



12 days of Christmas

 **age Scotland**
Love later life

Dear Age Scotland member

12 days of Christmas

The festive season has traditionally been a time when you, our members, were particularly busy organising and attending outings, meals and parties and we, as a Community Development Team, were out and about across the country visiting and connecting with you all.

This year has been very difficult for everyone and although we are unable to connect and celebrate face to face, there are still several ways we can reach out, connect, and enjoy some social interaction.

With this in mind, the Community Development team has put together an activity which we hope will be helpful for connecting both with your members and with us. Based on the traditional “12 days of Christmas,” we have an activity for the first 12 days of December, which will get you thinking, doing, and connecting.



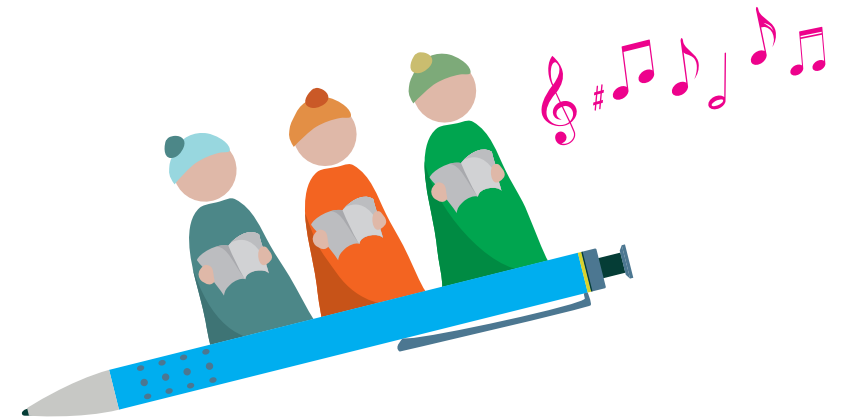
Call our helpline on 0800 12 44 222



If possible, please share these activities with your group and/or an older person who you think may benefit. You can participate as a group and/or individually and all we ask is that you share your stories with Age Scotland either by post (we have enclosed a S.A.E), phone or via email at **members@agescotland.org.uk**.

The Community Development Team will be showcasing all the activities that you send us. We want to remind everyone that our older people’s groups are still connecting even in these most difficult times.

Further copies of the activity card can be obtained by either emailing **members@agescotland.org.uk** or calling **0333 323 2400**. For an email version of the activities, email your local Community Development Officer. Contact details can be found on the back page of this booklet.



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1st December



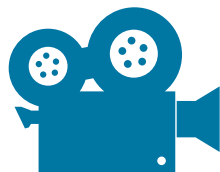
The twelve days of Christmas

The twelve days of Christmas is a traditional Christmas Carol originating in England in 1780. It's thought children used it as a memory game. What Christmas traditions do you miss from days gone by? Do you have any funny stories about those lost traditions? We would be delighted to hear about lost traditions, old jokes, or memories. Send your thoughts to us. Who knows, they might make a comeback soon!

Today in 1955: Rosa Parks was arrested in Montgomery, Alabama for refusing to give up her seat on a bus.

Christmas cracker: Why is it so difficult to train dogs to dance? Because they have two left feet!

2nd December



Eleven Christmas films

What is better than watching a warm fuzzy film at Christmas, whether it is an old classic or a newer one the grandchildren love. What is your favourite Christmas film? Why not produce a top 11 of Christmas films by asking all your members their favourite ones? Send your top 11 to us. We cannot wait to see what films everyone loves!

Today in 1969: the Boeing 747 Jumbo Jet was publicly unveiled.

Christmas cracker: What did the stamp say to the letter? Stick with me and we'll go places!

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3rd December



Ten songs we love

Christmas songs are everywhere at this time of the year. Research suggests music can boost happiness and reduce anxiety. What's not to love? Why not produce your group's own top 10 of Christmas songs by asking all your members to name their favourite one? Let us know what your favourite Christmas tunes are and post us your top 10.

Today in 1984: Band Aid released the single "Do they know it's Christmas".

Christmas cracker: Why are pirates great? They just aaaaaarrrrrr!

4th December



Nine bad jokes

Christmas crackers are a British tradition dating back to Victorian times, when a London confectioner started adding a motto to his sugared almond bon-bons which he sold wrapped in a twisted paper package.

Why not have a go at making your very own cracker?

To make it you will need: toilet-roll tubes, Christmas paper or whatever you have to hand, sticky tape and some decorative ribbon if you have it. Why not put one of our jokes in it? Or, you could write a letter to someone who has supported you this year to say thank you.

Today in 1745: Bonnie Prince Charlie and his army reach Derby.

Christmas cracker: Why are Christmas trees bad at knitting? Because they always drop their needles

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5th December

Eight members baking



Christmas cake started life as plum porridge, designed to line people's stomachs after a day of religious fasting. Soon, other fruits and a dash of honey joined the plums, and it became the Christmas pudding.

