

ACTIVITY BOOKLET • MAY 2020

# MACASA

MALTESE AGED CARE ASSOCIATION (SA) INC.



## FUN FACT

May is named for the Roman goddess Maia, who oversaw the growth of plants.

## MAY KEY DATES:

7th - Full Moon  
10th - Mother's Day  
12th - Int. Nurse Day  
26th - National Sorry Day

## WELCOME

It has been an unusual start to 2020 with the impact of COVID-19 around the globe. Self distancing and continually changing regulations may feel stressful or perhaps lonely. The team at MACASA are here to assist you. If you haven't yet received a phone call from our staff or volunteers expect a friendly call soon. In the meantime you can call us directly on (08) 8241 0266 if you require meals or assistance in anyway.

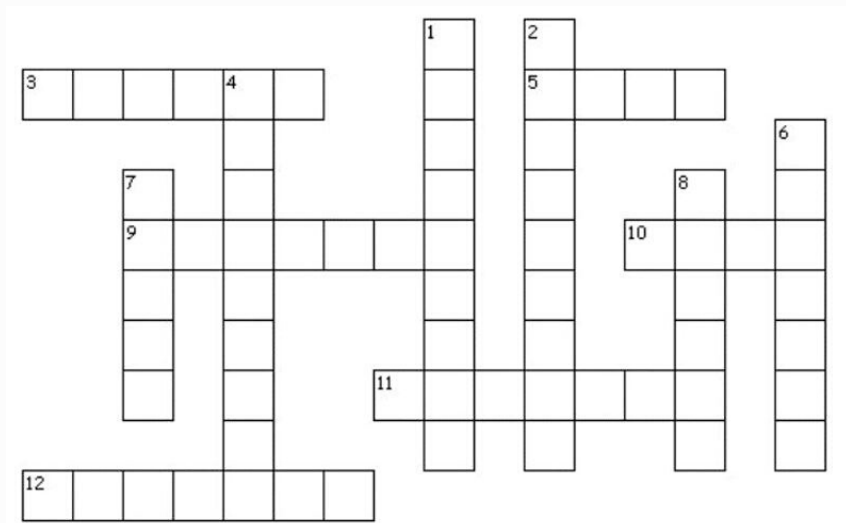
We have put together an activity pack to brighten your day and to keep your mind active. We encourage you to find a comfortable seat and unwind with a cup of tea and biscuits on us! Inside you'll find puzzles, jokes, colouring in and a template to build your very own family tree.

Please enjoy!  
Madeleine and the MACASA team



# PUZZLE ZONE

## CROSS WORD



### Across:

3. A special meal between breakfast and lunch.
5. A tight squeeze.
9. Inspiring awe.
10. The feeling a mum have for her children.
11. To help someone grow up.
12. A bouquet of these will make mum smile.

### Down:

1. Amazing or astonishing.
2. Mum's favourite cocoa indulgence.
4. To engage in festivities.
6. A gift.
7. Sweet treats.
8. The woman who loves you no matter what!

## WHO AM I?

I am an American actor, filmmaker, musician and politician. I was born in May 1930 in San Francisco, America. I have been married twice and have also been involved in several high profile affairs. In 1986 I was elected mayor of Carmel, California, and served two years. In recent years my directing roles have won Academy Awards.

A: Clint Eastwood

I am an American actor, director and producer. I was born in May 1961 in Kentucky, America. My big break was in 1994 in a new medical drama. Since then I have won three Golden Globe Awards and two Academy Awards. I am married to British-Lebanese human rights lawyer named, Amal.

