

Activity PACK



festive edition

#BeatTheBoredom



WELCOME to your personal MSV “Beat the Boredom” Activity Pack

We, at MSV, want you to stay active physically and mentally and enjoy a variety of activities that you can do on your own

This Festive themed activity pack includes ways to help you relax and stay active, we’ve also got some great ideas on preparing healthy hearty winter warmers to enjoy during the cold evenings

Don’t worry, we have also included your favourites... word searches, crosswords, Sudoku, quizzes, trivia and colouring. Please speak to your scheme manager if you need access to coloured pens etc. If you have any suggestions for future activities, we want to hear from you



ENJOY and STAY SAFE

SPREADING THE FESTIVE CHEER...



O' Christmas Tree

O Christmas tree, O Christmas tree!
How are thy leaves so verdant!

O Christmas tree, O Christmas tree,
How are thy leaves so verdant!

Not only in the summertime,
But even in winter is thy prime.
O Christmas tree, O Christmas tree,
How are thy leaves so verdant!

O Christmas tree, O Christmas tree,
Much pleasure doth thou bring me!
O Christmas tree, O Christmas tree,
Much pleasure doth thou bring me!

For every year the Christmas tree,
Brings to us all both joy and glee.
O Christmas tree, O Christmas tree,
Much pleasure doth thou bring me!

O Christmas tree, O Christmas tree,
Thy candles shine out brightly!
O Christmas tree, O Christmas tree,
Thy candles shine out brightly!

Each bough doth hold its tiny light,
That makes each toy to sparkle bright.
O Christmas tree, O Christmas tree,
Thy candles shine out brightly!





SPREADING THE FESTIVE CHEER...

Deck the Halls

Deck the halls with boughs of holly, Fa la la la la la la la!

'Tis the season to be jolly, Fa la la la la la la la!

Don we now our gay apparel, Fa la la la la la la la!

Troll the ancient Yuletide carol, Fa la la la la la la la!

See the blazing yule before us, Fa la la la la la la la!

Strike the harp and join the chorus, Fa la la la la la la la!

Follow me in merry measure, Fa la la la la la la la!

While I tell of Yuletide treasure, Fa la la la la la la la!

Fast away the old year passes, Fa la la la la la la la!

Hail the new, ye lads and lasses, Fa la la la la la la la!

Sing we joyous all together! Fa la la la la la la la!

Heedless of the wind and weather, Fa la la la la la la la!



SPREADING THE FESTIVE CHEER...



The First Noel

The First Noel the angel did say
Was to certain poor shepherds
in fields as they lay;
In fields as they lay, keeping their sheep,
On a cold winter's night that was so deep.

Noel, Noel, Noel, Noel,
Born is the King of Israel.

They looked up and saw a star
Shining in the east beyond them far,
And to the earth it gave great light,
And so it continued both day and night.

And by the light of that same star
Three wise men came from country far;
To seek for a king was their intent,
And to follow the star wherever it went.

This star drew nigh to the northwest,
O'er Bethlehem it took it rest,
And there it did both stop and stay
Right over the place where Jesus lay.

Then entered in those wise men three
Full reverently upon their knee,
and offered there in his presence
Their gold, and myrrh, and frankincense.

Then let us all with one accord
Sing praises to our heavenly Lord;
That hath made heaven and earth of naught,
And with his blood mankind hath bought





SPREADING THE FESTIVE CHEER...

Joy to the World

Joy to the world! The Lord is come
Let earth receive her King!
Let every heart prepare Him room
And heaven and nature sing
And heaven and nature sing
And heaven, and heaven and nature sing

Joy to the Earth! The Savior reigns
Let men their songs employ
While fields and floods
Rocks, hills and plains
Repeat the sounding joy
Repeat the sounding joy
Repeat, repeat the sounding joy

He rules the world with truth and grace
And makes the nations prove
And glories of His righteousness
And wonders of His love
And wonders of His love
And wonders of His love

Joy to the world! The Lord is come
Let earth receive her King!
Let every heart prepare Him room
And heaven and nature sing
And heaven and nature sing
And heaven, and heaven and nature sing



FESTIVE CELEBRATIONS



the true meaning behind the YULE tree...



FRUITS

for the harvest

NUTS

for fertility

LOVE CHARMS

for happiness

COINS

gold and silver for prosperity

LIGHTS

for the sun's return

GARLANDS

for unity





WINTER WARMERS

As the weather starts to cool down, we want to warm up, here are some hearty winter warmer ideas ...



Roasted Tomato Soup



PREP:
5 mins



EASY

COOK:
45 mins



SERVES 6-8

INGREDIENTS

5 pks Vine tomatoes
1 large white onion
1 bulb Garlic
1 pint vegetable stock
Oregano
Sea Salt
Olive oil
Cream

To finish

Sprinkle with fresh basil. Serve with warm rustic bread—for an added taste, why not serve with garlic pizza bread



METHOD

Preheat oven to 220 degrees. Cut the tomatoes in half. Score/Cut tomatoes along the core to create a plus sign

Lightly grease baking tray with olive oil (we use fry spray). Place tomatoes middle up onto tray. On each tomato sprinkle a bit of oregano and sea salt. Put in oven for 40 minutes until tomatoes have opened and are a little burned.

Put olive oil in a pan and gently fry garlic and finely chopped onions. When onions are transparent, place cooked tomatoes into the pan and stir. Gradually pour vegetable stock into the pan and stir well, if you like thicker soup don't add as much stock. Remove from heat. Once luke-warm use a hand blender to blitz all the ingredients together to the consistency you are happy with (either coarse or smooth).

