

DISCOVER HOW EASY SENIOR PLANNING CAN BE!

Planning activities for seniors doesn't have to be stressful—we make it incredibly easy! This sample is just a small glimpse of what our SaltandPrep.com subscription offers. Our ready-to-use materials are designed to simplify your planning, so you can focus on creating meaningful and engaging experiences for your community. From fun games and themed puzzles to ready-to-go Bible studies and calendars, we handle all the prep work, and you get to take the credit!

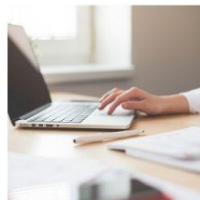
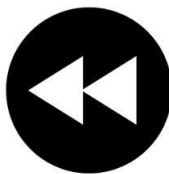
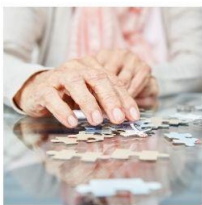
We offer both monthly and annual subscription options, with the annual subscription saving you 15%. Our resources help maintain cohesiveness across departments, ensuring a seamless experience for your entire community. Each subscription is for one physical address. If you have multiple communities, please contact us for custom pricing.

With our easy-to-use resources, you can effortlessly fill your calendar with engaging activities that seniors love, while making your job more manageable. Let us help you start making planning easier, one activity at a time.

This is just a taste of what's in store. Start making your life easier today with Saltandprep.com! If you have any questions, please reach out to us at info@saltandprep.com. We look forward to working together to enhance the lives of seniors in your care!



SaltandPrep.com



Copyright Notice

This sample is for your facility's internal use only. You are allowed to download and review it, but redistribution, posting it on a website, emailing it, or claiming it as your own is strictly prohibited. All rights reserved by Saltandprep.com.



Tea
Party

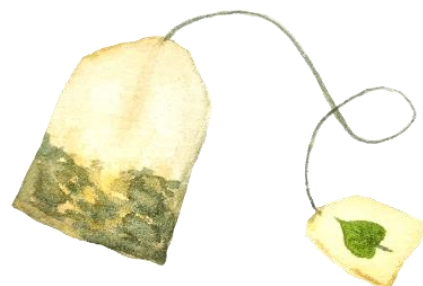
BINGO



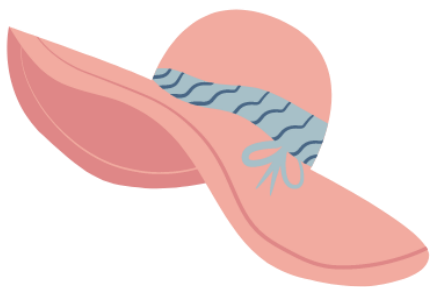
TEAPOT



HONEY



TEA BAG



HAT



CUPCAKE



TEASPOON



CROISSANT



MACARONS



PIE

THE DAILY REWIND



WEDNESDAY, MAY 1ST, 2024

May Day! 



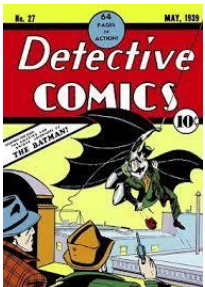
1840: Great Britain issued the "Penny Black," the world's first postage stamp.

1889: May Day was founded. The traditional May Day celebrations involve dancing around a maypole, the giving of flowers, and the crowning of the May Queen.

1920: Babe Ruth hit his first home run for the New York Yankees during a 6-0 win over the Boston Red Sox.

1924: Iodized salt first became available on grocery shelves in Michigan. 

1931: The Empire State Building officially opened in New York City. It stands 1,250 feet tall, and it is currently the 4th tallest building in New York City, the 6th tallest building in the United States and the 43rd tallest tower in the world. 



1939: Batman first appeared in Detective Comics #27. A well-preserved copy of that issue could fetch hundreds of thousands of dollars at auction today.



1941: *Citizen Kane* premiered at the Palace Theater in New York City. The film starring Orson Welles, Joseph Cotton, and Dorothy Corningore, is hailed by critics as one of the greatest movies of all time.

1951: Mickey Mantle hit his first career home run during an 8-3 win over the Chicago White Sox.

1952: Mr. Potato Head was born. The toy was originally sold for 98¢, and the kit included hands, feet, ears, eyes, mouths, noses, hats, glasses, and hair. 



