

# Calendar

ur year ahead with suggestions and ideas for elebrating cultures from around the world



# Before we wave you adieu,

lets explain how we will help you to plan your adventure. Each month while you travel and explore we have added some helpful suggestions to help you plan your journey and have a fun filled time. We've also reminded you of some special days through each month where you can plan your own activities.

Good luck and farewell

Why not say
farewell
with a
typical
English
Afternoon
Tea

Selection of sandwiches
Tier of cakes - victoria sponge, lemon slice
English scones with jam and cream
Earl grey tea
Homemade lemonade

Vera Lyn - Wish me Luck
The Dualers - Pack up your troubles
Reginald Dixon - I do like to be beside the seaside
Willie Nelson - On the road again
John Denver - Leaving on a jet plane

#### FIRST STOP

#### BOOTLAND



Try researching and making your family tartan with some different arts and crafts.

Try your hand at writing or reciting some poetry like the man himself.

Bake some traditional

Scottish shortbread .



#### BURNS NIGHT

25TH JANUARY



Go traditional by listening to some Scottish bagpipes, ceiddh or carsach or go a bit more modern with Bay City Rollers or The Proclaimers



Baked haggis Neeps & Tatties Cullen Skink Cranachan







I travel not to go anywhere, but to go.
I travel for travel's sake. The great affair is to move.

31

30

**ROBERT LOUIS STEVENSON** 





Ideas "Shopping List



Celebrate of Love and create hor decorate baking macaro

Celebrate St Valentine in the City of Love, why not have some arts and crafts sessions to make some homemade gifts, cards and decorations. You could even have a baking day to make some special macarons for that special someone

France is known for its high fashion - why not set up your very own catwalk, have a pamper day, dress up in your finest and then strut your stuff



Get some exercise and learn to play the traditional French game pétanque

France is famous for the impressionist art movement...why not try your hand at your own self portrait. You could even set up your own gallery

Settle down to watch some French themed movie classics...'Les Miserables' or 'An American in Paris'

How about playing a game of charades...make it even more fun by dressing up as the traditional french mime artists



Why not design your own menu incorporating some of France's most famous foods. You could even personalise it even more by changing the restaurant name to suit your theme



•

Edith Piaf ~ Johnny Halladay ~ Vanessa Paradis ~ Jacques Detronc Serge Gainsbourg











	D: '4				SAT
	Dignity Action Day		Time to Talk Day	Welsh Language Music Day	
	1	2	3	4	5
Sign 2 Sing Week		National Pizza Day			
	8	9	10	11	12
alentine's Day	Nirvana Day		Random Acts of Kindness Day		
í	15	16	17	18	19
1	22	23	24	25	26
8					
r; í	Week  alentine's  Day	ign 2 Sing Week  8 alentine's Day  15	ign 2 Sing Week  8  National Pizza Day  Nirvana Day  15  16	ign 2 Sing Week  8  9  10  Random Acts of Kindness Day  15  16  22  23  24	Music Day  1 2 3 4  ign 2 Sing Week 8 9 10 11  alentine's Day 15 16 16 17 18

"Qui vivra verra" ~ "They who live shall see"

FRENCH PROVERB

## LETS MOVE ON TO...

#### THEN A QUICK STOP IN

#### IRRIAND

Kick those legs in the air like Michael
Flatley and dance along to some classic
'Riverdance'

go green -celebrate in style by dressing head to

green -celebrate in style by dr<mark>essing head to</mark> toe in green

Why not organise your own version of a traditional Irish games contest with some horseshoe throwing, turf stacking and wellie throwing

Try watching some Irish movies such as 'The commitments,' 'Once' 'Leap Year' 'The Quiet Man' or 'MyLeft Foot.'

You're spoilt for choice with the musical offerings of the Irish, whether it's the Mighty Irish Ballads, some traditional folk or modern pop. There's plenty to choose from...Christy Moore, The Dubliners, U2, The Cranberries,

Niall Horan!