Return to the heat and gently stir. Add the cream now if you would like a richer flavour.

Serve warm.



WINTER WARMERS



Spice up your life YOUR way
Seasonal veg bursting with nutrients and full flavour ...



Spicy Veg soup



PREP:
20 mins



EASY

COOK:
1 hour



SERVES 6-8

INGREDIENTS

- 1 Green cabbage
- 3 large carrots
- 3 green peppers
- 2 large white onions
- 1 bunch of celery
- 1 bulb garlic
- 3 tins tomatoes (either plum or chopped)
- 1 pint of vegetable stock
- Oregano
- Hot chilli powder
- Paprika
- pinch of chilli flakes (optional)



METHOD

Prep first by cutting all of your vegetables. Finely chop into cubes the carrots, green peppers, onion. Thinly slice the cabbage and into bite sized chunks. Slice the celery into little chunks. You can either grate or slice your garlic—we opt for the 'cheat' frozen garlic blocks (if you have these use 3).

In a large pan sauté the garlic and onions until the onions turn transparent. Then add the carrots and celery. Then add the peppers and finally the cabbage.

Add the tinned tomatoes and stir. Boil the kettle and add a good quality vegetable stock cube and make 1 pint. If you want extra flavor use two stock cubes—but be careful of salt content.

Leave on hob at low heat and cover for 40 minutes.

Check pot and stir contents. Now you can add any of the spices you would like. We opt for oregano, hot chilli powder, paprika and some chilli flakes for an extra kick. Stir and cover, leave for another 20 minutes before serving.



Beat the Boredom



WINTER WARMERS

This is a classic winter warmer and perfect for batch cooking, make sure you put extra portions in the freezer once it has cooled ...



Beef & Veg Casserole



PREP:
15 mins



EASY

COOK:
3 hours -
3 hours
50 mins



SERVES 5

INGREDIENTS

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 really big carrots, halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef (featherblade or brisket works nicely), cut into nice large chunks

METHOD

Heat oven to 160C/140C fan/gas 3 and put the kettle on. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.

Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.

Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins – 1hr more until the meat is really tender and the sauce is thickened. Garnish with the picked leaves of the remaining thyme sprig.



WINTER WARMERS



A healthy homemade vegetable soup, packed with immunity-supporting vitamin C and four of your 5-a-day ...



Veg and Lentil Soup



PREP:
10 mins

COOK:
30 mins



EASY



SERVES 2

INGREDIENTS

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

METHOD

STEP 1

Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.

STEP 2

Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.

STEP 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.





LAUGHTER IS THE BEST MEDICINE



It's a cracker ...!



1. What do angry mice send to each other at Christmas?
2. What do they sing at a snowman's birthday party?
3. Why does Santa have three gardens?
4. What does Miley Cyrus have at Christmas?
5. Knock, knock Who's there?
6. What do vampires sing on New Year's Eve?
7. Why did Santa's helper see the doctor?
8. What happened to the man who stole an Advent Calendar?
9. What kind of motorbike does Santa ride?
10. What do you get if you cross Santa with a duck?
11. What is the best Christmas present in the world?
12. How did Scrooge win the football game?
13. Who delivers presents to baby sharks at Christmas?
14. Who is Santa's favorite singer?
15. What do Santa's little helpers learn at school?
16. What did Santa say to the smoker?
17. What do reindeer hang on their Christmas trees?
18. What goes 'Oh, oh, oh'?
19. Did Rudolf go to school?
20. Why did the turkey join the band?
21. What do you get when you cross a snowman with a vampire?
22. What do snowmen wear on their heads?
23. How do snowmen get around?
24. What do you call an old snowman?
25. How does Good King Wenceslas like his pizzas?
26. Who hides in the bakery at Christmas?
27. What do you call a cat in the desert?
28. What does Santa do with fat elves?
29. What did Adam say to his wife on the day before Christmas?
30. How many letters are in the Christmas alphabet?
31. What carol is heard in the desert?
32. What does Santa get when he's stuck in the chimney?



LAUGHTER IS THE BEST MEDICINE



It's a cracker ...!



33. What athlete is warmest in winter?
34. What do you get if you eat Christmas decorations?
35. What's the most popular Christmas wine?
36. What did the beaver say to the Christmas Tree?
37. Why are Christmas Trees like bad knitters?
38. What do you get if you cross a bell with a skunk?
39. What do you call a bunch of chess players bragging about their games in a hotel lobby?
40. What's green, covered in tinsel and goes ribbet ribbet?
41. Which famous playwright was terrified of Christmas?
42. What do you call a reindeer who can't see?
43. How do you know if Santa is really a werewolf?
44. What did the stamp say to the Christmas card?
45. Why did no one bid for Rudolph and Blitzen on eBay?
46. What does the Queen call her Christmas Broadcast?
47. What did Father Christmas do when he went speed dating?
48. Why don't you ever see Father Christmas in hospital?
49. How did Mary and Joseph know that Jesus was 7lb 6oz when he was born?
50. Why is it getting harder to buy Advent calendars?





WHAT'S BEHIND THE CRACKER ?

Many of us have pulled a cracker—but did you know the origin behind this tradition...

Tom Smith (1823–1869) of London invented crackers in 1847. He created the crackers as a development of his bon-bon sweets, which he sold in a twist of paper (the origins of the traditional sweet-wrapper). As sales of bon-bons slumped, Smith began to come up with new promotional ideas. His first tactic was to insert love messages into the wrappers of the sweets (similar to fortune cookies).

