



Resident
wellbeing
in action



**FATHER'S
DAY
ACTIVITY &
RECIPE PACK**



ACTIVITY PACK CONTENTS

SUDOKU
BRAIN GAME
COLOURING
EXERCISE
RECIPES



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SUDOKU

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

BRAIN GAME

Name two objects for every letter in your first name. Work up to five objects, trying to use different items each time.

List the months of the year in alphabetical order.

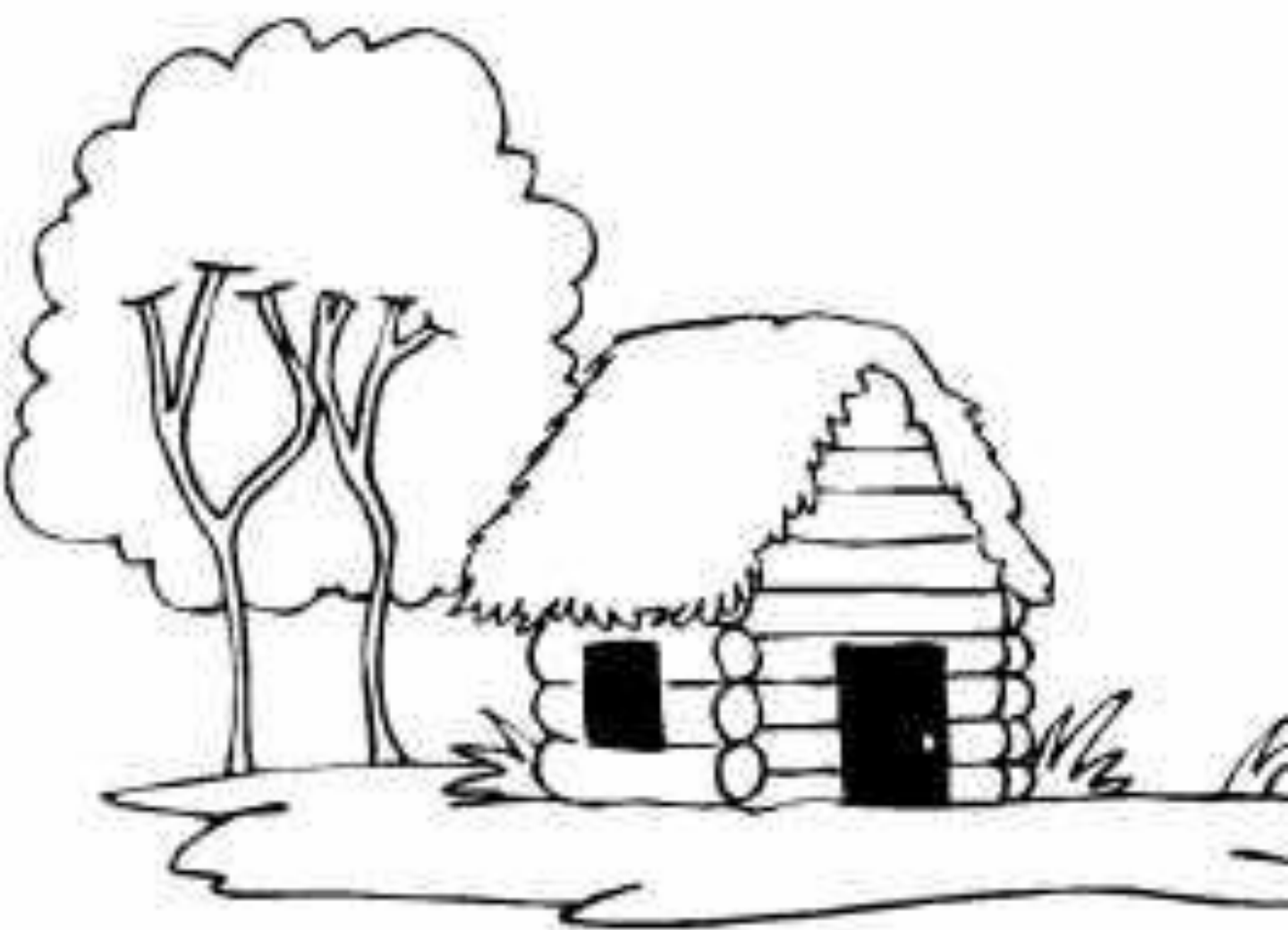
- | | |
|----------|-----------|
| 1. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 3. _____ | 9. _____ |
| 4. _____ | 10. _____ |
| 5. _____ | 11. _____ |
| 6. _____ | 12. _____ |

Name six or more things you can wear on your feet beginning with “s”

Look around wherever you are and, within two minutes, try to find five red things that will fit in your pockets, and five blue objects that are too big to fit.







