

September Information:

Observed Holiday(s)

- Labor Day – Always the first Monday in September in US and Canada. Check out dol.gov and search “The History of Labor Day” for the real Labor Day historical facts.
- Grandparent Day – The first Sunday after Labor Day. Check out grandparentsday.com for historical information and more relating to the holiday.
- Rosh Hashanah – Begins at Sundown on September 18th commonly known as Jewish New Year
- Autumn Equinox – The 22nd - 23rd of each year in September. Sites to check out for equinox information are encyclopedia2.thefreedictionary and search for Autumn Equinox, Wikipedia and search Equinox. You can also search nationalgeographic.com and search in site window “Equinox”, then scroll down to “Video: Equinox Balances Day and Night” which is a great video to watch.
- Yom Kippur – Begins at Sundown on September 27th

Birthstone – Sapphire – The stone represents clear thinking.

Flower – Can be Aster, which means star.

Activity Theme Overview:

- 1) Hispanic Heritage – Celebrated September 15 through October 15 each year.
- 2) What’s in a Name?
- 3) Communication 101
- 4) Classical Music Month
- 5) Sewing Basic
- 6) Swap Ideas Day
- 7) School Days
- 8) Native American Day – Forth Friday in September
- 9) Wild Kingdom
- 10) Chinese Mid-Autumn Festival – September 28th

Activity Theme Details:

Hispanic Heritage – Celebrated September 15 to October 15 each year.

- Listen and Learn – The website scholastic.com has great Hispanic teaching information under Student Activities, scroll down to Social Studies, then scroll and click on Hispanic Heritage. On this page you can elect o print the information under each category. Discuss with the residents the history of the Hispanic contributions to the growth of America. If you have some Hispanic residents see if they will speak to the group about their heritage and answer some questions to get a good discussion going while they learn.
- Matching Game Spanish style – This is my version of the Piñata Concentration On-Line game. You will need to either purchase two sets of Spanish flash cards large enough for your residents to see, or you can make some. To make: purchase poster board the size of notebook paper or slightly larger. Purchase at least 24 or more. Print out pictures of common items such as banana, tree, sun, moon, shoe, coat, spoon, etc... then above the picture write the Spanish name. You will have to make two of each item picture. Keeping your matching cards together, divide the cards into four sets (total of eight cards). Pin them up on a cork board with the picture facing the board so the residents can’t see. Above the top row have numbers 1 – 4 and below the second row of cards have numbers 5 -8 so the residents can tell you which cards they want turned over

to see if they match. Divide the residents up in groups. Once you determine the order the group will take turns then start the game. Let each group take a turn at trying to match the card with its matching pair. Make sure when you pin the cards up you mix the cards well. Now to make it really fun have a Piñata filled with goodies towards the side. The group that gets the most correct matches wins a chance to hit the Piñata. Play until the Piñata is broken and all get a treat. This game will help the residents learn some common Spanish while having fun.

- Music and dance – Bring out the maracas, drums, and castanets to let the residents have fun playing along with some Hispanic music. Let your Hispanic residents show off some of their dance moves or see if a dance studio will come show them some easy steps of traditional dances. Let them all move and have fun with the cultural dances. Let them partner up to do a tango and don't forget the sombrero hat dance. Ola!
- Hide and Seek in Rice and Beans – Fill up a few large bowls or boxes deep enough to fill them with uncooked rice and beans. Hide several small Mexican toys for the residents to find. Suggestions small toy tops, small maracas, small toy donkey, and a small toy sombrero hat.
- Cooking – Let the residents make some Spanish rice or Mexican Corn Bread. There are lots of easy recipes you can find on-line to choose from.

Here is my quick and easy recipe for Mexican Corn Bread:

Purchase one package of Corn Bread mix that only requires water and one egg.

Mix Corn Bread according to package, except instead of using water use Chicken broth.

Add one small can of drained Chopped Mild Chili's and one cup of shredded Mexican cheese. Bake as directed and serve fresh from the oven. This makes an 8 x 8 pan, which if cut in small squares may serve 16.

