icon from a different country like the Eiffel Tower, or the Tulips from Holland, or the Leaning Tower of Pisa. Just let them paint whatever they consider to be International. Some may want to display their art work during the International social.

Social – You may want to see if there is a local band that can play music from different countries, or just find some CD's with music from all around the world. You can serve different teas or coffees from China, England, India, France, Germany, etc.) You could also have some different types of cookies to go with it like Scottish Shortbread, truffles, Mexican wedding cookies, etc... Invite the staff and family too to make it a facility social.

### Mad Science Theme



If you want to decorate for the Mad Science theme you can use the Halloween caution tape, bio hazard signs, test tubes, beakers, use old jars for lab equipment, microscopes and drape fake spider webbing over the lab set up and around the room. You can fill the jars with hands, brains and feet toys that expand when they are in water. Also fill test tubes with jelly beans, skittles or pop rocks. If you can you can get a small piece of dry ice to use around the lab set up it will add to the effect during activities or socials. Wear doctor lab coats, mess up your hair and don't forget the black rubber gloves to have the full effect.

Discussion – Talk to the residents about some crazy science projects they may have done when they were growing up. Did any of them try to make a potato gun, launch a rocket with baking soda or some other crazy projects? Get them talking about science, even if it is about a science teacher they had that made a big impression on them. If you want you can read Wikipedia about science projects that you can discuss with them.

The activities are described as experiments to add to the theme. You can either do the experiment to show or let the residents do them, only you can decide which will work best for your groups.

#### Experiment # 1 – Egg in a Bottle

Materials:

- Large or X-Large peeled hard boiled egg.
- Glass bottle with an opening slightly smaller than the egg
- Matches (the long sticks will work best)
- Small piece of paper

Directions:

1. Put the paper in the bottle.
2. With the match light the paper in the bottle, if you only have short stick matches then drop it in the bottle next to the paper.
3. Immediately place the egg on top of the bottle with the small end down. Make sure the opening is completely covered by the egg.
4. Now tell all residents to watch the egg. As the bottle heats up it will expand and the egg will drop down into the bottle.

What made it happen? The egg prevented outside air which is high pressure from getting into the bottle while the flame causes the air inside to the bottle which is low pressure to contract causing a small vacuum. When the outer air pushes its way into the bottle and the vacuum is created in the bottle, the egg falls in.

Experiment #2 – Lava Lamps

You can use these instructions or check out [WikiHow.com](http://WikiHow.com) for instructions and a video to watch. Type in How to make lava lamps with household ingredients and it will take you directly to the information page.

Materials:

- 1 liter bottle
- 1 cup of water
- Vegetable oil (enough to fill bottle)
- Water base food coloring (any color)
- Alka-Seltzer (two pieces broken up)

Directions:

1. Fill bottle with one cup of water.
2. Add vegetable oil to top of bottle.
3. Add a few drops of food coloring.
4. Break up Alka-Seltzer into pieces and add to the bottle. When the Alka-seltzer starts to dissolve it will give the same effect as a real lava lamp.
5. You can a light under neither the bottle to make it look more like a lava lamp.

Food fun – Toothpick Towers

The object of this food fun is for each resident to build a tower using the toothpicks and food items that are given to them. Afterwards they can eat their own tower or take it apart to take to their rooms.

Material:

- Large Ziploc bags – one for each resident with their names on them.
- Small Ziploc bags each with the following items:
  - 1 small bag with 100 toothpicks
  - 1 small bag with tootsie rolls
  - 1 small bag with cheese puffs
  - 1 small bag with gummy bears

## October Activity Themes – Compiled by Christine Jennings

Place the small Ziploc bags filled with ingredients in large bag with residents name on it. Once residents are in the activity room seated give them their bag. Instruct them to build a tower with the items in their bag as tall as possible. Set a timer and when the alarm goes off then the resident with the tallest tower wins a prize. All residents get to keep their eatable items. I suggest they trash the toothpicks.

### Game – Guess the Objects

Material:

- Ping pong ball or golf ball
- Block made out of wood
- Metal object such as a toy car
- A soft object such as a small stuffed animal
- Something made out of cardboard like a small gift box
- An opaque plastic container with lid

Instructions:

1. Pass around all the objects with the exception of the plastic container with lid. Let the residents feel each object. Ask them to notice the weight and any type of sounds it makes when dropped on the table.
2. After each resident has passed the objects then collect them so they are out of sight.
3. Take one item of your choice and put it in the plastic container with the lid securely on. The plastic container should be large enough for the object to move freely.
4. Now pass around the container with the hidden object.
5. Let the residents shake the container to rattle the object.
6. Once all the residents have shaken the container ask them to guess the object based on the sound it made when they shook the container.
7. Once every one has made a guess open the container to reveal the object.
8. Repeat sets 3 – 7 until all objects have been guessed. You can even repeat an object to make it more challenging.

Social – Have a special cake and punch to serve at your social such as:

- A cake shaped/decorated like a brain.
- Jell-O with gummy worms.
- Stuff the non-powder plastic glove with popcorn and tie a ribbon to look like a hand.
- Make red punch with ice cubes that have gummy worms floating in it.

Movie – Have some laughs and show the “Young Frankenstein”, 1974 directed by Mel Brooks, rated PG

**Have a GREAT October!**