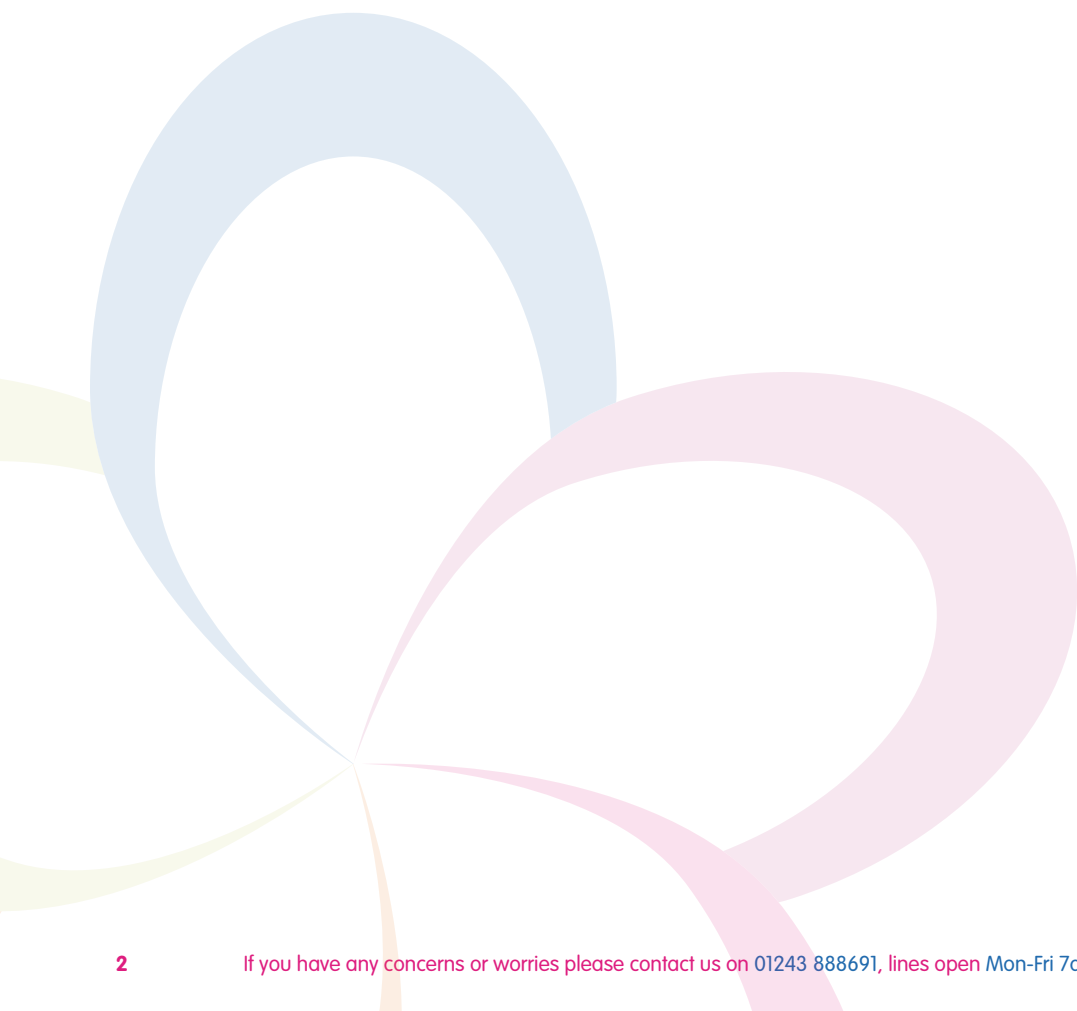




Dementia
SUPPORT

Lock down **activities**

M1 Phase



CONTENTS PAGE

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CORONAVIRUS: INFORMATION FOR PEOPLE AFFECTED BY DEMENTIA

What is coronavirus?

Coronavirus causes a new illness (COVID-19) that can affect your lungs and airways. Coronavirus symptoms in most people will be mild – a bit like cold or flu. They include:

- a cough
- a high temperature
- difficulty with breathing (shortness of breath).

A few people will get worse symptoms and need medical attention. People aged over 70 and anyone living with a long-term health condition or weak immune system is more likely to get worse symptoms.

How is coronavirus spread? Coronavirus probably spreads in cough droplets.

Because it's a new illness, we're still learning more about it.

- To help prevent it spreading, everyone should follow this advice:
- Wash hands often for at least 20 seconds – use soap and water or a hand sanitiser
- Cough or sneeze into a tissue. If you don't have a tissue use your elbow, not your hands
- Put used tissues in the bin quickly
- Avoid close contact with anyone who has symptoms of coronavirus
- Only travel on public transport if you need to
- Work from home, if you can
- Avoid social activities - going to pubs, restaurants, theatres and cinemas
- Avoid events with large groups of people
- Use phone, online services, or apps to contact your GP surgery or other NHS services.

Don't touch your face unless your hands are clean. And **don't have visitors** to your home, including friends and family.

What should I do if I have coronavirus symptoms?

If you have a new, continuous cough or a high temperature (or both) you should stay at home.

Do not go to a GP, pharmacy (chemist) or hospital – this will help protect yourself and others.

- If you live alone, you need to stay at home for **7 days** from the start of your symptoms.
- If you live with others, you should stay at home for **14 days** from the start of the first person's symptoms.
- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for **14 days**. If you can't do this, try to keep away from each other as best you can.

Use the NHS 111 coronavirus service – visit this online or call 111 – if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Will Dementia Support services remain open?

In light of the most recent Government guidance, we have made the decision to temporarily suspend all our face to face and group services with immediate effect.

We are replacing these with telephone support, increasing this to ensure we support people's mental health through isolation.

Where can I get advice about dementia?

Dementia Support can answer your questions about dementia. We can also give you tips if you find it difficult to follow the NHS advice about coronavirus.

We cannot offer personalised medical advice.

But we will direct you towards other reliable sources.

Call us on 01243 888 691 or Visit <https://www.dementia-support.org.uk/>

Somebody I care about is living with dementia.

What should I do about coronavirus?

If you're caring for a person living with dementia, you may be more worried about coronavirus. There are some things you can do to help prevent the person from catching any viruses.

If you need to stay at home (self-isolate), there are also other ways to support the person with dementia.

- Check that they have hand-wash and hand sanitiser available – maybe singing a song with them can encourage the person to wash their hands. Make sure that any visitors know to make use of sanitiser too
- Clean things that are handled a lot, such as remote controls, door handles and taps
- If the person or their primary carer is self-isolating, you might help with practical tasks. The person might need shopping dropped off, medicine collected, or some library books left outside the door for them – ask how you can help. Many communities are also forming groups of volunteers to offer this kind of help
- Make sure the person has all the medication they need. You can speak to a GP or local pharmacist to make sure they will have a supply. Keep checking in to make sure they are continuing to take the right medication
- Check that they have a plan of what to do if they do get unwell – leave the number(s) to call prominently displayed
- While the person is indoors, encourage them to stay active and consider gentle exercises. You can use your garden (if you have one). You can also go out to exercise once a day – **just stay at least 2 metres away** from other people
- Try to make sure the person has activities that they can engage in at home as well; reading, magazines, jigsaws, music, knitting, their favourite TV/radio programmes available.
- Keep in touch by phone, post, email or Skype. They may be anxious about the situation. Tell the person that you're thinking of them and encourage others to do so as well.
- Make sure that they have our phone number so that they know that we are here to help.

Chairobics



Use a dining chair on a solid non-slip surface

1. Sit upright in the chair
2. Place your feet on the floor
3. Place your hands palms down on your thighs
4. Take four deep breaths in and out through the nose
5. Extend your legs out in front of you keeping your heels on the floor. Point and flex your toes ten times
6. Place your hands, palms up, under your right leg. Extend the leg out in front of you until the leg is straight, lower to the floor. Repeat 8 - 10 times. Repeat with the left leg
7. Sitting tall in your chair bring your hands up in front of your face. One at a time reach your hand up above your head or extend them out in front of you.
8. Gently tap your feet to the floor as if you are jogging on the spot 15 -30 seconds, rest 1 minute and then repeat
9. Sit tall in your chair, roll your shoulders 6 -8 times forwards, then repeat 6 - 8 times backwards.
10. Place your hands, fingers spread, across your middle (stomach area). Take 6 -10 deep full breaths.

Once finished, relax.

Well done

Paul Cushway

Smooth Moves Fitness

07890 178404

www.smoothmovesfitness.co.uk

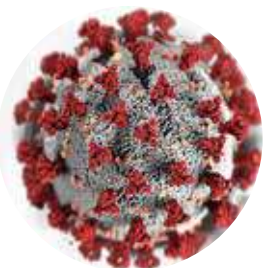


Dementia
SUPPORT

CONVERSATION TOPIC: CORONA VIRUS/ COVID -19

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Virus



Symptoms



Breathing



Pneumonia



Temperature



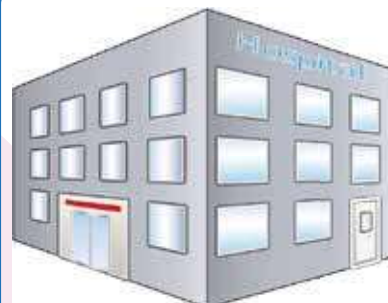
weak



headache



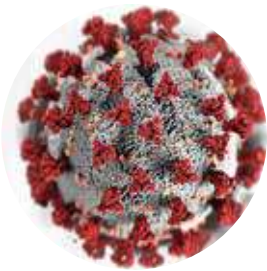
cough



Hospital

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Virus



Symptoms



Breathing



Pneumonia



Temperature



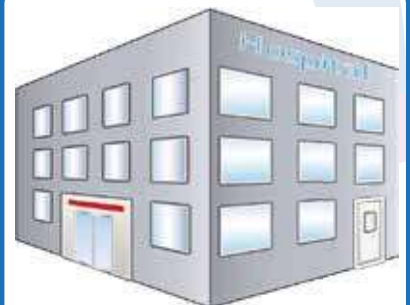
weak



headache



cough



Hospital

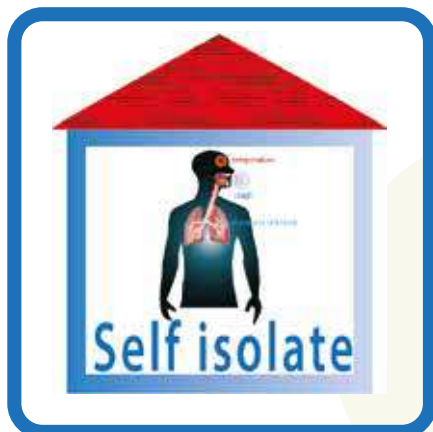
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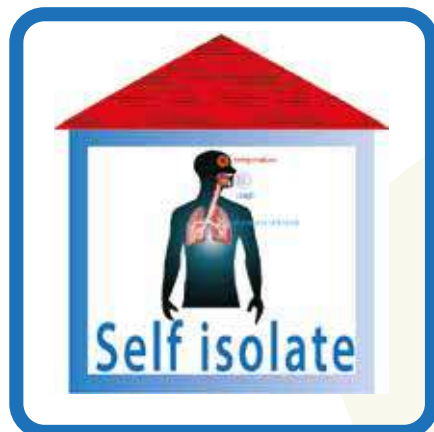
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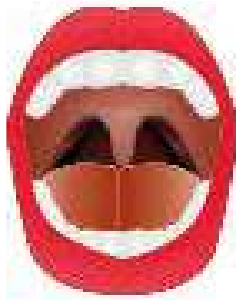


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swab



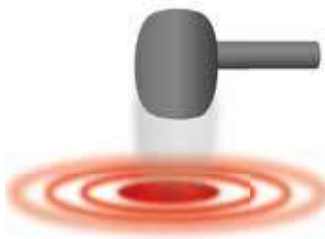
Mouth



Eyes



sharp pain



dull pain



O.K



worried



sad



angry

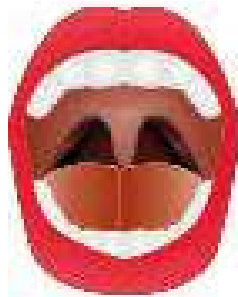


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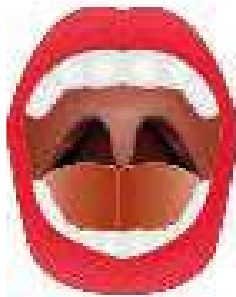


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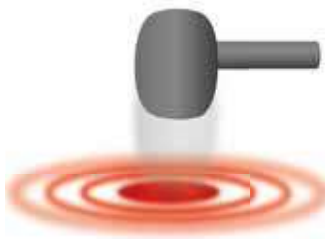
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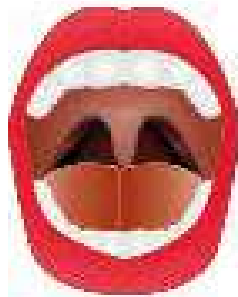


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family



older person



nurse



doctor



health care
professional



paramedic



ambulance



care



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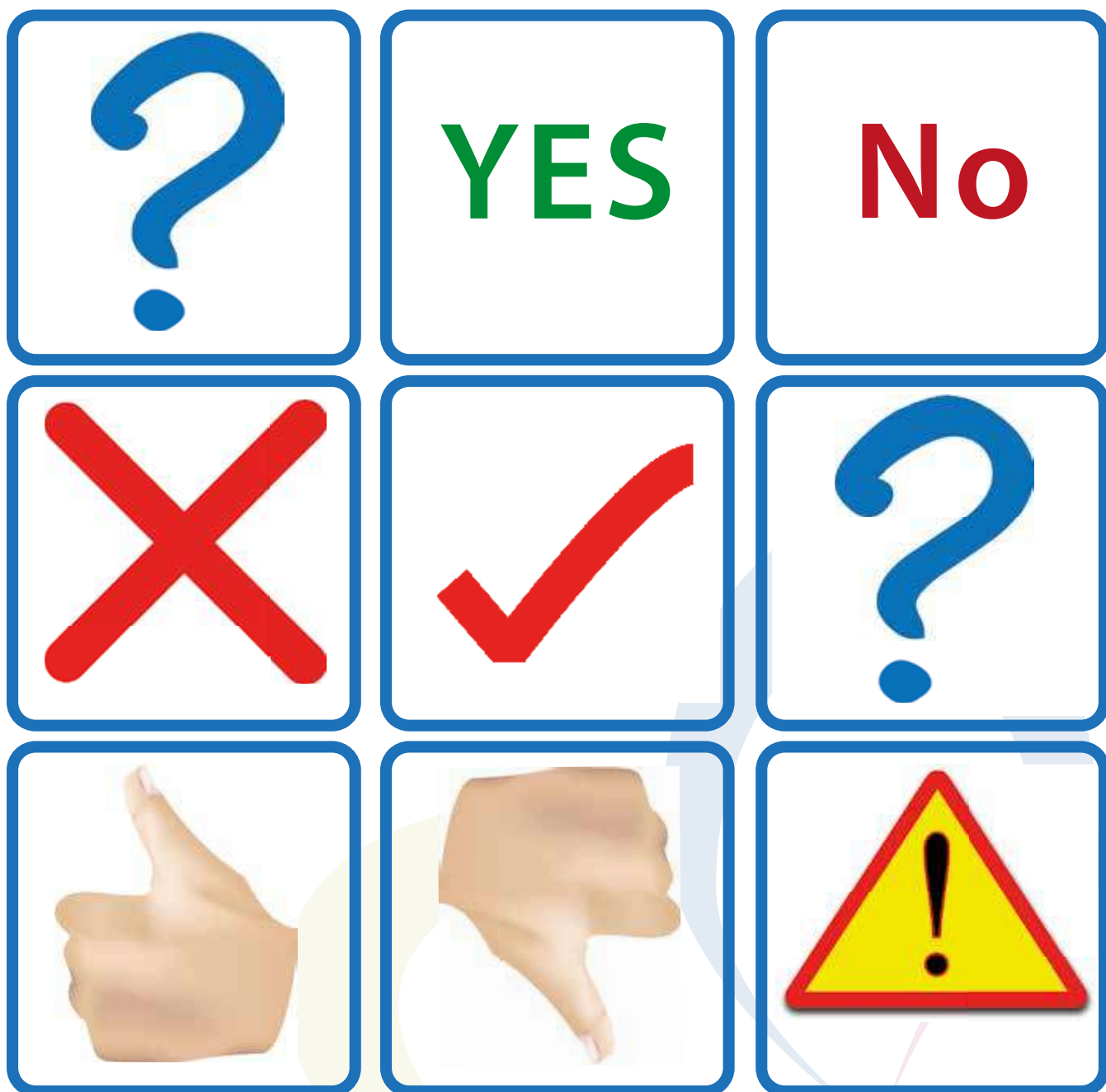
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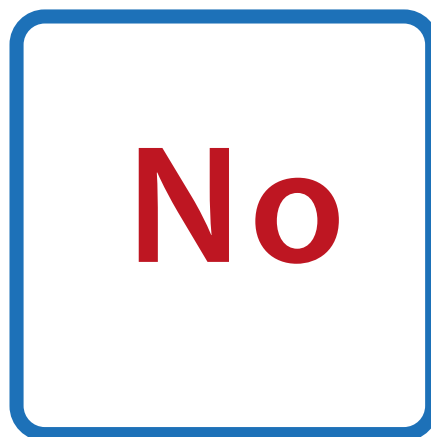
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phone



air travel



medicine



news



research



water



R.I.P



bed



time



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bed



time







Staying well when social distancing

We've created some top tips to support those who are undertaking social distancing to get through the next few weeks.

