



MACASA

OFFICE

Cheltenham Community Centre
62 Stroud Street North
Cheltenham SA 5014

POSTAL ADDRESS

PO Box 6004
Alberton SA 5014

PHONE

(08) 8241 0266

MOBILE

0412 014 313

FAX

(08) 8241 0299

WEBSITE

www.macasa.org.au

EMAIL

reception@malteseagedcare.org.au

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for more information"*

Welcome to the December Activity Pack. This activity pack is centred around the Festive season and welcoming the new year.

Lets hope that 2021 is a better year than 2020 has been. I am sure, like all of us, you are getting tired of hearing about COVID-19 and the constantly changing restrictions. We know many of you have not been able to see your families for quite a while now because they live interstate. We hope with the borders now being open you will be able to see them soon. We all appreciate that these restrictions are for our safety. However the prolonged isolation for many of us has taken a toll on our mental health. The MACASA staff are busy trying to plan some outings and functions for 2021. Providing the restrictions continue to be lifted we will be back with you in January for a couple of events, fingers crossed.

If you find you have some idle time over the festive season we have included a few activities that may help to keep you busy. We have added in some international days that you can look at celebrating with someone or maybe just differently on your own. We have included a few little things to help with celebrating some of those national days.

As always, we ask that you stay safe and wear your masks as required, keep good hygiene practices and continue social distancing when in public. Your health and safety is very important to us and we look forward to seeing you in the new year.

Wishing you and your families a safe and happy festive season.



Warm Regards,

Madeleine Williams
Services Manager

International Days of the Year

Is today just another day? Sometimes we feel like this as we are busy doing our usual routine, if we are missing our loved ones or we are unwell and unable to do our usual routines or something special. Here are some ways to help make certain days of the coming month a little more special or just different. Some are more important than others and some are just fun and silly. Let us know how you have celebrated some of the days if you would like to share.

26th December - National Thank You Note Day on December 26th recognises the time-honoured tradition of thanking people for their gifts, hospitality and generosity. It is a day to get some note cards, paper, pen, envelopes, and stamps to write those special thank yous.

Taking the time to thank family and friends with a personalized message has special meaning. The receiver of the "thank you" will enjoy getting the card in the mail and the message you have written.

Personal messages also convey to friends and family a deeper, more intimate sentiment. These handwritten notes, however brief, carry a tactile expression of thanks that verbal communication often lacks.

Never underestimate the power of "THANK YOU!"



2nd January - Cream Puff Day - Enjoy a cream-filled pastry on National Cream Puff Day! Dessert and pastry lovers alike get to celebrate this delicious French creation on January 2.

Originating in France, cream puffs are also known as profiterole and choux a la creme. Cream puffs are a French dessert pastry filled with whipped cream, pastry cream, ice cream or custard. They may be served plain or can be decorated with chocolate sauce, caramel sauce, or dusted with powdered sugar.



Borrowed from the French, the word "profiterole" has existed in English since 1604. The "cream puff" has been found on United States restaurant menus since around 1851.

3rd January - Drinking Straw Day - On January 3rd National Drinking Straw Day commemorates the date in 1888 that Marvin C. Stone received the patent for the paper drinking straw. Since then, all variety of drinking straws are used.

It is believed the Sumerian's used the very first drinking straws for drinking beer. Archaeologists speculate they used the straws to avoid the solid by products of fermentation that would have sunk to the bottom. The oldest drinking straw known to be in existence was found in a Sumerian tomb dated 3,000 B.C.E. This found straw was a gold tube inlaid with a precious blue stone.



8th January - Joygerm Day

On January 8th, National JoyGerm Day annually reminds people across the country that by being positive and treating people with kindness, they can influence those around them and pass that positive attitude on to others. When we share good moods, we impact the lives of people around us and those people become infected with that same positive joy and spread it to others.

Laugh, smile, be kind, inspire and spread the one type of germ that is good for everyone to catch!