EXERCISE

No matter what age we are, exercising is important. Whether we enjoy it or not, exercising on a regular basis continues to keep our body moving and functioning properly as we age.

Chair exercises are a great substitute for aging adults. There doesn't need to be a weight set, a trainer, and seniors don't even have to have a caregiver with them at all times. The only thing a senior needs is a chair.

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

We've shared some exercises that seniors can do in the comfort of their own room with equipment that they can use by themselves. We'll explain exactly how to do each exercise and provide examples for a step-by-step process.

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

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

The list we're providing is not one-size-fits-all. Injuries could make some exercises difficult and might need to be avoided altogether. It shouldn't be assumed that a senior can enact a particular exercise if they are instantly or progressively feeling pain. If this occurs, they must return to a comfortable position and stop the exercise entirely. If you're a caretaker of a senior and you don't know if you're legally permitted to enact any of the following exercises, keep safety in mind.



BENEFITS OF CHAIR EXERCISES

Exercising on a regular basis (preferably at least 30 minutes per day) will not only keep an aging adult's heart healthy, but can also prevent strokes, heart attacks, falling, high blood pressure, and chronic diseases such as dementia.

Chest and Upper Back Stretch

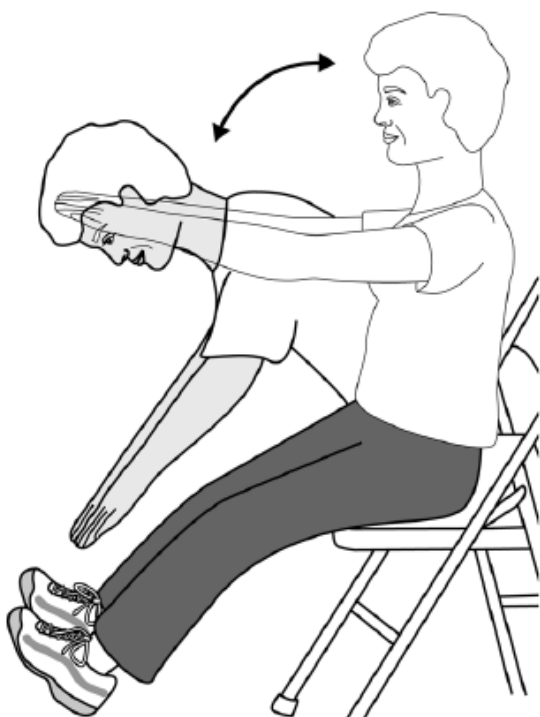


In a seated position with good posture and shoulders back and down away from the ears, extend your arms out in front of you at shoulder height. Interlace the fingers or grasp one hand with the other, and press out as you round the upper back and shoulders forward, feeling the upper back fan out. Hold for 10 seconds and release.

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

Repeat the upper back and chest stretches.

Sit and Reach



Seated toward the edge of a chair, extend your legs out in front of you, keeping the knees slightly bent. With heels on the floor and toes pointed up toward the ceiling, extend your arms out in front of you and try to reach down to touch your toes. Bend at the waist to do this and do not bounce. Hold the stretch for about 10 seconds. Come back up to the starting position.

Repeat the stretch 1 to 2 more times.

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

Chair Stands



In a seated position with good posture and feet flat on the floor, cross your arms over your chest or hold a ball with both hands at chest level. Keeping your weight on your heels, stand up, using your hands as little as possible or not at all. As you bend slightly forward to stand up, keep your back and shoulders straight. Take at least 3 seconds to sit back down. Repeat 8 to 15 times or as many as you can comfortably do with good form. Rest. Do another set of 8 repetitions.

Modification: If you are more advanced, try doing squats. Beginning in a standing position with back facing the seat of a chair, slowly bend the knees to lower down toward the seat of the chair. Stick out the buttocks so that your knees do not jut beyond your toes. Just before your buttocks gets to the seat of the chair, stand back up to the starting position in a fluid motion, squeezing your buttocks and putting all the weight in your heels as you push back up.

