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| January 2022 Resources | |
| 1st Quarter Suggested Program: **A Generational Journey: Women** This three-session program by Masterpiece discusses the role of women throughout a lifespan. The program includes a look at societal and cultural expectations placed on women from their early years to motherhood through older adulthood. It takes a candid look at the media and health and beauty industries’ views on aging and also challenges perceptions that women should resist aging. Finally, this program reviews the historical role of the “crones” or “holy ones” and “wise ones” and reclaims the title of “crone” – which is currently given a negative connotation, to encourage the elder women of society to share their wisdom with younger generations. | |
| National Days | Curated Resources and Ideas |
| January 10th:  **National Houseplant Appreciation Day** | * Have you heard of Living Stones? These are succulent plants native to southern Africa. Below are some resources to create a class to learn more about them and how to grow them:   + A short (3-minute) video explaining them: [Lithops - Living Stones - Living Stone Plants - Succulent Stone Plant - Easy Houseplants](https://www.youtube.com/watch?v=2lW5HMY6_xY).   + [How to Grow Living Stones](https://www.thespruce.com/grow-living-stones-plants-1902983) from The Spruce   + [Complete Guide to Lithops: How to Plant & Care for “Living Stones”](https://gardenbeast.com/lithops-guide/) from GardenBeast * Plan a shopping trip to buy an indoor plant but before you do, gather the group and watch one or both of these informational videos:   + [Beginner's Guide to Indoor Plant Care](https://www.youtube.com/watch?v=HM3kFsQsX74) (30 minutes)   + [The BEST Oxygen Purifying Houseplants 2021](https://www.youtube.com/watch?v=XUTlbtO_n1E) (10 minutes) * **Community Garden Experience**: Begin to plan now for a spring garden. Finds ways to involve different generations in the planning, preparing, beautification, planting, tending, reaping and food preparation of the garden. Brainstorm how families, team members, local schools, youth service groups, or others from the greater community could engage with and learn from resident gardeners while creating a nature space many can enjoy. * Promote a class to plant and grow a **Microgreen Garden** for their apartment or a common space. (Activity from the **Nourish** program). Microgreens are young seedlings. Research reported in the Journal of Agriculture and Food Chemistry (Oct 2018) found some microgreens contain up to 40 times more nutrients than the fully grown plant.   **Materials:**   * + **Small paper cups** (without wax), **peat strip seedling trays, or small shallow plastic containers from microwave meals or take-out**  for placing seeds into. (1 cup/per person or 2 cells from the peat strip/per person).   + **Bag of seed soil** (If you cannot find seed soil, shake **potting soil** through a sieve) and a **bucket/container** to place the ready soil in.   + Several **tablespoons or small garden hand trowels** to use to move soil into the cups/seed trays.   + **A packet of Radish or Broccoli seeds for every 3 – 4 participants.**   + **Paper towels** to cover the seedlings.   **Instructions:**   1. Fill a container with an inch or two of seed soil. Gently press the loose soil down with your fingers to firm it up a bit. 2. Place plenty of seeds on top of the soil about 1/8-1/4 inch apart.   **Note**: When growing a bed of microgreens, you can place many more seeds in the container than when you are growing plants to the full size. You will harvest the microgreens when they are just a small sprouts of blooming nutrient rich greens.   1. Lightly cover the seeds with 1/8 inch of seed soil. 2. Use a mister to spray water or use your fingers or a dropper to drip water on top of the soil so the seeds become moist. 3. Cover the container with a damp paper towel and place out of direct sunlight. Keep the soil slightly damp and the container covered until you begin to see the seedlings break through the soil – within 3-10 days. Remove paper towel. 4. Water lightly once or twice a day, keeping the seed soil damp as the greens grow. Be careful not to over water. 5. Place in an area where the seedlings will get sunlight for at least 4 hours a day. Avoid too much strong sun in the beginning as seedling can dry easily. 6. Harvest when the plant is about 2-3 inches in height and the baby leaves have just developed. Cut just above the soil line. Enjoy!  * Create a planting class and try one of these DIY projects from Martha Stewart:   [4 Simple DIY Projects for Growing Houseplants](https://www.youtube.com/watch?v=QSPxwSdxdIk) (6-minute video)   * **TED Talks:** * [**Why Every Desk Needs a Personal Plant**](https://youtu.be/ZhO6tvEypT4) (20-minute video)   + **Discussion Questions:**   1. Green vs. lean – plants vs. minimalism – what type of environment comforts you and why?  2. DNA and plants – how do you understand our biological connection to plants?  3. Pets and plants – how can you relate to plants as pets in your living space?     * [**What Gardening Taught Me about Life**](https://youtu.be/FcN3BW4vR7M)(7-minute video)   + **Discussion Questions:**   1. “The garden is a mirror” – what does that mean to you?  2. Were you aware of how trees replenish each other and what is the message for us?  3. What has been your most enlightening or intoxicating experience visiting a garden?     * [**The Power of Plants**](https://youtu.be/XZ0EWfz0Qtc)(18-minute video)   + **Discussion Questions:**   1. How can you implement the benefits of sprouts into your nutrition?  2. What types of probiotics have you incorporated into your eating plan?  3. If you’ve had digestive issues, have you investigated a natural cure or relied on over-the-counter medications?   * Share this blog from Dr. Roger: [What I learned from Spreading Garden Mulch](https://mymasterpieceliving.com/resource/what-i-learned-spreading-garden-mulch/) |
| January 28th:  **National Lego Day** | Create a **Lego Challenge** and give everyone a week to complete it.  * + Art creations   + Tallest Tower * Start a **Lego 101** class. Find inspiration with these two videos:   + Lufkin man’s Lego collection spans 17 years(2-minute news clip)     - <https://bit.ly/3DfqvIX>   + [25 Famous Landmarks Made out of Legos](https://www.hgtv.com/design/decorating/design-101/25-famous-landmarks-made-out-of-legos-pictures) online slideshow. * Intergenerational Lego Day. Share resident’s Lego designs with children who bring/create their own Lego design to share. Consider a theme for the event such as: Homes and Castles, Animals and Toys, Winter Wonderland and Winter Sports, Spring has Sprung, etc. In addition, consider a fun instant challenge – a timed Lego build with just one or two handfuls of random Legos. Enjoy the creativity of all as you promote conversation opportunities between generations. * Research Lego exhibits around your town. Check to see if/when the exhibit [The Art of the Brick](https://www.brickartist.com/about-exhibition.html) is coming near you.  **TED Talks:**  * [**LEGO for Grownups**](https://youtu.be/KElS5nZD5yc)(7-minute video)   + **Discussion Questions:**   1. What makes Legos such a consuming hobby?  2. Lego devotees appear to celebrate the ultimate science fair projects. How does this capture your imagination?  3. How does working with Legos capture youthful ingenuity?  4. Do you appreciate Legos as a hobby for all ages that challenges creativity and sophistication? How would you approach your ultimate Lego fantasy build?   * [**Building Creativity into Your Life: LEGO Team**](https://youtu.be/a9p924engU0) (12-minute video)   + **Discussion Questions:**   1. What does it take to be a Lego designer?  2. What makes it possible to pursue your own individual passion with a job, volunteering or a hobby?  3. Share an experience that you enjoyed as an individual or as part of a team. |