



WINTER HOLIDAYS

ACTIVITY & RECIPE PACK



Resident
wellbeing
in action



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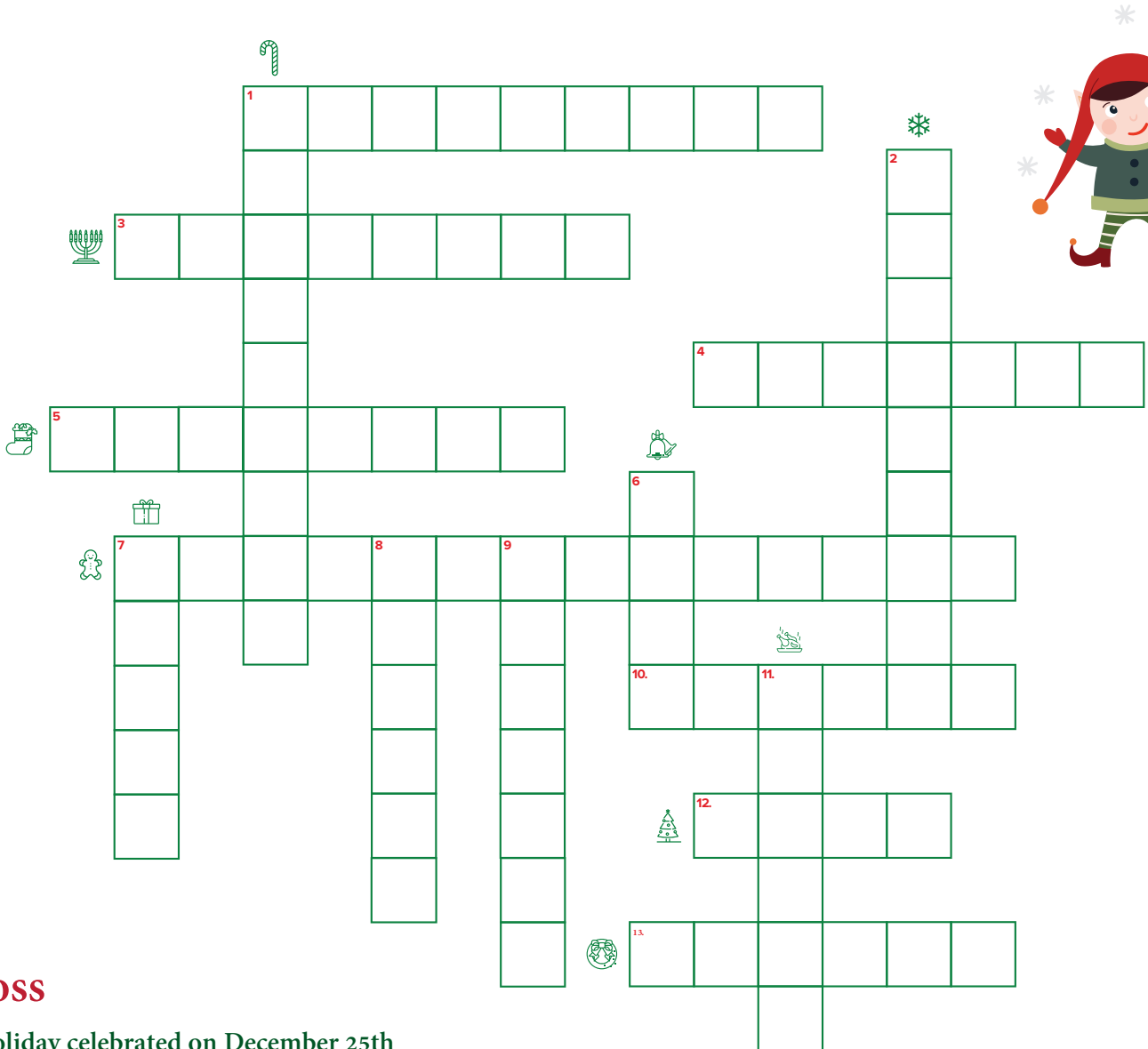
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HOLIDAY CROSSWORD



Across

- 1 Holiday celebrated on December 25th
- 3 A Jewish festival lasting eight days
- 4 A figure made of snow
- 5  A stocking
- 7  A gingerbread man
- 10 Also known as “potato pancake”
- 12 A real or artificial ____, decorated with lights and ornaments