1961: Harper Lee was awarded the Pulitzer Prize for her novel *To Kill a Mockingbird*. More than 40 million copies of the book have been sold worldwide.

1971: Amtrak began service in the United States. Amtrak trains currently stop in all states except South Dakota, Wyoming, Hawaii, and Alaska. 

1999: The animated series *Spongebob SquarePants* debuted on Nickelodeon. It gained popularity and has been considered the #1 animated children's series for more than 17 years.

THE DAILY REWIND



THURSDAY, MAY 2ND, 2024



1519: Leonardo da Vinci died, possibly of a stroke, in France. He is often identified as one of

the greatest painters in the history of art. He was 67 years old.

1536: Henry VIII had his second wife, Anne Boleyn, arrested on charges of adultery and treason.



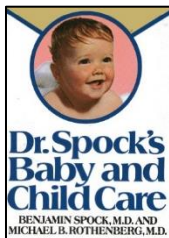
She was later convicted and beheaded for her alleged crimes. She is thought to have been around 35 years old at the time.



1611: The King James Version of the Bible was published for the first time. The KJV Bible established a universally familiar

pattern of what “religious speech” should sound like in English.

1903: American pediatrician Benjamin Spock was born in New Haven, Connecticut. His book, *The Common Sense Book of Baby and Child Care* was one of the best-selling books during the twentieth century.



1946: The 48-hour “Battle of Alcatraz” began at Alcatraz Federal Penitentiary when prisoners overpowered guards during an escape attempt. U.S. Marines eventually stormed the cell block where the incident was taking place and restored order, but two officers and three prisoners were killed.

1955: Playwright Tennessee Williams was awarded the Pulitzer Prize for Drama for *Cat on a Hot Tin Roof*.

1970: Diane Crump became the first female jockey to ride in the Kentucky Derby. She and her horse Fathom finished in 15th place.



1997: Tony Blair was elected Prime Minister of the United Kingdom. He held the position until 2007.

2011: Osama bin Laden was killed in Abbottabad, Pakistan, during a raid led by U.S. Navy SEALs.



2012: A pastel version of “The Scream,” by Norwegian artist Edvard Munch, sold at auction for \$119,922,500. It was one of four versions created by the artist and it was sold to an anonymous buyer on the telephone.

2015: Princess Charlotte Elizabeth Diana of Cambridge was born in London. She is the second child of Prince William, Prince of Wales, and Catherine, Princess of Wales. She is third in the line of succession to the British throne.

2019: The cast of “The Big Bang Theory” became the first TV actors to have their handprints cemented at the famous TCL Chinese Theatre in Hollywood, California.

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
						

Bible Study

MOTHER'S LOVE
MAY 2024 – WEEK 2

OVERALL MESSAGE

Mother's love reflects the unconditional grace and mercy of God, offering nurture, forgiveness, and acceptance.

BIBLE VERSES

1. Isaiah 49:15 – “Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!”

This verse illustrates the depth of a mother's love, emphasizing God's promise to never forget or forsake His children. It highlights the unwavering commitment and compassion inherent in motherhood, mirroring God's grace towards us.

2. Psalm 103:13 – “As a father has compassion on his children, so the Lord has compassion on those who fear him.”

Although this verse mentions a father, it speaks to the broader concept of parental love and compassion. God's compassion towards us mirrors the nurturing care and protection provided by mothers, showcasing His grace in parenthood.

3. Proverbs 31:26 – “She opens her mouth with wisdom, and the teaching of kindness is on her tongue.”

This verse describes the virtuous woman, highlighting her wisdom and kindness. It reflects the nurturing and grace-filled nature of mothers, who often impart valuable lessons and guidance with love and patience.

Mother's love embodies God's grace, offering nurture, compassion, and wisdom. It reflects His unconditional love and mercy towards His children, reminding us of His constant presence and care in our lives.



Bible Study

MOTHER'S LOVE
MAY 2024 – WEEK 2

DISCUSSION QUESTIONS

- How does the love and compassion of a mother reflect God's grace towards His children?
- Can you share a personal experience where you witnessed or received a mother's love as a reflection of God's grace?
- In what ways can we honor and appreciate mothers for their role in reflecting God's grace?
- How does understanding God's grace through motherhood impact our relationship with Him?
- What lessons can we learn from the nurturing and compassionate nature of mothers about extending grace to others?
- How can we support and uplift mothers in our communities, recognizing the sacrificial love and grace they demonstrate?
- Share a memorable moment where you experienced God's grace through a motherly figure in your life.
- How does the concept of God's grace in motherhood influence our understanding of forgiveness and acceptance?

