



Resident
wellbeing
in action



FATHER'S DAY

Activity & Recipe Pack

ACTIVITY PACK CONTENT

-  WORD SEARCH
-  BRAIN GAMES
-  SEATED EXERCISES
-  PAPER BOAT RACE
-  RECIPES



WORD SEARCH

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

WORD LIST

CAKE
 CELEBRATE
 CHAMPAGNE
 CHILDREN
 CHOCOLATE

CUFFLINKS
 DAUGHTER
 DINNER
 FAMILY
 FATHER

GIFTS
 GRATEFUL
 HUG
 JUNE
 LOVE

LUNCH
 SON
 SURPRISE
 TOGETHER

BRAIN GAMES

RIDDLES

1

1. A time when they are green, a time when they're brown, but both of these times, cause me to frown. But just in between, for a very short while, they're perfect and yellow and cause me to smile! What am I talking about here?

ANSWER:

2

2. Look in my face, I am somebody; Look in my back, I am nobody. What am I?

ANSWER:

3

3. What has a ring but no finger? The answer is...

ANSWER:

4

4. "What flies without wings?"

ANSWER:

LIST THE MONTHS OF THE YEAR IN ALPHABETICAL ORDER.

1

2

3

4

5

6

7

8

9

10

11

12



EXERCISE

Exercising is important at any age. It keeps our bodies moving and functioning properly as we get older.

Chair exercises are a great option for older adults. You don't need a weight set, a trainer or even a gym. Read on to discover our favourite chair exercises for seniors that can be done right at home.

Please keep in mind that everyone has different levels of comfort when it comes to exercise. For safety, start slow and develop a health program tailored to your abilities.

**The list we're providing is not one-size-fits-all. It shouldn't be assumed that a senior can enact a particular exercise if they are instantly or progressively feeling pain. If this occurs, they must return to a comfortable position and stop the exercise entirely.*

EXERCISE

Before getting started on any of these exercises consult a doctor if:

- Recently went through surgery
- Have any recent injuries that could be agitated by over-using a particular muscle or set of muscles
- Can't physically perform the perfect posture during any exercise (even the slightest difference to the correct form of each exercise could result in pain or further injury)



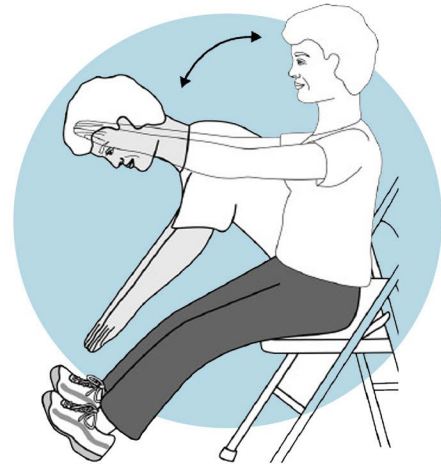
CHEST AND UPPER BACK STRETCH

In a seated position with good posture and shoulders back and down away from the ears, extend your arms out in front of you at shoulder height.

Interlace the fingers or grasp one hand with the other, and press out as you round the upper back and shoulders forward, feeling the upper back fan out. Hold for 10 seconds and release.

For the shoulders, pull extended arms back behind you and interlace the fingers or grasp one hand with the other, keeping your hands down toward the buttocks. Feel the chest and shoulders open up as you pull your shoulders back. Hold for 10 seconds and release.

Repeat the upper back and chest stretches.



SIT AND REACH

Seated toward the edge of a chair, extend your legs out in front of you, keeping the knees slightly bent.

With heels on the floor and toes pointed up toward the ceiling, extend your arms out in front of you and try to reach down to touch your toes.

Bend at the waist to do this and do not bounce. Hold the stretch for about 10 seconds. Come back up to the starting position.

Repeat the stretch 1 to 2 more times.

Modification: Depending on your flexibility, you may only be able to go to your knees or shins. If you are very flexible, you may be able to reach your fingers out past your toes.