- Craft – There are many craft ideas to make relating to the Hispanic Heritage. Here are a few suggestions:
 - Basket Weaving – basketweaving101.net has a section called Educational “how to”, which shows step by step how to weave a small basket.
 - Pottery – MakingFriends.com has a red clay bowl instructions. Just click on the theme drop down box and select Fiesta. This site has lots of very easy craft ideas.
 - Mini Piñatas or God's Eye – Check out gingerbreadsnowflakes.com home page, which has instruction for both along with other cool ideas for crafts. Just scroll down the entire home page for instructions.

Other suggestions:

- ❖ English-Spanish Bingo – I found mine at Wal-Mart in the children school supply section.
- ❖ Invite a Spanish translator to come read a poem in Spanish while you read it in English.
- ❖ Movie – Travel to any Hispanic country you want through DVD's. Other movie suggestions for just entertainment is
- ❖ Hispanic fashion show – Let your residents show off their creativity with their version of Hispanic fashion. Bright colored skirts, hats, vest, etc...
- ❖ Wooden Top spin off – Purchase some of the tops and have a contest with the residents to see how long they can get their top to spin without stopping.
- ❖ See if there is a Hispanic Chamber of Commerce in your area and ask for any free material or a list of events that you can take your residents to on an outing. There will be lots of fiestas in celebration of this holiday.
- ❖ Host a facility fiesta for residents, staff, families and volunteers. You can even extend it to the neighborhood community. Get local Hispanic restaurants to participate, dance studios and any local Hispanic singers to perform. If your facility can't afford to pay them, then offer free advertisement in your facility newsletters and also highlight their names in a newspaper ad for the fiesta.

Instead of a one day event, you can make this a week long event by breaking it down to daily themes highlighting each category of the Hispanic heritage. Example: Origin, Contribution to America, Famous Hispanics, Traditions, Music and Arts. The Hispanic cultural is colorful with deep family roots.

What's in a Name?

The purpose of this theme is to get the residents to know about their name and the names of their facility neighbors. So make a list of all the residents, staff and volunteers names and begin your research. Behindthename.com gives you the etymology and history of first names in most languages; it also has a name translator. You can also find more information on what the name means on NamesAZ.com. When you enter a name in the site search window it will bring up the name and you will have to click on the name to get the origin meaning.

- Facility Discussion – Hand out name tags you have made with each persons name on it along with the origin and meaning. Ask everyone to wear their name tags all day, so others can learn the meaning of their names. Talk to the residents about their names and if they remember why they were named their name by their parents. Do they have a first or middle name they don't like or is there another name they would have liked to be called instead of their given name? If the staff can attend the discussion then ask them questions too, so they can participate with the residents.
- Words in a Name – Depending on the function level of your residents you can either have paper and pencils for them to do this game or you can have a large white board to write on as the residents give instructions. If the resident is working on this on their own then they will need to write out their name on the paper and then list out a word they see with in their name. If you are writing for the group, then pick on persons name and write it on the whiteboard. Ask the residents to find words in the name only using the letters in the name. Example:
 - Christine
 - Chris
 - Christ
 - This
 - Is
 - It
 - Rest
 - Crest
 - Hen
 - Tin
 - His
 - Stern
 - Stir
 - Ten
 - Trench
 - The
 - Their

Etc....you get the idea. Do this for each resident's name. The residents that are working on their own see who has written down the most words using only the letters in their name and give them a goody.
- Craft – Purchase large wood letters for the first letter of each resident's first name. Let them paint and decorate so they can display in their room or on their room door. If you don't want to us wood, then purchase the large sheets of foam felt and let them cut out the letters of their

name. They can glue the letters on a single large sheet of colored foam felt; add a ribbon so they can hang it on their door.