The government has now advised that if you have an underlying health condition(s) or if you are aged 70 or older, you should be social distancing for up to 12 weeks. To some people this can seem quite daunting. Not being able to go about your daily routine or undertake the activities you normally do, after a while, could become quite stressful.

We know that during this period it's really important that you look after your mental and emotional wellbeing as well as your physical health.

- 1 Establish a daily routine.** Routines provide structure and purpose.
- 2 Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
- 3 Think about which regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
- 4 Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
- 5 Identify the triggers that make you feel low** and look for ways to reduce or manage them.
- 6 Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
- 7 Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels. For more information see the [BDA website](#).
- 8 Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
- 9 Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
- 10 Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence. [Age UK](#) and [Silverline](#) have people to speak to.

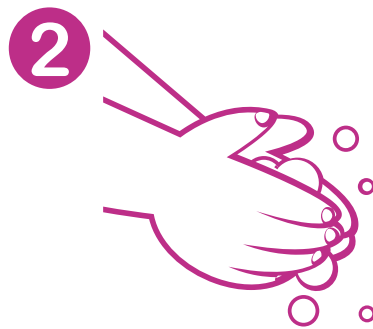


WE NEED TO WASH OUR HANDS A LOT AT THE MOMENT

Wash your hands with **soap + water** for at least 20 seconds.
Follow the actions below:



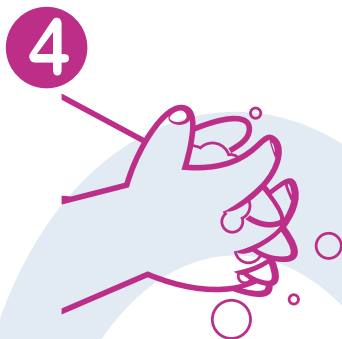
USE SOAP



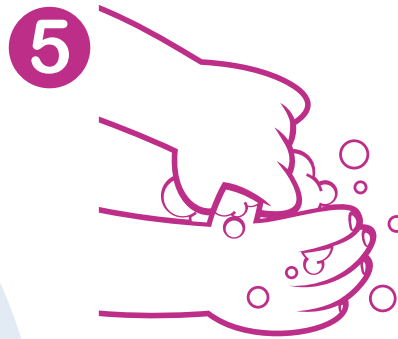
PALM TO PALM



BACK OF HANDS



IN BETWEEN FINGERS



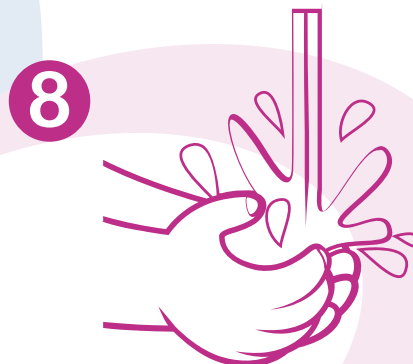
BASE OF THUMB



FINGERNAIL



WRISTS

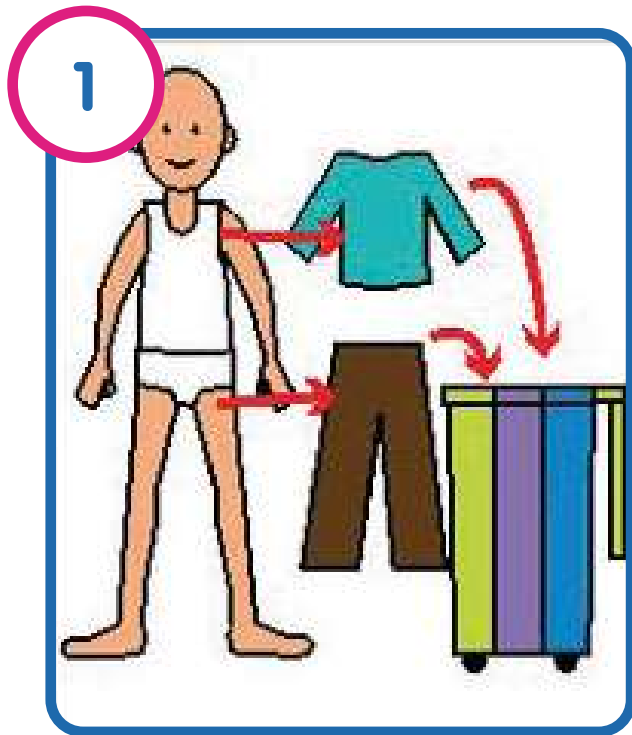


RINSE HANDS

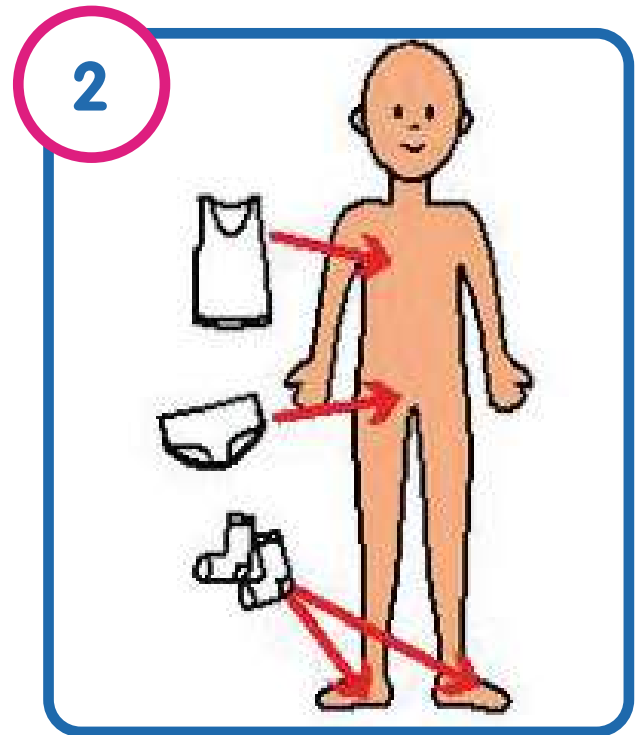


DRY HANDS

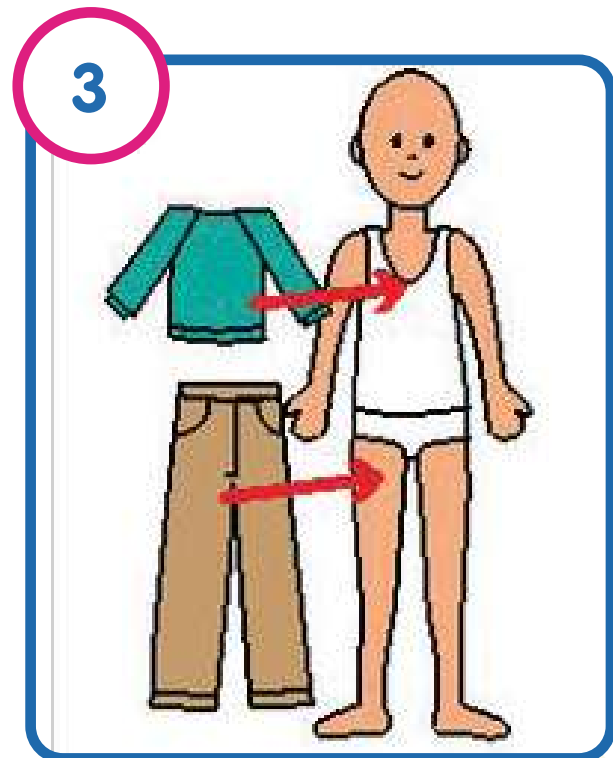
GETTING CHANGED



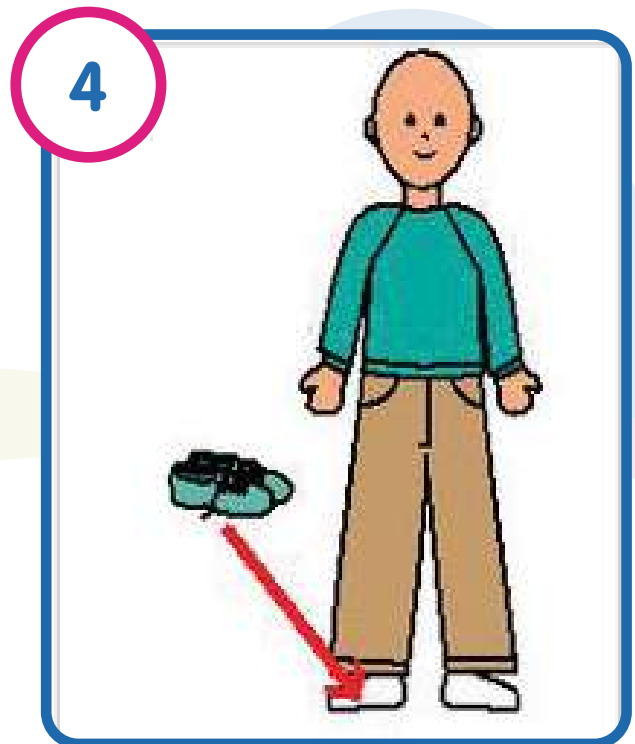
Take clothes off and put in wash basket



Put undergarments on



Put top and trousers



Put your shoes

MINDFULNESS TECHNIQUES

Mindful breathing for one minute

Lower your eyes and notice where you feel your breath. That might be the air going in and out at your nostrils or the rise and fall of your chest or stomach. If you can't feel anything, place your hand on your stomach and notice how your hand gently rises and falls with your breath. If you like, you can just lengthen the in breath and the out breath or just breathe naturally. Your body knows how to breathe.

Focus on your breath. When your mind wanders, as it will do, just bring your attention back to your breath. You might like to say 'thinking' when you notice your thoughts and just gently shepherd your attention back to your breath.

Loving-kindness meditation

For one minute, repeat 'May I be happy, may I be well, may I be filled with kindness and peace.' You can substitute "you" for "I" and think of someone you know and like, or just send love to all people.

Stroke your hands.

Lower or close your eyes. Take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Once you have mindfully stroked your left hand, swap and let your left hand stroke the fingers of your right hand.

Yawn and stretch for 10 seconds every hour

Do a fake yawn if you have to. That will trigger real ones. Say "ahh" as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present. Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say "ease" or just say hello to that place (being mindful — noticing without judgment). Take another 20 seconds to notice and then get back to what you were doing.

Just for today affirmations

Just for today, I will not anger
Just for today, I will not worry
Just for today, I will be grateful
Just for today, I will do my work honestly
Just for today, I will be kind to every living being, starting with myself

Repeat these three times

MINDFUL OBSERVATION

The exercise is designed to connect us with the beauty of the natural environment, something that is easily missed when we are rushing around in the car or hopping on and off trains on the way to work.

Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon.

Don't do anything except notice the thing you are looking at.

Simply relax into watching for as long as your concentration allows.

Look at this object as if you are seeing it for the first time.

Visually explore every aspect of its formation and allow yourself to be consumed by its presence.

Allow yourself to connect with its energy and its purpose within the natural world.

What is mindfulness - a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations,

Grounding of self. 5 mins

Shoes, socks off.

Imagine that you are holding a ball of white light in a cupped hand.

Cup the other hand over the top.

Close your eyes.

Feel the white light in your hands – warmth radiating through your fingers, feel the weight of the light in your hands how heavy is the light ? some people might feel a tingling sensation as the light warms you.

Place the light on the crown of your head and imagine that light is flowing down your head, over your shoulders, down your chest, arms down your whole body until it flows into your feet.

Feel your feet sinking into the floor and becoming one with the earth, imagine your feet are putting out roots that are twisting their way through the earth, going deep down into the earth's core.

Visualise the core of the earth, a glowing ball and wrap your roots round that core and grounding yourself to the earth.

Take 3 deep breathes and take a moment to think about how you are feeling. Allow yourself time to just be in this moment, this is your time.