Throughout the day, see how often you can spread the JoyGerm!



International Days of the Year

10th January - Bittersweet Chocolate Day

Sometimes the rich sweet flavour of milk chocolate just isn't what you're looking for, sometimes you want to relish in the underlying bitterness that is intrinsic to darker chocolates, and Bittersweet Chocolate Day is the day to celebrate them. There are a lot different types of chocolates, but dark chocolate reigns supreme on Bittersweet Chocolate Day.

Bittersweet Chocolate, with one variety also known as Dark Chocolate, takes a different approach. Fat and sugar are added to cocoa, without the milk to even out the bitterness. It tends to be harder, richer, and a common ingredient in baking, and is one of the foundational flavours in the richest chocolate drinks, especially Mexican chocolate, which is made with a hint of Cayenne. This chocolate type has less sugar and more chocolate liquor than semisweet chocolate, but the two are interchangeable in cooking. This is also often referred to as couverture chocolate.



Health Benefits of Dark Chocolate

Weight loss - A little bit of dark chocolate can reduce cravings and suppress your appetite. So, grab a square when you're hit with a snack attack. Keep in mind that all chocolate—even dark chocolate with a high percentage of cocoa—has calories, fat, and sugar. So stick to a one small square a day.

Keeps your heart healthy - Dark chocolate can improve your circulation, blood pressure, cholesterol levels, and reduce your risk for heart disease and stroke. This is thanks to flavanols, a chemical compound also found in fruits and vegetables that have been found to improve blood flow at the cellular level, leading to lower blood pressure.

But remember, just a square or two a day.

Prevents inflammation - 70% cocoa dark chocolate is rich in antioxidants, which have some major anti-inflammatory effects. Flavanols help to reduce inflammation and keep the cells that line the arteries healthy.

Antioxidants fight inflammation and free radicals, which can help your immunity and reduce your risk of disease.

Improves brain function - Studying for a big test? Or feeling a bit down in the dumps? Antioxidants and flavanols enhance neurological function that promote healthy cognitive benefits. Studies show that dark chocolate can boost memory, cognitive skills, and mood.

Makes your skin glow - New studies show you might be able to ditch the sunblock and eat dark chocolate instead. (Of course, you really should still wear sunscreen.) Flavanols protect your skin from UV rays and may also prevent wrinkles.

It's not dark chocolate but enjoy a Hershey's Kisses on us for bittersweet chocolate day.