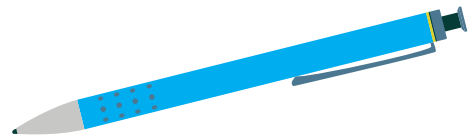
What is your favourite Christmas sweet treat? Why not have a Christmas bake off? Ask members to make a Christmas treat and then share pictures amongst your group. If people can't take pictures, maybe someone could call them and they could share the recipe. Send us your pictures and recipes. We would love to see your creations and may even try a few ourselves!

Today in 1975: Ronnie O'Sullivan, Snooker World Champion was born.

Christmas cracker: How many letters are in the alphabet at Christmas? 25 - there's no-el

6th December

Seven cards a writing



A relatively recent phenomenon, the sending of commercially printed Christmas cards originated in London in 1843. Previously, people had exchanged handwritten festive greetings, first in person, then via post.

At this time of year it's nice to let people know we are thinking of them and the best way to do this is by sending a Christmas card. You could even design your own card if you are feeling creative! Why not write a card to someone in your group who you haven't seen or spoke to in a while, we are sure they will appreciate it.

Today in 1964: "Rudolph the Red-Nosed Reindeer" first aired on TV.

Christmas cracker: Why did the turkey join the band? Because it had the drumsticks!

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7th December

Six breaths of fresh air



A round-robin letter, in which the writer recalls the year's events from their point of view, was typically included with a Christmas card and sent to multiple friends at the end of the year. The robin itself became associated with Christmas after it was depicted on cards in the 19th century, a tradition that has been retained to this day.

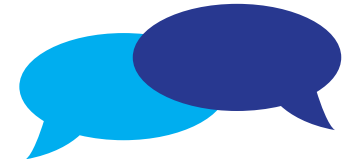
Why not spend some time outside in the park or garden (or looking out of the window if you cannot get out) and see how many different types of bird you can spot? Anything unusual or simply beautiful? Let us know what you have seen.

Today in 1979: the first Star Trek movie premieres.

Christmas cracker: What do you call Father Christmas on the beach? Sandy Claus!

8th December

Five golden moments



Christmas is a time for reminiscing. Talking and sharing memories of times gone by is part of Christmas and although we may not be visiting family and friends as much over this festive period, we can still enjoy a good old wallow in our memories.

Why not ask members to write a line around a memory of Christmas (or a family celebration) gone by that they particularly enjoyed? You could compile these into a poem to share with members and, if possible, with us - we would love to hear all your poems and stories.

Today in 1542: Mary, Queen of Scots was born in Linlithgow Palace.

Christmas cracker: What do you get if you cross Santa with a duck? A Christmas quacker!

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9th December

Four items in your stocking

Saint Nicholas, according to old tradition, left his very first gifts ever in the stockings of three poor girls. The stockings had been hung on the hearth to dry above the fire. The original Father Christmas gave them three gold coins to pay for their wedding dowries.

Can you name four items that were in your Christmas stocking as a child? Perhaps you received a tangerine, sweets, or a small toy? If you didn't celebrate Christmas name four of the most treasured presents you received as a child.

Today in 1960: 1st broadcast of Coronation Street on ITV

Christmas cracker: What do you call a dog who works for Santa? Santa paws!

10th December

Three pics of us



Many families have an old tradition of taking a family photograph at a specific time in a specific setting every year, often in front of the Christmas tree. These photographs tell a lovely tale of how things have changed over the years.

Get your group talking and guessing by sharing old photographs. Ask each group member to look out three old photographs of themselves, put them in an envelope together with a folded piece of paper with their name in an anagram. Post to a member of your group. Everyone receives one and has fun trying to guess who is in the photograph.

Today in 1901: First Nobel Peace Prizes awarded to Red Cross founder Jean Henri Dunant and peace activist Frederic Passy.

Christmas Cracker: What says Oh Oh Oh? Santa walking backwards!

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11th December

Two gifts for Santa



Santa Claus, Saint Nicholas, Grandfather Frost, Pere Noel, Father Christmas, is known the world over. He is a mythical character loved by all people of all ages, whether children, teens, or adults - everyone loves this myth.

Make or repurpose two small items from things around your house, use up all those old crafty bits and pieces, bake, take something you have never used but know others might, wrap and "hey presto" you have a readymade Secret Santa sack for everyone in the group.

Today in 1913: the Mona Lisa was recovered 2 years after it was stolen from the Louvre Museum.

Christmas cracker: Who is Santa's favourite singer? Elf-is Presley!

12th December

A phone call to a good friend

Holidays and celebrations can often make people feel lonelier. With all the hype and joy on social media and TV it can often feel like some people are left out. Now is the time to pick up the phone and have a good old chinwag with a new friend or an old acquaintance, you never know how much they might need it or how much joy it will bring you.

Today in 1915: Frank Sinatra, American singer and actor known as 'old blue eyes', was born.

Christmas cracker: What athlete is warmest in winter? A long jumper

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Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 so that they can love later life.

Our vision is a Scotland where everyone can love later life.

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Age Scotland helpline

0800 12 44 222

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