



MOTHER'S DAY ACTIVITY & RECIPE PACK



Resident
wellbeing
in action





ACTIVITY PACK CONTENT

- Art Therapy Designs
- Word Search
- Painted Bird Feeder
- Recipes



MOTHER'S

DAY



ART THERAPY

Coloring-in has some great benefits for elderly care residents – it can improve moods, relieve stress and agitation, help maintain motor function and encourage socialization. Research has shown that it can be particularly effective for residents living with dementia, most notably a decrease in agitation and anxiety.

On the following pages, you'll find three colouring-in templates that can easily be printed on 8.5 x11 paper. Each pattern is a varying degree of difficulty. Remember to display these around the home to celebrate Mother's Day!









MOTHER'S

DAY

WORD SEARCH

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

APPRECIATION

BEAUTIFUL

BREAKFAST

CANDY

CHARMING

COMFORT

DEVOTED

FLOWERS

FORGIVING

GIFTS

GUIDANCE

HUGS

JEWELRY

JOY

KISSES

LAUGHTER

LOVE

MATERNAL

MOM

MOTHER

NURTURE

PERFUME

PROTECTIVE

SHARE

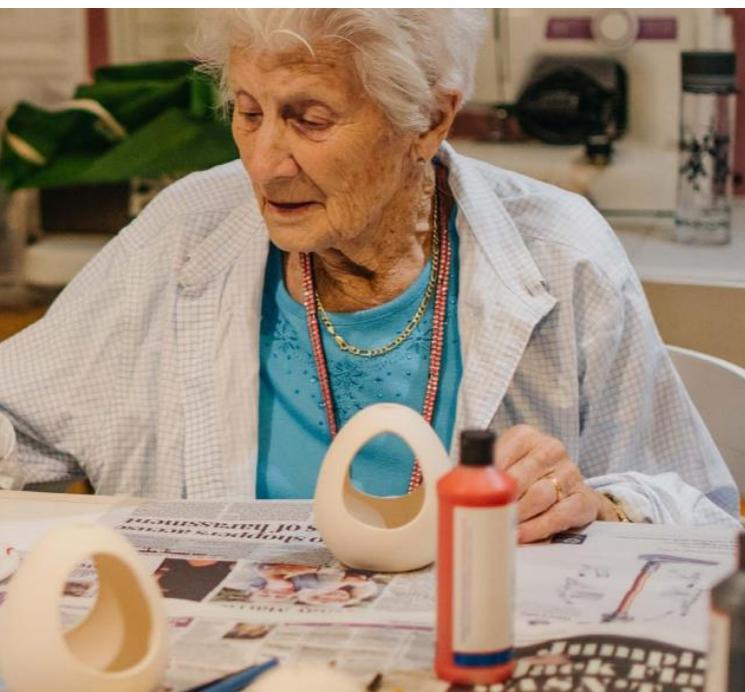
TELEPHONE

TENDER

THE BEST

WARM

WISE



PAINTED BIRD FEEDER

You will need

1. Unpainted ceramic bird feeders
2. Non-toxic acrylic paints + paint palette
3. A range of different paint brushes
4. PVA non-toxic glue
5. Newspaper
6. Aprons
7. Thin string for hanging

How to make it

1. Lay down the newspaper and prepare a small amount of paint in different colours individually on to a palette (can be an old plate or paper plate).
2. Apply the paint to the bird feeder in a pattern of your choice. If you want to add designs, draw the design on with a waterproof marker pen, or if more intricate, use a pencil and paint within the lines you make.
3. For brighter bold colours, put a second coat of paint on.
4. Leave the bird feeder to dry overnight.
5. Once dry, seal the paint by adding a thin layer of PVA glue. You can add a small amount of water to this to make it flow better.
6. Add string to the bird feeder and hang outside!





RECIPES

GINGER ORANGE BLOSSOM SCONES

makes 25

QUANTITY	INGREDIENTS	METHOD
120 ml.	Water	1. Preheat oven to 450°F (232°C). Line a baking sheet with parchment paper.
4 Sachets	Pure Leaf Ginger with Orange Blossom – SUPC: 7074034	2. In a small measuring cup pour in the boiling water and add two Pure Leaf Ginger Orange Blossom tea bags; steep for 4 minutes. After the 3 minutes, squeeze tea bag before discarding. Allow tea to cool.
640 g.	Flour, AP	3. In a large bowl whisk together flours, sugar, baking powder, baking soda, salt, and the tea leaves from the remaining Pure Leaf Ginger Orange Blossom tea bags.
80 g.	Pastry Flour	4. Add in the room temperature butter. With hands or pastry blender cut the butter into the dry ingredients until mixture resembles wet sand. Make a well by forming the dry ingredients into a mound and creating a deep depression in the center.
130 g.	Sugar	5. In a small bowl or measuring cup, whisk together the buttermilk, the cooled Ginger Orange Blossom tea, egg, and vanilla extract until well combined. Pour the buttermilk mixture into the well of the dry ingredients.
30 g.	Baking powder	With a rubber spatula, quickly combine mixture until it just comes together.
4 g.	Baking Soda	6. Lightly dust work surface with flour. Transfer contents onto the floured work surface. Fold the dough over on itself about 2 or 3 times. Gently pat together. Lightly dust rolling pin and roll dough to about 1-inch thick. With a 2½-inch metal round cookie cutter, cut out as many rounds as possible.
4 g.	Salt	Gently pat together the scraps, roll, and cut out the remaining rounds.
220 g.	Butter, unsalted, room temperature	7. Place scones about an inch and a half apart on the prepared baking sheet.
320 ml.	Buttermilk	8. Whisk together the egg and heavy cream. With a pastry brush, lightly brush tops with egg wash.
2	Eggs	9. Place into the preheated oven. Reduce heat to 425°F (218°C). Bake for 12 to 15 minutes or until tops are golden in colour. Cool slightly on pan and carefully remove onto a wire cooling rack to cool completely. Serve immediately.
20 ml.	Vanilla Extract	
	Egg Wash, if desired.	



