

i2i's INTERGENERATIONAL ACTIVITY LIST©

Many thanks to UP! star, Ed Asner for his idea
i2i Intergenerational Society www.intergenerational.ca

One of the greatest gifts in any season is free, and fun. It is play time between friends and family. Have you ever wished that you could have a friend from another generation?

Ed Asner, the voice of the elderly character Carl Fredericksen in the animated intergenerational movie **UP!**, contacted us with this great idea.

Read what he had to say...

*I heartily applaud the efforts of your Society in intergenerational activity.
I'm impressed both by your energy and the quality of your search.
I think UP! is an excellent example of effective intergenerational success.
It works and must be encouraged.
I think creating a handy list of intergenerational activities is a must. I've never seen one
and it can serve as a quick reminder of how to engage and how to serve.
-Ed Asner, November 2009*

SO, YOU WANT TO PLAY?

Rules of the game:

1. **Always** show respectful behaviour, and have fun
2. Keep it **simple**-focus on generations simply coming to know one another
3. Allow **time**-no rushing
4. Communicate-**listen and speak**
 - Speak clearly
 - Face one another
 - Avoid background noise
 - Re-phrase if there is misunderstanding
 - Give time to respond

Number of Players:

- Two players is all you require
- Remember, the shorter the distance, the easier it is to build a strong bridge!
- A good rule of thumb is the sliding scale of caring and empathy.
*The younger the child, generally the more independent the adult elder will need to be.
Elder adults requiring assistance are often more comfortably matched with older youth.
When one 'player' needs more care, the other should be capable of offering it.*

Gameboard:

- Indoors or outdoors
- Safe and comfortable location (well, not too comfortable! zzzzz...)
- Free from distractions.

Length of time to play the game:

- It is important not to feel rushed, or for either player to get tired.
- 30-60 minutes is a good beginning
- A snack always makes the time pass well.
- If youth or seniors are sharing in a larger group, make sure there is a microphone for use, and double check that it is audible to those with compromised hearing.

GAMES AND INTERGENERATIONAL THINGS TO DO

Activities are in 3 categories
according to how much planning and time they will require.

Activities at the top are easier,
and the ideas become a bit more complex as you move down each list.

Have fun. Remember, **simple is best** !

WORK ON THE TALKING! AND DON'T FORGET TO LISTEN AS WELL!

**DON'T JUST KEEP ASKING QUESTIONS. HAVE A DISCUSSION.
WHEN YOU DO ASK A QUESTION, TRY TO MAKE IT A QUESTION
THAT CAN'T JUST BE ANSWERED WITH 'YES' OR 'NO'.**

**"Hello. What have you been doing lately?" (smile)
ALWAYS A GOOD PLACE TO GET STARTED!**

**You can write a couple of these conversation starters on a post-it note
and keep it with you in case you get stuck for words!**

1. What have you done this morning?
2. Have you lived here long? I live.....
3. Do you enjoy reading? I like books about....
4. Do you like (animal)?
5. I like to ride my bike. Do you/Did you have a bike?

6. Chatting:

- The funniest thing that ever happened to me was...
- My favourite colour is_____ because...
- When I eat out I always like to order...
- You might be surprised to learn I have a collection of...
- The hobby I like the best is...
- My favourite time at school was/is...
- My favourite way to travel is...
- I really love it when...
- My favourite game is...
- Three things that make me laugh...
- The things I like best in nature are...
- When I am angry...
- The best season of the year for me is...
- The thing that I have done that I am the most proud of is...
- The thing in today's world that confuses me most is...
- If I could have three wishes, I would wish for...
- My best pair of shoes...
- Three things that make me sad are...
- What I like most about people is...
- The most fun I have had with a pet is...
- My very best memory in my life is...