Take another deep breath and when you are ready open your eyes

Moving and Looking – When I get older
Beatles 4 mins

Yoga Nidra – 15 mins

Touch and smell – close your eyes, tracing round your hand as if you are drawing round them, add oil and breathe in the smell of the oil

Pay attention to how your hands feel, pay attention to the different fragrances – 3 mins

Listening - Affirmations Just for today – 2 mins





Dementia
SUPPORT

Crosswords

Crosswords

Animal Young

ACROSS

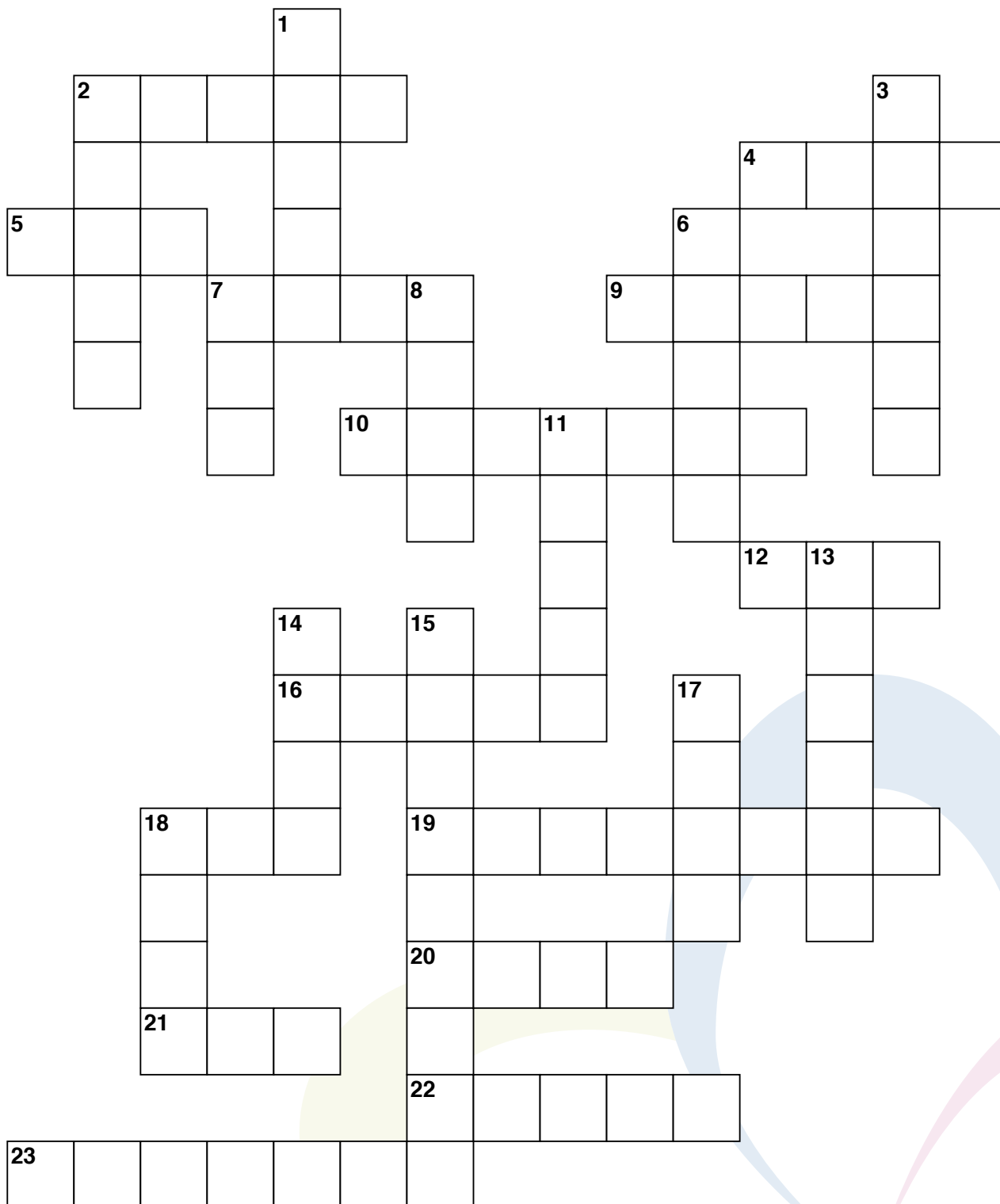
- 2 Young dove
- 4 Young alpaca
- 5 Young bat
- 7 Young cow
- 9 Young hog
- 10 Young toad
- 12 Young fox
- 16 Young owl
- 18 Young fish
- 19 Young duck
- 20 Young sheep
- 21 Young louse
- 22 Young cicada
- 23 Young goose

DOWN

- 1 Young bee
- 2 Young pigeon
- 3 Young bobcat
- 6 Young otter
- 7 Young bear
- 8 Young horse
- 11 Young turkey
- 13 Young gorilla
- 14 Young kangaroo
- 15 Young eagle
- 17 Young zebra
- 18 Young deer

Crosswords

Animal Young



Crosswords

April Fools Day

ACROSS

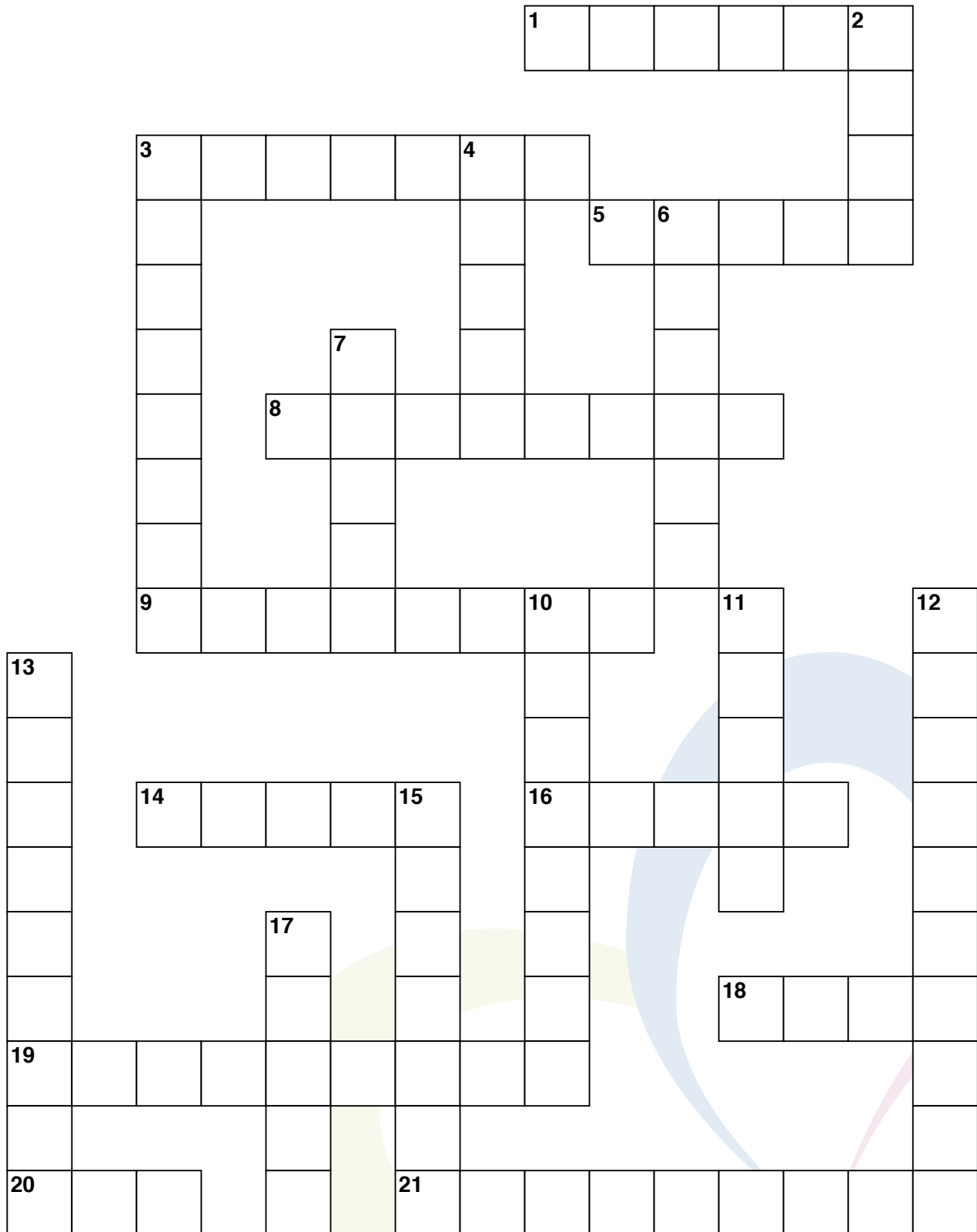
- 1 Someone who jokes or acts playful
- 3 Hilarious or witty
- 5 Occupy attention in a pleasing manner
- 8 Easily tricked or deceived
- 9 Trick, deceive or dupe
- 14 Humorous imitation, prank or joke
- 16 Feat of skill performed in public
- 18 Short fictional story
- 19 Babyish or childlike behavior
- 20 A funny remark or statement
- 21 Exceptionally funny or amusing

DOWN

- 2 Pretentious diversion intended to deceive
- 3 Marked by immaturity
- 4 Fourth month of the Gregorian calendar year
- 6 Guided in the wrong direction
- 7 Tricked or misled
- 10 Collection of meaningless things
- 11 Playful mischievous trick or stunt
- 12 Grossly inaccurate, offensive or wrong
- 13 Not aware of or unknown
- 15 Lacking in good sense or judgment
- 17 Provokes amusement or laughter

Crosswords

April Fools Day



Crosswords

Autumn

ACROSS

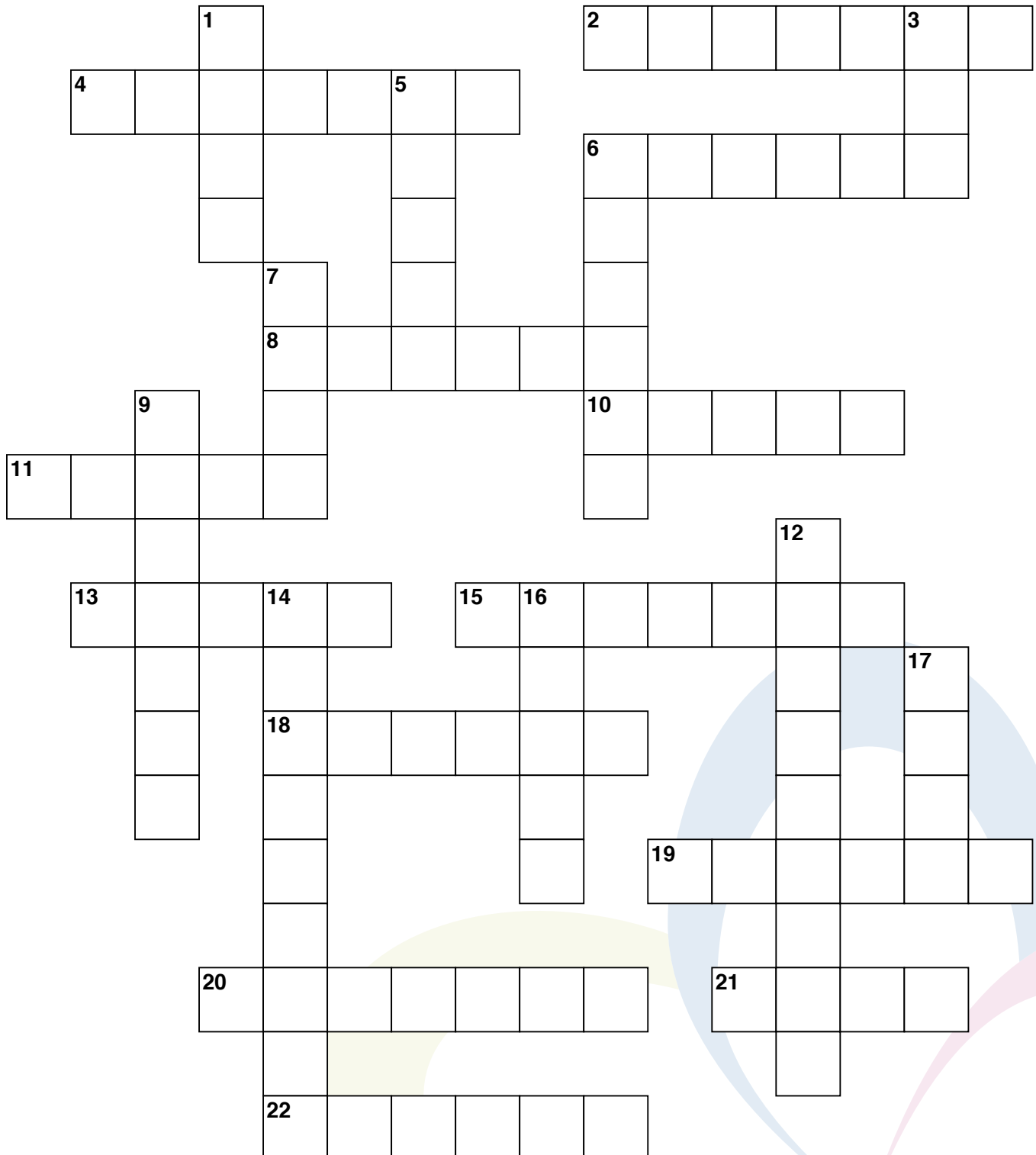
- 2 Anything used to provide color
- 4 Gathering of ripe crops
- 6 Container made of straw or wood strips
- 8 Season of the year between summer and winter
- 10 White or gray mass of fine drops of water
- 11 Nut of an oak tree
- 13 Having a great amount of wind
- 15 Tenth month of the year
- 18 Cool
- 19 Warmest season of the year
- 20 Large fire built outside
- 21 Flat part of a tree that grows from a branch
- 22 One of the four parts of the year

DOWN

- 1 Woody plant that has a long main trunk and many branches
- 3 Kernel or meat contained in a hard shell
- 5 Freezing rain
- 6 Woody part of a tree that grows out from the trunk
- 7 Drops of water that fall from the sky
- 9 Leaves on a tree or other plant
- 12 Ninth month of the year
- 14 Having leaves that drop off each year
- 16 Red, blue, yellow etc.
- 17 Yard tool with long handle that is used to gather leaves

Crosswords

Autumn



Crosswords

Chinese Yeah

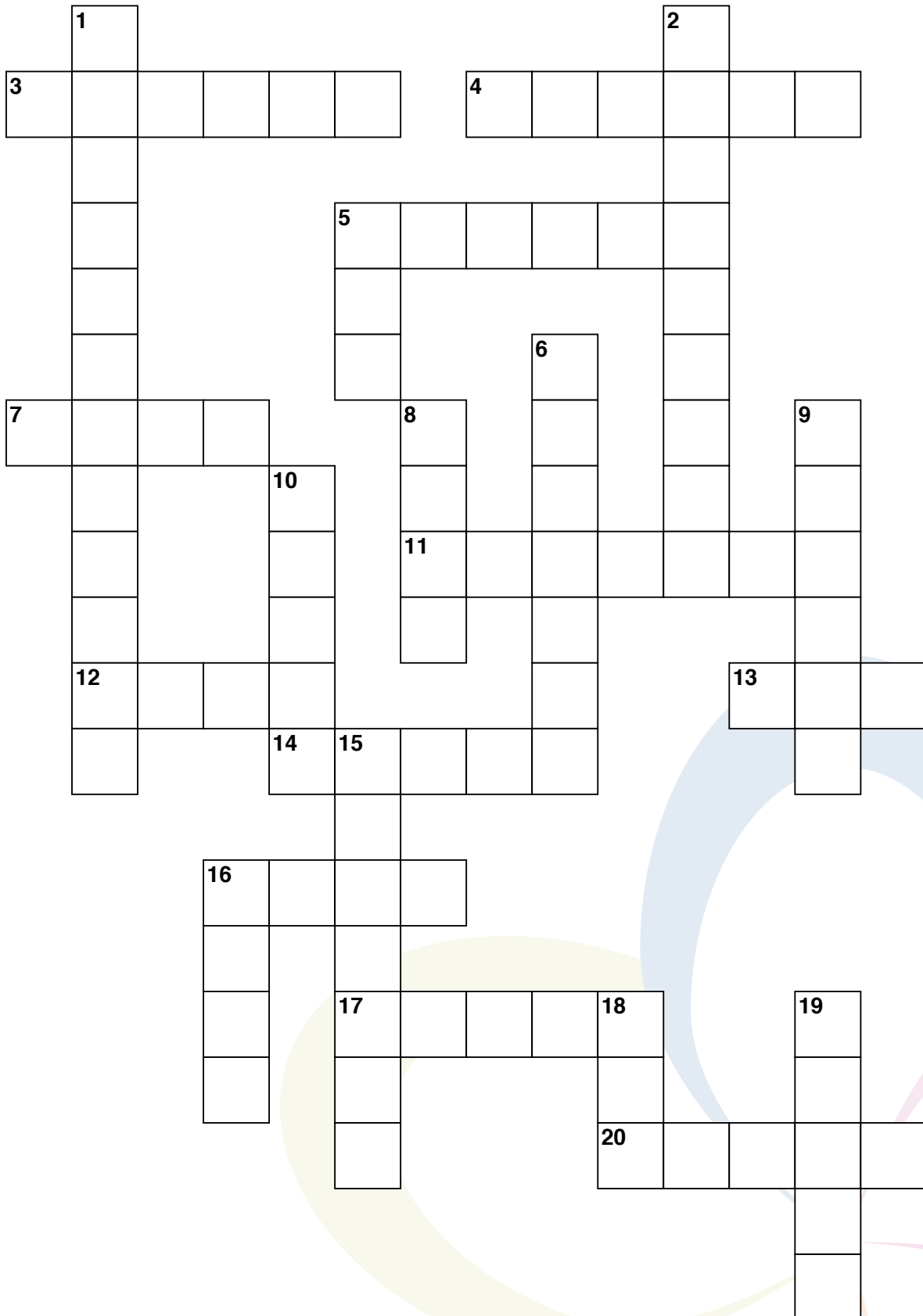
ACROSS

- 3 Chinese dishes served in appetizer portions
- 4 Tropical grass that grows to height of a tree
- 5 Mythical winged, firebreathing animal
- 7 Hard, translucent green mineral
- 11 Transport case with openings through which light can shine
- 12 Seeds of a grass cultivated in warm, wet areas
- 13 _____ envelope
- 14 Reptiles without limbs
- 16 Large carnivorous member of the cat family
- 17 Determined by moon's revolution around the earth
- 20 Large flesh-eating Asian mammal with stripes