- Sing-a-long – Check out the song “The Name Game” by Shirley Ellis. She made this name rhyming song a hit back in 1965 and it came out again in the 70’s. Wikipedia has information about the singer and the song. On Wikipedia under External links click on “An Online Name Game” this will take you to a cox-tv.com that has the lyrics to Ms. Ellis “The Name Game” song. I also found on YouTube an old video of Ms. Ellis singing this song. If you can download the song this will be a treat for your residents to enjoy and some will sing a long. Try singing the song using the rules of the song and a residents name or let the residents try their hand at the song.
- Cooking – Collect a list of your resident’s favorite snacks. Make sure to write the residents name along with their snack food. Then for your cooking activity make some of the snack if possible, like cookies, sweet breads, cakes and if they like potato chips make them. After you and your residents make all the snacks tell them they will enjoy them during the social time. Also ask suggestions for punch or special drink mixes that you can serve during the social.
- Social – With all the food you and the residents made during the cooking activity set all the food out on the tables. In front of each food dish display the name of the resident(s) that suggested the food item. Name the punch or drinks after the person that suggested it as well. Let the residents enjoy the snack and encourage conversations about names.
- Nick name game – Make a list of names on a white board. Ask the residents to give nick names that people use instead of the original name. Example: William = Bill or Will, Robert = Bob, Richard = Rich or Rick, Christine = Chris or Christy or Tine, Cynthia = Cindy, Kimberly = Kim, Kimie, Kimbo, etc...you get the idea. If you want to make it a competition then divide residents into teams and keep score. One point for each nick name they can think of from a full name. Choose some difficult names that normally don’t have nicknames or shorten names. Afterwards over some cool refreshments ask them some nick names they remember people they knew had. This may turn into a laugh-a-thon with some of the nick names they confess to.
- Name that smell – Take some old medicine bottles and cover them with white labels so you can number them. Place different items in each that have a distinct smell to it and make note what you put in each bottle. Example: Rose oil, garlic juice, honey, any type of lemon or orange oil, etc... Then let each resident take a turn smelling the bottles and noting their replies. This would work best for small groups or a one on one activity to take to their rooms.

Communication 101

This is all about ways to communicate.

- Discussion – Read and discuss the “communication” information from Wikipedia. Ask if they had ways they would communicate with spouses, family or friends that was different than verbal communication. Talk about how we can communicate with our body movement, our tone of voice when we talk to someone and how it can sometimes be misinterpreted what we are trying to say.
- Watch and Learn – Teach your residents sign language. You can either go to the library for some books or DVD’s on how to sign or you can learn it on Handspeak.com under Learn sign language by clicking on Features. This website has lots of information and also has a dictionary that shows the sign for many words. If you have a resident that uses sign language ask them to help you teach the class if they are capable.
- Communication game - This game requires one staff for each resident that wants to participate. This is more for your higher functioning resident. Divide staff and residents in pairs and set their chairs back to back. You will need to do this one couple at a time so it won’t cause confusion.

Give the resident a picture of a single item like a banana. The resident will describe to the staff member what they are looking at without saying what the item is. The staff member will have to guess what the picture is by the description the resident is giving them. Take turns with the residents and staff members while the others watch. This will help both resident and staff to see the importance of communicating with each other and it will also provide lots of laughs. This can also be done using more challenging pictures to promote better communication between staff members. To make it an instruction challenge you can have a staff member give directions to the other staff member on how to draw what they are seeing in the picture by giving directions only, no descriptions, just directions. Example: the picture is of a gingerbread man. The staff member looking at the picture will tell the staff member drawing to start at the top of the paper and draw to the right a half circle, from the end of the half circle draw a straight line towards the right side of the paper about two inches long, then draw another half curve with the outer curve facing the edge of the paper. Now draw a straight line from the end of the half curve towards the left about two inches long. Then draw a straight line straight down from the other line three inches long with a half curve towards the left and run the left line straight up for about two inches at a slight angle to the left. Then draw a straight line down about two inches at a slight angle towards the left. At the end of the line draw a half curve towards the left with the left side continuing up to about the same length as the right side. Now duplicate what you have drawn on the right side to the left side and connect the line to the top half circle where you began your drawing. When the drawing is complete then let each show the others their pictures. Once the audience has seen their pictures then they can show each other to compare the drawing with the picture. If both have done their job in communicating (giving instructions and listening to instructions), then the drawing and the picture will somewhat resemble. The pictures will not look exactly alike, but enough that you can tell they are both in the shape of a gingerbread man. The communication challenge has been used in corporate staffing to encourage the importance of communication. This will also encourage better communication between residents and staff.