CLOSING PRAYER

Heavenly Father, on this special day, we thank You for Your nurturing love and grace. As we honor earthly mothers, we're reminded of Your boundless compassion. We lift up all mothers, asking for Your guidance and strength. Comfort those who find this day difficult and empower us to reflect Your love and compassion to others.

Lord, we also remember those for whom this day brings difficulty – those who have lost mothers, those longing to be mothers, and those with strained relationships. Surround them with Your peace and comfort, reminding them of Your eternal love and presence.

May Your nurturing grace sustain us, guiding us in love and compassion toward one another. In Your name, we pray. Amen.





CATS WORDPLAY GAME



The Andrew Lloyd Webber musical *Cats* premiered on May 11th, 1981. Celebrate the fourth longest-running Broadway show of all time with the Cats Wordplay Game.

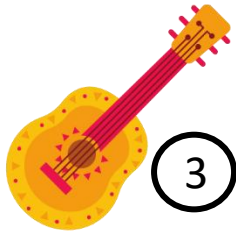
DIRECTIONS: Read the clue/definition aloud to the group. Players take turns producing the word that is described in the clue/definition. Each answer contains C-A-T. Good luck!

	CLUE / DEFINITION	ANSWER
1.	North American wildcat with a brownish coat and black spots.	BOBCAT
2.	A heated or angry dispute; noisy argument or controversy.	ALTERCATION
3.	British singer-songwriter with the hits <i>Morning Has Broken</i> , <i>Father and Son</i> , and <i>Wild World</i> .	CAT STEVENS
4.	To go off hastily.	SCAT
5.	To seize or capture, especially after pursuit.	CATCH
6.	Principal church of a diocese, containing the bishop's throne.	CATHEDRAL
7.	To provide food or service at a party or wedding.	CATER
8.	To speak or write in favor of; support or urge by argument; to recommend publicly.	ADVOCATE
9.	Form filled out for a job or a driver's license.	APPLICATION
10.	Slyly malicious; spiteful.	CATTY
11.	Any of several North American felines of the genus <i>Lynx</i> .	WILDCAT
12.	Fine in texture, quality, construction, etc.	DELICATE
13.	To provide schooling or training for; to send to school.	EDUCATE
14.	A list of contents of a library or a group of libraries.	CATALOG

CINCO DE MAYO

Fill in the crossword, using the pictures as clues.

