



# ACTIVITIES PROGRAM

TUESDAY, JUNE 30, 2020



all seasons  
*For the Joys of Senior Living.*





# UNIQUE UNITED KINGDOM

This week we are exploring the delicious and dynamic culture of the United Kingdom! The United Kingdom of Great Britain and Northern Ireland, commonly known as the United Kingdom, is a sovereign country located off the north-western coast of the European mainland. The United Kingdom includes the island of Great Britain, the northeastern part of the island of Ireland, and many smaller islands. Northern Ireland shares a land border with the Republic of Ireland. Otherwise, the United Kingdom is surrounded by the Atlantic Ocean, with the North Sea to the east, the English Channel to the south and the Celtic Sea to the southwest, giving it the 12th-longest coastline in the world.



**When things go wrong, what can you always count on?**

TASTEBUDS AND TRIVIA

## THE TOP 5 MOST BRITISH FOODS EVER



### Eccles cake

Named after the Greater Manchester town of the same name, Eccles cakes are small, round cakes made with flaky pastry and filled with currants. Interestingly, they don't have protected geographical status, so Eccles cakes can be made anywhere.







### Black pudding

A blend of onions, pork fat, oatmeal and blood. In 2016, it was even hailed as a “superfood” for its protein, potassium, calcium and magnesium content. And it’s even almost carb-free.



### Cullen skink

A thick Scottish soup made from smoked haddock, potatoes, and onions. Perfect for warming your cockles after a day’s fishing in Cullen (in Moray, Scotland – where the dish originated) or just a day at work.



### Laverbread

A traditional Welsh dish that has little to do with bread itself. To make laverbread, seaweed is boiled, then minced or pureed and sometimes rolled in oatmeal before being fried. Richard Burton once described it as “Welshman’s caviar.”



### Fish and chips

Fish. With chips. And mushy peas, if you’re really going the whole hog.

# FLAGS OF THE UK

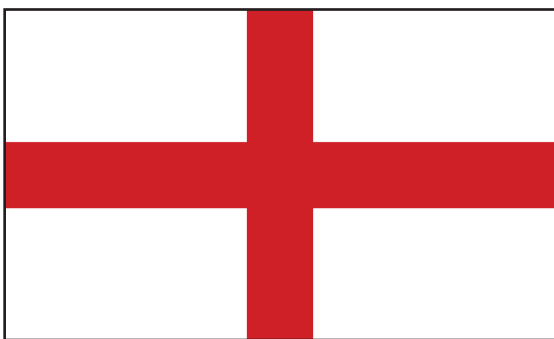
## FLAG OF THE UNITED KINGDOM



### Used since 1801

The Union Flag, also commonly known as the Union Jack. Used as the flag of the United Kingdom. A superimposition of the flags of England and Scotland with the Saint Patrick's Saltire (*representing Ireland*). **Status:** National flag used by government and civilian population.

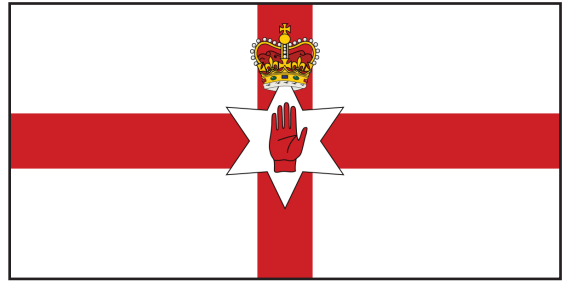
## FLAG OF ENGLAND



### Used since 1348

Flag of England, also known as the St George's Cross. **Status:** National flag of England also used by the Church of England, sports teams representing England, and ordinary citizens.

## ULSTER BANNER - NORTHERN IRELAND



### Used: 1953–1972; unofficial since 1972

Northern Ireland has no official nor universally accepted flag. **Status:** The national flag of Northern Ireland is the Union Jack. The Ulster Banner portrayed is from the former coat of arms of Northern Ireland and was the flag of the Government of Northern Ireland between 1953–1972. Since 1972 this flag has continued to be used for want of another distinctive flag, almost exclusively amongst the Unionist community.



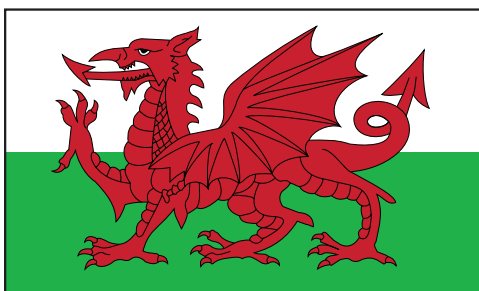
## FLAG OF SCOTLAND



### Used since 1286

Flag of Scotland, also known as the St Andrew's Cross, or the Saltire **Status:** National flag used by Scottish Government and agencies, sports teams representing Scotland and by ordinary citizens.