- Game – Line up five to eight boxes on tables that have lids. Cut a hole in each large enough to get a hand into the box with ease. Put different items in the box with different textures and shapes, such as a stuff bunny, sandpaper, rubber ball, keys, hairbrush, etc... Let one resident put their hand in to feel what is in the box and describe it to another resident so they can come to a conclusion as to what the item is.
- Cooking – Make some Rice Crispy treats; however a little different today. Set up so you can have enough ingredients for a group of three or four residents to make their treats. Have one read the instructions, another measure according to what is read by the first resident then another one to mix as instructed. The fourth resident prepares the pan, spread the mixture and then set the timer for when it is ready to eat. If you want you can use a more difficult recipe, just make sure you assign each member of the teams instructions that they will have to communicate to another team member. This promotes team work and productive communication.
- Skit – Have your drama club or any staff and residents to perform a skit showing how important communication is. You can create your own dialog from some of the everyday life situations showing how miscommunication can happen if we do not listen and give proper instructions in order to accomplish a task. Once your skit participates have everything in order then they can perform the skit to the rest of the facility.

Classical Music Month

- Listen and learn – Review information on Wikipedia on Classical Music. Ask if they have ever seen a classical music concert. If they have let them talk about their experience. How did it make them feel, what do they remember about the concert hall and did they ever want to attend another classical concert?
- Stretch to classical music – Play some famous classical music and lead the residents through some basic stretch exercises.
- Feel the Music – Select some popular classical music pieces. Don't play the entire piece, just enough to invoke feelings. Ask the residents; How does the music make you feel after listening to the musical piece? Does the music bring back a memory? Can you feel the rhyme of the music?
- Dance to the classics – Ask a dance studio come and lead the group in some Ball Room dancing, like the waltz to some classical music. Encourage residents to try dancing and if they are in a wheel chair then dance with them too!
- Cooking – Make a classic recipe of any kind. Check out retrofoodrecipes.com for some tasty recipes from 1960's to 1970's and from different countries. Or just make the residents favorite. It is all about classics!
- Social – Have a wine tasting social complete with classical music to listen to while they enjoy the samples. You can contact a local winery or wine store to see if they will bring out wine for the residents to sample. I would also suggest serving some cheese and crackers.
- Movies – There are several movies based on the famous musical composers to view.

Sewing Silly:

- Discussion – Ask the residents how many use to sew. Find out what they use to sew. Did the men work on sewing machines sometime in their life? Then talk a little on the history of the sewing machine. You can find lots of information on Wikipedia to share with the residents.
- Remember when? – Contact your local sewing club or museum to see if they have some earlier models of sewing machines they can bring in to show the reminisce over. If the machines are in working condition some of the residents might be able to demonstrate how it was used, like the old peddle kind of machine. Let the owner talk about the machines and If they bring some newer computerized machines to demonstrate the new technology.
- Craft – Here are some simple suggestions for sewing projects:
 - Pillow that they can use for decoration or give as a gift.
 - Pillowcase to keep or to give as gifts to their family for Christmas.
 - Christmas stockings with the Christmas theme in mind. A good jump on Christmas.
 - Table runners for any holiday decorations.
 - Head Scarves to donate to the hospital for cancer patients (community project).
 - Fabric gift bags to use for Holiday gifts.
 - Simple quilts for self, wheelchair patience, or donate to a Women's Shelter.

Check the local discount store for inexpensive fabric or possible a Fabric Outlet store.

If the men don't want to sew, but they like to fix things then see if someone has an old broken sewing machine (which a lot of people do) and let them work on it with a male staff member. This will give them something to do and also promote male bonding between the resident and male staff member. If you don't have a staff member that is willing to do this then call the local high school to see if a male student in shop class will come and help with the project.