Smith added the "crackle" element when he heard the crackle of a log he had just put on a fire. The size of the paper wrapper had to be increased to incorporate the banger mechanism, and the sweet itself was eventually dropped, to be replaced by a trinket: - fans, jewellery and other substantial items. The new product was initially marketed as the Cosaque (French for Cossack), but the onomatopoeic "cracker" soon became the commonly used name, as rival varieties came on the market.

The other elements of the modern cracker—the gifts, paper hats and varied designs—were all introduced by Tom Smith's son, Walter Smith, to differentiate his product from the rival cracker manufacturers which had suddenly sprung up.

Tom Smith & Company merged with Caley Crackers in 1953. A memorial water fountain to Tom Smith and his family stands in Finsbury Square, London.



DID YOU KNOW...

The **longest Christmas cracker pulling chain** consisted of 1081 people and was achieved by The Harroddian School in London on 10 December 2015.

On 17 August 2020, while filming a Christmas episode of the television series QI, Alan Davies set a Guinness World Record for the **most crackers pulled by an individual in 30 seconds**. He achieved 35 successful cracks.

You can not take Christmas crackers on board or in checked luggage on flights to the USA.



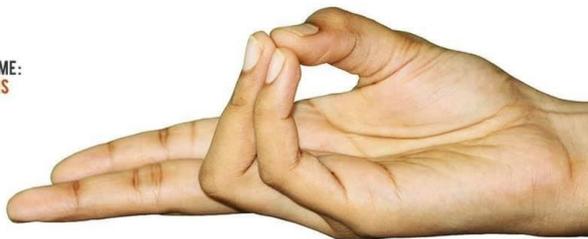
FEELING FIT FROM THE INSIDE



Practice these movements up to 15 minutes each day and feel the benefits of mindful healing

PRANA MUDRA for *Brisk*


PRACTICE TIME:
15-45 MINS

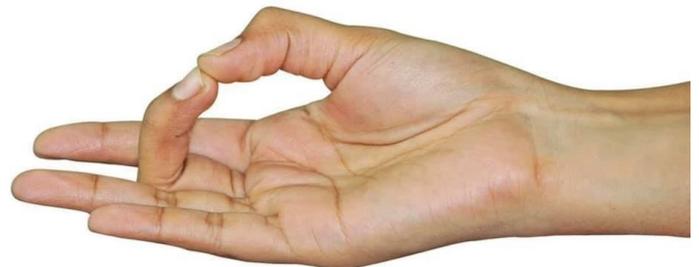


ALSO FOR :

- MAKES TO BE FEEL ENERGIZED.
- IMPROVES THE VISION OF EYES.
- STRENGTHEN THE IMMUNE SYSTEM.



AAKASH MUDRA for *Enlightenment*



GANESHA MUDRA for *Shoulder pain*



SURYA MUDRA for *Weight Loss*



ALSO FOR :

- HELPS FOR GOOD DIGESTION.
- DECREASES SEVERE HEADACHE.

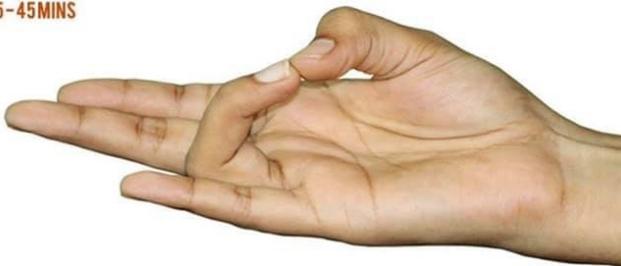




STAY FIT AND ACTIVE

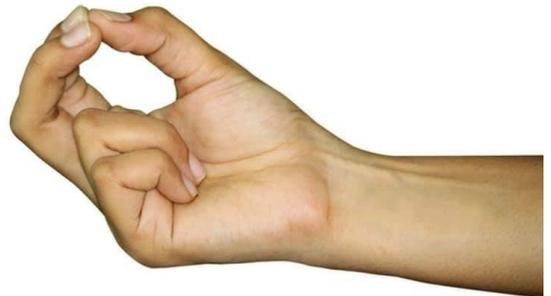
PRITHVI MUDRA for *Hairloss*


PRACTICE TIME:
15-45 MINS



KUBERA MUDRA gives *Wealth*


15 min



ALSO FOR :

- LEADS TO COMPLETE RELAXATION.
- INCREASES CONFIDENCE.
- DEVELOP CONCENTRATION POWER.



Daily Mudras

LOTUS MUDRA for *Body purification*


10 min



ASTHMA MUDRA for *Asthmatic attack*

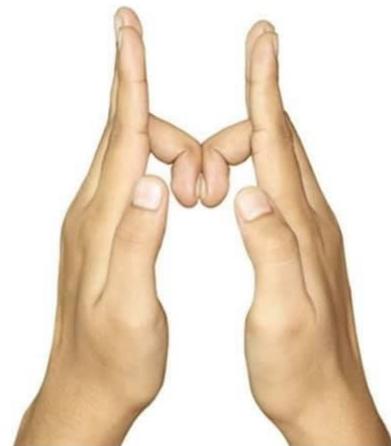
ALSO FOR :

- RELAXES AND STABILIZES THE MIND.
- TREATS ULCER AND FEVER.
- CREATES A MORE LOVING ATTITUDE.