## FLAG OF WALES



**Used since 1959** (*variants first appeared c. 1485*) Flag of Wales, also known as the Red Dragon or Y Ddraig Goch. **Status:** National flag used by the Welsh Government and agencies, sports teams representing Wales and by ordinary citizens.

The flags of England and of Scotland are ancient war flags which became by usage the national flags of the Kingdom of England (which included Wales) and of the Kingdom of Scotland respectively and continued in use until the Act of Union 1707. Afterwards, they became de facto

flags of those parts of the United Kingdom. The flag of Wales was formalized in 1959, but has ancient origins: the dragon was used as a battle-flag by countless Welsh rulers, the current flag being a redesign of the flag carried by Henry Tudor. The Flag of Northern Ireland is controversial. The coat of arms of the Government of Northern Ireland, a red cross on a white field, defaced with a Red Hand of Ulster within a six pointed star topped with a crown, became used as a local flag, though the end of the province's Government in 1973 ended its official status.

## BRITISH SLANG

**Fiddlesticks** — A harmless curse word held in reserve solely for use by British grandmothers. Dropping a vase of freshly cut daisies could result in a gently whispered "fiddlesticks."

**Filch** — Simply to steal.

**Gutted** — Being incredibly upset about something. If your favorite sports team has just lost then you might be gutted.

**Khazi** — British slang for the toilet. Don't forget your bog roll.

**Porkies** — Spreading lies. Anyone not being straight with the truth could be accused of telling porkies.

**Yonks** — A general term for a long period of time, i.e. We haven't visited there for yonks.



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

ABERDEEN  
 ARMAGH  
 BANGOR  
 BATH  
 BELFAST  
 BIRMINGHAM  
 BRADFORD  
 BRIGHTON & HOVE  
 BRISTOL  
 CAMBRIDGE  
 CANTERBURY  
 CARDIFF  
 CARLISLE  
 CHELMSFORD  
 CHESTER  
 CHICHESTER  
 CITY OF LONDON  
 CITY OF WESTMINSTER

COVENTRY  
 DERBY  
 DERRY  
 DUNDEE  
 DURHAM  
 EDINBURGH  
 ELY  
 EXETER  
 GLASGOW  
 GLOUCESTER  
 HEREFORD  
 INVERNESS  
 KINGSTON UPON HULL  
 LANCASTER  
 LEEDS  
 LEICESTER  
 LICHFIELD  
 LINCOLN

LISBURN  
 LIVERPOOL  
 MANCHESTER  
 NEWCASTLE UPON TYNE  
 NEWPORT  
 NEWRY  
 NORWICH  
 NOTTINGHAM  
 OXFORD  
 PERTH  
 PETERBOROUGH  
 PLYMOUTH  
 PORTSMOUTH  
 PRESTON  
 RIPON SALFORD  
 SALISBURY  
 SHEFFIELD  
 SOUTHAMPTON

ST ALBANS  
 ST ASAPH  
 ST DAVID'S  
 STIRLING  
 STOKE ON TRENT  
 SUNDERLAND  
 SWANSEA  
 TRURO  
 WAKEFIELD  
 WELLS  
 WINCHESTER  
 WOLVERHAMPTON  
 WORCESTER  
 YORK

UNITED KINGDOM WORD SEARCH







# BRAIN TEASERS FOR TODAY!

## Brain teaser answers from June 23:

What do Henry the Eighth and Kermit the Frog have in common?

***The same last name!***

I met a man on the London bridge, he tipped his hat and drew his cane, in this riddle I told you his name. What is it?

***The man's name is Andrew.***

The clue is hidden in the riddle itself, and it's a lot trickier to figure out if you're saying the riddle out loud rather than reading it. His name is right here in the riddle: "he tipped his hat and drew his name."

I am seven letter word. I am very heavy. Take away two letters from me and you will get 8. Take away one letter and you will get 80. Who am I?

***"Weighty"***

If you remove the first and last letters it becomes "Eight." If you remove the first letter it becomes "Eighty."

**1.** There are 8 women on a couch. Then, three legs break and 6 women leave. How many legs are there?

**2.** A man leaves home jogging, he turns left, he turns left again, then he turns left one last time. As he is looking home, he sees two masked men at home. What is he doing?

**3.** There are three rooms. The first one is filled with very important papers. The second one is filled with money. The third one is filled with jewelry. One day all of these rooms burst into fire. Which room did the policemen put out the fire in first?

## Brain teaser answers for June 30 (today):

**1.** Five! Four women's legs, and the remaining one leg on the couch.

**2.** Playing baseball!

**3.** None of them. Policemen don't put out fires. Firemen do.

## Riddle answer from June 23:

Are you dead?

## Riddle answer for today, June 30:

Your fingers!