- Word game – Here is a list of sewing related words spelled backwards, see if the residents can figure out what the words are:

September Activity Themes – Compiled by Christine Jennings

- Regnis = Singer
- Gniwes = sewing
- Enihcam – machine
- Daerht = thread
- Nibbob = bobbin
- Eldeen = needle
- Dray = yard
- Cirbaf = fabric
- Tliuq = quilt
- Kcitsdray = yardstick
- Erusaem epat = tape measure
- Hctits niahc = chain stitch
- Hctitskcol = lockstitch
- Bonk noisnet = tension knob
- Kcolrevo = overlock
- Fabric Knowledge – Collect several fabric squares of different textures of fabric for residents to feel and see how many they can guess correctly. Make sure to label the squares with either numbers and make a sheet with the answers on it. If you want to make it a little more challenging then have at least ten fabric squares and ten items that the fabric is made from to see if they can guess the fabric and the matching item it is made from. Example: square fabric is cotton and it is made from a cotton plant. Linen is made from a flax plant. There is a lot of information on line just by searching the word fabric.
- Cooking – Okay, this is just a fun thing to do to combine food and sewing skills that the residents can either eat or give to their grand/great-grand children. The candy necklace is simple to make. You will need to purchase the following items:
 - Mini packs of Life Savers candy (keep in wrapper roll)
 - Nylon strings (the craft kind) or elastic thread
 - A large craft thread needle

Thread the needle with the nylon string leaving at least four inches of string. Tie a knot and sew through the wrapper end pushing through to the other end. Continue adding at least five or six rolls tie a knot at the end of the last roll. Leave the same amount string that you left at the other end, cut then knot to make a child's necklace.

OR

 - Life Savers unwrapped
 - String licorice
 - Regular string or elastic thread

Thread the string licorice through the life savers candy tie a knot on each Life Saver hole before going on to the next candy. Add regular string or elastic thread on both ends of the string licorice. Tie a knot and the eatable necklace is ready to wear. To make it all eatable make sure the string licorice is long enough to go over their head. This can get very sticky and not really be healthy, but it is up to you to determine the safety and health issues with your residents.
- Movie – The movie “How to Make an American Quilt” with Winona Ryder, Anne Bancroft and Maya Angelou star in this PG rated movie. If you think you might show the movie then watch it first to determine if your residents will enjoy it or not.

Swap Ideas Day: This is a day to get your residents, staff and family involved, and network with other local AD's and their residents. You will have to talk to the local AD's in other facilities at least a month in advance to have a united afternoon activity at a local park. Maybe a simple picnic for all the residents so they can socialize and talk about activities they like at their facility. Have lots of staff and volunteers to take notes on ideas they want to do in your facility (the other AD should do the same).

- Idea Exchange morning –Have a gathering of your residents, staff and family members. Ask them to suggest ideas for the following to participate in the next few months. Outline to discuss:
 - New activity ideas
 - Family gathering ideas
 - Community projects for the facility
 - Outings ideas
 - Social ideas
 - Craft ideas
 - Sing-a-long suggestions

You can make this a morning social time and serve muffins with coffee or tea.

- Afternoon Outing – Load up the activity van, pack the picnic and take the residents along with some staff/volunteers to the park for the Facility Picnic and Idea swap. If you want you and the other AD can take a turn at doing a simple activity like; sing-a-long or parachute volleyball. What or how you do the outing with the other facility is up to you and the other AD. This will allow your residents to socialize with other residents they don't see everyday. It can also help promote communication with another facility that you can partner with to have joint activities several times during the year. Have fun and most important swap ideas!

OR

- Swap places with another AD for one day. You go to their place to do the activities and they come to yours. You will have to discuss this idea with the facility director, but it might be fun to have a change of scenery and the residents might like a change of pace for a day. Just a thought!

School Days:

Take pictures of the residents through out the day so you can compile an "Activity School Daybook". Make sure you take pictures of all the School Day activities, including the prom so you can add them to the daybook. This can be done very easy on your computer or by using a color copier machine. Organize the developed photos (take to one hour photo place) in order of the day's activity making sure to add comments, names, dates, times and any funny quotes, poems or short stories read during the day. Once it is set up how you want it then make color copies. You can either staple or bind the pages together. If you use a digital camera then you could compile your page on a Word doc after each activity so by the end of the day it will be ready. Present it to them at the end of the day or first thing in the morning. It may not be fancy, but it will be a daybook for the residents to reflect on afterwards.