Daily Mudr


10 min



MINDFUL HEALING PROPERTIES



ONE SOLUTION For Many Problems



 DAILY
15 Mins



PRITHVI MUDRA

- Hair loss
- Obesity
- Fitness
- Cold and Cough
- Mouth and Brain
- Skin
- Fever
- Diabetes





WORDSEARCH

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

BELLS
 WRAPPINGPAPER
 CELEBRATE
 YULE
 PARTY
 SEASON
 TIDINGS
 ROASTPOTATOES
 FRUITCAKE
 WREATH
 JOLLY
 REINDEER
 RUDOLPH
 SLEIGHBELLS
 RUDOLPH
 DANCER
 PRANCER

CANDLES
 WREATH
 GREETINGS
 MERRY
 SCROOGE
 HANNUKAH
 EGGNOG
 TURKEY
 MISTLETOE
 CHRISTMASTREE
 NORTH
 ELF
 SLED
 SANTACLAUS
 COMET
 DASHER
 VIXEN

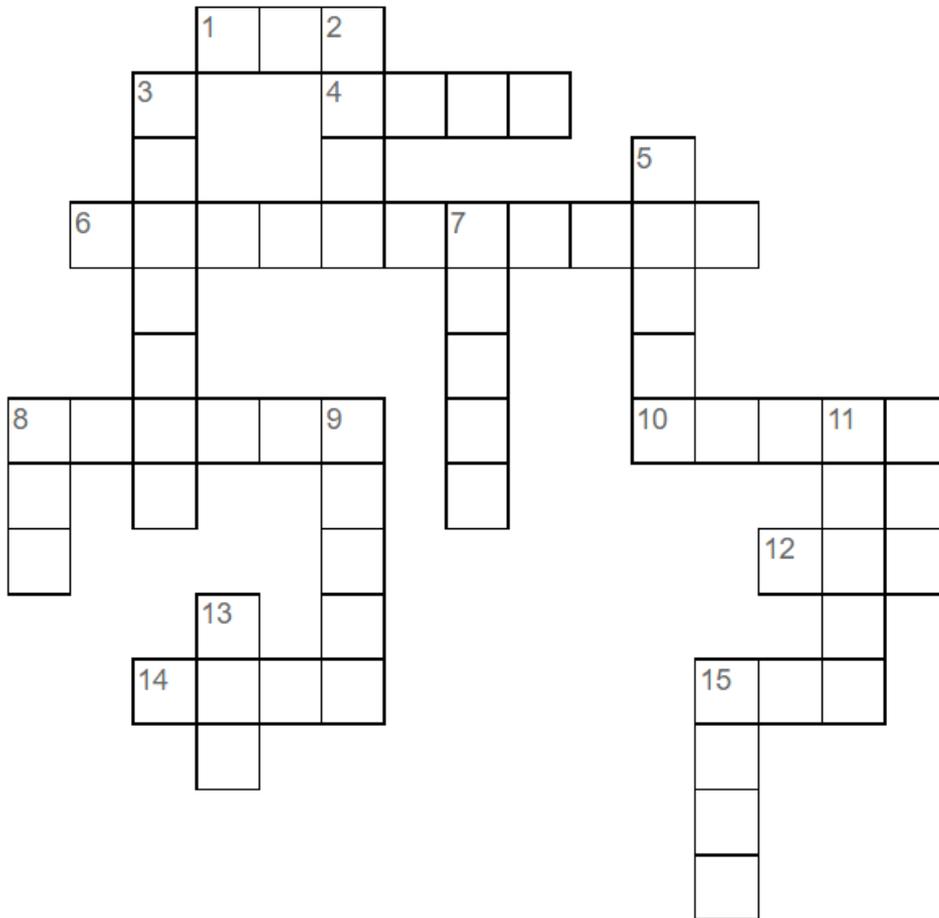
CARDS
 CHRISTMASCRACKER
 HOLIDAY
 NOEL
 THEGRINCH
 STOCKINGS
 PIGSINBLANKETS
 STUFFING
 POINSETTIA
 CHIMNEY
 POLE
 TOYSHOP
 SLEIGH
 BLITZEN
 CUPID
 DONNER



CROSSWORD



GINGERBREAD MAN



Across

- 1 '....., run as fast as you can,' he said.
- 4 What gingerbread man was created in?
- 6 What is the main character made from?
- 8 The gingerbread man thought he was this.
- 10 After the cow, the gingerbread man met a
- 12 Who was second to join the chase?
- 14 'Open the,', said the gingerbread man.
- 15 How could you describe the fox?

