

Welcome to the Ageing Well Activity pack!

We are delighted to let you know that the Café at the Hop50+ is open. We look forward to welcoming customers to the Café between 10am and 4pm.

We are also offering a monthly programme giving details of the activities, events and trips running from the Hop50+

We will continue to send the pack to you monthly but please let us know if you would like to be taken off the list by calling The Hop50+ on 01273 729603.

We understand that this is still a time of concern for many and want to remind you that for our Brighton and Hove residents, our friendly Ageing Well Service continues to be available to answer queries and sign post you to appropriate information on weekdays 9am – 5pm.

Tel Number: 07770 061 072

Web site: <http://ageingwellbh.org/>

They have created a directory of useful services that they can discuss with you over the telephone, or will be happy to send you the information you need.

Fireworks



Things You May Not Know About Fireworks

China invented fireworks

China is credited with the invention of fireworks. Legend talks about a Chinese cook, who mistakenly invented fireworks while mixing charcoal, sulphur, and potassium nitrate. The mixture was compressed in a bamboo tube and eventually exploded. Other accounts say that the Chinese used fireworks to scare away mountain men perceived as threatening.

Italy made fireworks pretty

Hats off to the Chinese for the invention, but Italy deserves the credit for making fireworks bright and beautiful. Italy is responsible for introducing aerial shells to the firework world, which gives them their shape. The Italians also discovered the use of metallic powders to create desired colours.

The world's largest fireworks show was in the Philippines

Dubai shocked the world in 2014 with a magnificent display of fireworks, which at the time set a world record for the largest firework display ever recorded. That record was broken in the Philippines on January 1, 2016 in the pouring rain, when 810,904 fireworks were set off. The show lasted 61 minutes and 32 seconds, according to Guinness World Records.

Disney is one of the largest consumers of fireworks

Disney doesn't just set off fireworks—it takes its visitors on an immersive storytelling experience in which fireworks are an essential part of the magic. They set off fireworks at the end of every day.

Blue fireworks are the hardest to make

With all the colours you see in a firework show, blue is indeed the most difficult to make. It's all about balancing heat and the chemical compositions.

Mish Mash Quiz

1. Name three different types of fireworks
2. Which sea creature has 3 hearts?
3. What girl's name is giving to the firework that spins round and round when fixed to something solid?
4. Who's face is said to have launched a thousand ships?
5. Who went to school with a lamb?
6. Which furry creatures lived on Wimbledon Common?
7. It's tradition to burn a straw dummy on the bonfire - who is it supposed to represent?
8. What is the national flower of Wales?
9. Complete the rhyme: 'Remember, remember the ____ _ _____'
10. Paul Newman ate fifty eggs in which film?
11. Which king was Guy Fawkes trying to kill?
12. Which word can be placed before bottle, bell and bird?
13. What was the failed plot to blow up the king known as?
14. What was Marilyn Munroes natural hair colour?
15. Before lighting bonfires, which small animals should be checked for?
16. Which frequently used household item has a tree but no leaves?
17. What is the name of the traditional cake eaten on Bonfire Night?
18. I have a cake and a table named after me, and I'm used all round the world.
What am I?
19. Who created the animation for Monty Python?

Can you solve these bonfire night anagrams!

Lesskparr	
Creakfirrec	
moanr dealcn	
Trekoc	
Fatinoun	
kemos mob	
Howmallarms	
foefet leap	
debak topoat	
Rankip	
Classdonfy	
tho god	

SPOT THE 15 DIFFERENCES



BONFIRE NIGHT

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

- | | | | |
|-------------|-----------------|------------------|------------|
| cold | cup of soup | plot | smoke |
| candy floss | parliament | guy fawkes | wooley hat |
| treason | penny | hot potatoes | gunpowder |
| orange | toffee apples | fairground | bonfire |
| display | catherine wheel | november | bang |
| safety | treacle toffee | scarf and gloves | fireworks |
| sparklers | | | |

A lovely poem about Fireworks - Written by Ross and Gary aged 10!

Fireworks!!!!

Fireworks glimmer in the night,
But some people get a big fright,
Kids wave their sparklers in the air,
Some girls don't want it near their hair,
Flames shoot high into the sky,
While kids eat their yummy pie,
Roasting hot bonfires heat peoples hands,
While they listen to music played by bands,
Pets hide under the bed,
Usually covering their head,
Smoke blinds your eye,
As rockets shoot up to the sky,
BANG!! Goes the fireworks going up to space,
People are hoping that it won't blow up in their face,
Parents shout "Don't come near!",
Kids usually cannot hear,
Flickering flames dance in sight,
With Rockets blasting off in the night,
POP and WIZZ the fireworks go,
When children go near parents shout "NO!",
The fireworks are so loud,
As they whoosh into the clouds,
The bonfire creates lots of smoke
Which sometimes makes you choke.