When listed, A = Across / D = Down



3

11A



1



2

4A



9



10



6



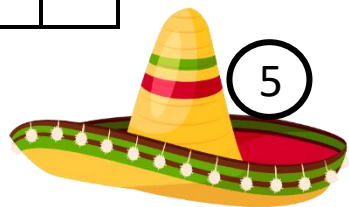
11D



8



12



5



7

CHOCOLATE CHIP SMOOTIE

NATIONAL CHOCOLATE CHIP DAY

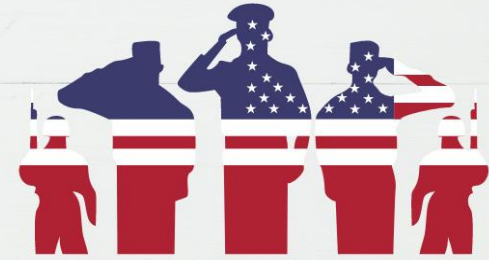
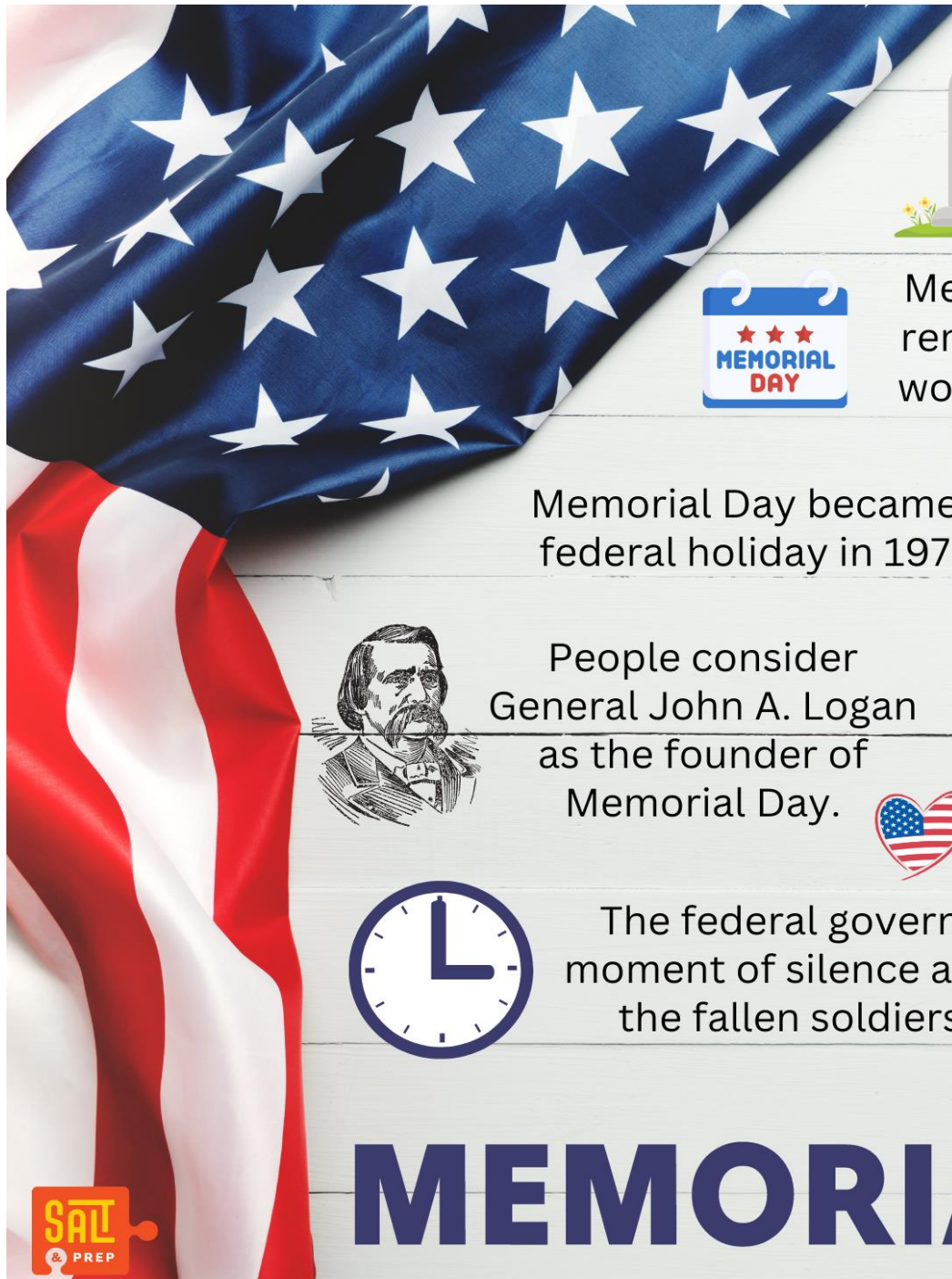
Ingredients

- 1 CUP OF MILK
- 1/4 CUP OF CHOCOLATE CHIPS
- 1 RIPE BANANA
- 1 TABLESPOON OF HONEY
- 1/2 TEASPOON OF VANILLA EXTRACT
- 1/2 CUP OF ICE CUBES

Directions

1. Add the milk, chocolate chips, banana, honey, and vanilla extract to a blender.
2. Blend the ingredients on high speed until they are smooth and well combined.
3. Add the ice cubes to the blender and blend again until the mixture is thick and creamy.
4. Pour the smoothie into a glass and serve cold.





Memorial Day is celebrated to honor and remember all of the courageous men and women who died fighting for our country.

Memorial Day became a federal holiday in 1971.



Waterloo, New York is the official birthplace of Memorial Day.



People consider General John A. Logan as the founder of Memorial Day.



Canadian poet John McCrae introduced red poppies for Memorial Day.



The federal government asks that all Americans take a moment of silence at 3 PM on Memorial Day to remember the fallen soldiers who have fought for our country.

MEMORIAL DAY



COCA-COLA FLAVORS

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



Find the Coca-Cola flavors in the puzzle.

Words may appear across, backward, diagonal, up or down.