EXERCISE



CHAIR STANDS

In a seated position with good posture and feet flat on the floor, cross your arms over your chest or hold a ball with both hands at chest level.

Keeping your weight on your heels, stand up, using your hands as little as possible or not at all. As you bend slightly forward to stand up, keep your back and shoulders straight.

Take at least 3 seconds to sit back down. Repeat 8 to 15 times or as many as you can comfortably do with good form. Rest. Do another set of 5 repetitions.

Modification: If you are more advanced, try doing squats. Beginning in a standing position with back facing the seat of a chair, slowly bend the knees to lower down toward the seat of the chair. Stick out the buttocks so that your knees do not jut beyond your toes.

Just before your buttocks gets to the seat of the chair, stand back up to the starting position in a fluid motion, squeezing your buttocks and putting all the weight in your heels as you push back up.



ELBOW TO KNEE

Seated toward the edge of a chair with good posture and knees bent, start with your right arm extended up overhead.

Slowly lift the left knee up as you lower your right elbow down toward your left knee, taking about 2 seconds to lower down.

Try not to bend over at the waist.
Release and go back to the starting position.
Repeat 8 to 10 times.

Switch sides and do 8 to 10 repetitions, pulling one elbow to the opposite knee.
Rest. Do another set of 8 to 10 repetitions on each side.

Modification: Try this (with a chair nearby for balance) exercise in a standing position for an increased range of motion.



HOLD A BOAT RACE

HOW TO PLAY THE ORIGAMI BOAT RACE

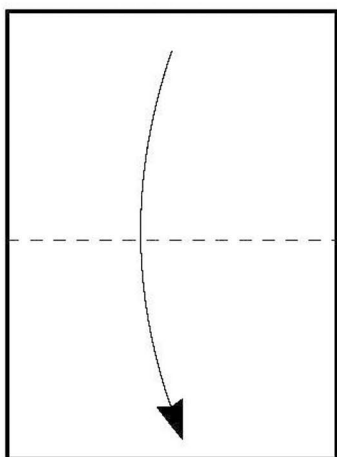
1. Each person must fold their own origami boat
2. After everyone folds their boats, name and decorate them
3. Two at a time, place both boats on one side
4. Use the straws to blow your boats to the other side or as far as possible
5. Whoever boat gets to the other side the quickest or goes the furthest wins

ORIGAMI BOAT RACE

PREPARATION

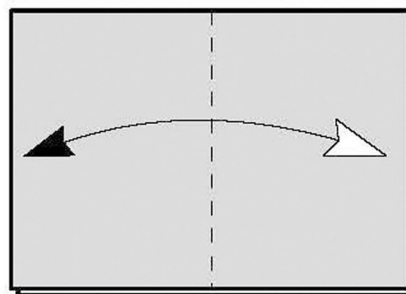
- Blank pieces of standard printer paper
- Straws (a straw per person)
- A large enough body of water for boats to float across
- Markers

1



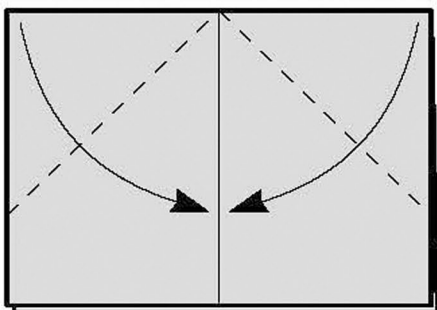
Fold the paper (or the 1/2 sheet of newspaper) in half