7. Asking the WHO? WHAT? WHEN? WHERE? (and don't forget WHY? and HOW?)

- sisters and brothers, marriage, children
- favourite foods, favourite treats, types of candy
- first movie they saw, favourite movie or DVD
- where they have lived
- where they have travelled
- favourite season
- camping and going to Summer Camp
- taking care of babies
- jobs they have had
- car or horse stories—transportation, learning to drive, cost of gas
- music they do, did, or like
- dancing, painting or art
- were they ever really scared by something
- if they celebrated Halloween, Christmas, Hanukkah, Yom Kippur, Thanksgiving, Chinese New Year...
- if they lived on a farm—where? Animals, what chores they had
- milking a cow, chasing a dog, saddling a horse, rowing a boat
- windmills, drive-in movies and restaurants, high rise buildings
- doing the wash and ironing clothes
- discipline at their school, homework, teachers
- favourite flower or bird
- favourite taste, smell, feel, sound: worst taste, smell, feel, sound
- ever seen a bear, deer, raccoon, squirrel, tiger!

- sewing, crocheting, knitting, tatting, darning
- funniest thing, happiest time
- best present ever received, ever given
- most unusual thing they have ever done
- feelings about swimming, sailing, water skiing, fishing, hiking, skiing, sledding
- differences and similarities between your childhoods
- sports, favourite hockey team, or ball team, the Olympics
- bedroom as a child, kitchens, bathrooms (outhouses)

A STORY OF RESOURCEFULNESS AND ENVIRONMENTAL RESPONSIBILITY

The children were learning to crochet. In the classroom for their use was a large basket filled with balls of wool. During lunch, some students decided to have a 'snowball fight' with the wool balls, and the yarn became astoundingly tangled. When the rest of the class walked in after the break, they were not pleased with what they saw.

As the class was visiting the senior care residence that afternoon, the teacher said they would take the tangled yarn along, and those responsible for the mess could sit to the side at the care home and untangle and re-wind the wool balls. Before everything was thrown back into the basket for travel, the teacher took scissors and made some broad cuts through the web of multi-colours, enabling the young workers to have a starting place.

While at the care home, one of the seniors noticed these students working away at this task. She took her walker into her gnarled arthritic hands, and moved over to sit with them. All through the afternoon, while the others were enjoying the entertainment, the senior pulled small fragments of beige wool out from the mess. These were some of the bits that the teacher had cut through. Labouriously the senior woman's arthritic fingers tied together the ends of pieces of yarn with little secure knots, making a long strand which she then rolled back into a ball.

At the end of the afternoon, one of the students who had noticed the elder working away, came over. The lady handed the ball to the child and said, "There, now you can make something out of this."

As you plan your intergenerational activities together, think about the days when scarcity and resourcefulness were key aspects of life.

Think of how wasteful we are now in so many ways.

Try to seriously minimize waste, and reuse materials for the crafts.

Also, remember that talking and listening use nothing but time, and are worth more than anything you may buy or make.

Remember the lesson of the ball of yarn.