DOWN

- 1 Small paper cylinder filled with gunpowder
- 2 Very plentiful quantity
- 5 Four-legged furry mammal related to the wolf
- 6 _____ New Year
- 8 Precious yellow metal
- 9 Simian
- 10 Sweet baked food
- 15 Flat pieces of dough made from flour and eggs
- 16 Good fortune; success
- 18 Long-tailed rodent
- 19 Remove stains, dirt, or impurities

Chinese Year



Crosswords

Day Light Savings Time

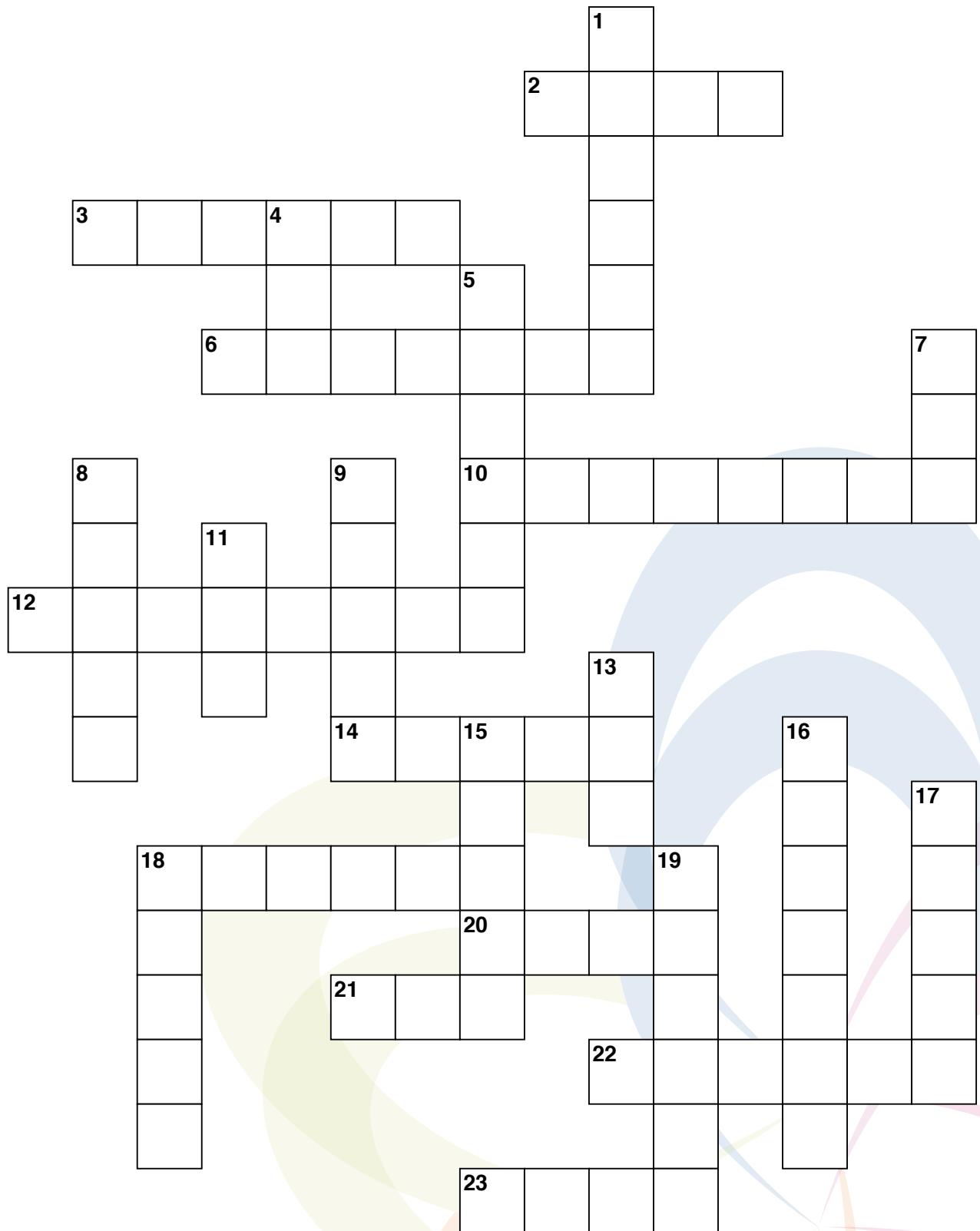
ACROSS

- 2 Military time
- 3 Unit of time equal to one sixtieth of a minute
- 6 First country to adopt DST
- 10 Time that the sky becomes light
- 12 Keep safe from loss or waste
- 14 Pointer of a clock
- 18 Season after winter and before summer
- 20 Unit of time equal to sixty minutes
- 21 International Date Line
- 22 Power or heat from the sun that can be put to use by humans
- 23 Prominent surface of a clock

DOWN

- 1 First day of the week
- 4 Being single in number
- 5 Cylindrical stick of wax enclosing a wick
- 7 Greenwich Mean Time
- 8 Mechanical device for measuring time
- 9 Third month of the year
- 11 Adopted time zones and began using DST in 1918
- 13 Daylight Savings Time
- 15 Hours of darkness between sunset and dawn
- 16 Toward a place or time beyond
- 17 In the first stage of a time period
- 18 State of bodily rest that is characterized by loss of consciousness
- 19 Country where DST idea was first proposed

Day Light Savings Time



Crosswords

Earth Day

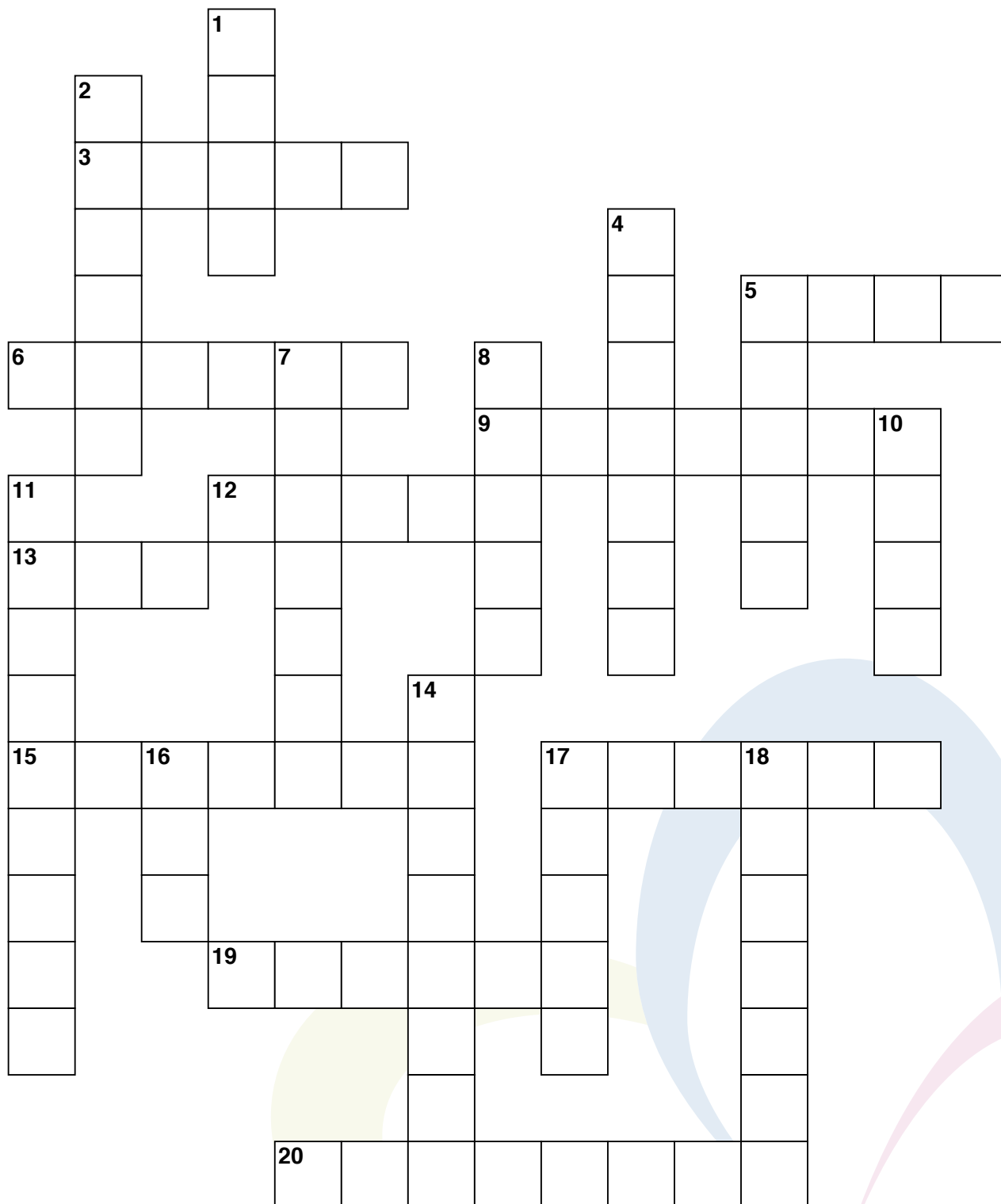
ACROSS

- 3 Body of salt water covering three quarters of earth
- 5 Woody plant that has a long main trunk and many branches
- 6 Most have leaves, roots, stems, and flowers or cones
- 9 Living things that can move around to find food
- 12 Clear liquid with no taste or color
- 13 Mixture of gasses that surrounds the earth
- 15 Process that allows things to be reused
- 17 Human beings
- 19 All things not made by people
- 20 Protect from harm

DOWN

- 1 Anything that is burned as a source of energy
- 2 Container usually made of glass or plastic
- 4 Natural environment of an animal or plant
- 5 Rubbish
- 7 Movement of people or vehicles along a route of travel
- 8 Fifth largest planet in the solar system
- 10 Top layer of the earth's surface
- 11 Full of danger
- 14 Source of help or support
- 16 Metal container for food or other products
- 17 Thin material made from wood, rags or grasses
- 18 Make dirty or harmful to health

Earth Day



Crosswords

Easter

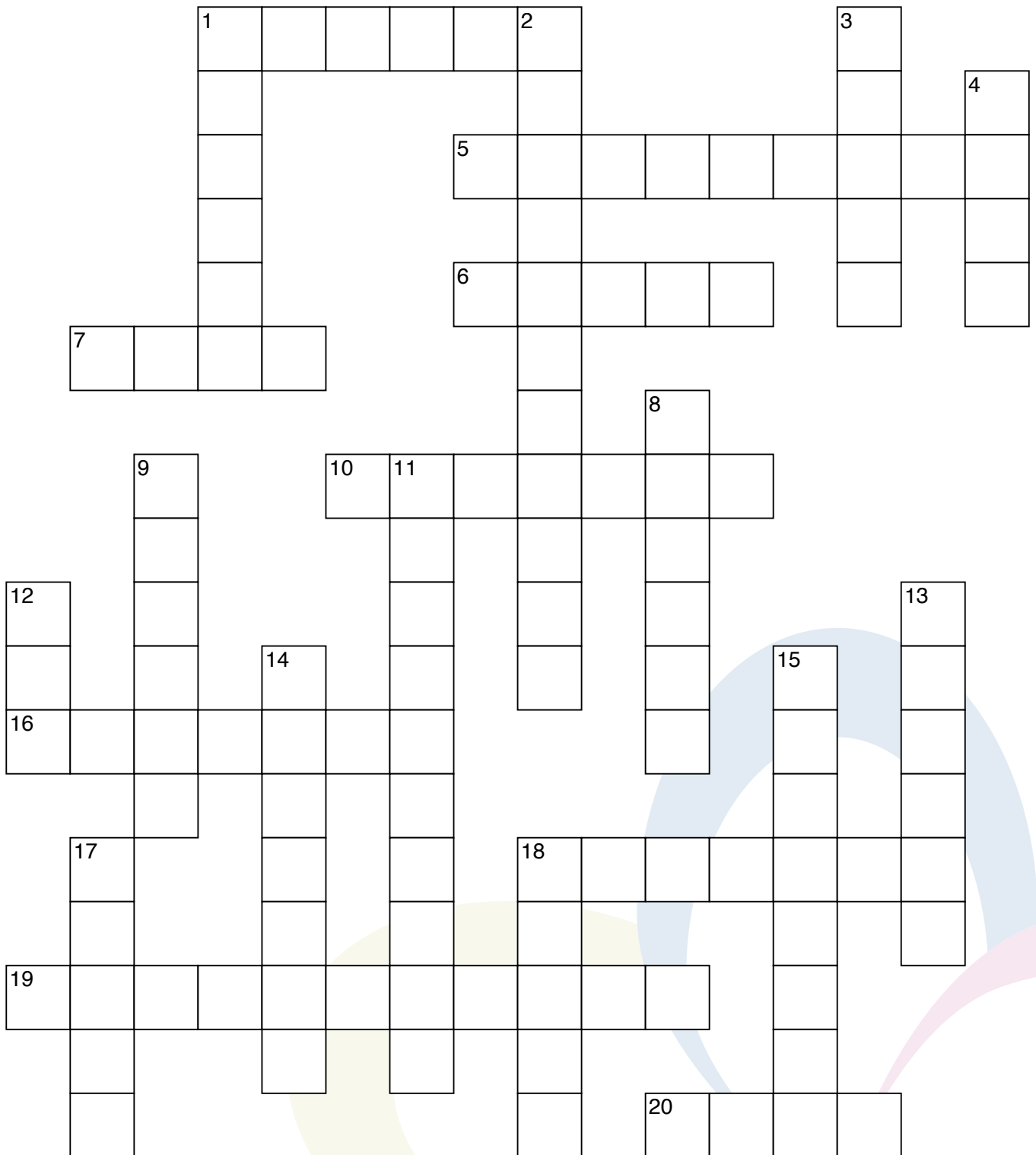
ACROSS

- 1 Container of wood ,grass or other material
- 5 Assembly in one place
- 6 Nativity
- 7 Head covering
- 10 Belonging to on single purpose
- 16 Something that cannot be explained
- 18 Suitable or relating to a celebration
- 19 Thought or other influence
- 20 Between Ash Wednesday and Easter