2



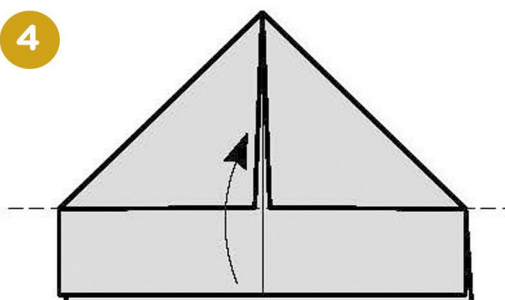
Fold in half and unfold

3



Fold each side to make triangles

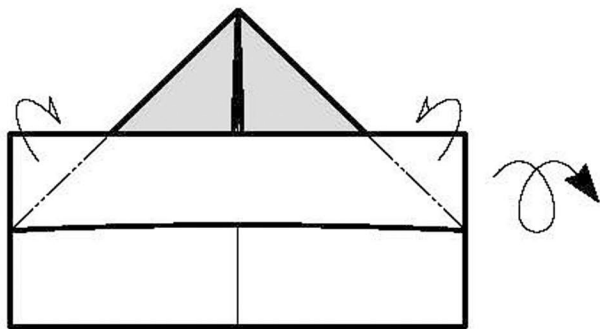
4



Fold the overlapping strip upwards

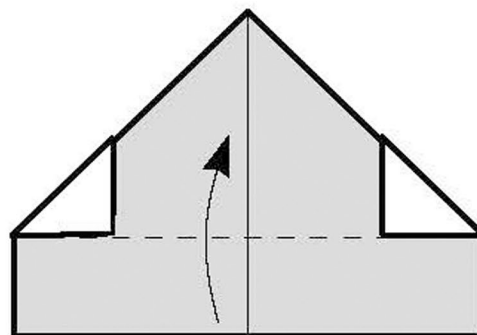
ORIGAMI BOAT RACE

5



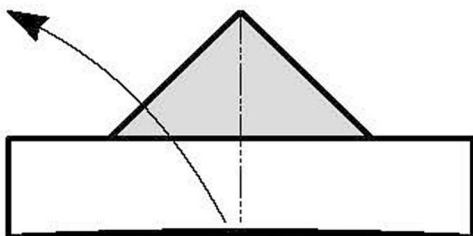
Fold corners backwards. Turn Over

6



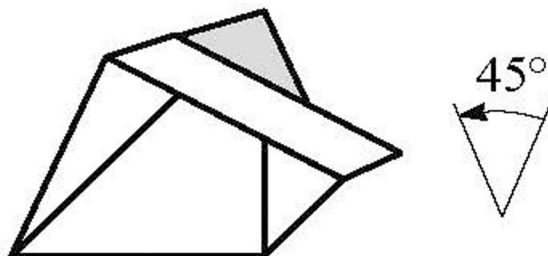
Fold strip upwards

7



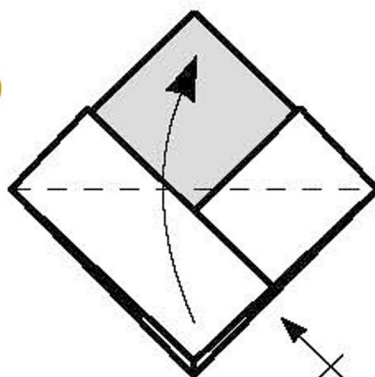
Open

8



Opening in progress

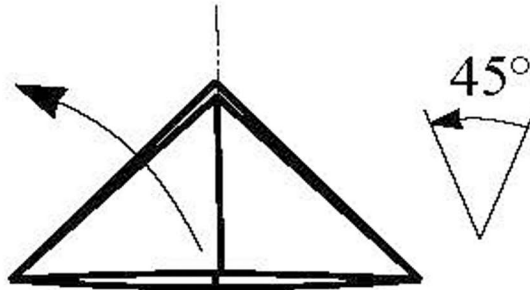
9



Fold triangle upwards.
Repeat behind

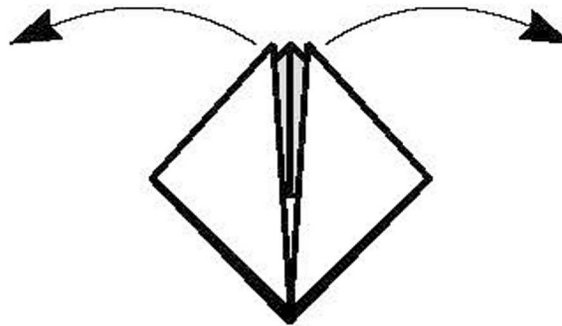
ORIGAMI BOAT RACE

10



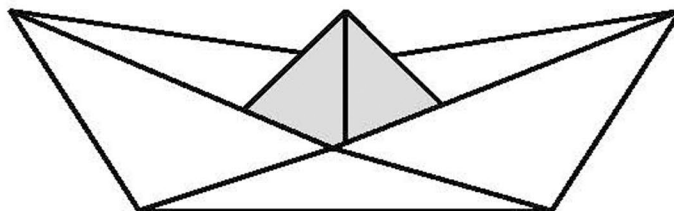
Open (like in step 7 and 8)

11



Take upper corners and stretch out

12



Finished boat



RECIPES

Whether you're cooking for your family or with them,
our fun, easy and delicious recipes will bring
everyone to the table.

CHOCOLATE CAKE

METHOD

Preheat oven to 350°F (180°C). Grease and lightly flour two 9-inch/ 23 cm/ 1.5 L, round cake pans*; set aside.

Combine flour, cocoa, baking soda and baking powder in medium bowl; set aside. Beat eggs, sugar and vanilla in large bowl with electric mixer at high speed until light and fluffy, about 3 minutes.

Beat in Hellmann's® Real Mayonnaise at low speed until blended. Alternately beat in flour mixture with water, beginning and ending with flour mixture. Pour into prepared pans. Bake 30 minutes or until toothpick inserted in centers comes out clean.

Cool 10 minutes on wire racks; remove from pans and cool completely. Frost with your favourite frosting or generously sprinkle with confectioners sugar.

INGREDIENTS

- 400 mg sugar
- 5 ml vanilla extract
- **250 ml Hellmann's® Real Mayonnaise**
- 325 ml water