Use one of our menus to enjoy some delicious Irish scran on St Patrick's Day on 17th March

Wales is known as the 'land of the song' and there's a huge range to choose from including traditional folk, all male voice choirs, Tom Jones, Shirley Bassey, Charlotte Church, Shakin' Steven, and Duffy to name but a few



Decorate the home with plenty of daffodils, they could be fresh or you could try your hand at making some paper or even fabric bouquets

Keep the craft theme going by making your very own traditional love spoon

If you like a bit of sport, go on YouTube and watch some of Wales Finest Rugby Moments, there's sure to be plenty of them!

Catch some classic movies that are set in Wales such as 'How Green was My Valley' or Proud Boy' and if these don't take your fancy stick to good old Gavin and Stacey!



Welsh rarebit

Leg of Welsh lamb served with

leek and potato gratin

Lavabread

Welshcakes

Glamorgan sausages and mash

Celebrate St David's Day on 1st March





SUN	MON	TUE	WED	THU	FRI	SAT
		St David's Day/ Pancake Day	Ash Wednesday	World Book Day		
		1 Day	2	3	4	5
		Internationsl Women's Day				
6	7	8	9	10	11	12
				St Patrick's Day		
13	14	15	16	17	18	19
International Day of Happiness						
20	21	22	23	24	25	26
Mother's Day						
27	28	29	30	31		

"An té a bhíonn siúlach, bíonn scéalach" ~ "He who travels has stories to tell."

IRISH PROVERB

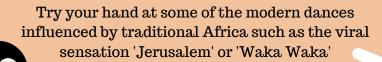




Ideas & Shopping List

#### OFF TO AFRICA NEXT, STOPPING IN.

#### South Africa & Egypt



Watch some African influenced TV & movies such as the legendary David Attenborough's 'Africa' wildlife series, 'The Lion King' or 'Out of Africa'

Have a go and replicate some decorative calabash bowls. These are traditionally made with dried gourds but you could use papier mache and paint



Take a tip from the ancient Egyptians and enjoy some pamper time...keep it traditional with honey and milk masks, floral bath soaks and sugar scrubs

Try some building crafts by making your own decorative pyramid

Watch the glamourous Elizabeth Taylor in the epic movie 'Cleopatra'





Some famous sounds from the African continent:
South African singer, Miriam Makeba ~
Cameroonian saxophonist, Manu Dibango ~
Malian singer, Salif Keita ~
Egyptian singer & composer, Sheikh Imam













	SUN	MON	TUE	WED	THU	FRI	SAT
							Ramadan
						1	2
3		4	5	6	7	8	9
	National blings Day				Hindu New Year	Good Friday	
01	omigs Day				1 Cai		
10		11	12	13	14	15	16
	Easter Sunday	Easter Monday				Earth Day	St George's Day
	Guilday	Monay					Day
17		18	19	20	21	22	23
		World Penguin Day					
		1 chyum Day					
24		25	26	27	28	29	30

"There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered"

**NELSON MANDELA** 









If you don't fancy the soothing tones of great Spanish crooners, Enrique and Julio Iglesias, you could try some more traditional folk music by the beautiful and talented Lola Flores



Flamenco dancing is rich in history, finding out about its origins from 18th century to being a symbol of protest in the 1950's is almost as fun as trying the dance itself. Don your fanciest dress, shake those maracas and tap those feet to some traditional Spanish music



Host your own Benidorm Happy Hour, get on the kareoke and belt out some cheesy holiday songs while enjoying some typical Spanish cocktails...bring on the sangria!