EASY RANGE ACTIVITIES NEEDING 30-60 MINUTES

1. Step outside and take a walk or sit together.
2. Read a story (see i2i website "Reading List", bring or find a suitable book).
3. Read poems, nursery rhymes, the comics, newspaper, your own writing.
4. Bring along photos to share.
5. Play 'I spy with my little eye'.
6. Play x and o's (Tic Tac Toe).
7. Sketch each other, sign your masterpiece, exchange drawings as keepsakes.
8. Take a bottle of bubbles and share the bubble wand.
9. Make a game of counting red cars, blue cars, black cars.
10. Make playdough and share some creative sculpting (see recipe at the end).
11. Sit and talk, and listen. Solve a problem together.
12. Play a card game: Go Fish, Rummy, Snap.
13. Sit and eat lunch together, or share a snack.
14. Play checkers, or short word games, Lego.
15. Children and youth can help out at activity times for the seniors (fitness, bowling pins).
16. Play with puppets, make simple paper bag or sock puppets.
17. Turn your thumb into Thumbelina, pencilling a face on your thumbnail, make plays.
18. Take pencils, paper and a piece of cardboard for a drawing surface, and sketch/colour.
19. Try to notice and identify trees, flowers, birds.
20. Scribe a letter for an elder or fill out cards and envelopes, make greeting cards.
21. Make paper airplanes and have a 'How far, fast, straight can you fly?' contest.
22. Share the meanings of slang words and phrases (hip, sweet, flapper, miner's poke, biffy, bee's knees, boogie woogie, wicked).
23. Discuss old language sayings. Take for example these old English phrases: A stitch in time saves nine, There's more than one way to skin a cat, We're off in a cloud of dust, For the love of Pete, For Pete's sake!, Don't get your knickers in a knot, Lord love a duck, Making something from scratch, When the cows come home, etc.
24. If you are young, take your senior buddy outside and show them how you can skip, play hopscotch, do a somersault.
25. Make a kazoo with a comb and a tissue and hum favourite songs in duet.
26. Bring an artifact or treasure from your home or room and share.
27. Share bulb planting in the fall, reconnect to see your success in the spring.
28. Water the plants, or pull weeds, deadhead flowers.
29. Set a table for dinner, help with a job such as snow removal, weeding, grass cutting, dusting, sorting recyclables, putting up or taking down decorations in the room or home.
30. Wash and dry dishes, or do a job together.
31. Make dandelion chain necklaces and headbands for those present.
32. Find lotion and a towel, and give a hand massage or a manicure (nail polish anyone?).
33. Have a spelling bee, or play "Word Hangman".
34. Attend a musical or magical event together.
35. Practice 'Pig Latin' where the first letter of the word goes to the end and "eh" is added.
36. Play a game of Shuffleboard, Pool, Croquet, Horseshoes, Bocce, Ring Toss.
37. Have a game batting a balloon back and forth.
38. Teach one another a song, a card trick, a joke, a rhyme, words of another language.

39. Find an animal, feed an animal, take an animal for a walk.
40. Take a crystal or prism and find some sunshine to create rainbows on each other.

*Kids and seniors rarely mind repeating a favourite pastime,
so start at the top of the list again!*

REMEMBER
DOING LESS COMPLICATED ACTIVITIES,
GIVES TIME TO GET TO KNOW ONE ANOTHER BETTER,
AND HAVE MORE FUN.
'LESS CAN BE MORE.'

MEDIUM RANGE ACTIVITIES NEEDING 1-4 HOURS **(more is not always better)**

1. Play a bocce tournament.
2. Play 'Upwards', Checkers, Chess, Crib, Rummy, Scrabble, games favoured in various cultures, 20 questions **Keep the game moving along at a pace good for all players.*
3. Children and youth can invite elder to watch them demonstrate their wheel expertise (Heelies, skateboards, bikes, roller blades, hula hoops, cartwheels—may even try out wheelchair through an obstacle course).
4. Share skipping songs.
5. Visit the mall together, have a snack, sit and talk.
6. Buy a present for someone who is disadvantaged, help each other make a selection.
7. Make and play with Magic Mud (see recipe at the end).
8. Seniors and youth participate in a talent show.
9. Seniors and youth share their collections(stamps, teaspoons, Lego, ornaments, coins).
10. Visit an antique store together or borrow antiques to bring in, share stories.
11. Visit a museum together, look, ask, sit and talk.
12. Watch a movie (**UPI** , or an old movie that is age-appropriate), and eat popcorn.
13. Build simple bird feeders from milk cartons, fill bird feeders, feed ducks, pigeons.
14. Youth brings in firewood, sorts recycling, tidies drawers with supervision, waters plants.
15. Work with clay or playdough, build a "scene" together (circus, car lot, farm).
16. Take care of a younger child together, brush a pet's coat, or throw a ball for a dog.