- 500 mg all-purpose flour
- 150 mg unsweetened cocoa powder
- 6 mg baking soda
- 1 ml baking powder
- 3 eggs

NUTRITIONAL INFORMATION

Amount per serving	Dietary Fiber 2g
Calories 360	Sugars 29g
Total Fat 17g	Protein 5g
Saturated Fat 2g	Calcium 20mg
Trans Fat 0.2g	Iron 2mg
Cholesterol 55mg	Potassium 100mg
Sodium 290mg	
Total Carbs 48g	

Yield: 12 slices



GRILLED SALMON

WITH CITRUS - GINGER HOLLANDAISE

METHOD

Prepare the Citrus-Ginger Hollandaise:

Combine prepared Knorr Professional Ultimate Hollandaise with lime juice/zest and grated ginger. Keep warm until needed.

Prepare the Grilled Salmon:

Preheat a grill to about 400F. Season the salmon with spices and salt/pepper. Brush with oil and grill on both sides until desired doneness.

Use the bunch of cilantro leaves as a garnish.

Can be served with a side of white rice or roasted vegetables.

INGREDIENTS

- 12 each Salmon filets, 5-6oz
- 2 T. paprika
- 1 t. cayenne
- Salt and Pepper
- Canola oil
- ½ bunch cilantro
- **1 Q. Knorr Professional Ultimate Hollandaise**
- ½ lime, juiced and zested
- 1 T. ginger, freshly grated

NUTRITIONAL INFORMATION

Nutritional Information per serving (181g):
Calories 270, Total Fat 15g, Saturated Fat 4.5g,
Trans Fat 0g, Polyunsaturated Fat 4.5g,
Monounsaturated Fat 5g, Cholesterol 90mg,
Sodium 280mg, Total Carbohydrate 1g, Dietary
Fiber 1g, Total Sugars 2g, Includes 0g Added
Sugars, Protein 28g, Vitamin D 0%, Calcium 4%,
Iron 6%, Potassium 15% DV

Yield: 12 portions



SAVORY SHRIMP AND CRAB DIP

METHOD

Season the chopped shrimp with old bay and cayenne, sauté in butter. Cool the shrimp and mix with shredded crab meat. Combine the chives and cheeses with the LeGout Cream Soup Base and mix well, incorporating all ingredients.