DOWN

- 1 Woman's head wear
- 2 Handed down to a culture, belief or custom
- 3 Come into view or existence
- 4 Colored o hidden
- 8 _____ equinox
- 9 Elaborate or showy clothing
- 11 Belonging to, unity
- 12 Traditional Easter meal
- 13 Doctrine, belief or principle
- 14 Approve enthusiastically
- 15 Set of beliefs
- 17 Young rabbit
- 18 Belief, confidence or trust

Easter



Crosswords

Wildlife

ACROSS

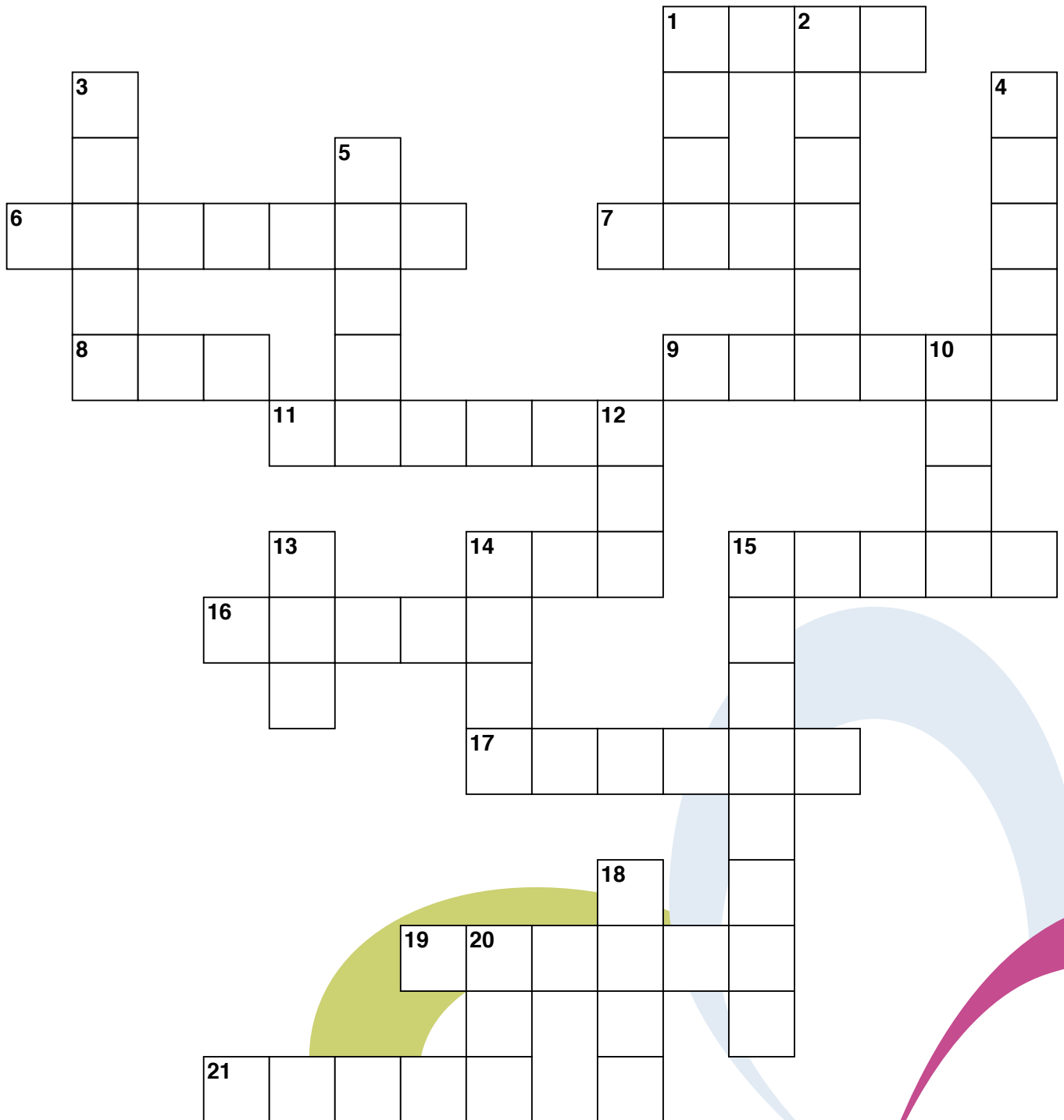
- 1 Bird with webbed feet for swimming and a large flat bill
- 6 Mammal with face markings that look like a mask
- 7 Amphibian with long hind legs for jumping
- 8 Large deer with large spreading antlers
- 9 Reptile with a soft body covered by a hard shell
- 11 Rodent with wide flat tail that builds dams
- 14 Small nocturnal mammal with large wings covered in skin
- 15 Small mammal with a bad smelling spray
- 16 Water bird with a longer neck than a duck
- 17 Herbivore with long ears, back legs and front teeth
- 19 Small wolf like carnivore
- 21 Ground dwelling bird often hunted for food

DOWN

- 1 Mammals with hooves that can run very fast
- 2 Mountain lion
- 3 Long narrow reptile that has no legs
- 4 Bird of prey larger than a hawk
- 5 Largest kind of deer
- 10 Water bird with a call that sounds like a loud laugh
- 12 Rodent with long tail, pointed face, and sharp teeth
- 13 Wild mammal that has a pointed nose, pointed ears, and bushy tail
- 14 Large furry omnivore that hibernates in winter
- 15 Small rodent that is active during the day
- 18 Carnivore that hunts in packs
- 20 Bird with large eyes that hunts at night

Crosswords

Wildlife



Crosswords (GO! TRIVIA)

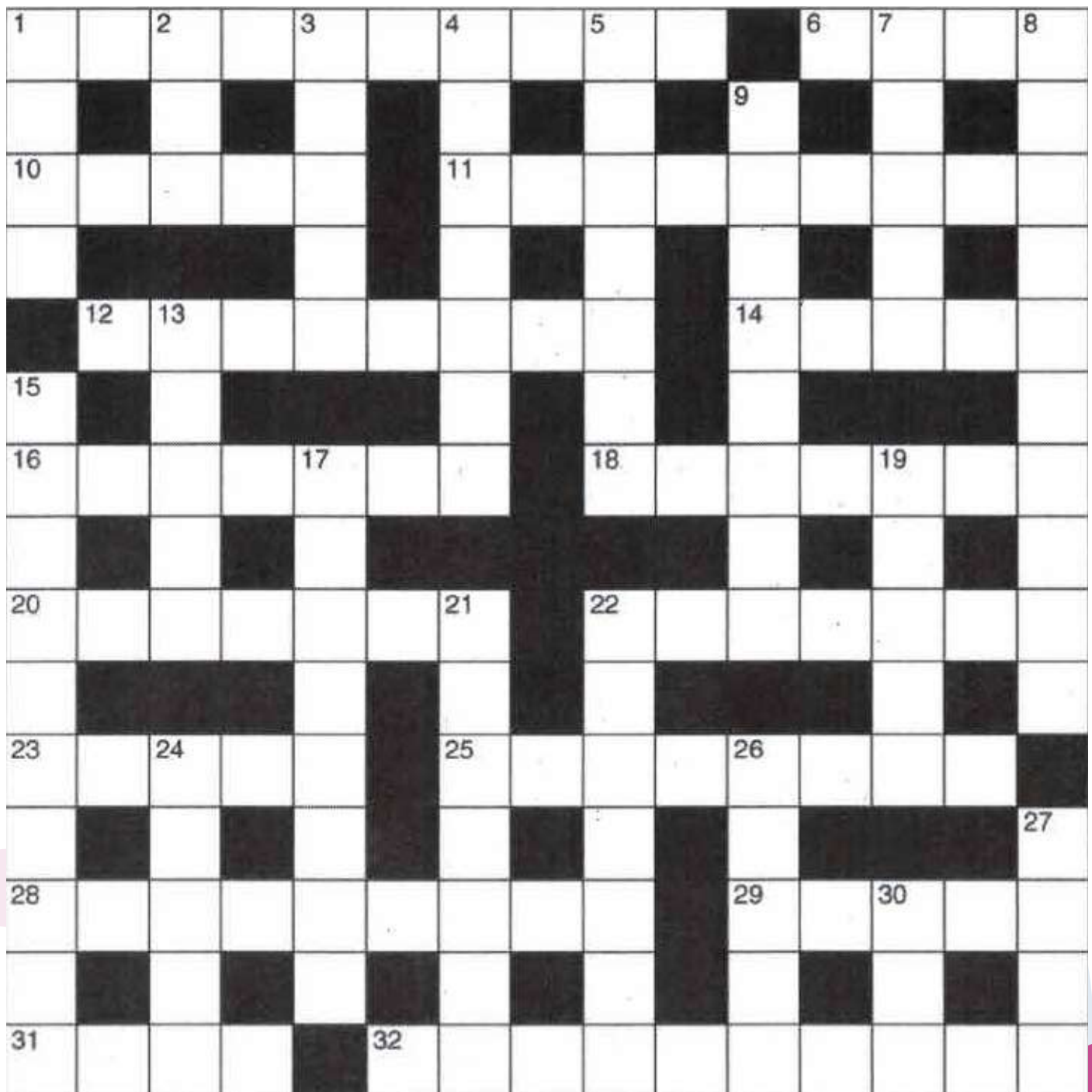
Across

- 1. Talkative person
- 6. Motorway off-ramp
- 10. Cathedral,
... Dame
- 11. Slanting lines
- 12. Ticketed
- 14. Japanese
seaweed roll
- 16. Pierced with fork
- 18. Every evening
- 20. Annoyed
- 22. Nuclear process
- 23. Vanilla slice
topping
- 25. Railway bridges
- 28. Take apart
- 29. Was gloomy
- 31. One-on-one fight
- 32. Carry out
(crime)

Down

- 1. Dollar division
- 2. Appropriate
- 3. Here, ... &
everywhere
- 4. Overrun
(with disease)
- 5. Continually (2,3,2)
- 7. Bone photos (1-4)
- 8. Giving evidence
- 9. Delivers (goods)
- 13. In existence
- 15. Tolerant (4-6)
- 17. Weight unit
- 19. Discredit
(reputation)
- 21. Dedicated admirer
- 22. Sudden
outburst (5-2)
- 24. Agenda item
- 26. Unfulfilled
- 27. Rim
- 30. Ham & ... soup

Crosswords (GO! TRIVIA)



GO! TRIVIA

3. In which Dickens book would you find the character Little Nell?

- (a) A Christmas Carol (b) David Copperfield (c) Oliver Twist
(d) The Old Curiosity Shop

General Knowledge Quiz

If someone is descending are they going up or down?

Down

What is the Italian word for pie?

Pizza

By what title is the Bishop of Rome known as?

The Pope

Who wrote the Wind in the Willows?

Kenneth Grahame

What does a Frogman wear on his feet?

Flippers

What is the name of the largest castle in the capital of Scotland?

Edinburgh Castle

What is the name of the sweet liquid collected by Bees?

Nectar

What 3 letter word is the name of a fox's home?

Den

Do Reptiles have cold or warm blood?

Cold

What sea creature has 3 hearts and 8 arms?

An Octopus.

What is the national flower of Wales?

Daffodil

How many teeth does an Armadillo have?

None

Name the largest member of the cat family.

Tiger.

How many humps does a Bactrian Camel have?

2

What part of the body is treated by an Optician?

Eyes.

The star sign of Leo is what animal?

Lion.

Nag is a slang word for what animal?

A Horse.

What are the tall poles carved by Native American Indians called?

Totem Poles.

General Knowledge Quiz

Which alcoholic drink is also the name given to the left side of a ship?

Port.

What type of weapon is a Cutlass?

A short-curved sword.

In the nursery rhyme who lost her sheep?

Little Bo-Peep.

What type of food is a Cock-a-leekie?

Soup.

What kind of animal was Disney's Dumbo?

Elephant.

In the fairytale who climbed the beanstalk and fought with a giant?

Jack.

In Greek mythology who's face was said to launch a thousand ships?

Helen of Troy.

In what year did World War 2 start?

1939.

What were the followers of Oliver Cromwell called?

Roundheads.

Which British Queen died in 1901?

Queen Victoria.

What country shares its name with a bird that is traditionally eaten at Christmas and Thanksgiving?

Turkey.

In sea going terms, what is the opposite of port?

Starboard.

What is the name given to the tombs of the Pharaohs in Ancient Egypt?

The Pyramids.

What is the 4 letter word given to a Ballerina's skirt starting with the letter T?

Tutu.

What is found at the end of Noddys hat?

A bell.

How many lives is a Cat said to have?

9

Which famous Detective was known to say, Elementary my dear Watson?

Sherlock Holmes.

Childhood Stories Quiz

Questions

1. Who wrote The Three Musketeers?
2. Which book starts with this opening line: All children, except one, grow up?
3. In which story does a man say:
Oh, man of the sea!
Come and listen to me
For Alice my wife
The Plague of my life
Hath sent me to beg a gift of thee!
4. Name the book that features Ebenezer Scrooge
5. What sort of transport was used in Around the World in Eighty Days?
6. The authors of Rapunzel and Hansel and Gretel were two brothers from Germany. What were they known as?
7. Where did Dorothy from The Wonderful Wizard of Oz come from?
8. Who goes down the rabbit hole?
9. In The Lion, the Witch and the Wardrobe who first discovers the magical wardrobe?
10. Who was the fifth member of The Famous Five (hint: it wasn't a person)?
11. Which book beings like this: "Christmas won't be Christmas without any presents" grumbled Jo, lying on the rug.
12. Name the book where you will find Mary Lennox.
13. In the book The Wind and the Willows, what does Toad dress up as to escape prison?
14. In which book does Huckleberry Finn first appear?
15. The author of Black Beauty never published another novel. What was her name?
16. What was the name of the pig in Charlotte's Web?
17. How many Dalmatians were there?
18. Which book beings like this: In an old house in Paris that was covered with vines. Lived twelve little girls in two straight lines.
19. In which book does Willy Wonka feature?
20. Who is the only human in Winnie the Pooh?

Childhood Stories Quiz

Answers:

1. Alexandre Dumas
2. Peter Pan
3. The Fisherman and His Wife
4. A Christmas Carol
5. A balloon
6. Brothers Grimm
7. Kansas
8. Alice
9. Lucy, the youngest sibling
10. Timmy, the dog
11. Little Women
12. The Secret Garden
13. A washer woman
14. The Adventures of Tom Sawyer
15. Anna Sewell
16. Wilbur
17. 101
18. Madeline
19. Charlie and the Chocolate Factory
20. Christopher Robin

FUNNY SHORT STORIES

Three Contractors

Rich, Dave and Johnny are three contractors who are bidding to fix a broken fence at the White House. All three go with a White House official to examine the fence.

Rich first takes out a tape measure and does some measuring, then works some figures with a pencil. "Well," he says, "I figure the job will run about \$900. \$400 for materials, \$400 for my crew, and \$100 profit for me."

Dave also does some measuring and figuring, then says, "I can do this job for \$700. \$300 for materials, \$300 for my crew, and \$100 profit for me."

Johnny doesn't measure or figure, but leans over to the White House official and whispers, "\$2,700."

The official, incredulous, says, "You didn't even measure like the other guys! How did you come up with such a high figure?"

Johnny whispers back, "\$1000 for me, \$1000 for you, and we hire the other guy to fix the fence for \$700."

Grandparents

Two young brothers were spending the night at their grandparents' home.

When it was time for bed, the two boys knelt down and began to say some prayers.

Suddenly, the younger brother started yelling at the top of his voice,

"I PRAY FOR A BICYCLE!

I PRAY FOR A NEW COMPUTER!

I PRAY FOR A TRIP TO DISNEYLAND!"