- Discussion – Talk to the residents about their school days. What school did they go to? What was their favorite subject in school? Do they remember going shopping for school clothes or did their mother make clothes for them? What was the saddest thing they remember about school? What was the happiest thing they remember about school? Did they finish school? Did they have a graduation ceremony? Did they attend a school dance or prom?
- Spelling and Math game "Word Up" – Use blank index cards and write a letter of the alphabet on one side of each card, adding two extra cards with a large question mark (?) on them. Mix up all the cards face down so you can not see the letters. Once the cards mixed well then with the letter side down and without looking at the letter side start writing numbers on the blank side. Now to play the game: Divide residents into groups. Let each group select eight cards from a box with out looking. Turn the cards to the letter side and try to make a word from their letters.

The cards with a question mark (?) on them can be used as any letter they may need to complete their word, but only as one letter. Set a timer giving them a set time to complete a word. When they successfully form a word they need to call out “Word Up”. Then turn the letters over and have them add up the numbers on the back to see what their score is. Each team will have a score and if they need a volunteer or staff member to help them out then they can elect to ask for their help. Try to let them get the words first on their own as a team. Once the time is up then collect all the cards in the box and play a few more rounds. The team with the highest score gets an extra special prize, but gives everyone a prize for making an effort and doing a good job.

- Phy Ed 101 – Space out the residents and lead them through some basic exercises and don’t forget to stretch to warm up the muscles. You could even set up an easy obstacle course to have them walk through. Example: Walk around a small table and sit in a chair where they have to do four to five knee pull ups or try to lift their leg one, then get up and walk around a long table and then to another chair where they will have stretch bands to pull for arm movement. You get the idea, we all had to do this in gym class, just think what you did and alter it to make it do able for your residents. You may even want to tell them to wear their Tee shirts and stretch pants like they did in gym class. If you have a good budget have T-shirts made up for each resident with the facility name and under it put gym class and today’s date. They can only get a T-shirt if they sign up to do this activity. This might promote more residents to come out if they know they will get a T-shirt. If you short on budget, then make your own. There is lots of computer iron on transfer paper that is inexpensive and T-shirts are cheap at the dollar stores. If you have knitting company or T-shirt companies close by call and ask them for donations. The T-shirts may not be the same color, but they are free. Some will sell you same color shirts for a very low price, but you have to ask.
- Writing and Reading – Ask the residents to write a poem or just a short story about a memory from their school days. If some have difficulty in writing, then ask a staff or volunteer to assist them. Give them a set time to finish the writing. Afterwards as each one to read what they wrote.
- Geography “Map Quest” – Get a large map of the world. Ask basic questions about each country, state or oceans and see if the residents get the answers right. After each question mark off by using a pen or flag to show a question has been asked about that area and no further questions will be asked again concerning that area. When you are finished there should be a flag or X on all countries or oceans.
- Science 101 – Pick a science experiment that you can do with your residents. You can Google or check out reachoutmichigan.org where you can find a great list of experiments that are easy and safe to do. On the home page click on Alphabetical List of Activities for a complete list of experiments. I suggest #22 – “Are All Liquids the Same?”, because it can be done with in a short time period. There are lots of cool ideas on here and you could try #74 – “Colorful Bouquet”, however this will have to have a follow up class to see the results, but still do able.
- Prom – Yes, every school day has to end with a prom just like the school year. This is your social event for the day. Let the residents dress up, serve up the punch, turn on the music and dance! Don’t forget to take pictures to add t the Daybook.

Wikipedia really did not have a lot about Native American Day; however they have a lot of information on Native Americans in the United States. I found the best resource is on historylink101.com, which has all kinds of historical information so you will want to add this site to your favorites. If you scroll down on historylink101.com under “Other” then click on Native American Indian Resources. You can pick and choose from daily living to biographies and even Native Maps. Since this website has so much to offer I am only making suggestions which you can find the needed details to create your own activities in honor of our Native Americans.