A: George Clooney

## JOKE CORNER:

**Elephant:** Why do mother kangaroos hate rainy days?

**Hippo:** I give up.

**Elephant:** Because their kids have to play inside!

**Ryan:** Why did you chop the joke book in half?

**John:** Mom said to cut the comedy.

**Daughter:** Mum, what's it like to have the greatest daughter in the world?

**Mum:** I don't know dear, you'd have to ask Grandma.

**Q:** Why is Mother's Day before Father's Day?

**A:** So the kids can spend their Christmas money on Mum.

## SUDOKU (Easy)

4	1	5		6	9		7	
		3			1		2	
			4		3	5		
6	7	2	1					4
8	3						5	7
5					8		1	3
2	8				7	1		6
	9	6					4	5
1	5		6			8		

## SUDOKU (Medium)

5			4		2	9		
3	4	2	9		1	6	8	7
						2		4
		6			7			
		1	3		4			
4			2			8		
								9
				8		1	6	
2			7		6			8

## WORD SEARCH

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

APPRECIATION

FLOWERS

HUG

PERFUME

CHILDREN

GRANDFATHER

LOVE

ROSES

CHOCOLATES

GRANDMOTHER

LUNCH

SON

DAUGHTER

GRATEFUL

MEMORIES

THOUGHTFUL

FATHER

HERITAGE

MOTHER

WISDOM

# CRAFT ZONE

## CREATING YOUR FAMILY TREE

Autumn is a wonderful time of year as the leaves on the trees start to change into beautiful shades of oranges, yellows and reds.

Of course, it includes Mother's Day, a day filled with family, laughter and happy memories. It's a great time of year to create your own personalised family tree!

Before you begin, try to gather the names, birth dates and other information you want to include on your tree. Once you know the number of family members and leaves, you can start playing around with the layout.

### Instructions:

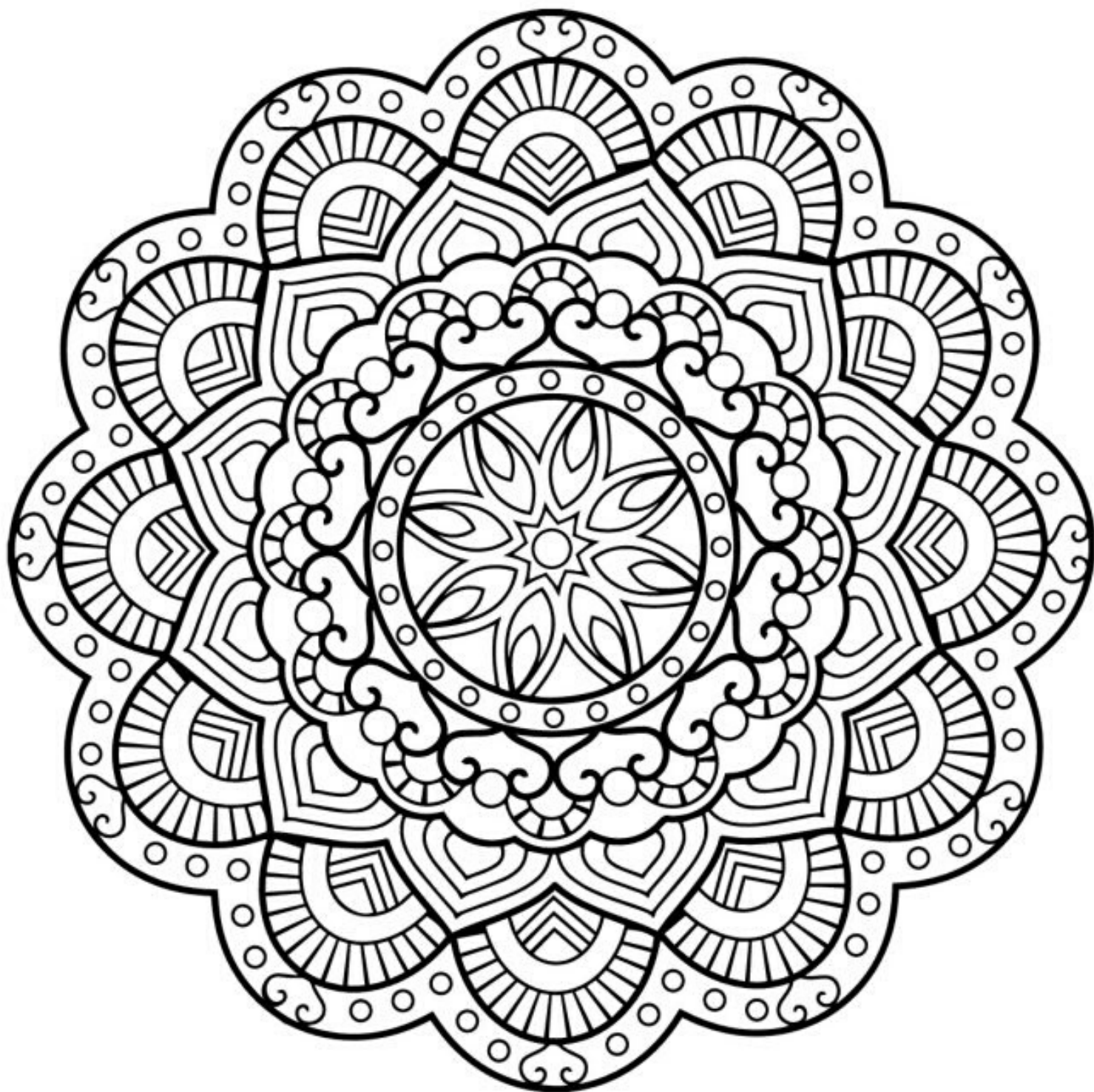
1. Gather information for each family member e.g. names and date of birth.
2. Cut out your leaves on the orange and red paper.
3. Turn over the leaves so the black cut line is on the reverse.
4. Write out the details of each family member on the front of the leaves, one person per leaf.
5. Arrange the leaves to create a vibrant tree.
6. Once you're happy with the layout, glue them down.
7. Admire your work and remember to show off your tree to family members and friends.