## JOKES

### FROM THE FAMED BRITISH COMEDIAN, TOMMY COOPER!

I said to the Gym instructor "Can you teach me to do the splits?" He said, "How flexible are you?" I said, "I can't make Tuesdays."

Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. They charged one – and let the other one off.

I went to buy some camouflage trousers the other day, but I couldn't find any.

Slept like a log last night...  
Woke up in the fireplace.

I was having dinner with Garry Kasparov (world chess champion) and there was a check tablecloth. It took him two hours to pass me the salt.

A priest, a rabbi and a vicar walk into a bar. The barman says, "Is this some kind of joke?"

## MARGOT

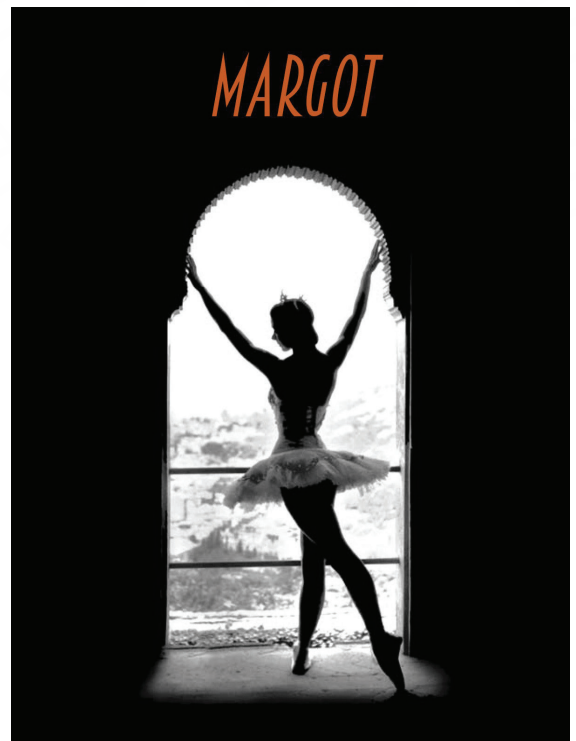
*a film by Tony Palmer*

This is the story of how the most famous dancer that England has ever produced was deceived and betrayed by those closest to her; of how a little girl called Peggy Hookham, brought up in Shanghai, told her mother she would one day become the greatest dancer in the world; and of how, despite being almost unable to walk, Dame Margot Fonteyn was still performing at the age of 67.

<https://tinyurl.com/y7jkba5o>

Simply go to [www.marquee.tv](http://www.marquee.tv), click "Login," then enter **Marquee@allseasonsliving.com** and password: **allseasons**

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MAZE

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# SUDOKU

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

**THE RULES OF THE GAME ARE SIMPLE:** each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

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

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

## SUDOKU

JUNE 23, 2020 KEY

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

## SUDOKU

JUNE 30, 2020 KEY





# POETRY OF WILLIAM SHAKESPEARE

## HERE IS ONE OF SHAKESPEARE'S MOST FAMOUS SONNETS – SONNET 18.

Shall I compare thee to a summer's day?  
Thou art more lovely and more temperate:  
Rough winds do shake the darling buds of May,  
And summer's lease hath all too short a date;

Sometime too hot the eye of heaven shines,  
And often is his gold complexion dimm'd;  
And every fair from fair sometime declines,  
By chance or nature's changing course untrimm'd;

But thy eternal summer shall not fade,  
Nor lose possession of that fair thou ow'st;  
Nor shall death brag thou wander'st in his shade,  
When in eternal lines to time thou grow'st:

So long as men can breathe or eyes can see,  
So long lives this, and this gives life to thee.



**POETRY CHALLENGE:** In this U.K. – themed packet, we couldn't pass up the opportunity to be inspired by the Bard himself, William Shakespeare!

To write a sonnet, make each line 10 syllables long and follow the rhythm of an unstressed syllable followed by a stressed syllable. Then, arrange the lines into 3 stanzas of 4 lines and end with a 2 line stanza. The quatrains should follow an ABAB rhyme scheme, and the last two lines should rhyme as well. (see previous page)

Take inspiration from something or someone you find "lovely" and compose a sonnet for all to enjoy!

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

## Poetry challenge call for submissions: June contest!

We invite you to submit any or all your June poems for this month's poetry contest! Just put any June poems you'd like Dr. Powell to consider into your cubby on Friday July 3 and we'll announce June winners mid-July!



After 27 activities packets (the first one was delivered on March 17, can you believe that!?) today's will be the final packet of the summer. We're excited to shift our attention to enhancing activities we can safely accommodate in this reopening phase, like our outdoor performances and small group activities! We hope these packets have brought some smiles to your faces during these past couple months. Please share your thoughts and experiences with us, so that if the packets return, they can be better than ever!

**Please take a moment to complete this short survey,  
and thank you!**