17. Bake—Make bread, jam, painted cookies, homemade hot chocolate, Grands-Pères, Bannock, Finger Jellies, Snow Ice Cream, your favourite recipe ‘from scratch’ (see the recipes at the end).
18. Work in the garden or the green house together, harvest and clean vegetables/plants.
19. Sand and paint a chair or picnic table together.
20. Decorate the home together for a special event. Add lot of balloons.
21. Plan a ‘Sports Day’ with children running three-legged races (old nylon stockings work for tying legs), sack races (feed stores can provide these), wheelbarrow races (safety first!), and potato in a spoon races (NOT eggs, that is wasting food). Senior buddies can hold the finish line rope, shout ‘On your mark, Get set, Go!’
22. Crochet, knit, or spool knit.
23. Do a craft. Collect leaves and do chalk or crayon rubbings, make table centres from dried plants, make decorations, wrap parcels, learn how to braid, do foil tooling, hook a rug, make ornaments and jewelry from Baker’s Clay (see recipes at the end).
24. Youth memorizes a poem and then presents to senior.
25. Interview an elder. Ask questions that require more than yes or no answers and make new questions from the answers the seniors give. Listen to each other!
26. Have a meal together. Remember your manners!
27. Go to an event together, a concert, a play, or a game.
28. Read a classic story like Hans Brinker and the Silver Skates, Heidi.
If English is a second language, read a book out loud in the Mother Tongue of the child and senior.
29. Make up, then participate in an environmental scavenger hunt (e.g. one recyclable bottle, one rock with red in it, one piece of moss, a maple leaf, an oak leaf etc.).
30. Make paper dolls and make paper clothing.
31. Make a terrarium inside a large bottle, jar, or old fish bowl.
32. Make butter from whip cream, using a quart sealer. Shake shake shake that booty!
33. Share how gadgets work such as cherry pitters, card shufflers, telescoping canes, walkers, i-pods, cell phones, meat grinders, old and new sporting equipment.
34. Go on-line and Google Eatons catalogues 1925-35 and look at the things that were for sale. How do the prices and selections compare to today?
35. Have a sing-a-long (check under Resources-Songs on the i2i website for some words).
36. Get on a city bus and ride all around the circuit. Celebrate with an ice cream cone stop.
37. Use seeds, beans and lentils to create a mosaic. Cut a shape out of cardboard, cover with white glue or flour and water paste if you are brave. Pattern seeds on the shape.
38. Use pie plates to build funny hats, glue and staple ribbons, flowers, remnants, and hole punch the sides to pull the string through to tie the hat on, then have a Spring Hat Parade.
39. Make a collage from magazine photos, or with plasticine on old CD covers, on ageism and youth—show similarities. How does bullying affect each generation?
40. Go on a Litter Pick Up walk. Canes are wonderful for hooking those bags in the ditch grass!

Do two or three short activities.

**Make sure you are respectful of the other’s level of energy
and need to rest, eat, or just sit and talk.**

Always say thank you and good-bye at the end. Make certain your buddies hear you.

LONG RANGE ACTIVITIES NEEDING A DAY OR MORE

These activities also work well for *groups* of seniors and children/youth.