Down

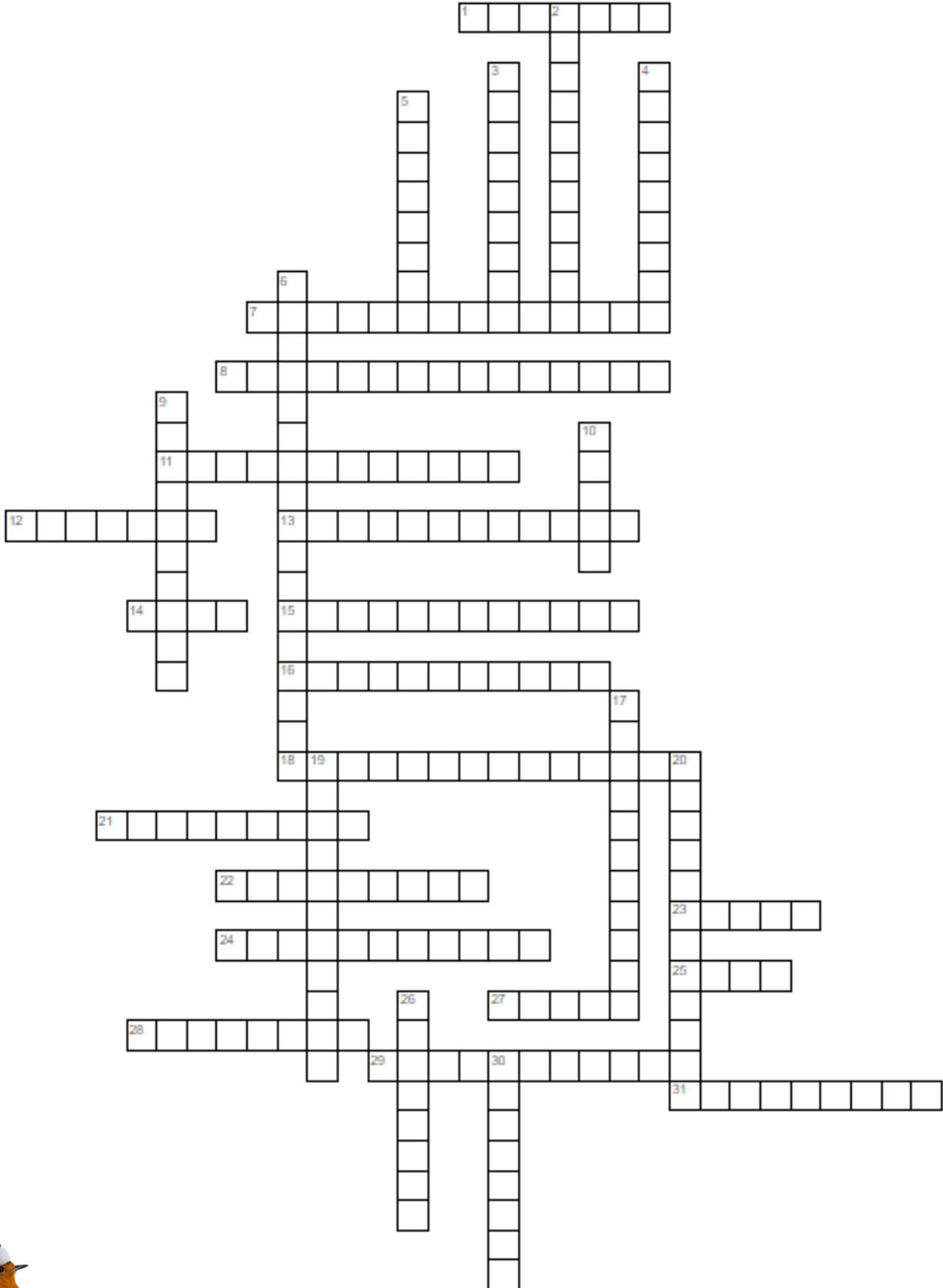
- 2 What was the last part of the fox the ginger bread stood upon before being gobbled up?
- 3 This is what the fox did to the gingerbread man.
- 5 'You can't me, I'm the gingerbread man'
- 7 Who made the gingerbread man?
- 8 Before the horse, what animal chased the gingerbread man?
- 9 What was the obstacle that caused the chase to stop?
- 11 'The Gingerbread Man' is this.
- 13 What animal was last to join in the chase?
- 15 How did the fox get across the river?





CROSSWORD

1970's America



CROSSWORD



Across

- 1 This war ends in 1975
- 7 Comedy sitcom starring Comedian Redd Foxx
- 8 Poet Laureate of Illinois from 1968 to 2000.
- 11 U.S. President that resigns
- 12 1970s comedy show
- 13 Queen of disco music
- 14 Thriller about a killer fish.
- 15 Famous NBA and ABA basketball player aka Dr. J
- 16 stylish pants
- 18 early rap hit
- 21 music/dance show hosted by Don Cornelius
- 22 political scandal
- 23 popular genre of music
- 24 heavy weight champion aka Cassius Clay
- 25 popular hair style
- 27 famous mini series about Kunta Kinte and his ancestors
- 28 1960s TV show about the Starship enterprise that continued to be popular in the 1970's and beyond.
- 29 famous singing group from from Gary, Indiana
- 31 U.S. Supreme Court decision that guarantees a woman's right to abortion

Down

- 2 One of Motown's greatest male groups
- 3 Famous American football player aka 'The Juice'
- 4 Lead singer of the Supremes
- 5 First Foxy Brown; famous actress from the Black exploitation film era
- 6 Famous NBA player aka Lou Alcindor
- 9 Soul Singer murdered by his father
- 10 video game
- 17 Black power female icon
- 19 Famous African American writer of the 1970's who wrote The Color Purple
- 20 Famous 1970s film tracing the history of an Italian family in America.
- 26 stylish shoes
- 30 Famous African American crime drama and soundtrack





NUMBER PATTERNS

Find the missing numbers. Check the patterns carefully, work out each blank number, then underneath explain what each pattern consists of.

This can be additions, subtractions or both...

GROUP PATTERN (A)

48, 44, 35, 31, 22, ____, ____, ____, ...

90, 88, 85, 83, 80, ____, ____, ____, ...

48, 41, 39, 32, 30, ____, ____, ____, ...

57, 53, 47, 43, 37, ____, ____, ____, ...

57, 54, 46, 43, 35, ____, ____, ____, ...

97, 90, 88, 81, 79, ____, ____, ____, ...

79, 75, 70, 66, 61, ____, ____, ____, ...