His older brother leaned over and whispered, "There's no need to shout. God isn't deaf."

"I know," said the younger brother. "But Grandma sure is!"

Father & Son

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now."

The child ran back to his father and said, "You lied to me!"

His father replied, "No, your mom was talking about her side of the family."

FUNNY SHORT STORIES

Burglars in the Shed

This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he'd left the light on in the shed. George opened the door to go turn off the light but saw there were people in the shed in the process of stealing things.

He immediately phoned the police, who asked, "Is someone in your house?" and George said, "No," and explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available.

George said, "Okay," hung up, counted to 30, and phoned the police again.

"Hello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now because I've just shot them all."

Then he hung up. Within five minutes three squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed.

One of the policemen said to George, "I thought you said that you'd shot them!"

George said, "I thought you said there was nobody available!"



WARTIME JOKES

Joke One

Through the pitch-black night, the captain sees a light dead ahead on a collision course with his ship.

He sends a signal: "Change your course ten degrees east."

The light signals back: "Change yours, ten degrees west."

Angry, the captain sends: "I'm a Navy captain! Change your course, sir!"

"I'm a seaman, second class," comes the reply. "Change your course, sir."

Now the captain is furious. "I'm a battleship! I'm not changing course!"

There's one last reply. "I'm a lighthouse. Your call."

Joke Two

There was this General-in-training, and his superiors were asking him questions "What happened on June 6, 1944?"

"We stormed the beach at Normandy, which later became known as D-Day, sir!"

"What was the turning point of world war 2?"

"Battle of the bulge, sir!"

"What's is the importance of May 12? The Man thought and thought "I don't know, sir!"

The superior then said "Well, I'll tell your wife that you forgot her birthday."

Joke Three

A man in Amsterdam feels the need to confess, so he goes to his priest.

"Forgive me, Father, for I have sinned. During WWII, I hid a refugee in my attic."

"Well," answers the priest, "that's not a sin."

"But I made him agree to pay me 20 guilders for every week he stayed."

"I admit that wasn't good, but you did it for a good cause."

"Oh, thank you, Father. That eases my mind. I have one more question."

"What is that, my son?"

"Do I have to tell him the war is over?"

Joke Four

An English prisoner of war was held by the Germans.

The Englishman was shot all over the place, and okay until one day when the German told him, "Englander, your arm is infected with gangrene we must cut it off."

The English prisoner said, "Well, okay, but could you drop it over England when you go bombing."

The German replied, "Yeah that will not be a problem."

A few weeks later the German tells the Englishman that they have to cut his other arm off.

The Englishman says, "Well, could drop it over England like you did last time."

"Yeah, that will be done," says the German.

The next day the German tells him that they have to cut his leg off.

Once again the Brit says, "Well, could you do the same as before."

The German replies, "yeah" The next the German tells him they have to cut his other leg.

"Well," begins the Brit, "could you just..."

The German snapped, "No! We think you are trying to escape!"



Dementia
SUPPORT

Word Search

Word Search

AUTUMN

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions

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

Acorn
Apple
Autumn
Chestnuts
Chilly
Cider
Corn

Cranberry
Deciduous
Harvest
Hayride
Leaf
Maize
November

Nuts
October
Raincoat
Reap
September
Sleet
Squash

CHINESE NEW YEAR

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

Bamboo
Chinese
Dance
Dragon
Envelope
Firecrackers
Gold

Happiness
Incense
Jade
Lantern
Luck
Lunar
New

Noodles
Prosperity
Red
Rice
Silk
Tradition
Year

Word Search

DAY LIGHT SAVINGS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions

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

After
Afternoon
Before
Clock
Day
Daylight
Dst

Early
Evenin
Hour
March
Minute
Morning
Night

Noon
Savings
Second
Sunrise
Sunset
Time
Watch

FAMILY AND FRIENDS

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

Airplane
Bike
Boat
Camp
Car
Children
Craft

Fair
Father
Friend
July
Mother
Parade
Park

Party
Pets
Picnic
Play
Swim
Trip
Walk

Word Search

FATHER'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions

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

Attentive
Brother
Capable
Caring
Devoted
Father
Friend

Giving
Husband
Inspiration
Jovial
Loving
Loyal
Playful

Provider
Respected
Responsible
Son
Uncle
Unique
Wise

FIRE PREVENTION

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

Alarm
Battery
Combustible
Defense
EMS
Escape
Evacuate

Extinguisher
Fire
Flame
Foam
Forest
Heat
Hose

Lightning
Prevention
Propane
Safety
Siren
Smoke
Water

Word Search

FLAGS AND FIREWORKS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions

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

Ablaze
Bang
Boom
Crackle
Crowds
Dazzling

Explode
Firecracker
Fizzle
Flags
Flash
Fun

Glitter
July
Laughter
Night
Outdoors
Pyrotechnics

GARDENING

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

Annuals
Bees
Day
Flowers
Fruit
Garden
Germinate

Grass
Grow
Harvest
Hoe
Night
Rain
Seeds

Shrubs
Soil
Summer
Sunshine
Trowel
Vegetables
Water

Word Search

HALLOWEEN

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions

A	T	S	O	H	G	K	G	R	A	N	N	D
M	C	A	N	D	Y	S	N	O	T	I	H	E
K	W	I	T	C	H	A	E	I	K	R	P	R
E	C	B	A	T	T	M	E	P	G	C	N	G
N	D	A	R	S	U	S	M	N	A	H	O	R
H	E	E	L	T	D	U	E	T	R	C	T	A
O	A	Y	S	B	P	E	E	S	E	A	E	V
T	N	O	K	T	W	'	T	K	B	C	L	E
N	C	O	W	O	R	W	H	O	O	K	E	S
Y	O	U	L	N	O	I	A	R	T	L	K	T
E	O	L	O	N	H	P	C	A	C	E	S	O
L	A	O	L	O	W	E	S	K	O	E	N	N
H	M	Y	R	A	C	S	B	O	O	L	B	E

Bat
Black
Boo
Cackle
Candy
Cat
Costume

Ghost
Gravestone
Halloween
Mask
Moon
Night
October

Pumpkin
Scary
Skeleton
Spooky
Treat
Trick
Witch

HAPPY HOLIDAYS

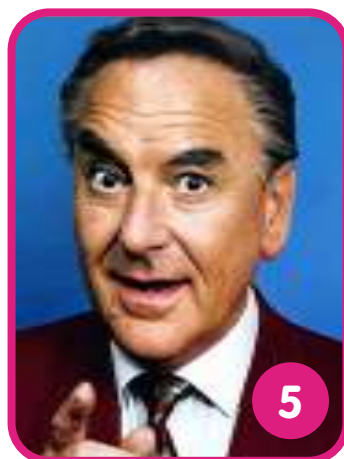
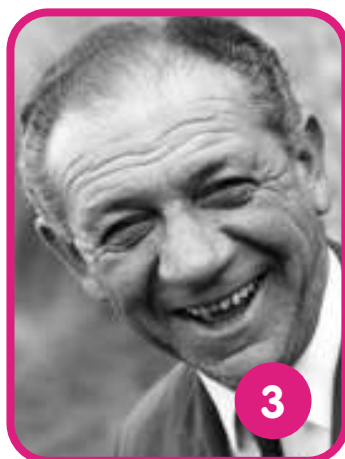
E F A M I L Y I T S T A R
E I S A F S I N H E C C S
R G I F T S L A E H A A S
T Y L L O H K E I O N R I
E S K N G K F M I O R D C
O N H W U J N S Y G O S A
T O T N A E P A L Y H S N
E W A L Y N D I T L T T D
L H E O O I Z O H H E T L
T H R I L R Y A G S N B E
S K W O O S A I A F R T H
I O H S E W L C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

Bells
Candle
Cards
Carol
Chimney
Christmas
Family

Gifts
Hanukkah
Holiday
Holly
Kwanzaa
Lights
Mistletoe

Sleigh
Snow
Star
Toys
Tree
Worship
Wreath

DO YOU
KNOW YOUR
COMEDIANS?



ITEMS TO FIND

Say an item and see how quickly your opponent can find it



NAME THE DOG

How many dogs can you name?



1



2



3



4

5



6



7



8



9



FLAGS BY LETTER ALPHABETICALLY



A _____



B _____



C _____



D _____



E _____



F _____



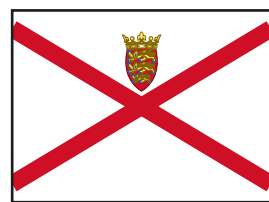
G _____



H _____



I _____



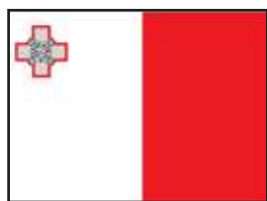
J _____



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M _____



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R _____



S _____



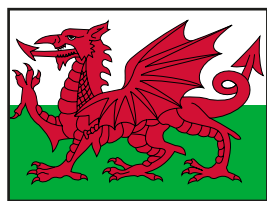
T _____



U _____



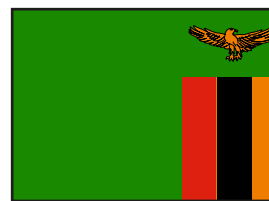
V _____



W _____



Y _____



Z _____



Dementia
SUPPORT

Song list

Moon River

Moon river, wider than a mile
I'm crossing you in style some day
Oh, dream maker, you heart breaker
Wherever you're goin', I'm goin' your way
Two drifters, off to see the world
There's such a lot of world to see
We're after the same rainbow's end,
waitin' 'round the bend
My huckleberry friend, moon river, and me

Can't Help Falling in Love

Wise men say only fools rush in
But I can't help falling in love with you
Shall I stay would it be a sin
If I can't help falling in love with you
Like a river flows
Surely to the sea
Darling so it goes
Some things are meant to be
Some things are meant to be
Take my hand, take my whole life too
For I can't help falling in love with you
Like a river flows
To the sea
So it goes
Some things are meant to be
Some things are meant to be
Take my hand (take my hand)
Take my whole life too (life too)
For I can't help falling in love with you
Take my hand (take my hand)
Take my whole life too (life too)
For I can't help falling in love with you
No, I can't help falling in love with you
Falling in love with you

Any Dream Will Do

Andrew Lloyd Webber

I closed my eyes, drew back the curtain
To see for certain what I thought I knew
Far far away, someone was weeping
But the world was sleeping
Any dream will do
I wore my coat, with golden lining
Bright colours shining, wonderful and new
And in the east, the dawn was breaking
And the world was waking
Any dream will do
A crash of drums, a flash of light
My golden coat flew out of sight
The colours faded into darkness
I was left alone
May I return to the beginning
The light is dimming, and the dream is too
The world and I, we are still waiting
Still hesitating
Any dream will do
A crash of drums, a flash of light
My golden coat flew out of sight
The colours faded into darkness
I was left alone
May I return to the beginning
The light is dimming, and the dream is too
The world and I, we are still waiting
Still hesitating
Any dream will do

What a wonderful world

Louis Armstrong

I see trees of green, red roses too
I see them bloom for me and you
And I think to myself
What a wonderful world
I see skies of blue and clouds of white
The bright blessed day, the dark sacred night
And I think to myself
What a wonderful world
The colours of the rainbow, so pretty in the sky
Are also on the faces of people goin' by
I see friends shakin' hands, sayin'
"How do you do?"
They're really sayin',
"I love you."
I hear babies cry, I watch them grow
They'll learn much more than I'll ever know
And I think to myself
What a wonderful world
Yes, I think to myself
What a wonderful world

Oh, What a Beautiful Mornin'

Oscar Hammerstein

There's a bright golden haze on the meadow,
There's a bright golden haze on the meadow,
The corn is as high as an elephants' eye,
An' it looks like it's climbing clear up to the sky

Oh, what a beautiful mornin',
Oh, what a beautiful day.
I got a beautiful feelin'
Ev'rything's goin' my way.

All the cattle are standin' like statues, All the
cattle are standin' like statues,
They don't turn their heads as they see me
ride by, But a little brown mav'rick is winkin'
her eye..

Oh, what a beautiful mornin',
Oh, what a beautiful day.
I got a beautiful feelin'
Ev'rything's goin' my way.

All the sounds of the earth are like music
All the sounds of the earth are like music
The breeze is so busy it don't miss a tree
And an old weepin' willer is laughin' at me

Oh, what a beautiful mornin',
Oh, what a beautiful day.
I got a beautiful feelin'
Ev'rything's goin' my way.

Hey Jude

The Beatles

Hey Jude, don't make it bad, take a sad song
and make it better
Remember to let her into your heart, then you
can start to make it better
Hey Jude, don't be afraid, you were made to
go out and get her
The minute you let her under your skin, then
you begin to make it better
And anytime you feel the pain, hey Jude,
refrain, don't carry the world upon your shoulders
For well you know that it's a fool who
plays it cool by making his world a little colder

Da da da da da da da da

Hey Jude, don't let me down, you have found
her, now go and get her
Remember to let her into your heart, then you
can start to make it better
So let it out and let it in, hey Jude, begin,
you're waiting for someone to perform with
And don't you know that it's just you, hey
Jude, you'll do, the movement you need is on
your shoulders

Da da da da da da da da

Hey Jude, don't make it bad, take a sad song
and make it better
Remember to let her under your skin, then
you begin to make it better
Na na na na na na na na na na, hey Jude

Yellow Submarine

The Beatles

In the town where I was born
Lived a man who sailed to sea
And he told us of his life
In the land of submarines
So we sailed up to the sun
Till we found the sea of green
And we lived beneath the waves
In our yellow submarine

We all live in a yellow submarine
Yellow submarine, yellow submarine
We all live in a yellow submarine
Yellow submarine, yellow submarine

And our friends are all on board
Many more of them live next door
And the band begins to play

We all live in a yellow submarine
Yellow submarine, yellow submarine
We all live in a yellow submarine
Yellow submarine, yellow submarine

As we live a life of ease
Everyone of us has all we need
Sky of blue and sea of green
In our yellow submarine

We all live in a yellow submarine
Yellow submarine, yellow submarine
We all live in a yellow submarine
Yellow submarine, yellow submarine

Summer Nights

Summer lovin', had me a blast
(Summer lovin', happened so fast) Met a girl
crazy for me

(Met a boy cute as can be)
Summer days drifting away
To, uh oh, those summer nights

Well-a, well-a, well-a, uh!

Tell me more, tell me more
Did you get very far?
(Tell me more, tell me more)
(Like does he have a car?)

She swam by me, she got a cramp He ran
by me, got my suit damp Saved her life, she
nearly drowned He showed off splashing
around Summer sun, something's begun But,
uh oh, those summer nights

Well-a, well-a, well-a, uh!

(Tell me more, tell me more)
(Was it love at first sight?)
(Tell me more, tell me more)
(Did she put up a fight?)

