



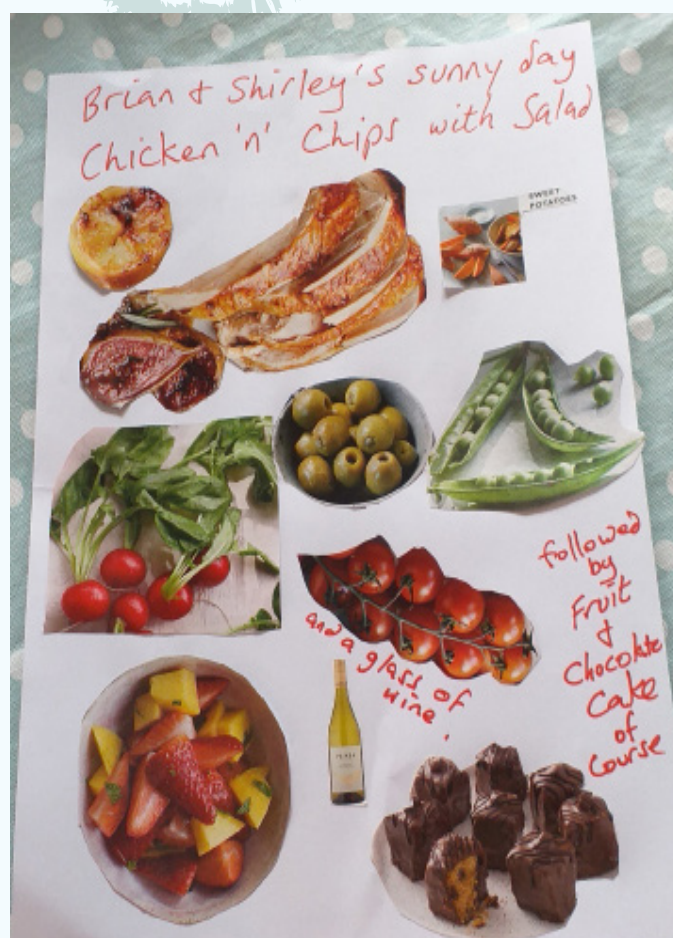
Welcome to Week 10 of Zest at Home!

This week was our first week of Zest Zoom Sessions with actor Lisa Payne: The Armchair Travel Company. Musician Emily Watts has also been leading fun filled sessions for participants in care homes over Zoom.



Here is Emily exploring music and movement with participants over Zoom at Court Regis Care Home in Sittingbourne.

The Artist's Cookbook



We love Brian and Shirley's collage of their Sunny day Chicken 'n' Chips with Salad and all the extras. Finished off by a fruit and chocolate cake and not forgetting a glass of wine! What a feast for the eyes... and the belly. Thanks both for sharing.

For our first session with Lisa Payne over Zoom, we thought about dream holiday destinations.

In Canterbury, Noeline told us about Hawaii, Pauline thought about travels to India and David spoke fondly of Broadstairs and the characterful bandstands that his Dad used to play at. There was some fantastic improvisations, and playful poetry made about favourite holiday experiences.



Playful Passport

Activity: Design a paper passport with stamps & stickers for dream travels.

Time: 30 mins (ish)

You will need: A few sheets of paper, pens/pencil, newspaper/magazine, glue or tape

- 1) **Fold** your sheets of paper in half and assemble to make a booklet.
- 2) **Design** your cover, include where you live and a drawing or collage to represent what it means to you.
- 3) **Create** a passport picture of you. You may want to take a photo or draw one. Stick it on one of your pages. Write details to identify you such as date of birth or where you were born or be totally imaginative and inventive!
- 4) **Make** some stickers of places you have been to or would like to travel to. Inspired by Lisa's session this week, you could also draw favourite things about holidays - whether its the food, the sea or music. Stick them all over the pages, make it your own!

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