COCA COLA CLASSIC
 LEMON
 CHERRY COCA COLA
 NEW COKE
 COCA COLA VANILLA
 COKE ZERO
 LIGHT SANGO
 RASPBERRY

COCA COLA CITRA
 DIET COKE
 DIET COKE PLUS
 ORANGE
 COCA COLA LIFE
 LIME
 GINGER
 CLEAR COCA COLA

COFFEE
 MEXICAN COKE
 COCA COLA APPLE
 FIESTY CHERRY
 ZESTY BLOOD ORANGE
 GINGER LIME
 TWISTED MANGO
 CINNAMON



TODAY'S ACTIVITIES

WEDNESDAY, MAY 1ST, 2024





TODAY'S ACTIVITIES

WEDNESDAY, MAY 1ST, 2024



3

4

5

Roll
Doubles

7

Roll
Doubles

8

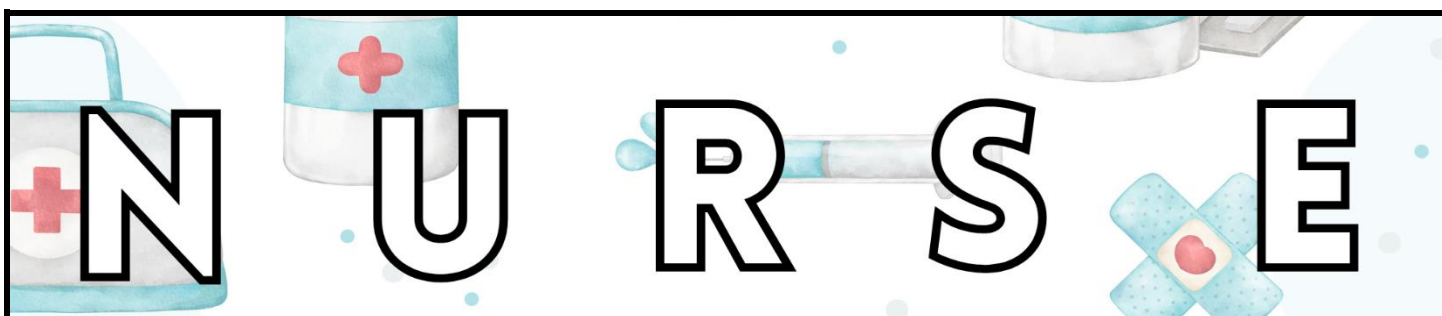
9

11

10

Roll
Doubles

Roll
Doubles



3	26	45	60	74
11	17	41	58	63
2	25	 FREE SPACE	49	71
8	26	37	51	75
5	20	34	54	72

MEN 'S GROUP – PLUMBING

Forming a men's group at your community is a wonderful way to gather men who are eager to learn new things and connect with fellow residents. Whether you are a seasoned handyman or simply curious about how to tackle common plumbing issues, this activity is designed to equip you with practical knowledge and hands-on experience.

OBJECT OF THE GROUP

- Foster a sense of camaraderie and friendship among senior men.
- Provide opportunities for learning new skills and sharing knowledge.
- Empower members to take on DIY projects and tackle common household tasks with confidence.



BEFORE YOU BEGIN

As a facilitator with limited knowledge about plumbing, it is important to ensure that this activity session is informative and engaging. One strategy is to reach out to a local plumber and invite them to host a discussion about plumbing basics. Here are some suggestions for how this collaboration could unfold:

- Guest Speaker – Invite a plumber to give a brief presentation on plumbing fundamentals, including an overview of common household issues and simple repair techniques.
- Hands-On Demonstration: Ask the plumber to demonstrate basic plumbing tasks, such as fixing a leaky faucet or unclogging a drain and provide step-by-step guidance for participants to follow.
- Q & A Session: Encourage participants to ask questions and seek advice from the plumber about their own plumbing challenges or projects.
- Resources: Have the plumber recommend affordable plumbing resources, like local hardware stores or look up some online tutorials to share with the group.

If reaching out to a plumber is not feasible, consider involving the facility maintenance team to help facilitate the activity as they may have valuable insights and experience to contribute, even if they are not plumbing experts.

Alternatively, if neither of these options are available, you can always facilitate the plumbing discussion yourself using the outline on Page 2, a glossary of terms on page 3, and a list of plumbing-related projects that are suitable for a senior environment on page 4.



WHAT IS PLUMBING?

Plumbing refers to the system of pipes, fixtures, and fittings that distribute water throughout a building and remove waste.