13

Down

- 1  A candy cane
- 2  A snowflake
- 6  A bell
- 7 Something you can wrap and put under the tree
- 8 Creamy beverage (often with alcohol)
- 9 Tender cut of meat prepared for Hanukkah



11



SNOWMAN WORDSEARCH



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

WORD LIST:

CANDLE
 CAROLS
 GRAVY
 HOTCHOCOLATE

KUGEL
 KWANZAA
 MISTLETOE
 ORNAMENT

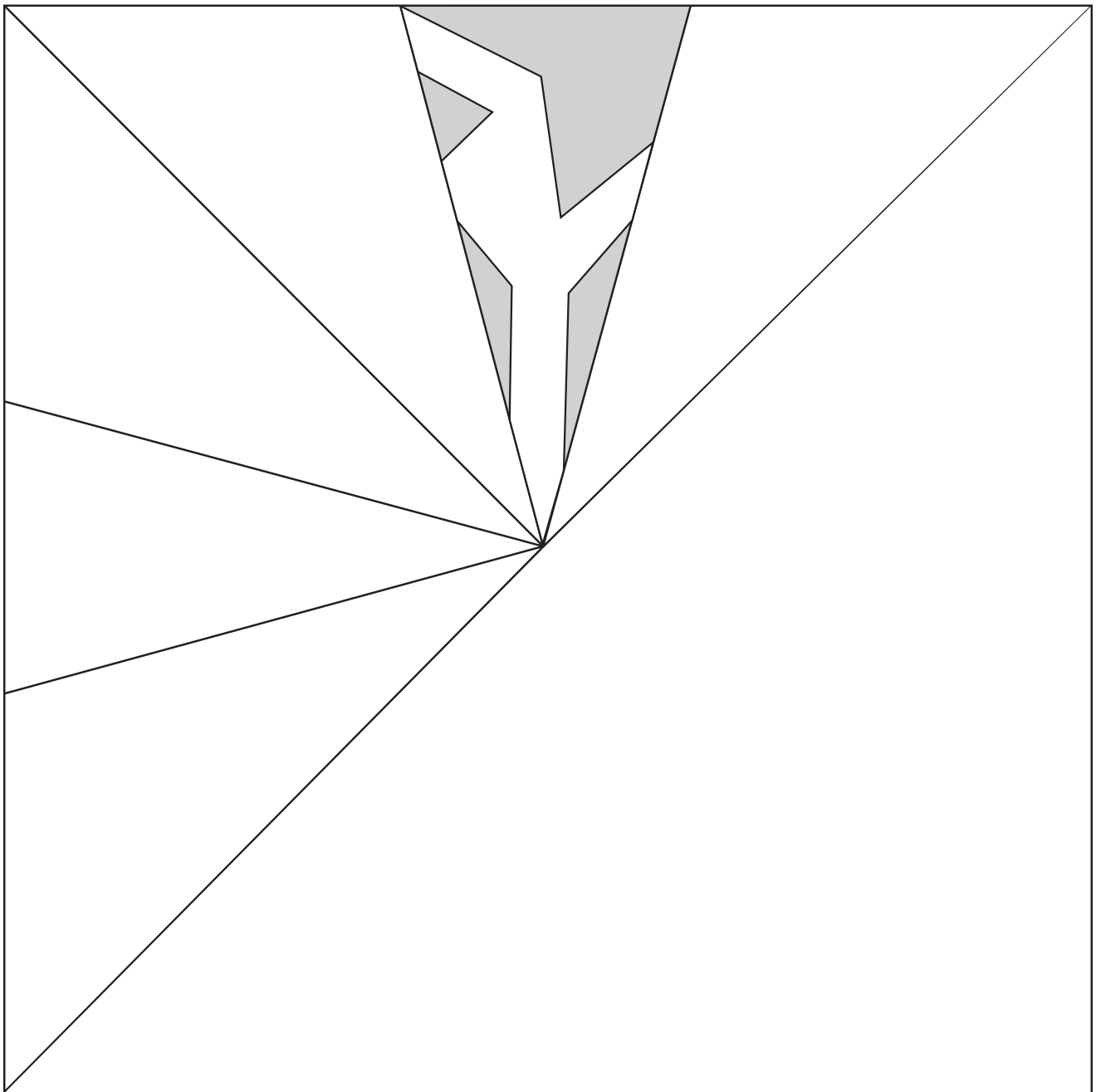
PARSNIPS