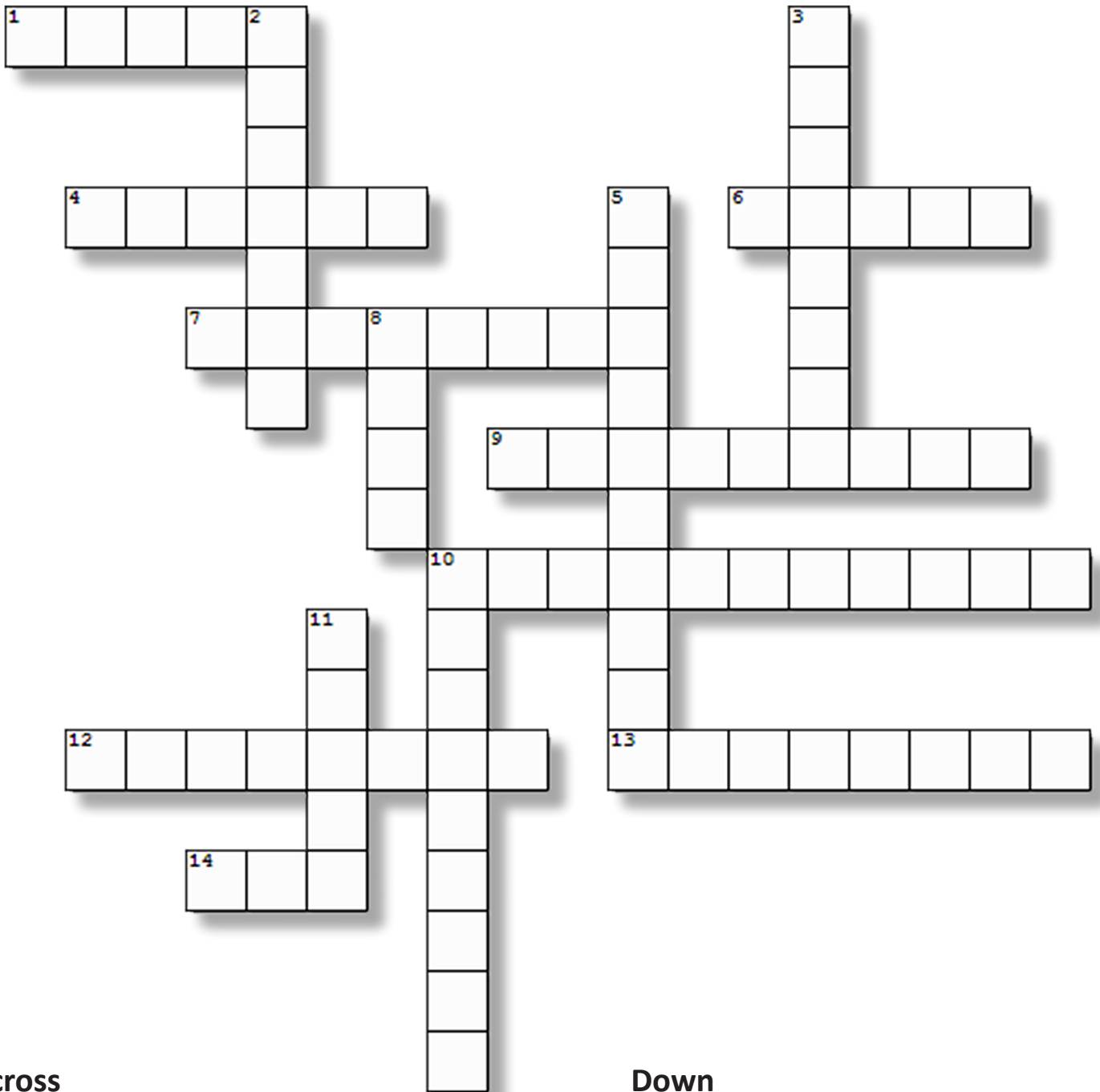
29th January - Puzzle Day - Each year on January 29th, National Puzzle Day recognizes how exercising our brains with puzzles is just one of its many benefits.

Whether it's a crossword, jigsaw, trivia, word searches, brain teasers or Sudoku, puzzles put our minds to work. Studies have found that when we work on a jigsaw puzzle, we use both sides of the brain. And spending time daily working on puzzles improves memory, cognitive function, and problem-solving skills.



CROSSWORD

Find the answers to the clues to complete the crossword below.



Across

1. It's a matter of trust
4. Related Group
6. Celebratory Meal
7. Party Decoration
9. Praise Publicly
10. Events celebrating a special Occasion
12. Recollections
13. The occasion of a person's birth
14. Feeling of great pleasure

Down

2. An extended period of leisure and recreation
3. It's good for 12 months
5. A firm decision to do or not to do something
8. Intense emotion
10. Crackers
11. Social gathering for pleasure

WORD SEARCH

NEW YEARS EVE

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

CALENDAR

CELEBRATION

CHEERS

CONFETTI

EXPECTATIONS

FESTIVE

FIREWORKS

FUN

GLASSES

GREETINGS

HAPPY

MERRY

MIDNIGHT

NEW YEARS EVE

NIBBLES

PARTY

RESOLUTION

SEASONS

SINGING

TRADITION

ORIGAMI

1. Cut out template and add-ons

Choose your favourite template included and cut it out, or do both. Start by placing the paper with the corner facing you in a diamond shape and the design facing down. The solid coloured green triangle should be closest to the bottom corner for the bee bookmark and the purple flowers should be on the top half of the diamond for the save my page bookmark.