COMPONENTS OF A PLUMBING SYSTEM

Pipes: Tubes that carry water, gas, or waste

Fixtures: Devices like sinks, toilets, and showers that use water.

Fittings: Connectors that join pipes together or to fixtures.



TYPES OF PLUMBING SYSTEMS

Water Supply System: Brings clean water into the building.

Drainage System: Removes waste and wastewater from the building.

WATER SUPPLY SYSTEM

- Water enters the building through a main supply line.
- Branch lines distribute water to fixtures like sinks and showers.
- Shut-off valves control water flow to individual fixtures.



DRAINAGE SYSTEM

- Waste and wastewater flow through drain pipes.
- Vent pipes prevent sewer gases from entering the building.
- Drain traps trap water to prevent sewer odors from coming back up.

COMMON PLUMBING ISSUES

Leaky Faucets: Worn out washers and seals.

Clogged Drains: Accumulation of debris or hair.

Running Toilet: Faulty flapper or fill valve.

BASIC PLUMBING TOOLS

Wrenches: Used to tighten or loosen nuts and bolts.

Plunger: Clears clogged drains by creating suction.

Pipe Cutter: Cuts pipes to the desired length.



GLOSSARY OF BASIC PLUMBING TERMS

BACKFLOW PREVENTER	A device that prevents contaminated water from flowing back into the main supply line.
BRANCH LINE	A smaller pipe that distributes water from the main supply line to fixtures.
DRAIN	A pipe that carries wastewater away from a building.
FAUCET	A device for controlling the flow of water from a pipe.
FILL VALVE	A device that refills the toilet tank after flushing.
FIXTURE	A device that uses water, such as a sink or toilet.
FLAPPER	A rubber valve that controls water flow in a toilet tank.
FITTING	A connector that joins pipes together.
MAIN SUPPLY LINE	The pipe that brings water into a building from the municipal supply.
PIPE	A hollow cylinder used to convey water or gas.
PIPE CUTTER	A tool used to cut pipes to the desired length.
PLUNGER	A tool used to clear clogged drains by creating suction.
PRESSURE REGULATOR	A device that controls water pressure in a plumbing system.
SEPTIC TANK	A tank buried underground that collects and treats wastewater from a building.
SEWER	A pipe that carries wastewater and waste from a building to a treatment facility.
SEWER GAS	Gases produced by decomposing waste in sewer pipes.
SHUT-OFF VALVE	A valve that controls the flow of water to a fixture.
TAP	A faucet for drawing water from a pipe.
TRAP	A curved section of pipe that holds water to prevent sewer odors from entering a building.
VENT	A pipe that allows air to enter the drainage system to prevent suction.

Here is a list of several plumbing-related projects suitable for a senior environment where mobility may be limited:

1. **Replace a toilet flapper:** A common issue that can cause a running toilet. Participants can learn how to identify a faulty flapper and replace it with a new one, improving toilet efficiency.
2. **Install a Low-Flow Showerhead:** This project can help conserve water and reduce utility bills. Participants can learn how to remove an old showerhead and install a new, water-saving one.
3. **Fix a Leaky Faucet:** Leaky faucets are often caused by worn-out washers or seals. Participants can learn how to disassemble a faucet, replace the necessary parts, and reassemble it to stop the leak.
4. **Unclog a Drain:** Clogged drains can be cleared using a plunger or drain snake. Participants can practice these techniques to effectively remove blockages from sinks or showers.
5. **Replace a Showerhead:** Like installing a low-flow showerhead, participants can learn how to remove an old showerhead and install a new one, updating the bathroom fixtures.
6. **Adjust Water Pressure:** High water pressure can strain plumbing fixtures and lead to leaks. Participants can learn how to adjust the water pressure at the main supply line or individual fixtures to prevent damage.
7. **Install a Sink Stopper:** Missing or broken sink stoppers can cause water wastage and inconvenience. Participants can learn how to install a new sink stopper to control water flow in the sink.
8. **Insulate Pipes:** Insulating pipes can prevent freezing during chilly weather and reduce energy loss. Participants can learn how to wrap pipes with insulation material to protect them from temperature extremes.



