



Activity 1 – Carrot-Raisins Salad

We all crack for this crunchy salad! Cooking is an ideal group activity to stimulate the senses, reminiscence and make residents feel useful.

Ingredients

- 2 cups grated carrots (2-3 carrots)
- 1 finely chopped celery stalks
- ½ cup raisins
- ¼ cup chopped parsley
- 1 tablespoon mayonnaise
- 1 tablespoon plain yogurt
- 1 teaspoon concentrated orange juice
- Salt and pepper

Raisins can be replaced by apple cubes and concentrated orange juice by concentrated apple juice.

Directions

- Clean and grate the carrots.
- Put carrots, celery, raisins and parsley in a medium bowl.
- In a small bowl, mix together mayonnaise, yogurt, concentrated orange juice.
- Add salt and pepper.
- Pour the vinaigrette over the salad and mix well.

This salad is even better after a few hours in the fridge!

Preparation

15 minutes

Baking

None

Nutritional Information

For 1 portion of ¼ cup, the total recipe gives 4

- Calories: 110 kcal
- Fat: 3 g
- Saturated: 0 g
- Trans : 0 g
- Carbohydrats: 21 g
- Fibers : 2 g
- Proteins : 1 g
- Sodium : 70 mg

Activity 2 – Colouring

Celebrate the harvest season with this image of apple picking.





Activity 3 – Chat & Reminiscence

Bring a basket of local fruits and vegetables: apples, corn, tomatoes, carrots, potatoes, cucumbers, radishes, beets, etc.

Let your residents handle and smell them. Do not hesitate to ask everyone if these smells are familiar to them, if they evoke a feeling or a memory.

Invite everyone to talk about their own experiences.

- Did you have a garden at home or were you shopping at the market?
- Have you ever lived on a farm or did you ever visit family or friend who had one?
- Have you ever participated in haying or harvesting vegetables?
- Have you ever picked raspberries, strawberries, blueberries, apples?
- Were you canning fruits and vegetables with your family?
 - Fruit ketchup?
 - Gherkins, pickles, beets and onions in vinegar?
 - Jams and Jellies?
- Do you prefer apple pie or apple crisp?



Activity 4 – Workshop - Sensory Bowls

For the simple pleasure of the textures as in *The Fabulous Destiny of Amelie Poulain* or just to generate discussions...

Fill bowls with different items and let your residents slip in their hands. You can make a first round just to smell, a second blindfolded and finally one with eyes wide open.

Here are some suggestions of items to put in your bowls:

- Dried corn (popcorn)
- Pumpkin seeds (dried or with fresh flesh)
- Black earth (with or without live earthworms)
- Pine or fir needles
- Cones
- Hazelnuts or acorns
- Straw or hay
- Freshly cut grass
- Small pebbles and sand
- Coffee (beans or ground)
- Flour
- Oatmeal