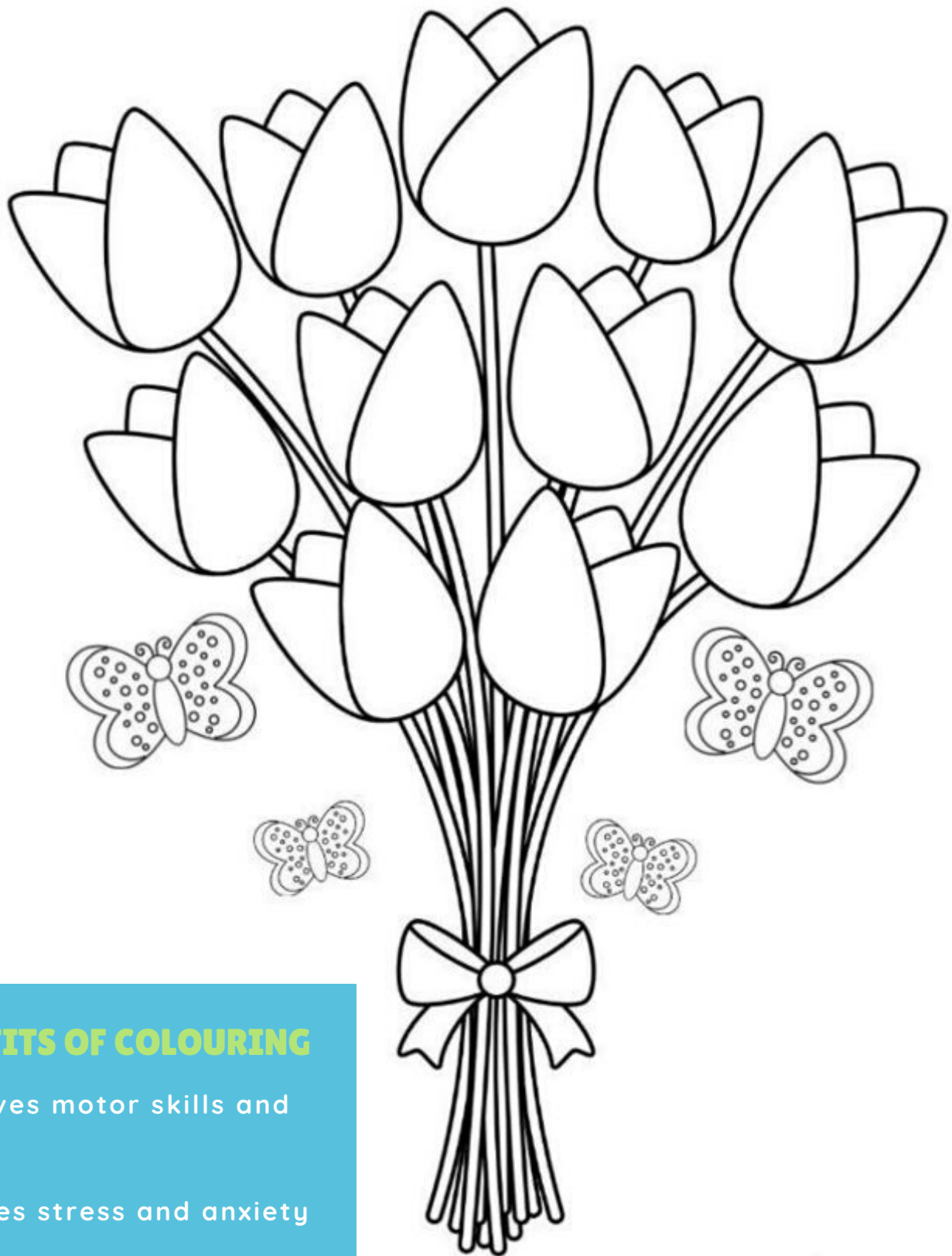
## SUPPLIES

- White posterboard featuring the tree trunk
- Orange and red leaves
- Pen for handwriting the names of your family on each leaf
- Glue stick to attach the leaves to the trunk



## COLOUR ZONE





## **BENEFITS OF COLOURING**

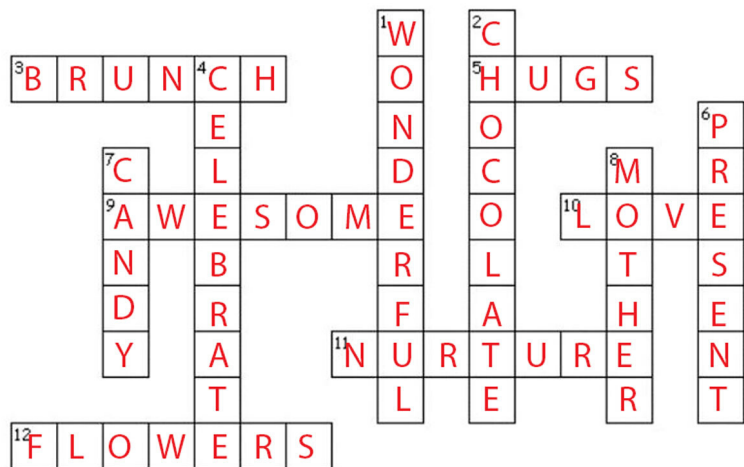
Improves motor skills and vision

Reduces stress and anxiety

Improves sleep

Improves focus

# SOLUTIONS



4	1	5	2	6	9	3	7	8
7	6	3	5	8	1	4	2	9
9	2	8	4	7	3	5	6	1
6	7	2	1	3	5	9	8	4
8	3	1	9	4	6	2	5	7
5	4	9	7	2	8	6	1	3
2	8	4	3	5	7	1	9	6
3	9	6	8	1	2	7	4	5
1	5	7	6	9	4	8	3	2

5	6	8	4	7	2	9	1	3
3	4	2	9	5	1	6	8	7
1	9	7	6	3	8	2	5	4
9	2	6	8	1	7	3	4	5
8	5	1	3	9	4	7	2	6
4	7	3	2	6	5	8	9	1
6	8	5	1	2	3	4	7	9
7	3	4	5	8	9	1	6	2
2	1	9	7	4	6	5	3	8



## CONTACT US

MALTESE AGED CARE  
ASSOCIATION (SA) INC.

ABN 71 724 767 570

# MACASA

PO Box 6004  
Alberton SA 5014

OFFICE  
Cheltenham Community  
Centre  
62 Stroud Street North  
Cheltenham SA 5014

PHONE  
(08) 8241 0266

MOBILE  
0412 014 313

FAX  
(08) 8241 0299

WEBSITE  
[www.macasa.org.au](http://www.macasa.org.au)

EMAIL  
[reception@malteseagedcare.org.au](mailto:reception@malteseagedcare.org.au)