ROASTED SALMON QUINOA BOWL

makes 25

QUANTITY	INGREDIENTS	METHOD
6	Eggplant, cut lengthwise	<ol style="list-style-type: none">1. Drizzle eggplants with olive oil, and season with salt and pepper. Roast, cut side down, in a 190°C oven until soft and golden brown, about 30 minutes.2. Remove from the oven and cool. Scoop the flesh from the eggplants into the jar of a blender. Add Hellmann's Mayonnaise and garlic and puree until smooth. Transfer to a squeeze bottle and refrigerate until needed.3. Toss the broccolini with olive oil and season with salt and pepper. Place on a parchment-lined sheet pan and roast at 220°C until tender and beginning to char, about 12 minutes. Set aside.4. Toss the quinoa and lentils with spiralized carrots, Hellmann's Charred Tomato & Garlic Dressing.5. Brush the salmon filets with Hellmann's Charred Tomato and Garlic Dressing. Squeeze a small amount of lime juice on each filet, then season with salt and pepper. In a nonstick pan, sear the top side of the salmon filets. Flip, then finish in a 220°C oven until cooked through, about 4 minutes. Toss together the broccolini and grain mixture and season to taste. For each portion, place 400 g of the broccolini and grain mixture in a bowl. Top with salmon filet or break it up and mix it into the salad. Garnish with eggplant aioli.
4 cloves	Garlic, peeled, chopped	
700 ml.	Hellmann's Real Mayonnaise SUPC: 2388726	
As needed	Oil, Olive	
As needed	Salt and pepper	
1.8 kg.	Broccolini	
1.8 kg.	Lentils, green, cooked	
1.8 kg.	Quinoa, Red, cooked	
800 g.	Carrots, spiralized	
1.2 L.	Hellmann's Charred Tomato & Garlic Dressing SUPC: 5380201	
25	Salmon Filets	
280 g.	Hellmann's Charred Tomato & Garlic Dressing	
3	Lime, juice	

BUTTERNUT SQUASH LASAGNA

makes 25

QUANTITY	INGREDIENTS	METHOD
2	Onions, diced	1. In a sauce pot, heat oil and sauté onion and garlic, until onion is translucent. Lower heat and add prepared Knorr Culinary Cream, mascarpone cheese, and basil. Combine and bring to a simmer. Remove from heat and hold.
8 cloves	Garlic, minced	
3 L.	Knorr Culinary Cream, prepared SUPC: 2145447	2. In a large bowl, toss squash with olive oil and Knorr Intense Flavour Roast Umami. Place on a lined baking sheet and bake for 25 minutes at 350°. Grease baking dish and add a small amount of Knorr Culinary 3. Cream-Pesto mixture. Top with 1/3 of the lasagna sheets, then the butternut squash and more pesto cream. Top with another 1/3 of the lasagna sheets, butternut squash and pesto cream. Then a final layer of lasagna pesto cream and parmesan cheese.
800 g.	Mascarpone Cheese	
500 g.	Pesto, basil, prepared	4. Bake, covered, for 60 mins until piping hot in the center. Remove cover and bake for an additional 10 minutes until slightly browned on top.
4	Butternut Squash, peeled, seeded, and sliced	
45 ml.	Knorr Intense Flavours Roast Umami SUPC: 5369394	

48 Lasagna Sheets, no cook

300 g. Parmesan Cheese, grated





APPENDIX

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

APPRECIATION
 BEAUTIFUL
 BREAKFAST
 CANDY
 CHARMING
 COMFORT
 DEVOTED
 FLOWERS
 FORGIVING
 GIFTS

GUIDANCE
 HUGS
 JEWELRY
 JOY
 KISSES
 LAUGHTER
 LOVE
 MATERNAL
 MOM
 MOTHER

NURTURE
 PERFUME
 PROTECTIVE
 SHARE
 TELEPHONE
 TENDER
 THE BEST
 WARM
 WISE