1. Make a band: a kazoo, a bass with a broom stick held balanced on a overturned can and connected with some string, a drum from an upside down bucket, spoons for percussion. Then perform some old favourite songs.
2. Do a cross-over dress day. Kids can wear some of elder's clothes, while adventuresome seniors can have stick-on tattoos, artificial nose rings, purple nail polish, and striped stockings. Have a fashion show! Don't forget music for struttin' the Catwalk!
3. Share favourite storybooks and children/youth dress as some of the classic characters with a parade for the elders. Common nursery rhyme, movie and storybook characters' names are each written on recipe card and paper-clipped at the collar, onto each players' back. Players can ask questions to identify themselves with only 'yes' or 'no' answers. When someone guesses right, award them by putting a sticker on their forehead or shirt.
4. Plan a celebration—ethnic foods and entertainment, special community date, share cultures, invite people of other ages. Invite a senior to your house for tea, or dinner.
5. Older school class invite younger class to visit the senior care facility. Plan a sharing time by using antiques borrowed from the local antique store as conversation starters in small groups. Rotate the items.
6. Have a planting bee where youth do the heavy work and elders place the bulbs in the pots. Likewise, have a garden clean-up day. Youth can do the pulling, elders can oversee. Youth can wash down summer lawn furniture and put it away for winter under elder's supervision.
7. Have an old fashioned winter event. Make homemade hot chocolate, painted cookies, (see recipe at the end), have a sing-a-long, together, string cranberries and popcorn onto dental floss held on darning needles. When complete, have seniors watch through the windows as youth hang the strings on the trees in the yard for the birds.
8. Have elders oversee the making of a traditional food, or preserve. Youth can physically do the work while elders offer advice and their experience.
9. Elder and youth team up to write and illustrate a fiction storybook (see i2i website under Literacy-Meadows School Intergenerational Literacy Project).
10. Paint windows of store, community centre or care home with seasonal decoration. Use acrylic paint (It easily comes off with Windex brand.) Elders can sit in chairs and paint at a comfortable level. Youth can draw picture outline on the glass with a felt pen and then

work with the elder artists to fill in the colour. See if this can be a fundraiser, so there will be money for future intergenerational activities that might have a cost (for buses?).

11. Hire a tour boat and go for a ride. Half the group has a picnic lunch on the beach while the other half has a brief tour of the waterway... if you have one in your location! If no waterway, have the picnic anyway!

12. Borrow the school, restaurant or church kitchen. Invite elders to contribute the recipes, while parents of children make the meals under elder supervision. Serve the meal to everyone involved. Charge to just cover the food. Senior Supervisors? Come out and take a bow as dessert is served in your honour!

13. Have high school woodworking class cut out garden gnomes or outlines of hands for seniors and children to paint, and install on stakes in care home flower gardens.

14. Garden Party—youth sketch seniors, seniors can sketch youth, all bring lunches to eat together outside on the lawn. If possible hold this at heritage facility. Have entertainment.

15. Make autograph books that can be signed by senior buddies with verses characteristic of the era. (Check on the i2i website in the new year for a collection of Autograph Book verses that can be used for this activity. They will help bring back the memories, and give youth some ideas of what they could write when asked.)

16. Car rides in antiques and hybrids—have antique car club and local car dealership bring some cars to the community facility, and give mixed-age passengers rides together.

17. Spring? Bring out the marbles, jacks, skipping ropes, and hard bouncy balls. Winter? Don't forget to make a snowman that the senior can see out of his or her window. Seniors may even come out to stick in the carrot nose! They are experts you 'nose'.

18. Polish the family silver together, or sort and organize memoirs, cards, and daily clutter. Leave a hand-drawn picture or photo of yourself under the magnet on the fridge.

19. Youth, on a regular basis, can read to an elder who is visually impaired.

20. Go on an Intergenerational Mystery Bus Tour, with stops at local spots of interest (e.g. the Apiary, lake look-out, apple orchard, local outdoor market, and be sure to include an eating spot stop!) Tailor make it for your location's 'Best Spots To Go'. Have youth and elders share in the questions to ask on the bus that will lead to discovery of the next stop.

Don't just start Intergenerational Partnerships, only to stop them.

Build activities that are sustainable for both generations.

Make every effort to sustain the connections.

Once friendships are made, youth and elders can visit one another at holiday times, or regularly when their own relatives are living away, or cannot commit to personal visiting time.

Remember!

The people all continue to exist even though you cannot physically see them all the time.
Cards to remember special days, a phone call just to say hello,
and a return visit are the best gifts anyone can give or get.

It only takes a minute, and sends a message of love that is eternal!

There is one thing that every human being in the world has in common,
and that is the fact that every day we are each a little bit older,
one more spin around Earth's axis, one more lap heading around Old Sol.
Every one of us at some point will likely be affected to some degree by
ageism, the relentlessness of age discrimination and stereotyping.
We can all make an effort to lessen the fear of getting old,
and the stereotypic thinking that new is better than old,
by bridging the gap between generations and finding
common bonds of respect and friendship.