Took her bowling in the arcade
We went strolling, drank lemonade We made
out under the dock
We stayed out till ten o'clock Summer fling don't
mean a thing But, uh oh, those summer nights

(Tell me more, tell me more)
(But you don't gotta brag)
(Tell me more, tell me more)
('Cause he sounds like a drag)
He got friendly holding my hand
Well, she got friendly down in the sand He
was sweet, just turned eighteen
Well, she was good, you know what I mean
Summer heat, boy and girl meet
But, uh oh, those summer nights

(Tell me more, tell me more)
(How much dough did he spend?)
(Tell me more, tell me more)
(Could she get me a friend?)
It turned colder; that's where it ends
So I told her we'd still be friends
Then we made our true love vow
Wonder what she's doin' now
Summer dreams ripped at the seams But, oh,
those summer nights
(Tell me more, tell me more)
More, More

Ob-la-di ob-la-da

The Beatles

Desmond has a barrow in the market place
Molly is the singer in a band
Desmond says to Molly, "Girl, I like your face"
And Molly says this as she takes him by the hand

Ob-la-di ob-la-da life goes on bra
La-la how their life goes on
Ob-la-di ob-la-da life goes on bra
La-la how their life goes on

Desmond takes a trolley to the jeweler's
stores Buys a twenty carat golden ring (Gold-
en ring?) Takes it back to Molly waiting at the
door

And as he gives it to her she begins to sing
(Sing)

Ob-la-di ob-la-da life goes on bra
La-la how their life goes on
Ob-la-di ob-la-da life goes on bra
La-la how their life goes on, yeah (No)

In a couple of years they have built
A home sweet home

With a couple of kids running in the yard
Of Desmond and Molly Jones
(Ah ha ha ha ha ha)

Happy ever after in the market place
Desmond lets the children lend a hand (Arm!
Leg!) Molly stays at home and does her pretty
face And in the evening she still sings it with
the band

Yes, ob-la-di ob-la-da life goes on bra La-la
how their life goes on (Ha ha ha) Hey, ob-la-
di ob-la-da life goes on bra La-la how their
life goes on

In a couple of years they have built
A home sweet home
With a couple of kids running in the yard Of
Desmond and Molly Jones
(Ha ha ha ha ha ha ha ha ha ha)
Yeah, happy ever after in the market place
Molly lets the children lend a hand (Foot!)
Desmond stays at home and does his pretty
face
And in the evening she's a singer with the
band
Yeah, ob-la-di ob-la-da life goes on bra La-la
how their life goes on
Yeah, ob-la-di ob-la-da life goes on bra La-la
how their life goes on
And if you want some fun
Take ob-la-di ob-la-da

I'll be there

Jackson 5

You and I must make a pact,
we must bring salvation back
Where there is love, I'll be there

I'll reach out my hand to you, I'll have faith in
all you do
Just call my name and I'll be there

And oh - I'll be there to comfort you
Build my world of dreams around you,
I'm so glad that I found you
I'll be there with a love that's strong
I'll be your strength, I'll keep holding on - yes I
will, yes I will

Let me fill your heart with joy and laughter
Togetherness, well that's all I'm after
Whenever you need me, I'll be there
I'll be there to protect you, with an unselfish
love I respect you
Just call my name and I'll be there

And oh - I'll be there to comfort you
Build my world of dreams around you, I'm so
glad that I found you
I'll be there with a love that's strong
I'll be your strength, I'll keep holding on - yes I
will, yes I will

If you should ever find someone new, I know
he'd better be good to you 'Cos if he doesn't,
I'll be there

Don't you know, baby, yeah yeah
I'll be there, I'll be there, just call my name, I'll
be there

(Just look over your shoulders, honey - ooh)
I'll be there, I'll be there, whenever you need
me, I'll be there

Don't you know, baby, yeah yeah

I'll be there, I'll be there, just call my name, I'll
be there

Dancing Queen

ABBA

Ooh, you can dance, you can jive
Having the time of your life
Ooh, see that girl, watch that scene
Digging the dancing queen

Friday night and the lights are low
Looking out for a place to go
Where they play the right music, getting in the
swing You come to look for a king

Anybody could be that guy
Night is young and the music's high
With a bit of rock music, everything is fine
You're in the mood for a dance
And when you get the chance

You are the dancing queen
Young and sweet, only seventeen
Dancing queen
Feel the beat from the tambourine
Oh, yeah

You can dance, you can jive
Having the time of your life
Ooh, see that girl, watch that scene
Digging the dancing queen

You're a teaser, you turn 'em on
Leave them burning and then you're gone
Looking out for another, anyone will do
You're in the mood for a dance
And when you get the chance

You are the dancing queen
Young and sweet, only seventeen
Dancing queen
Feel the beat from the tambourine
Oh, yeah

You can dance, you can jive
Having the time of your life
Ooh, see that girl, watch that scene
Digging the dancing queen

Digging the dancing queen

Happy together

The Turtles

Imagine me and you, I do
I think about you day and night
It's only right
To think about the girl you love
And hold her tight
So happy together

If I should call you up, invest a dime
And you say you belong to me
And ease my mind
Imagine how the world could be
So very fine
So happy together

I can't see me loving nobody but you for all my
life

When you're with me, baby, the skies will be
blue for all my life
Me and you and you and me
No matter how they tossed the dice
It had to be
The only one for me is you
And you for me
So happy together

I can't see me loving nobody but you for all my
life

When you're with me, baby, the skies will be
blue for all my life

Me and you and you and me
No matter how they tossed the dice
It had to be
The only one for me is you
And you for me
So happy together

Me and you and you and me
No matter how they tossed the dice It had to be
The only one for me is you
And you for me

So happy together
So happy together
How is the weather?
So happy together
We're happy together
So happy together
We're happy together
So happy together
So happy together

(They Long To Be) Close To You

The Carpenters

Why do birds suddenly appear
Every time you are near?
Just like me, they long to be
Close to you

Why do stars fall down from the sky
Every time you walk by?
Just like me, they long to be
Close to you

On the day that you were born
The angels got together
And decided to create
A dream come true
So, they sprinkled moon dust in your hair
of gold and starlight
In your eyes of blue

That is why all the girls in town
Follow you all around
Just like me, they long to be
Close to you

Repeat from on the day that you were born...

End Wa ah ah ah ah
Close to you

On top of spaghetti

On top of spaghetti
All covered in cheese
I lost my poor meatball
When somebody sneezed
It rolled off the table
And onto the floor
And then my poor meatball
Rolled under the door.

It rolled in the garden and under a bush
And then my poor meatball was nothing but
mush The mush was as tasty as tasty could
be

And early next summer it grew to a tree
The tree was all covered with beautiful moss
It grew great big meatballs and tomato sauce
So if you eat spaghetti all covered in cheese
Hold onto your meatball and don't ever
sneeze

I do like to be beside the Seaside

Oh! I do like to be beside the seaside
I do like to be beside the sea!
I do like to stroll upon the Prom, Prom, Prom!
Where the brass bands play: "Tiddely-om-
pom-pom!"

So just let me be beside the seaside
I'll be beside myself with glee
And there's lots of girls besides,
I should like to be beside
Beside the seaside! Beside the sea
Oh! I do like to be beside the seaside
I do like to be beside the sea!
I do like to stroll upon the Prom, Prom, Prom!
Where the brass bands play: "Tiddely-om-
pom-pom!"

So just let me be beside the seaside
I'll be beside myself with glee
And there's lots of girls besides,
I should like to be beside
Beside the seaside! Beside the sea