57, 56, 47, 46, 37, ____, ____, ____, ...

GROUP PATTERN (B)

15, 22, 16, ____, ____, 24, ...

__, ____, 91, 96, 103, 108, ...

93, 99, 94, ____, ____, 101, ...

72, 76, 78, 82, ____, ____, ...

63, 67, 76, 80, ____, ____, ...

57, 61, 66, 70, ____, ____, ...

__, ____, 45, 49, 54, 58, ...

57, 53, 55, 51, ____, ____, ...

GROUP PATTERN (C)

__, ____, 77, 82, 75, 80, 73, 78, ...

55, 48, 50, ____, ____, 38, 40, 33, ...

__, ____, 23, 26, 19, 22, 15, 18, ...

__, ____, 11, 14, 11, 14, 11, 14, ...

__, ____, 25, 24, 32, 31, 39, 38, ...

62, 57, 65, ____, ____, 63, 71, 66, ...

86, 80, 87, ____, ____, 82, 89, 83, ...

__, ____, 35, 39, 37, 41, 39, 43, ...



DID YOU KNOW...



Striving to learn something new every day is a great way to keep your mind active. You'll be surprised how many facts you are capable of maintaining.

Information retrieval helps us exercise our brains...

- ⇒ it's possible to lead a cow up stairs but not down
- ⇒ frogs can't swallow with their eyes open
- ⇒ elephants are the only mammal that can't jump
- ⇒ 1/4 of your bones are in your feet
- ⇒ your tongue is the fastest healing part of your body
- ⇒ on your birthday you share it with 9 million others
- ⇒ 1 googol is the number 1 followed by 100 zeros
- ⇒ a 1 minute kiss burns 26 calories
- ⇒ you burn more calories sleeping than watching TV
- ⇒ frogs don't usually swallow water (they absorb most of the moisture they need through their skin)
- ⇒ at birth dalmations are always white
- ⇒ hummingbirds are the only bird that can fly backwards
- ⇒ a duck can't walk without bobbing its head
- ⇒ a hummingbird's heart beats at over a 1,000 times a minute
- ⇒ dragonflies have 6 legs but can't walk
- ⇒ a crocodile can't move its tongue
- ⇒ the first MTV video played was 'Video killed the radio star' by the Buggles
- ⇒ in 1878 the first telephone book made contained only 50 names
- ⇒ pop corn was invented by the Aztec Indians
- ⇒ an average person will spend 25 years asleep
- ⇒ hippopotamuses have killed more people in Africa than any other animal
- ⇒ an elephants ears are used to regulate body temperature
- ⇒ the Arctic Ocean is the smallest in the world
- ⇒ the most common mental illnesses are anxiety and depression





WORD OF THE DAY

Your mission is to use one of these words during your day...

1. **persnickety** [pronounced: per-snik-i-tee]
Overparticular; fussy
2. **tesseract** [pronounced: tes-uh-rakt]
The generalisation of a cube to four dimensions
3. **filiopietistic** [pronounced: fil-ee-oh-pahy-i-tis-tik]
Of or relating to reverence of forebears or tradition, especially is carried to excess
4. **fomites** [pronounced: fom-i-teez]
Surfaces (clothing/door handles) that can become contaminated with pathogens when touched by the carrier of an infection, and then transmitted to next person
5. **bezoar** [pronounced: bee-zawr]
A calculus or concretion found in the stomach or intestines of certain animals, especially ruminants, formerly reputed to be an effective remedy for poison
6. **ostracize** [pronounced: os-truh-sahyz]
To exclude, by general consent, from society, friendship, conversation etc
7. **circadian** [pronounced: sur-key-dee-uhn]
Noting/pertaining to rhythmic biological cycles recurring at approx 24 hour intervals
8. **avgolemono** [pronounced: ahv-goh-lem-uh-noh]
A soup or sauce made with beaten eggs, lemon juice, and usually chicken broth
9. **nebbish** [pronounced: neb-ish]
A pitiful ineffectual, luckless, and timid person
10. **nugatory** [pronounced: noo-guh-tawr-ee]
Of no force or effect; ineffective; futile; vain



MAGIC SQUARE PUZZLE



The sum of every row, column and diagonal must be the same

		85	357	238
		323		34
	51	374		
204	340		68	
			289	170

	195	221	13	
	78			260
	234			273
130	286	143		
208				156

		153	17	
	187		289	136
	119			
221	408	272	170	34
		204		

143				325
	260			104
	169		65	208
	13	247	299	156
234				

45	12		54	21
				72
6	75			39
27				60
		30		3

		115		
	100	5		
20			125	80
75	105			35
90	10		55	





CHRISTMAS TRIVIA

1. How many ghosts show up in A Christmas Carol?
2. The movie Miracle on 34th Street is based on a real-life department store. What is it?
3. In Home Alone, where are the McCallisters going on vacation when they leave Kevin behind?
4. In the classic Christmas movie, How The Grinch Stole Christmas, the Grinch was described with three words. What are they?
5. In which modern-day country was St. Nicholas born in?
6. What words follow "Silent Night" in the song?
7. Which Hollywood actor played six different roles in The Polar Express?
8. Which country did eggnog come from?
9. Which real-life person is Santa Claus based on?
10. What did Frosty The Snowman do when a magic hat was placed on his head?
11. What is Ralphie's little brother's name in the movie A Christmas Story?
12. Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?"
13. Which one of Santa's reindeer has the same name as another holiday mascot?
14. In the song "Winter Wonderland," what do we call the snowman?
15. In the movie Elf, what was the first rule of The Code of Elves?
16. What's the name of the main villain in The Nightmare Before Christmas?
17. According to the song, what did my true love give to me on the eighth day of Christmas?
18. What was the highest-grossing Christmas movie of all time?
19. Whose eyes are all aglow in "The Christmas Song?"
20. Which fairy tale were the first gingerbread houses inspired by?