RECIPES FOR INTERGENERATIONAL FUN

This Is For The Birds!

1. Wild Bird Cookies
2. Playdough
3. Baker's Clay
4. Bracelet Beads
5. Homemade Bubble Mixture
6. Magic Mud

Wild Bird Cookies

1 beaten egg *"Hey Poppa, tell the story of taking the egg out from under the chicken!"*
2 Tablespoons honey
2 Tablespoons molasses *"Hey Nana, what is molasses?"*
2 Tablespoons oil
3/4 cup flour (whole wheat) *"Hey Grandpa, What does it mean WHOLE wheat?"*
1 Tablespoon Wheat Germ *"Hey Senior Buddy, why are we putting germs in the cookies?"*
1 1/2 Tablespoons dry skim milk *"Say little child, why do you ask so many questions?"*
Mix wet ingredients. Stir in dry ingredients. Roll out, and cut, make hole in cookie so it can
be strung and hung outside. Bake 350°F for 15 minutes. Cool, string, and hang outside.

Playdough Recipe

Make ahead, or have adult and child make it together. Can be stored in a plastic container in the fridge. Remember playdough can carry germs from the hands, so clean hands first, and change playdough regularly.

2 cups flour
1 cup table salt
4 teaspoons Cream of Tartar
4 Tablespoons of cooking oil
2 cups of boiling water
Food colouring

Mix 2 cups of boiling water with 4 Tablespoons of oil. Pour in salt. Stir carefully until totally dissolved. Add a few drops of food colouring. Slowly mix in flour and Cream of Tartar. When cool to the touch, knead on counter until smooth. You are set to go with the dough!

Bakers' Clay

Good for making permanent items such as ornaments or beads, which can be painted or coloured with thick felt pens.

1 cup table salt
2 cups flour
1 cup warm water

Dissolve salt in water. Add flour. Knead until smooth.

Make ornaments, or beads (form shapes and thread onto straightened metal coat hanger or skewer to bake (Wiggle the beads on the wire so that they will have a large enough hole to remove when baked.) Try making walnut sized apples with whole cloves for stems. Great little table or tree decorations.

Bake 200°F for 8 hours.
Decorate.

Bracelet Beads

3/4 cup of flour

1/2 cup corn starch

1/2 cup table salt

1/2 cup warm water

Food colouring (red, blue, yellow)

red + blue = purple yellow + blue = green red + yellow = orange

Dissolve salt in warm water. Mix flour and corn starch. Add to the water mixture. Divide the dough into four or five portions. Work various food colours into the dough pieces. Form beads making hole with skewer. Let them air dry. String.

Homemade Bubble Mixture

Type 1:

2/3 cup Joy or Dawn dishwashing soap

1 gallon of water

2-3 Tablespoons of Glycerin (available at pharmacies)

Type 2:

1/2 cup Joy or Dawn dishwashing soap

2 teaspoons of sugar

2 cups of water

*Bubble wands can be purchased or be homemade out of open rings or flat, open objects. Some master bubble folks can use their fingers in an enclosed circle as a bubble wand!

*You can add a drop of food colouring to try out coloured bubbles.

Magic Mud (an outdoor activity!)

Mix slowly and well:

3 Tablespoons of water

5 Tablespoons of corn starch

Take it outside and roll it into a ball! Watch the magic of this Mud.

This Is For The People!

1. Finger Food Jellies
2. Snow Ice Cream
3. Won't Rot Your Socks Hot Chocolate
4. Grands-Pères
5. First Nations Bannock
6. Painted Cookies
7. Bread with Jam

Finger Food Jellies (Jello Jigglers)

Type one:

Dissolve 85 g Jello in 1 cup of boiling water

Add 3/4 cup cold water

Pour into oiled moulds or into a small oiled cake pan (liquid should be 1" deep in pan).