 PECANPIE
 PEPPERMINT
 PUDDING

ROAST
 STUFFING
 WINTER

SNOW FLAKES ACTIVITY

Instructions

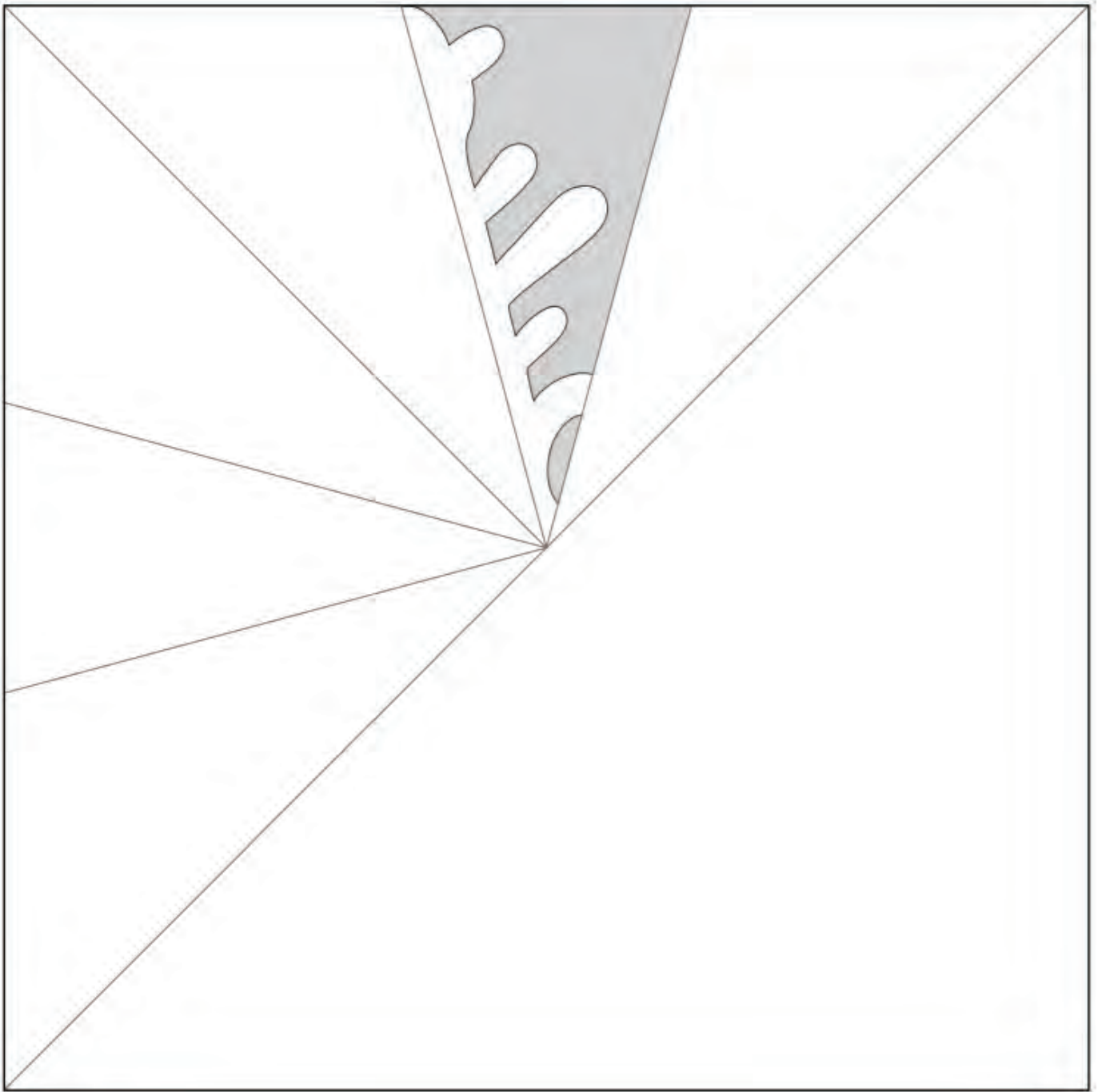
1. Cut out the square. Fold diagonally in half to make a triangle.
2. Fold once more in half to get a smaller triangle.
3. Fold the left section towards the back.
4. Fold the right section towards the back as well.
5. Cut away the gray area.
6. Unfold the paper to reveal the snowflake.