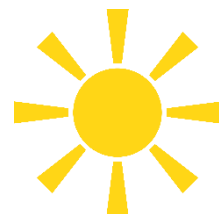
DISCUSSION QUESTIONS

- What plumbing issues have you encountered in your lifetime and how did you address those issues?
- How do you think minor changes, like installing a low-flow showerhead or fixing a leaky faucet, can impact water conservation and utility bills?
- What are some practical tips for maintaining a healthy plumbing system and preventing common issues like clogged drains or leaky pipes?
- Have you every attempted a DIY plumbing project, and if so, what was your experience like?

NAME ONE GAME

Ask one question per person or have each player answer every question.

1. Name one thing that is round.
2. Name one thing that is quiet.
3. Name one thing that is yellow.
4. Name one thing in the room that is small enough to put in your pocket.
5. Name one thing that is soft.
6. Name one thing that is pink.
7. Name one musical instrument.
8. Name one city that you have always wanted to visit.
9. Name one thing that tastes salty.
10. Name one thing that is too big to put in your bathroom.
11. Name one thing that you would not want to find in your omelet.
12. Name one warm month of the year.
13. Name one thing that has wheels.
14. Name one drink that is best served hot.
15. Name one thing with holes.
16. Name one animal with four legs.
17. Name one thing that makes a good house warming gift.
18. Name one thing you do before getting on an airplane.
19. Name one thing you don't usually eat for dessert.
20. Name one thing you would see at a church.
21. Name one popular card game.
22. Name one thing that needs to be turned on before you use it.
23. Name one thing that is silver.



NATIONAL
CHOCOLATE
CHIP DAY

WEDNESDAY, MAY 15, 2024



MAY SLIDESHOW SAMPLES

Our premade monthly slideshows come with simple instructions to transform any television in your community space into a vibrant, colorful presentation filled with fun facts about the month. Just one of the perks of your subscription. Join today at saltandprep.com.

MAY 3, 1960



The Anne Frank House opened its doors to the public in Amsterdam. More than 1.2 million people visit the museum each year.



“All things seem possible in May.”

-Edwin Way Teale



MAY 12, 1820

Florence Nightingale was born in Florence, Italy. She was the founder of modern nursing.



MAY 15, 1940



Brothers Maurice and Richard McDonald opened their first McDonald's restaurant in San Bernardino, California.



MAY 21, 1914

The Greyhound Bus Company began in Minnesota when founder Carl Eric Wickman began transporting miners to different towns.



MAY 26, 1805

Lewis and Clark recorded their first glimpse of the Rocky Mountains.



INTERNATIONAL BURGER DAY



MAY 31, 2009



Millie Dean, the last known person to have survived the sinking of the *Titanic*, died of pneumonia at age 97.





TUESDAY TONGUE TWISTERS

Cut apart the tongue twisters prior to play.

Players take turns drawing a tongue twister and reading it aloud to the group. How many of the following tongue twisters can you read without making a mistake?



BARBARA'S BILLIARDS BRILLIANCE BEWILDERED BOB.

GREG WORE GREEN GLOVES AND WAS A GOOD GOLFER.

THE ATHLETES DECIDED TO DISCUSS DISCUS DELEGATIONS.

SAMUEL LOVED SIPPING SODA SEATED ON THE SOFA.

SAMANTHA SAW STUNNED SKIERS STACKING SNOW.

STEPHEN'S SIXTH CYCLING SESSION SURELY SUCKED.

SHEENA LEADS AND SHEILA NEEDS.

SELFISH SHELLFISH (REPEAT FIVE TIMES)

LINDA AND LULU LOVE LEMON LOLLIPOPS AND LIP GLOSS.

RUPERT RAN RINGS AROUND THE ROMAN RUINS.



WHOA, BABY! TRIVIA GAME

How many of these trivia questions can you answer?
Play individually or as a team.



1.	What is a baby bear called?	CUB
2.	What do you call a baby horse?	FOAL
3.	What is a baby goat called?	KID
4.	What do you call a baby tiger?	CUB
5.	What is a baby fox called?	KIT
6.	What do you call a baby dog?	PUPPY
7.	What is a baby moose called?	CALF
8.	What do you call a baby cat?	KITTEN
9.	What is a baby elephant called?	CALF
10.	What do you call a baby goose?	GOSLING
11.	What is a baby pig called?	PIGLET
12.	What do you call a baby kangaroo?	JOEY
13.	What is a baby cow called?	CALF
14.	What do you call a baby platypus?	PLATYPUP / PUGGLE
15.	What is a baby koala called?	JOEY

YELLOW BRICK ROLL