Get crafty and design and make your own fans to use while you're flamencoing the day away



Lunch - Almuerzo Spanish Omlette

Papas Fritas Ensalada Spanish Surprise

Tea - Cena

Alternatives

available on

request

Selection of tapas





Why not celebrate the famous Spanish festival, ' The Day of Madrid'

DOSDEMAYO









"Piérdete en el mundo y encuéntrate contigo mismo" ~ "Get lost in the world and find yourself at the same time"

SPANISH SAYING





Ideas & Shopping List								

#### ET'S CONTINUE ACROSS THE MED TO

### Haly

#### CREES

Italy is famous for its master artists, why not head outside and put some paint to paper with nature as your muse

You could have an art discussion, choose some famous pieces of art as a talking point. For example, what was Mona Lisa smiling at?

Have an afternoon of culture by watching some of the great operas such as La Boheme or La Traviata

Why not settle down for a movie with the handsome Gregory Peck and the fabulous Audrey Hepburn on their Roman Holiday Why not try some traditional crafts like the Ancient Greeks by trying your hand at making some mosaic art.

Log in to YouTube and catch some great Olympic Highlights while reminiscing on some of your memories of your favourite athletes

Get our dancing shoes on and try out some traditional zorba dancing

In the evening you could settle down to one of our favourite musicals Mamma Mia! While you're singing along check out some of the glorious Greek sights in the background.





Give some Greek sounds a chance with the famous Nana Mouscouri or the Eurovision star Mariza Koch







Listen to some music from the famous Italian singers of the 1950s & 1960s. Sing and dance the afternoon away with the likes of Adriano Celentano, Perry Como, Mario Lanza and Louis Prima











SUN	MON	TUE	WED	THU	FRI	SAT
			Pride Month/ National Volunteers Week	Spring Bank Holiday	Queen's Platinum Jubilee Weekend	
			1	2	3	4
National Gardening Week			National Best Friend's Day			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Father's Day		Midsummers Day				
19	20	21	22	23	24	25
	Wimbledon Starts					
26	27	28	29	30		

#### "Wisdom begins in wonder."

SOCRATES

LET'S GO ACROSS THE ATLANTICE TO



Pancakes and Maple Syrup
Poutine
Tourtiere
Butter Tarts
Nanaimo Bars



Buffalo Chicken Wings

New York Style Hots

\* Cheeseburgers

Meatloaf

Good Ol' Apple Pie

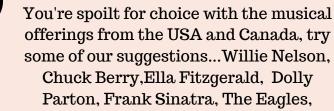




Host your very own Awards celebration, Hollywood style, nominate staff and residents for some special categories.

You could even give out your own personalised Oscars! Pay homage to the origins of the USA by learning about and then making your own Native American crafts such as your own dream catcher, rain stick or totem pole.

Have an American movie marathon... there are so many movies to choose from, John Wayne Westerns, A League of Their Own, Forrest Gump, Saving Private Ryan, Grease



James Brown, Barbara Streisand, Elvis Presley, Neil Young, Michael Buble, Bryan Adams





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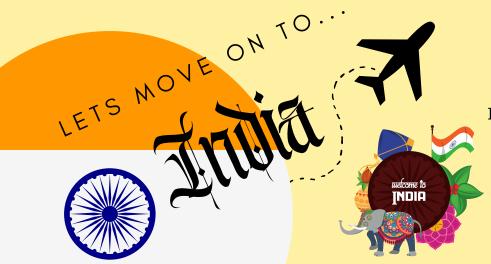
"Oh, the places you'll go"

**DR SEUSS** 





Ideas & Shopping List





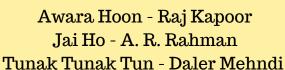
Start your morning with some armchair yoga. Do some poses whilst listening to some traditional classical Indian music. Let the sounds of the sitar soothe you into a comfortable zen-like state

Why not use your artistic skills to paint some Mandalas or try your hand at some Rangoli artwork

Dance the afternoon away by shimmying away to some Bollywood dancing

In the evening put your tired feet up and enjoy a classic love story with a Bollywood twist..."Bride and Prejudice"