Dementia
SUPPORT

Solutions

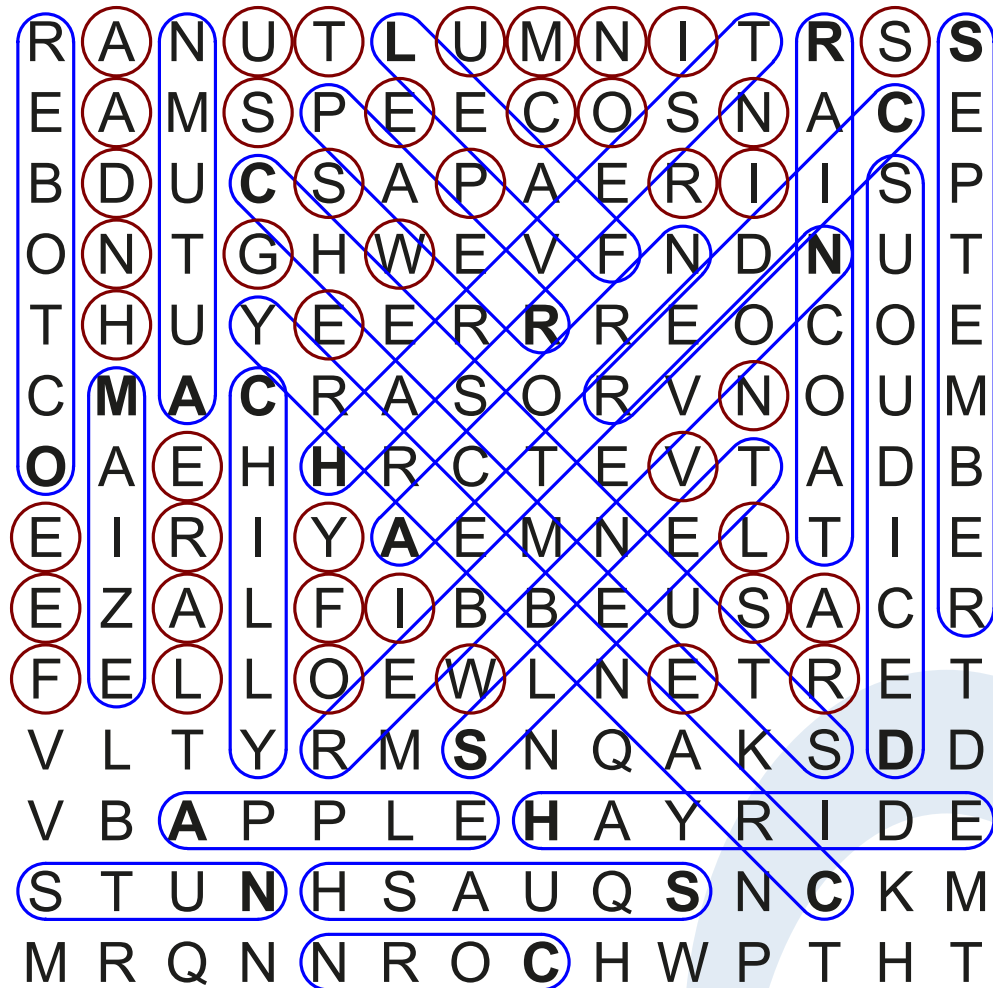
Word Search

AUTUMN

HIDDEN QUOTATION

BY

Albert Camus



Word Search

CHINESE NEW YEAR

HIDDEN QUOTATION

BY

Anonymous



Word Search

DAY LIGHT SAVINGS

HIDDEN QUOTATION

BY

Anonymous



Word Search

FAMILY AND FRIENDS

HIDDEN QUOTATION

BY

Alex Haley



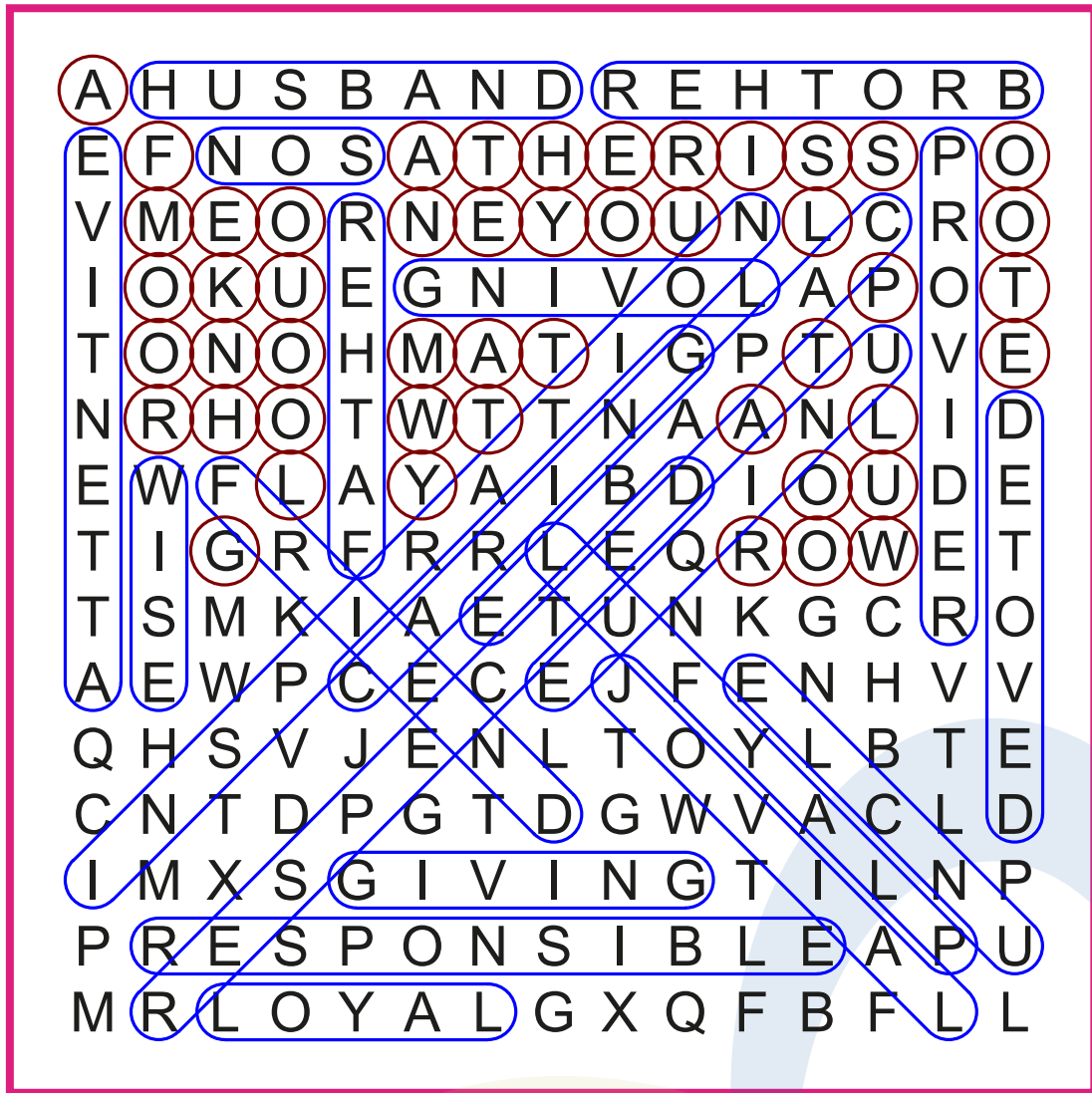
Word Search

FATHER'S DAY

HIDDEN QUOTATION

BY

Anonymous



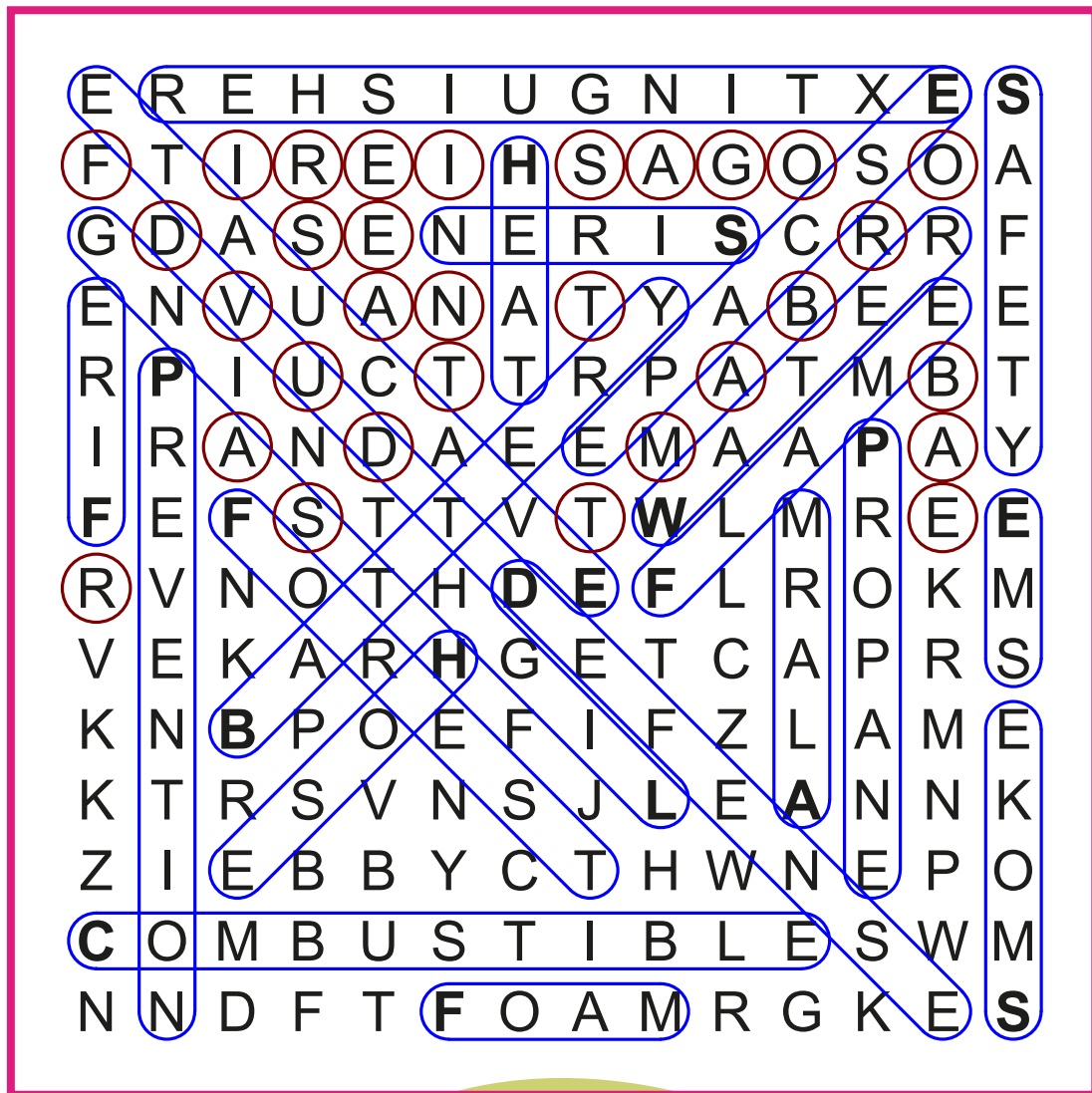
Word Search

FIRE PREVENTION

HIDDEN QUOTATION

BY

Anonymous



Word Search

FLAGS AND FIREWORKS

HIDDEN QUOTATION

BY

James G Blaine



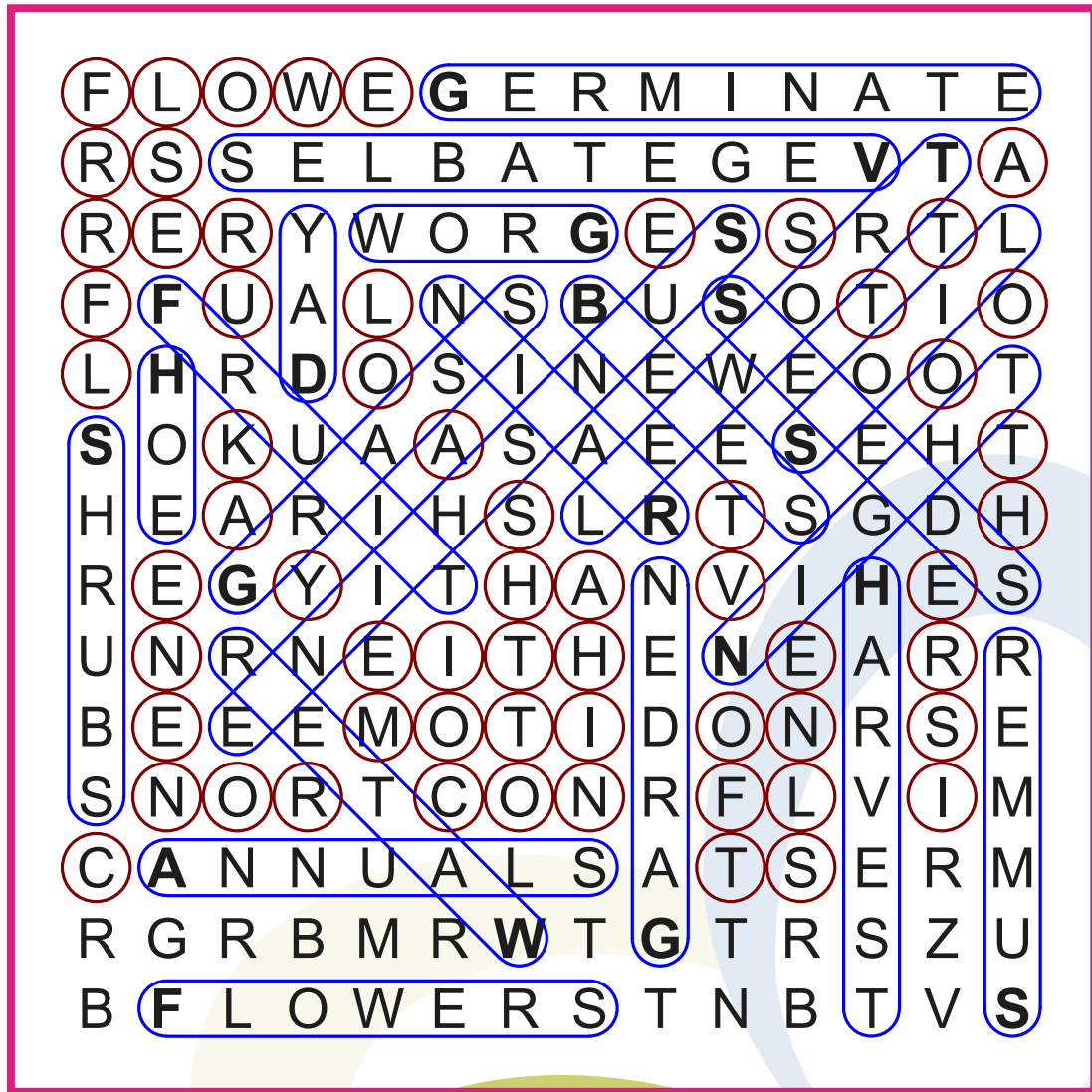
Word Search

GARDENING

HIDDEN QUOTATION

BY

Sigmund Freud



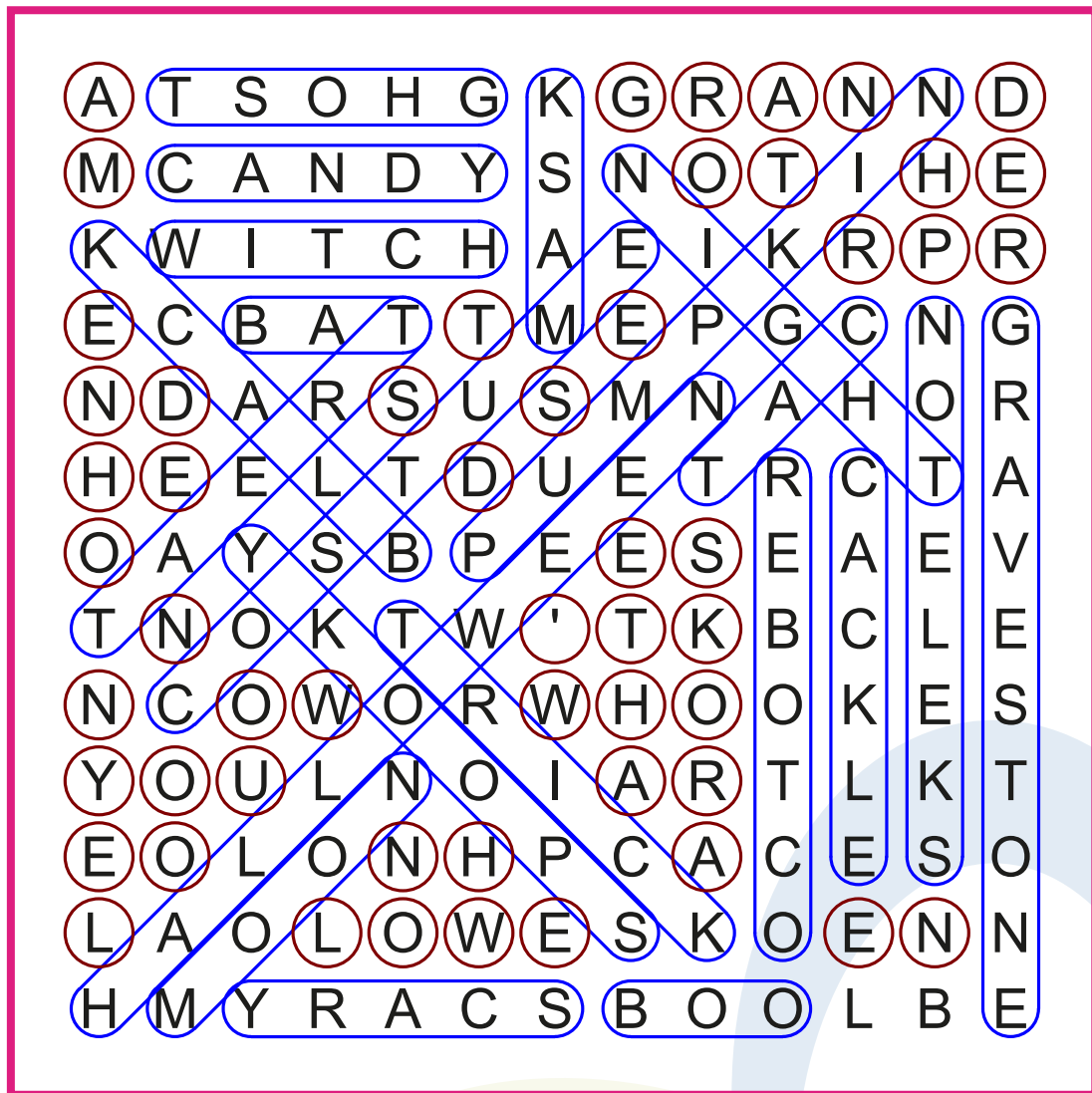
Word Search

HALLOWEEN

HIDDEN QUOTATION

BY

Erma Bombeck

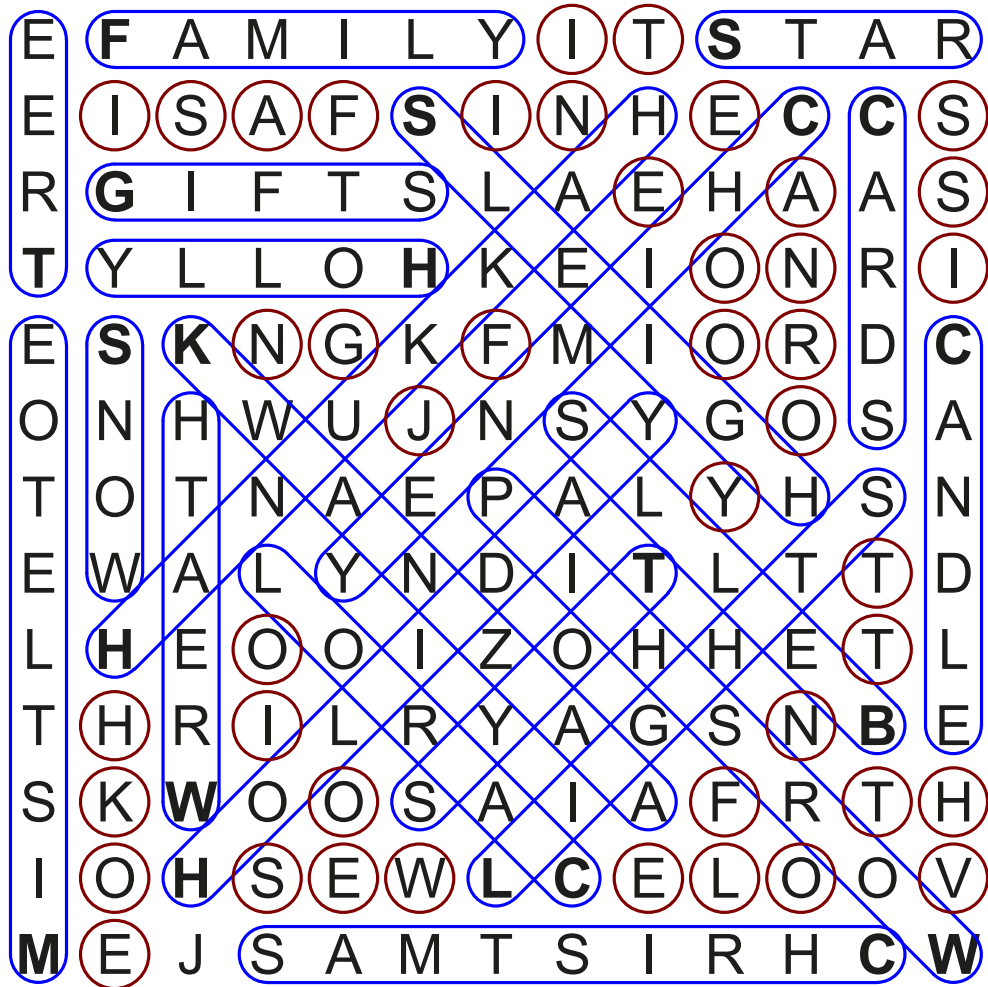


Word Search

HAPPY HOLIDAYS

HIDDEN QUOTATION

BY
Moliere



Animal Young



April Fools Day



Autumn



Chinese Year



Day Light Savings Time



[illegible]

Easter



Wildlife





**DO YOU
KNOW YOUR
COMEDIANS?**

ANSWERS

- 1. Kenneth Williams**
- 2. Ronnie Corbett**
- 3. Sid James**
- 4. Tommy Coopers**
- 5. Bob Monkhouse**
- 6. Terry Scott**
- 7. Morecombe and wise**
- 8. Les Dawson**
- 9. Benny Hill**
- 10. Laurel and Hardy**
- 11. Ronnie Barker**

NAME THE DOG

How many dogs can you name?

ANSWERS

- 1. Cocker Spaniel**
- 2. Chihuahua**
- 3. Beagle**
- 4. Labrador**
- 5. Dachsund**
- 6. Poodle**
- 7. Bull Dog**
- 8. Boarder Collie**
- 9. Boxer**

Flags by letter alphabetically

Solution



Austria



Brazil



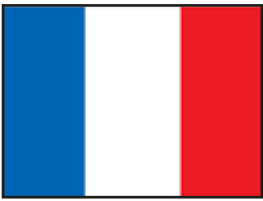
Canada



Dubai



England



France



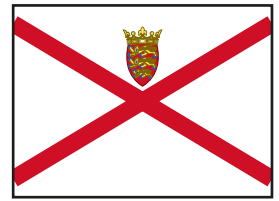
Greece



Holland



Iceland



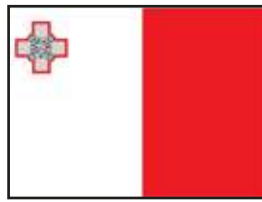
Jersey



Kenya



Libya



Malta



Norway



Oman



Portugal



Qatar



Russia



Scotland



Turkey



USA



Venezuela



Wales



Yemen



Zambia

Follow **GEORGE** and his
mischievous adventures at
Sage House during lockdown

@DementiaHub





For general enquires and stock replenishment
please contact info@dementia-support.org.uk

**We would also appreciate any suggestions
or thoughts for our next edition**

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*all except page 5