Chill 3 hours. Either take jelly out of moulds or cut flat tray of jelly with small cookie cutter shapes. Have a Jello Jiggler Party. Mmmm...

Type two:

4 packages Knox gelatine

1 cup fruit juice

Sprinkle gelatine over juice to dissolve

Add more 3 cups of juice that has been heated to boiling. Stir in gelatine-juice mix.

Pour into lightly oiled flat pan (liquid should be 1"+ deep in pan). Chill three hours

Cut into shapes. Party time, Mmmm...

Snow Ice Cream

*****This recipe contains raw eggs, and uses clean snow.***

Please be aware of any health issues you might want to consider.

After a deep, fresh light fluffy snowfall...

In a large bowl mix well:

2 beaten fresh eggs

2 cups whipping cream (NOT whipped)

1 1/2 cup sugar

3 teaspoons vanilla

Put on your mittens and collect an armful of snow. Stir some of the snow into the above mixture until the moisture is absorbed by the snow, and the bowl starts to look like it is full of ice cream. Bring out the cones and a spoon, and serve up your own Canadian Snow Ice Cream! This does not keep well in the freezer as there are no additives, so it freezes solid!

Won't Rot Your Socks Hot Chocolate

Sometimes known alternately as, Rock Your Socks Hot Chocolate
(This is a good one to package and give to friends as a gift.)

Basic Mix:

2 cups powdered milk

dash of salt

1/4 cup of cocoa

1 cup icing sugar

Stir these ingredients, mixing thoroughly. Store in a air tight container.

Ready for a hot chocolate party?

Put 4 Tablespoons of mix (or to taste) into a mug and fill with boiling water. Stir.

Sit down for a visit. Be assured that your socks won't rot, but they might start a-rockin'!)

Grands-pères

(A yummy snack thought up by a Grandpa at Sugaring Off time deep in a Maple forest!)

345 ml container real maple syrup

1 1/2 cups water

Combine maple syrup and water in large skillet (with cover) or electric frypan.

Bring to a boil while preparing dumplings.

1 1/2 cups flour

1 teaspoon salt

1/2 cup sugar

1/2 cup shortening (or low fat substitute)

2 teaspoons baking powder

1 cup water (H₂O)

Blend flour with sugar, baking powder and salt.

Cut in shortening until mixture resembles coarse meal.

Add water (H₂O) all at once, and stir with fork until all ingredients are moistened.

Drop dumpling mixture by tablespoonfuls (about 12) into the boiling syrup. Cover and simmer for 15-20 minutes. Do not lift cover during cooking!

Serve immediately (Makes about 6 servings.)

Spoon portions into bowls, with fresh cream poured over.

First Nations Bannock

Ingredients:

3 cups all-purpose flour (or whole wheat flour)
2 tablespoons baking powder
1 tablespoon sugar
1/2 teaspoon salt
1/2 cup margarine (or butter or shortening)
3/4-1 cup milk (or water)

Directions:

1. Mix flour, baking powder, sugar, and salt.
2. Work in the margarine using hands until you make a nice crumble.
3. Gradually mix in enough milk to make it soft but not sticky. Knead.
4. Shape into ball, place on oiled baking sheet, then flatten into circle about 1 inch thick.
5. Bake at 425°F (220°C) for 25 minutes or until lightly browned. Serves 4-6 people.

Painted Cookies

Your Own Sugar Cookie Recipe, or this one:

3 1/2 cups flour	1 cup butter	3 large eggs
2 tsp. baking powder	1 tsp. vanilla	1 tsp. salt
	1 1/2 cups sugar	

Mix dry ingredients. Cream butter, add sugar, eggs, vanilla.

Add dry ingredients. Mix with clean hands just until dough is smooth.

May chill dough for up to 1 hour for easier rolling.

Roll out dough (just under 1cm thick). Cut with cookie cutter shapes. It is a great deal of fun, and a challenge, if the cookie cutters make impression lines in the dough so that the cookies can be painted to represent the 'picture'. Place cookies on cookie sheets.