Portion into 4oz. ramakins. For service, microwave for 90 seconds. For browning the top, place under salamander for a quick 15-30 seconds.

Serve with toasted bread, crackers or tortilla chips.

INGREDIENTS

- 4 shrimp, peeled, deveined, chopped
- 12 oz. crab meat, lump, shredded
- ¼ C. chives/ scallions, chopped
- 1 t. cayenne pepper
- 3 T. Old bay seasoning
- 4 oz. unsalted butter
- 12 oz. shredded Parmesan
- 16 oz. shredded reduced fat Mozzarella
- **3 Q. Knorr Culinary Cream, prepared in cold water**

NUTRITIONAL INFORMATION

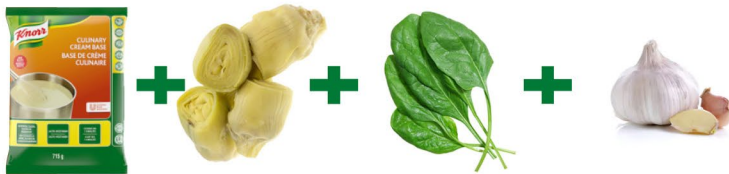
Nutritional Information per serving (197g):
Calories 200, Total Fat 11g, Saturated Fat 8g,
Trans Fat 0g, Polyunsaturated Fat 0g,
Monounsaturated Fat 1.5g, Cholesterol 100mg,
Sodium 850mg, Total Carbohydrate 9g,
Dietary Fiber 0g, Total Sugars 1g, Includes 0g
Added Sugars, Protein 14g, Vitamin D 0%,
Calcium 15%, Iron 0%, Potassium 2% DV

Yield: 12 - 4 oz portions



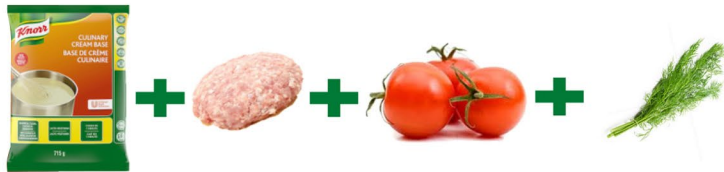
VERSATILITY OF KNORR® CULINARY CREAM BASE

MULTI APPLICATION INSPIRATION



Spinach & Artichoke pizza

White sauce pizza with roasted garlic, spinach and artichokes..



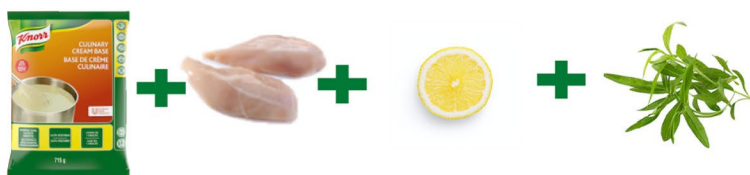
Greek Lasagna

This traditional Greek baked pasta dish with ground meat and cream sauce with feta.



Cream of Spinach Soup

Creamy soup of spinach, garlic, and hearty chicken stock.



Chicken with Tarragon Sauce

Roasted chicken breast a creamy sauce made with whole-grain mustard, lemon juice and freshly chopped tarragon.



Tarragona Flax Pancakes

Replacing traditional dairy, with LeGout Cream Soup Base, to make buttermilk pancakes with added flax.

PRODUCT CODES

Product	Pack Size	GTIN	Manufacture Code
Mayonnaise			
Hellmann's® Real Mayonnaise	2 x 4 L	10063350061838	6335006183
Sauces			
Knorr® Professional Sauce Hollandaise Mix	6 x 800 gr	10063350376123	67525196
Bases			
Knorr® Professional Culinary Cream Base	6 x 715 gr	10063350294878	67941932



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