Yorkshire Parkin Cake Recipe

A traditional cake from Yorkshire, traditionally eaten on Bonfire night. It has a moist texture and spicy flavour, lip smackingly good! This recipe is easy to make and serves 8.

Ingredients

- 110g soft butter
- 110g soft dark brown sugar
- 55g black treacle
- 200g golden syrup
- 225g medium oatmeal
- 110g self-raising flour
- 2 tsp ground ginger
- 1 tsp ground mixed spice
- 2 medium eggs, beaten
- 1 tbsp milk
- Pinch of salt



Method

Preheat the oven to 140C/120C fan/Gas Mark 1. Grease and line a 20cm x 20cm square cake tin.

In a pan, over a gentle heat, melt the butter, sugar, treacle and golden syrup. Don't allow the mixture to get too hot or bubble. When they have melted together remove from the heat and allow to cool slightly.

In a large mixing bowl sift in the dry ingredients and make a well in the centre. Gradually add the melted butter mixture and fold together. Pour in the beaten eggs and milk and combine together.

Pour into your baking tin. Bake for 1 1/2 hours, however keep an eye on it as parkin can easily become dry and over baked.

Remove from the oven and leave in the tin for 20 minutes. Tip onto a cake rack and leave to cool completely.

Store the parkin in a cake tin and wrapped in greaseproof paper. You must keep it in a tin for a minimum of 1 day and up to a week before you cut it. Leaving it to develop will give it a moist and sticky texture, as well as making the flavour richer and deeper.

CAN YOU NAME THEIR FAMOUS OTHER HALF?

Abbot	
Dean Martin	
Sonny	
Laurel	
Samson	
Torvill	
Bonnie	
Kermit	
Donny	
Beauty	
Mark Anthony	
Cheech	
Gilbert	
Romeo	
Simon	
Lennon	
Sherlock Holmes	
Butch Cassidy	
Mulder	
Rodgers	
Lucille Ball	

Answers

	<u>ANAGRAMS</u>	<u>SPOT THE DIFFERENCE</u>
1.	Sparklers	Curtain
2.	Firecracker	Time on clock
3.	Roman candle	Ladies collar
4.	Rocket	Licking lips on girl
5.	Fountain	Cupboard handle shapes
6.	Smoke bomb	Picture on wall
7.	Marshmallows	Ornaments on dresser
8.	Toffee apple	Cat has a lolly
9.	Baked potato	Smile on plate
10.	Parking	Icing on cake
11.	Candyfloss	Bananas
12.	Hot dog	Shapes on baking tray
13.		Pin in ladies hair
14.		Sock on girls foot
15.		Extra pink shape on green surface

QUIZ

1. Airbomb, bamboo cannon, bang snaps, black snake, bottle rocket, cake, Catherine wheel, cherry bomb, chocolate bomb, dragon's egg, Judas's belt, party popper, piccolo, quarter stick, roman candle, saxon, senko hanabi, skyrocket, sparkler, sutli bomb, tubri, watusi (and any others that aren't listed here).
2. Octopus
3. Catherine
4. Helen of Troy
5. Mary
6. The Wombles
7. Guy Fawkes
8. Daffodil
9. 5th of November
10. Cool Hand Luke
11. King James I
12. Blue
13. The Gunpowder Plot
14. Ginger
15. Hedgehogs
16. Mug
17. Parkin
18. Coffee
19. Terry Gilliam



FAMOUS PARTNERS

ABBOTT	AND	COSTELLO
DEAN MARTIN	AND	JERRY LEWIS
SONNY	AND	CHER
LAUREL	AND	HARDY
SAMSON	AND	DELILAH
TORVILL	AND	DEAN
BONNIE	AND	CLYDE
KERMIT THE FROG	AND	MISS PIGGY (SESAME STREET)
DONNY	AND	MARIE OSMOND
BEAUTY	AND	THE BEAST
MARK ANTHONY	AND	CLEOPATRA
CHEECH	AND	CHONG
GILBERT	AND	SULLIVAN
ROMEO	AND	JULIET
SIMON	AND	GARFUNKEL
LENNON	AND	McCARTNEY
SHERLOCK HOLMES	AND	WATSON
BUTCH CASSIDY	AND	SUNDANCE KID
MULDER	AND	SCULLY (X FILES)
RODGERS	AND	HAMMERSTEIN
LUCILLE BALL	AND	DESI ARNEZ