2. Fold the bottom corner up to the centre point of the square

Place your square on a table, one point facing towards you so it looks like a diamond. Bring the bottom point up to meet the top point. Crease in the middle to create a small triangle.

3. Fold upward again at the centre, creating a second triangle

With the top of your triangle pointing up, bring the left point up to meet the top. Crease along the fold. Repeat on the right side to create a smaller diamond.

4. Bring the bottom two points up to meet the top

Flip your diamond over. Taking only the top layer of paper, bring the bottom point of the diamond up to meet the top. Crease, then unfold.

5. Fold the points into the pocket

Taking the same point, tuck it into the pocket created and crease at the edges. Use tape or glue to strengthen any loose edges on the back of your bookmark.

6. Glue or tape on decorative pieces

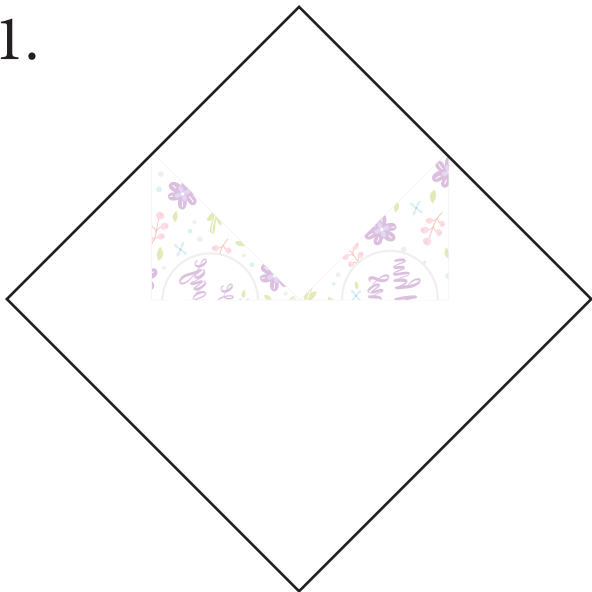
Attach the decorative bee piece as shown below with the sticky dot included.

Have fun reading!