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COLOURING



COLOURING



8 WAYS TO ENCOURAGE FRIENDSHIP AMONG RESIDENTS

Socialization with peers is imperative for healthy aging, and Activity Professionals are the key to making it happen

The Importance of Friendships:

When you think about your best friend and the memories you have together, you probably end up with a smile on your face. Friendships are important to all of us, especially our residents.

Unfortunately, our residents sometimes arrive at senior living communities after a series of losses and transitions. Often, their best friend has passed away, moved away, or is otherwise absent from their lives. This can cause feelings of loneliness, sadness, and even anxiety. Friendships are crucial relationships in our lives and in the lives of our residents. Friendships provide many benefits such as:

- A sense of belonging and purpose
- Feelings of connection thanks to shared experiences and memories
- Improved confidence and self-worth
- Reminiscing opportunities
- Feelings of happiness
- Emotional support and encouragement

While you and your team cannot force people to become friends, even when you just know they would get along splendidly, you can create ways for residents to connect. Here are a few ways to boost your friend matchmaking skills:

1 Offer plenty of shared experiences.

The good news is that friendships typically begin over a shared experience, and activities are the perfect shared experience for residents to share. Make sure your calendar is full of opportunities that cater to the wide variety of residents you serve. Keep your calendar balanced, offering a nice mix of large group and small group events.

2 Build a culture of Clubs.

Friendships can also start over a shared love of a specific hobby, pursuit, or interest. You can cultivate these connections by increasing the number of Clubs offered at your community. Not only are Clubs a great way to empower residents and honor their interests, but you can also end up creating a new way for friendships to form. Try any number of Clubs that suit your residents' interests: Book Club, Spiritual Fellowship Club, New Resident Welcome Club, Birding Club, Garden Club, Foodies Club, Hit the Road Club (for outings).

Not sure what types of Clubs to start at your community? Bring it up at Resident Council as well as reviewing your resident assessments. Look for common threads, especially with residents who are not big fans of group activities.

8 WAYS TO ENCOURAGE FRIENDSHIP AMONG RESIDENTS

3 Encourage socialization with new people.

Throwing socials and events are an excellent way to connect residents, but if they only sit with the same people, in the same spot, they may not get a full social experience. Try to increase the socialization by switching up the seating so that residents can sit with someone new at socials, exercise groups, or even on trips.

4 Host invite-only small groups.

You might know that three residents share a similar personality and history, making them a friendship waiting to happen. However, how can you gather these three specific residents together to start the process? Try hosting invitation-only small groups where you (or your staff member) stays with the group to facilitate conversation and serve refreshments. Don't put these gatherings on your group activity calendar, but ensure they are a weekly part of your staff's responsibilities.

5 Get the conversation going.

When connecting residents who may not know one another well, be sure you stick around to facilitate positive conversation. You can start up conversations by using reminiscing questions or pointing out shared hobbies or interests. If the conversation between residents is moving along without too much help, you can excuse yourself and let the conversation continue.

6 Make your community conversation-friendly.

Friendships and connections are most likely to happen during quieter times in your community. Make sure your community has plenty of nooks and areas where residents feel welcome to gather and perhaps strike up a conversation with others. Situate chairs and tables to accommodate residents who may pass by and make a few natural gathering spots by offering a coffee station and reading materials. While you are making cosy conversation-friendly areas, don't forget the outside spaces of your community too!

7 Give potential friends shared projects to work on together.

If you have a few residents who could end up as friends, consider giving them a project to work on together. Have them label envelopes for the community or decorate the doors of new residents - you may be surprised how their shared service project creates a friendship.

8 Know when to back off.

Sometimes you may be certain a few residents could be friends but it just isn't happening. Remember, you can't force a friendship by pushing the issue. Instead, know when to stop your matchmaking efforts before you become a nuisance.

Source: © GoldenCarers.com. Author: Haley Burress

CHEF RECIPES

Knorr
PROFESSIONA



CHRISTMAS MORNING STRATA

Christmas morning has a delicious, and indulgent start, with this delectable breakfast casserole.

INGREDIENTS FOR 25 PORTIONS

QUANTITY	INGREDIENT
1.75 kg.	Sausage, pork, casing removed
75 ml.	Butter, unsalted
1.5 kg.	Mushrooms, sliced
25 g.	Thyme, fresh, chopped
1 L.	Knorr Culinary Cream, prepared
2.5 g.	Nutmeg, ground
2.5 g.	Mustard Powder
	Salt and pepper, to taste
45	Bread, sliced
550 g.	Cheddar Cheese, shredded
250 g.	Emmental Cheese, shredded

METHOD

In a large bowl make custard mixture: whisk together eggs, cream, nutmeg, mustard powder, and season with salt and pepper.