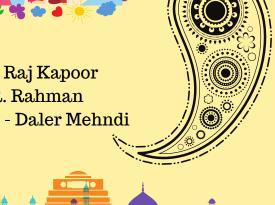


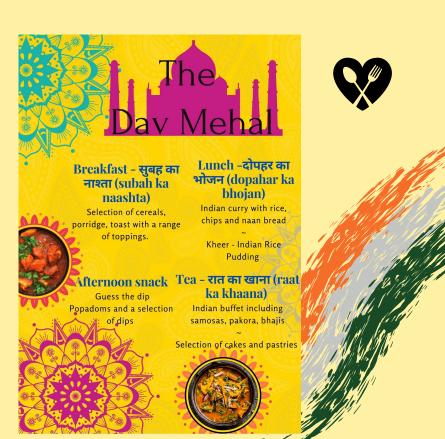


Indian

Independence

Day













SUN	MON	TUE	WED	THU	FRI	SAT
				International Owl Day		
	1	2	3	4	5	6
7	8	9	10	11	12	13
	India Independence Day				World Photo Day	
14	15	16	17	18	19	20
			International Dog Day			
21	22	23	24	25	26	27
	August Bank Holiday					
28	29	30	31			

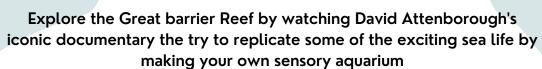
"The future depends on what you do today."

MAHATMA GANDHI

#### NEXT STOP







Keeping with the craft them why not try your hand and create and decorate your own aboriginal boomerangs, dot paintings or clapping sticks

Create your own Bondi Beach Party, have some sensory pleasure for your toes by having some sand and mineral footpaths. You could even have your own BBQ party to go alongside it!

Have your very own BushTucker Trial and try some new fun and exciting foods

Get out the popcorn and watch some classic Australian movies such as Crocodile Dundee, Strictly Ballroom, Muriel's Wedding and Priscilla Queen of the Dentist. If you want to go retro, how about rewatching Scott and Charlene's Wedding from the fantastic 80's hit neighbours!

Check out some awesome Australian musicians including: The Bee Gees, Kylie Minogue, Jason Donavan, Crowded House, Olivia Newton-John, Men at Work and Rick Springfield

Explore the vast range of
exciting creations of which
New Zealand is famous for
including \*Manuka
Honey\*NZ lamb\*NZ
Wine\*Lord of the
Rings\*Eco-culture\* Maori
traditions\*Haka war
dance\*











SUN	MON	TUE W	WED	THU	FRI	SAT
				World Alzheimer's Month		
				1	2	3
		Rosh Hashanah				
4	5	6	7	8	9	10
		Roald Dahl Day		Yom Kippur		
11	12	13	14	15	16	17
	Japanese - Respect for the Aged Day		International Peace Day			
18	19	20	21	22	23	24
25	26	27	28	29	30	
20	20	21	20	27	50	

"We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home."

AUSTRALIAN ABORIGINAL PROVERB

Ideas & Shopping List

## China, Rorea & Japan

Hangul STHOCTOBER

> Celebrate the invention of the Korean alphabet by learning how to write your own name

China, Korea and Japan may all be located in Eastern Asia but they are all very different and have distinct and fascinating cultures. Try researching and learning about each country separately. Why not have a quiz to test your knowledge?

Have a go at the ancient art of origami, start with something simple like a crane or tulip

Why not have a go at making your very own Chinese lanterns or even build your own Chinese Dragon?

Get physical and practice some Asian exercise, keep it light with some Tai Chi or be more active with Kung Fu, Karate or Tae-Kwon-Do Play some traditional Korean games such as Ddakji, Gonggi, and Tuho Why not have your very own Karaoke or Noraebang...drink some beer while belting out some of your favourite tunes

Check out some Asian inspired films that made it in Hollywood such as The Last Samurai, Memoirs of a Geisha Girl, Crazy Rich Asians, Bao and Crouching Tiger, Hidden Dragon.



Try listening to some traditional East Asian music such as 'guoyue' from China, 'gugak' from Korea and 'min-yo' folk music from Japan.