COOK-ALONG-WITH



Cook-along-with

An exciting new community initiative delivered by Jean Byers Community HUB in partnership with MSV Communities Team. We will be cooking some delicious meals for everyone to enjoy in the comfort of their home.

Simple to follow, nutritional and cheap!

To help you, we offer :

- main ingredients;
- loan of laptop/tablet; and
- the chance to WIN a fantastic prize!

What are you waiting for...

*****COMING SOON*****

Latest recipes: Winter Warmer Soups

Latest prize: hand held blender

Sign up today

Sign up to Cook-along-with and you can receive the main ingredients from the latest uploaded recipes.

If you need IT equipment to watch at home, we can loan you a laptop/tablet. You can also be in with a chance to WIN one of our amazing cooking prizes. These vary depending on the latest recipe.

I did it MY way

We want to feature cuisines from all around the world. Do you have a recipe handed down from generations you would like us to feature as part of the cook-along-with sessions? If so, we want to hear from you! The main ingredient is **LOVE**

Contact: Communities Team

Email: involvement@msvhousing.co.uk





Join Rainbow Roofs our LGBT+ Customer Group

As a proud member of HouseProud, we have partnered with other North West housing providers to create our LGBT+ customer group 'Rainbow Roofs'.

Meeting once a month, the group focuses on raising the voices of LGBT+ customers and issues impacting them. So far the group have explored:

- Hate crime and its impact on LGBT+ people
- Housing for older LGBT+ people
- LGBT+ calendar of events
- LGBT+ training for MSV colleagues

ALL WELCOME We are looking for MSV customers to represent us at this important group, whether you identify as LGBT+, or are someone who wants to support the amazing work being done. We are especially looking for any younger members who would like to lend their voice on matters affecting and impacting them.

Could our next member be you?