Heat oven to 350°F.

Grease a 33 x 23-cm baking dish.

Lay 6 pieces of bread on the bottom of the casserole dish and top with sausage, mushroom, and cheese. Repeat process until casserole dish is full ending with bread on top. Pour custard mixture over contents of dish and top with cheese.

Bake, covered, for 30 minutes, remove cover and continue baking for 30 minutes.

***UFS Chef Tip: Try swapping in turkey sausage and whole grain bread**



CHEF RECIPES

Knorr
PROFESSIONA



LEMON MARINATED FRIED CHICKEN

The fondness for fried foods during Hanukkah is in celebration of the miracle of the oil that kept a menorah lit almost 2200 years ago. This recipe for Lemon Marinated Fried Chicken is bound to satisfy residents.

INGREDIENTS FOR 25 PORTIONS

QUANTITY	INGREDIENT
6 L.	Knorr Professional Liquid Concentrated Chicken Base, prepared
250 ml.	Salt
125 ml.	Honey
20	Garlic, cloves
125 ml.	Lemon Juice
2 whole	Lemon Peels
25 pcs.	Chicken (leg, breast, or thigh)
1.5 L.	Flour, AP
60 ml.	Garlic powder
60 ml.	Onion Powder
10 ml.	Paprika
As desired	Salt and Pepper
1 L.	Milk
500 ml.	Buttermilk
	Frying Oil

METHOD

Bring prepared Knorr Professional Liquid Concentrated Chicken Base, salt, honey, garlic cloves, lemon juice, and lemon peels to a boil for 1 minute.

Remove from heat and cool completely in a refrigerator. Add raw chicken pieces to brine and chill in fridge for 12 hours.

Remove chicken pieces from brine and pat dry. Combine flour and herb mixture and divide into large, sealable, plastic bags. Place buttermilk in large bowl. Shake chicken, until completely coated, in one bag, dip in buttermilk and then shake in other flour mixture bag. Let stand for 30 minutes.

Heat oil and fry legs and thighs for 13 minutes and breasts for 7 minutes.

Serve with lemon wedges.



RESIDENT RECIPES

TAZO.



Residents can do this recipe in small groups or individually

SPICED SHORTBREAD COOKIES

INGREDIENTS FOR 25 PORTIONS

QUANTITY	INGREDIENT
2 cups	Flour, AP
½ t.	Salt
½ cup + 2 T.	Powdered Sugar
1 t.	Vanilla Extract
1 cup	Butter, unsalted, cut into chunks
1 t.	Water
2 T. (6 sachets)	Lipton Earl Grey or Tazo Earl Grey, leaves removed from sachets

METHOD

Pre-heat oven to 375° F.

Add the flour, Earl Grey contents, salt, and powdered sugar to a food processor and pulse to combine, or mix, by hand in a bowl.

Add in the vanilla, the butter and the 1 teaspoon of water. Pulse together, or mix by hand, just until a dough is formed.

Put the dough on a sheet of plastic wrap and roll into a log, about 2 1/2 inches in diameter and 5 inches long. Tightly twist each end of the wrap in opposite directions.

Chill the dough in the refrigerator for at least 30 minutes.

Slice the log into 1/3-inch thick disks. Arrange on nonstick cookie sheets, parchment lined baking sheets, 2 inches apart. Bake until the edges are just light brown, about 12 to 14 minutes, rotating the pans halfway through the baking process.

Remove from the oven and let cool on the cookie sheets for 5 minutes. Transfer to wire racks and cool until room temperature. Enjoy!

***UFS Chef Tip: Try serving with fresh fruit and low-fat yogurt.**



CHEF RECIPES

TAZO.



POMEGRANATE CIDER

INGREDIENTS FOR 25 PORTIONS

QUANTITY	INGREDIENT
375 ml.	Pomegranate Juice
6.25 L.	Lipton Orange with Spices Tea or Tazo Wild Sweet Orange
1.5 L.	Apple Cider

METHOD

Brew tea as per package directions to make 6.25L of tea.

In a stock pot, heat prepared Lipton Orange with Spices or Tazo Wild Sweet Orange tea, pomegranate juice and apple cider, cover and brew for 5 minutes.

Mix and serve.



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