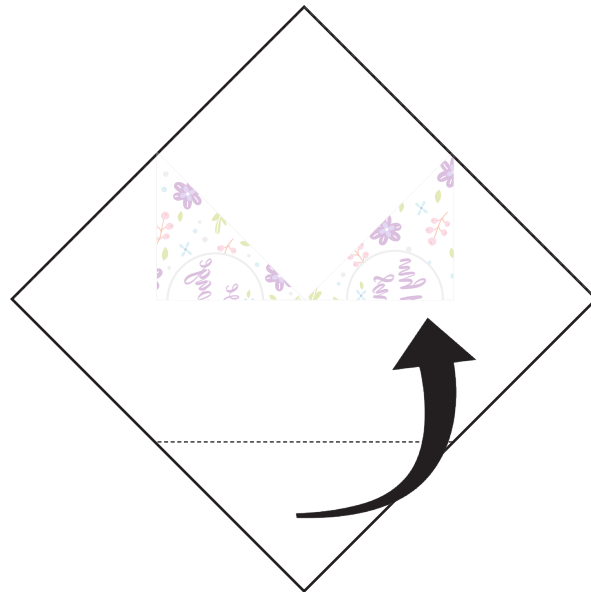


ORIGAMI STEPS

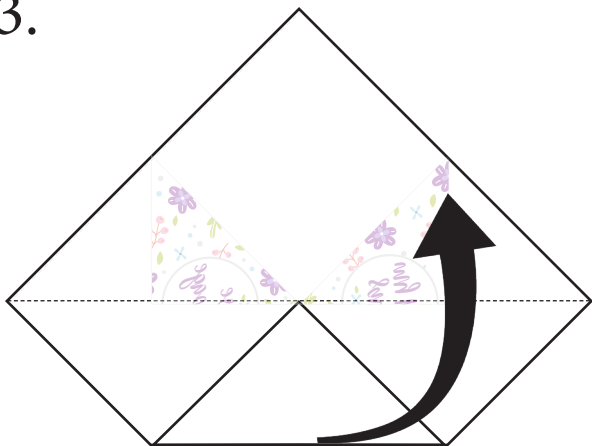
1.



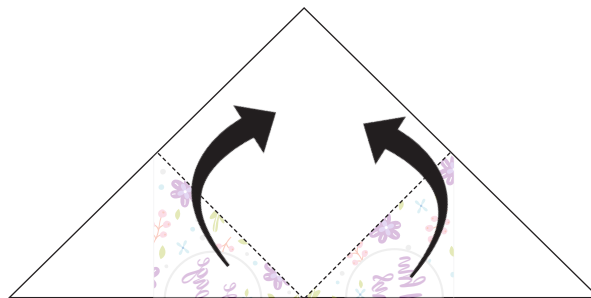
2.



3.



4.



5.





Riddle me this??

Riddle: I'm tall when I'm young, and I'm short when I'm old. What am I?

Answer: A candle

Riddle: What month of the year has 28 days?

Answer: All of them

Riddle: What question can you never answer yes to?

Answer: Are you asleep yet?

Riddle: What goes up but never comes down?

Answer: Your age

Riddle: What can you keep after giving to someone?

Answer: Your word

Riddle: What is black when it's clean and white when it's dirty?

Answer: A chalkboard

Riddle: Where does today come before yesterday?

Answer: The dictionary

Riddle: What invention lets you look right through a wall?

Answer: A window

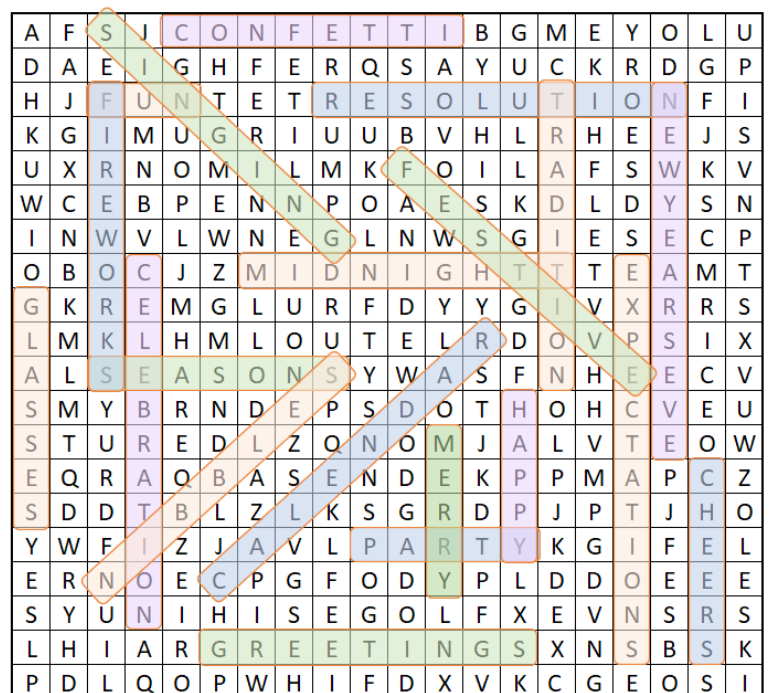
Riddle: What goes up and down but doesn't move?

Answer: A staircase

Riddle: What can travel all around the world without leaving its corner?

Answer: A stamp

PUZZLE SOLUTIONS



Colour Me