- Discussion - Read through all the great historical information and pick the some highlights you want to discuss with your residents. You may ask them if they know if they have Native American in their family tree.
- Game – Take some historical information and some Folklore/Mythology and read it to the residents. After each reading ask if it is fact or myth? See how many the residents will get.
- Physical activity – Bow and arrow anyone? Let them try their hand at shooting a bow & arrow. There are lots of arrows that don't have points. OR let them throw a tomahawk to see how far they can through it. OR let them learn the Indian rain dance...and if it rains, they learned it well.
- Craft - You can get ideas to alter to make the Indian craft a little easier for your residents to make. Take a look at dream catchers, Moccasins, clay pottery, bead work, or a totem pole to see which will be of interest to your residents.
- Cooking – There are so many recipes to choose from, so enjoy finding the right one for your residents to make.
- Social – Have a Powwow. You can alter how you want to do it be checking out the rules of a Powwow. You can also see if you have a local Native American group by calling your Chamber of Commerce. If you do have a Powwow then the clothing, dance, and music will allow the residents to see, touch, feel, hear, and possible taste the culture of Native Americans.

Wild Kingdom:

- Discussion – Wikipedia has the run down on how the Wild Kingdom and the shows we all have watched as kids/adults. Review the information with your residents and then ask questions to get the discussion going on the Wild Kingdom.
- Wild Animal Alphabet – Use the index cards that you made for the school day “Word up” game. You will also need to have a stack of animal magazines or books on the tables so the residents can access them. Draw a card with letter side facing the resident. Show and call out the letter. Now ask them to name a wild animal that begins with the letter. Once someone calls out an animal name, then instruct the residents to take a magazine or book and find the animal. The first one to find the animal should raise their hand and/or call out they found it. If you want you can divide them into groups and keep score for a friendly competition or just keep it simple and fun for every one. You don't have to do all the cards, just do it how every long you want to make the activity.
- Craft – Make a Wild animal picture frame. See instruction on makingfriends.com under theme click on animals then scroll down to wild animals. I thought the picture frame would be more useful than some of the other crafts and it is only a suggestion.
- Outing – If you have not taken the residents to the zoo, then today would be a good time to do it. If you have then you can bring out some photos you took during the outing and reminisce.
- Cooking – Make a monkey sandwich. You will need a banana, honey, peanut butter and a long roll. Mix the peanut butter about a tablespoon and honey (you can also us pancake syrup) and mix together until you get a creamy texture. Cut the banana in two and spread the peanut

butter mixture in between the banana or you can spread it on the bun. Now place the banana on it. If the residents don't want to eat the bun, then just spread it on the banana. Enjoy!

- Movie – Since this is all about Wild Kingdom, then show some Mutual of Omaha Wild Kingdom shows or to make it fun show Madagascar. The residents will like either one.

Chinese Mid-Autumn Festival – September 3rd, 15th or 28th and some sites say October 3rd so it depends on when you want to celebrate it. The sites to check out for additional information are Wikipedia, chinavoc.com, chinahighlights.com, travelchinaguide.com, and chiff.com under Holidays and then click on Mid-Autumn Festival. Chiff.com has a lot of links that are very useful in creating an activity for this Chinese festival. Most all the suggestion you can find the instructions or recipes on one of the suggested websites.

- Discussion – Talk about the history of the festival. If you have Chinese residents then ask them question if they speak English well. You might ask their family to come in to talk about the festival. After discussing the history ask the residents if the holiday is similar to a US holiday. The holiday on a couple of websites compare it to Halloween.
- Craft – Try making Chinese lanterns. You can find easy instructions on chiff.com by just clicking on “Make your own lantern”.
- Cooking – Make Moon Cakes. The recipe looks easy and if you don't want to purchase the moon cake molds, just use cup cake pans.
- Physical activity – Take a moon light walk around the court yard of your facility to moon and star gaze. If you have a telescope so they can see the moon and stars clearer that would be great. OR you could try to teach them the moon walk dance, which is just walking backwards.
- Skit – Read on of the legends on hkfastfacts.com and scroll down the left column to Chinese Mid-Autumn Festival then click on “see Mid-Autumn Festival Legends” for a list of the legends. You can have someone act one out dressed up in Chinese clothing. They don't have to say anything just act out the movements and make sure you have some Chinese music playing in the back ground to give it a cultural feel to the story.
- Social – Send out the Chinese post cards you can print out from one of the websites listed above as invitation to invite the residents and staff to sample some Chinese food, enjoy Chinese music and don't forget the Chinese fortune cookies or have some little fun with the Chinese horoscopes.

Have a great September!