Do not bake yet!

Painting the cookies!

The 'paint'

This egg yolk mixture was one of the first types of paint made by artists in the Renaissance for painting on wood and other surfaces. It was called 'egg tempera'. We like painting it on cookies instead of wood... that is much easier to eat!



You will need:

- 2 or more clean, small water colour paint brushes (size 8 or smaller)
- 2-3 egg yolks (separate from whites), one teaspoon of water for each yolk
- food colouring
- 3 or 4 cups to contain the ‘paint’

Mix yolk and water thoroughly. Put some of the yolk mixture into each of the cups. Add a few drops of food colouring to each cup, stir to mix the colour thoroughly.

Paint the yolk mixture onto the cookies with the small clean paint brushes.

Bake the cookies 375°F for 8-10 minutes.

Bread Recipe with Jam

(single recipe, you can double with good results)

If all parties are up to it, this is a sure success bread recipe, with easy-to-make jam. Not the all day affair of years ago, this can all be made easily in a couple of hours. Treat the bread like a baby. Keep it warm, not cold or hot. No rough movements. Pat it gently, and make sure to keep it in clean surroundings. Smile. Talk to it.

In a large warm bowl, in a warm room free from drafts, measure accurately, and:

MIX

- 2 1/2 cups of white flour
 - 2 Tablespoons instant yeast (Fast Rising or Fermapan brand name)
 - 1/4 cup white sugar
- Set this aside once it is stirred together

MIX

- 1/4 cup margarine or butter plus 1 Tablespoon margarine or butter (melt and cool to room temperature)
- with 2 medium eggs

TO THE MARGARINE/BUTTER AND EGGS ADD:

2 cups WARM water (test on the inside of your wrist, should feel “Mmm, just right!”)

4. **POUR** the butter, eggs and water mix into the flour/yeast mixture. Mix well. Stir until the mixture is ‘elastic’.
5. **ADD** another 2 1/2 cups of flour. Mix well. You may have to use your hand.

When dough works into a smooth ball, place in a large oiled bowl (three times the size of the dough ball). Cover with oiled waxed paper. Put in warm oven to rise for 30 minutes.

After 30 minutes, gently 'stir' down dough, then form into buns, loaves, or some shape. Place in oiled pans, cover with oiled wax paper, let stand in warm oven for 20 minutes.

Take out of oven. Pre-heat oven to 400° F. Remove wax paper, bake for 15-20 minutes.

If you would like, you can add raisins, candied peel, etc. between steps 4 and 5.

You **DO NOT** need to knead this bread dough!

***AS YOU ARE WAITING FOR THE BREAD TO RISE THE 1st TIME,
VISIT WHILE YOU MAKE THE JAM!***

Happy Half Hour Rhubarb Jam

1. In a large saucepan mix the following ingredients and boil for 15 minutes:
 - 5 cups of diced raw or frozen rhubarb
 - 4 cups sugar
 - juice drained from the canned pineapple
2. Add:
 - 398 ml crushed, drained, canned pineapple
 - 1 package (85g) strawberry jam
3. Bring all of the ingredients to a good rolling boil, stirring regularly. Be careful!
4. Ladle into sterile jars.

REMEMBER ALWAYS TO CONSIDER HEALTH AND FOOD SAFETY

1. Are there any **dietary restrictions** about which you need to know (medical or cultural)?
2. Are you working in a **clean** space, with clean hands, and with products that are **nutritious and free from contamination**?
3. Have you brought **something for everyone** to eat (sugar free delights for those with diabetes)?
4. Did you **all** help to clean up? And... **Did everyone have a good time?**

By Sharon L. MacKenzie, for i2i Intergenerational Society of Canada, November 27th, 2009

♥Check our website www.intergenerational.ca for more ideas, photos and videos of IG in action. ↓

YOUR IDEAS THAT WORKED AND BEG TO BE REPEATED



CONTACT US, AND SHARE YOUR GOOD IDEAS WITH OTHERS

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