Contact Cath Coombe for more information

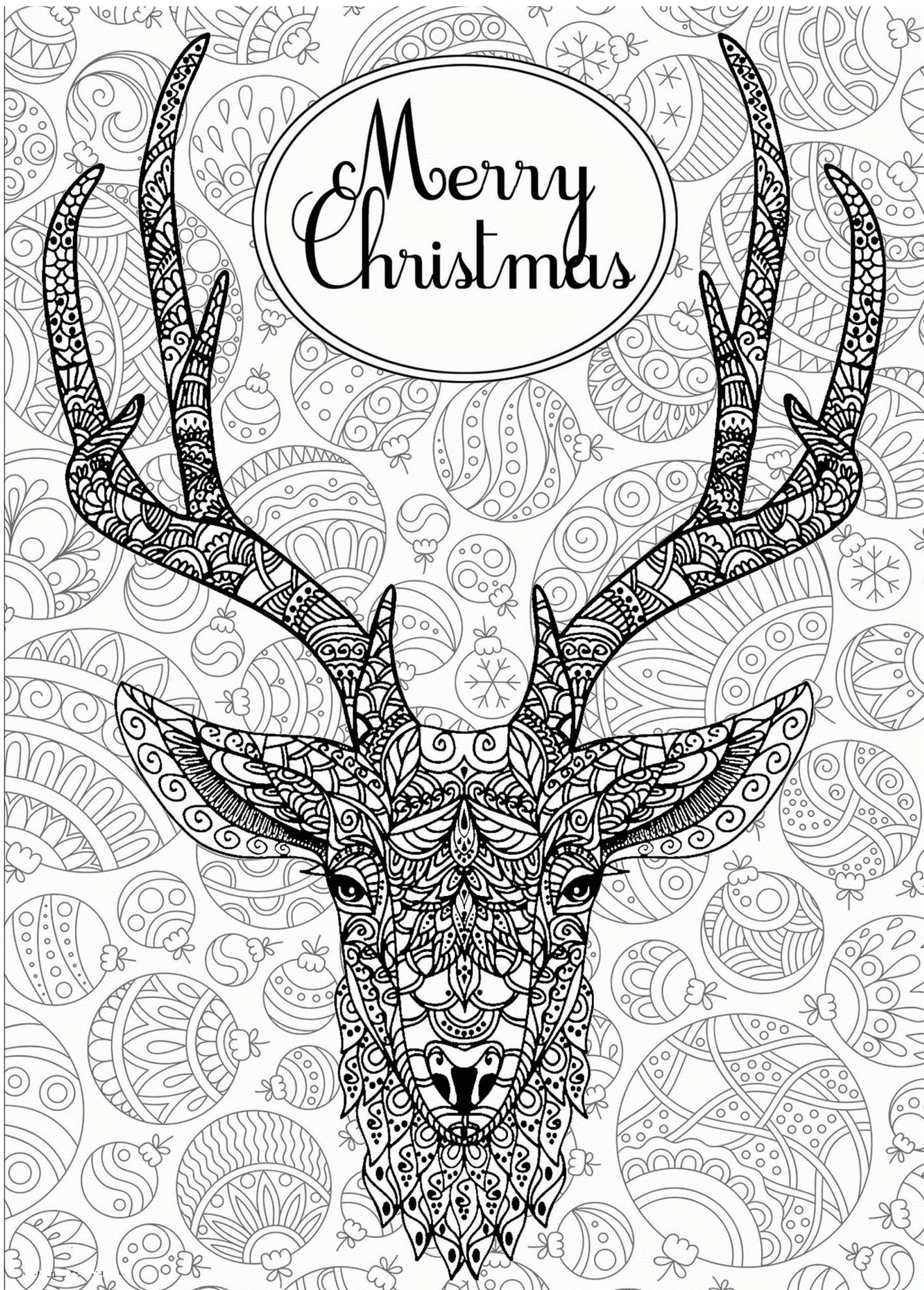
07876 841 977

Catherine.Coombe@msvhousing.co.uk



HouseProud

Merry
Christmas









QUIZ ANSWERS

spoiler alert:
answers are from this point forward

1. Cross Mouse Cards
2. Freeze a jolly good fellow
3. So he can 'ho ho ho'
4. Twerky
5. Arthur... Arthur who? Arthur any mince pies left?
6. Auld Fang Syne
7. Because he had low elf esteem
8. He got 25 days
9. A Holly Davidson
10. A Christmas quacker
11. A broken drum... you just can't beat it
12. The ghost of Christmas passed
13. Santa Jaws
14. Elf-is Presley
15. The elf-abet
16. Please don't smoke, it's bad for my elf
17. Horn-aments
18. Santa walking backwards
19. No, he was Elf-taught
20. Because it had the drumsticks
21. Frostbite
22. Ice caps
23. They ride an icicle
24. Water
25. Deep pan, crisp and even
26. A mince spy
27. Sandy Claws
28. He sends them to an Elf Farm
29. It's Christmas, Eve
30. Twenty-five, because there's "no L"
31. O camel ye faithful
32. Claus-trophobia
33. A long jumper
34. Tinsilitis
35. "I don't like Brussels sprouts"
36. Nice gnawing you
37. They keep loosing their needles
38. Jingle Smells
39. Chess nuts boasting in an open foyer
40. Mistle-toad
41. Noël Coward
42. No-eye deer
43. He has Santa claws
44. Stick with me and we'll go places
45. Because they were two deer
46. The One Show
47. He pulled a cracker
48. Because he has private elf care
49. They had a weigh in a manger
50. Because their days are numbered

ANSWER

WORD SEARCH

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

ANSWER

CROSSWORD

The 1970s

VIETNAM
OJIMD
PAMGRI
JIMPT
SASTA
SONSONS
SANFORDANDSONS
GWENDOLYNBROOKS
MARM
RICHARDNIXON
LAUGHIN
DONNASUMMERS
JAWS
JULIUSERVING
BELLBOTTOMS
RAPPERSDELIGHT
SOULTRAIN
WATERGATE
MUHAMMADALI
ROOTS
STARTREK
JACKSONFIVE
ROEVSWADE
TORM
UPERFLY
HEGDOAFROTH

GROUP PATTERN (A)

What is the pattern?
Subtract 4, then subtract 9

What is the pattern?
Subtract 2, then subtract 3

What is the pattern?
Subtract 7, then subtract 2

What is the pattern?
Subtract 4, then subtract 6

What is the pattern?
Subtract 3, then subtract 8

What is the pattern?
Subtract 7, then subtract 2

What is the pattern?
Subtract 4, then subtract 5

What is the pattern?
Subtract 1, then subtract 9

GROUP PATTERN (B)

What is the pattern?
Add 7, then subtract 6

What is the pattern?
Add 5, then add 7

What is the pattern?
Add 6, then subtract 5

What is the pattern?
Add 4, then add 2

What is the pattern?
Add 4, then add 9

What is the pattern?
Add 4, then add 5

What is the pattern?
Add 4, then add 5

What is the pattern?
Subtract 4, then add 2

GROUP PATTERN (C)

What is the pattern?
Add 5, then subtract 7

What is the pattern?
Subtract 7, then add 2

What is the pattern?
Add 3, then subtract 7

What is the pattern?
Add 3, then subtract 3

What is the pattern?
Subtract 1, then add 8

What is the pattern?
Subtract 5, then add 8

What is the pattern?
Subtract 6, then add 7

What is the pattern?
Add 4, then subtract 2

ANSWER

MAGIC SQUARE PUZZLE

306	119	85	357	238
425	187	323	136	34
153	51	374	255	272
204	340	102	68	391
17	408	221	289	170

299	195	221	13	117
26	78	312	169	260
182	234	65	91	273
130	286	143	247	39
208	52	104	325	156

374	306	153	17	255
68	187	425	289	136
340	119	51	238	357
221	408	272	170	34
102	85	204	391	323

143	117	39	221	325
26	260	273	182	104
312	169	91	65	208
130	13	247	299	156
234	286	195	78	52

45	12	63	54	21
48	24	36	15	72
6	75	57	18	39
27	33	9	66	60
69	51	30	42	3

30	70	115	85	25
110	100	5	45	65
20	40	60	125	80
75	105	95	15	35
90	10	50	55	120

1. Four
2. Macy's
3. Paris
4. Stink, stank, stunk
5. Turkey (originally Patara, a city in the ancient district of Lycia, in Asia Minor)
6. Holy night
7. Tom Hanks
8. England
9. The Christian bishop St. Nicholas
10. He began to dance around
11. Randy
12. "Rocking Around The Christmas Tree"
13. Cupid
14. Parson Brown
15. Treat every day like Christmas
16. Oogie Boogie
17. Eight maids a milking
18. Home Alone
19. Tiny tots
20. Hansel and Gretel



Stronger Together