Elbow to Knee



Seated toward the edge of a chair with good posture and knees bent, start with your right arm extended up overhead. Slowly lift the left knee up as you lower your right elbow down toward your left knee, taking about 2 seconds to lower down. Try not to bend over at the waist. Release and go back to the starting position. Repeat 8 to 10 times.

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

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

Rear Leg Extensions



Begin by standing behind a chair with the right leg slightly in front of the left, holding on to the back of the chair for balance. Keeping your back straight and leaning slightly forward, lift the left foot a few inches off the floor or as high as you comfortably can, squeezing the buttocks as you do this. Do not arch your back. Lower the leg back down and repeat the movement 8 to 10 times.

Switch sides to work the other leg. Rest briefly. Do another set of 8 to 10 repetitions for each leg.

Modification: For an extra challenge, change the count of the movement. Lift the leg and hold for 5 seconds, or do short, quick pulse lifts for 5 seconds.

Inner Thigh Stretch



Begin in a standing position and take feet greater than hip distance apart with toes pointing slightly outward to the corners of the room. Slowly lean to the right side by bending the right knee, keeping your left leg straight. Rest your hands on your right leg for support. Make sure the bent knee does not jut beyond your toes. Feel the inner thigh of your left leg lengthen as you hold the stretch for 10 seconds. Slowly come back up to the starting position and repeat on the left side, keeping the right leg straight and bending the left knee this time.

Come back to center and repeat the stretch on both sides.

Modification: Hold onto the back of a chair for more support.



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RECIPES



Happy
Father's Day

**FATHER'S DAY IS A TIME FOR CELEBRATION.
THIS IS A CHANCE FOR DAD TO INDULGE ON
HIS SPECIAL DAY!**

MAC & CHEESE

SERVES 25

| QUANTITY | INGREDIENTS | METHOD |
|----------|--|---|
| 150 ml. | Oil | In a large sauté pan, over medium heat, add the oil and sauté the garlic for 2 mins. Add the spinach and cook until it wilts, about 2 mins. Add the prepared Knorr Culinary Cream, prepared Knorr Liquid Concentrated Chicken Base, macaroni, cheddar and half the mozzarella and combine. When the cheese starts to melt sprinkle the remaining mozzarella on top and put it in the oven for around 7-10 mins or until browned on top. |
| 8 cloves | Garlic, minced | |
| 250 g. | Spinach | |
| 2 L. | Knorr Culinary Cream, prepared | |
| 200 ml. | Knorr Liquid Concentrated Chicken Base, prepared | |
| 1 kg. | Macaroni, cooked al dente | |
| 300 g. | Cheddar, grated | |
| 500 g. | Mozzarella, grated | |

If you're looking for a little less indulgence, try using whole wheat pasta and low fat, or skim milk, cheeses.



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BEEF CASSEROLE with BISCUITS

SERVES 25

| QUANTITY | INGREDIENTS | METHOD |
|----------|--|--|
| 2.5 L. | Knorr Brown Gravy, prepared + 500 ml. additional water | <p>Preheat the oven to 325°.</p> <p>In a suitable pan, sear the beef and onions, add the garlic and cook for a further 2 minutes. Remove from the pan and set aside.</p> <p>Place all vegetables into the pan and sweat for a further 10 minutes stirring occasionally.</p> <p>Return the meat to the pan and combine all ingredients together.</p> <p>Deglaze the pan with the vinegar and bring to a gentle simmer. Add prepared Knorr Brown Gravy cover the pan with a lid and cook in the oven for approximately 1.5 hours or until the meat is tender.</p> <p>Remove the Casserole from the oven and remove the lid. On a floured surface roll out the prepared biscuit dough and cut into discs approximately 5cm wide and 1cm thick.</p> <p>Place the discs on top of the casserole, and brush with a beaten egg.</p> <p>Increase the heat in the oven to 350°. Return the casserole to the oven and cook for the amount of indicated on biscuit mix, or until the biscuits are golden brown.</p> |
| 6 cloves | Garlic, minced | |
| 500 g. | Onion, diced | |
| 500 g. | Carrots, diced | |
| 500 g. | Potatoes, diced | |
| 500 g. | Parsnips, diced | |
| 1.8 | Beef, stewing, diced | |
| 10 g. | Parsley, flat leaf, chopped | |
| 100 ml. | Red Wine Vinegar | |
| | Biscuit Mix, prepared | |
| | Egg, beaten | |

If you're looking for a little less indulgence, try using whipped sweet potato topping instead of biscuits.



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