Alternatively, you could try some modern music such as TF Boys from China or some K-Pop or J-Pop artists such as Eco, Girls generation, BTS, Psy, Hikaru Utardu and Arashi











SUN	MON	TUE	WED	THU	FRI	SAT
						Black History Month
						1
				National Poetry Day	National Smile Day	
2	3	4	5	6	7	8
	World Mental Health Day					World Singing Day
9	10	11	12	13	14	15
16	47	10	40	20	24	20
16	17	18	19	20	21	22
	Diwali					
23	24	25	26	27	28	29
	Halloween					
30	31					

"Wherever you go, go with all your heart."

CONFUCIUS

#### O U R

#### UR PENULTIMATE STOP.

#### Mexico & Brazil



There's so much delicious Mexican food to choose from...Burritos, tacos, menudos, salsa and guacamole and the sweet tooth amongst you how about some sweet churros!







Bring the fun of Brazil to your home by hosting a Mardi Gras Carnival themed party. The key to decor is bigger and brighter is better, make your own colourful decorations...tropical palm trees, fruit, bunting, flowers and feathers.

Grab all the glitter, beads, paint and feathers to make your own sparkly mask

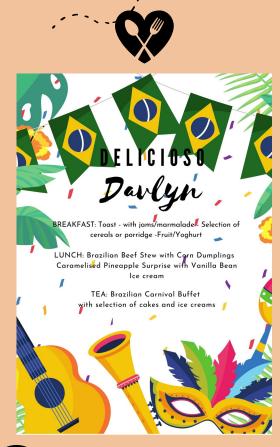
Have a danceathon and samba the night away
After your CARNIVAL why not have a Mexican fiesta, pull
out the maracas, hang the piñata and dance the night
away!







2ND NOVEMBER





As well as the samba listen to the bosa nova. Or go more modern with Anitta, Caetano Veloso, Ludmilla or Claudia Leitte







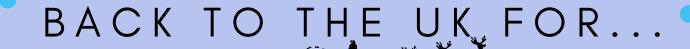
"Si no escalas la montaña jamás podrás disfrutar el paisaje"
"If you do not climb up the mountain how will you enjoy the view?"

PABLO NERUDA





Ideas & Shopping List							



## Christmas around



Give out rapped apples like they do in China on Christmas Eve!

In Greece, a traditional table decoration are loaves of 'Christopsomo' (Christ's Bread or Christmas bread)

On Christmas Eve. Christians in Goa hang out giant paper lanterns, in the shape of stars. Why not have a go at making

Favourite Christmas foods in Brazil include pork, turkey, ham, salads and fresh and dried fruits. Everything is wed with rice cooked with raisins and a good

> A popular <mark>course</mark> in Egypt is 'Fata' a lamb soup which contains bread. rice, gar<mark>lic and boiled</mark> lamb meat which christians eat after they have fasted for 43 days!



Australians decorate their houses with bunches of Christmas Bush, a native Australian tree with small green leaves and cream colored Howers. Why not make your

Do like they do in Canada and have a cookie baking party!

Put on your guilars and own Christmas play beating on is what it is called. In and drums

traditionally a shepherdess and also a woman who tries to steal the baby Jesus!

Spanish radition of carrying torches, playing

Make and decorate Your own boatlike the children of

Greece at Christmas

Be like the Australians and try some BBQ seafood





# Ideas & Shopping List



#### Merry Vecember

SUN	MON	TUE	WED	THU	FRI	SAT
				World AIDS Day		
	Illumination Street Week		International Day for People with Disabilities		Christmas Jumper Day	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
						Christmas Eve
18	19	20	21	22	23	24
Christmas Day	Boxing Day					New Year's / Eve
25	26	27	28	29	30	31

Wishing you and yours a happy and prosperous 2023

FROM ALL AT DAVLYN HOUSE AND THE NATIONAL DIGNITY COUNCIL