

# July Activity Pack

Filled with lots of summer themed quizzes, colouring, recipes, poems and much more.

Created by the Age UK Shropshire Telford & Wrekin Day Services Team



## Summer Quiz

1. Which fruit is traditionally eaten at Wimbledon?
2. With which TV comedy duo would you associate the song Bring Me Sunshine?
3. Which is the largest of the Canary Islands?
4. What was the name of the ITV holiday show fronted by Judith Chalmers which ran from 1994 to 2003?
5. When does summer officially start?
6. The month of July is named after which famous historical person?
7. What term is often given to a period of dry hot weather that occurs in the autumn?
8. What was the first name of Clegg in the sitcom Last of the Summer Wine?
9. Which British seaside attraction is 158 metres tall?
10. Which feast day falls on July 15th every year?
11. Which TV soap opera is set in Summer Bay?
12. Where did Cliff Richard travel to in the film "Summer Holiday"?
13. Which ingredient can be used as the filling for a summer pudding?
14. Queen Elizabeth II often spends her summer holiday in which royal residence?
15. Which town is known as 'The Queen of the Welsh Resorts'?



## Summer Facts

1. The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
2. The word 'Summer' comes from the Old English name for the season "sumor".
3. The first day of summer is June 21<sup>st</sup>.
4. The last day of summer is September 20<sup>th</sup>.
5. The Eiffel tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.
6. Television shows used to only be repeated during the summer months. The idea being that everyone was outside enjoying the weather.
7. The month of June is named after the Roman goddess Juno.
8. The first women's bathing suit was created in the 1800's. It came with a pair of bloomers.
9. In popular belief, if it rains on St. Swithin's Day (15<sup>th</sup> July) it will rain for 40 days, but if it is fair, 40 days of fair weather will follow.
10. The Roman General Marc Antony named the month of July after Julius Caesar.
11. July is national blueberry month.
12. Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable? They belong to the cucumber family of vegetables.



## Song Title Quiz

Draw a line to connect the two parts of these song titles

Hey

Hotel

Bohemian

Daisy

Heartbreak

Choo-Choo

Sweet

Danube

Dancing

Calling

Daisy

Dolly

London

River

Chattanooga

Queen

Blue

Jude

Hello

Caroline

Moon

Rhapsody

## The Yellow Quiz

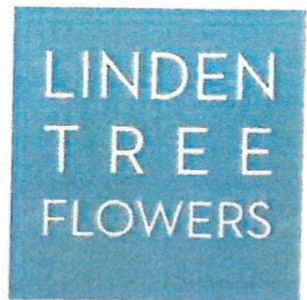
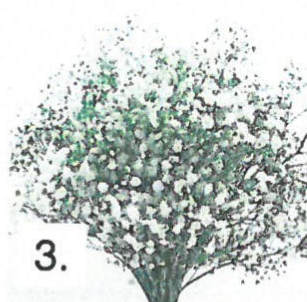
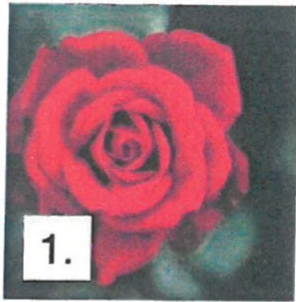
All the answers have the word 'Yellow' in them

1. The world's first National Park
2. Tropical Disease
3. What Dorothy followed
4. Business telephone directory
5. Nautical song sung by The Beatles
6. The Tour de France leaders wear it
7. It's 'itsy bitsy, teenie weenie'
8. Joni Mitchell song 'They paved paradise'
9. Two of these can get you sent off
10. Known in China as Huang He





## How many flowers can you name?

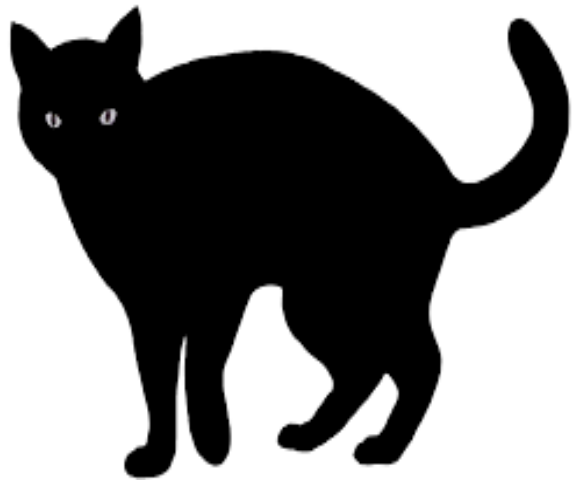


## Jack the Cat - Chapter 4

The next day Jack decided to have a quiet day. His friend had mentioned another bridge called Kingsland so Jack thought he would find it on his own. He trotted proudly along the path thinking how shiny his black coat looked and how happy he was in Shrewsbury.

To-day he had turned right out of the front door, not left past the sad soldier who stood with his head bowed.

Jack came to the bridge. He saw to his surprise that people leant out of their cars and put something in a box before a bar of wood went up to let

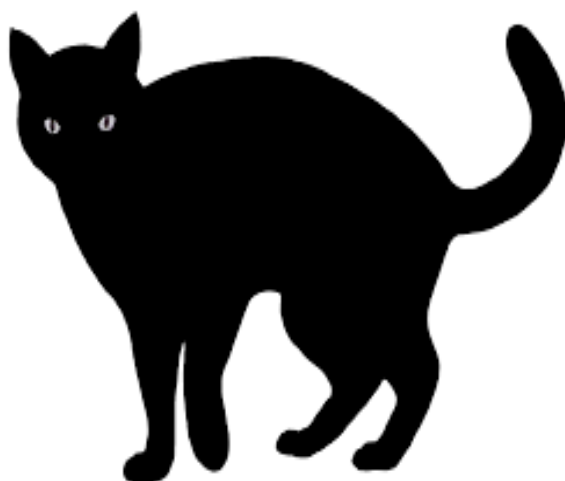


them through. "I haven't got anything to put in the box," thought Jack so he kept on the path. When he was halfway over the bridge he stopped to look down at the river. Boats were going up and down with people in them. "That's not for me," thought Jack. As you know, most cats don't like water. "I'll go down the steps and keep to the river path." Jack was proudly walking past the boat club, his black tail held high, enjoying the quiet of the river when suddenly he heard a growl behind him and there stood a big black dog! "Oh no!" thought Jack, "he looks very angry, I'd better run."

Jack ran and ran past walkers on the path, past cattle on the path and even past a car that was parked on the path. “Where am I?” wondered Jack, “I’m a long way from the bridge.” He hid behind a bush and looked for the big black dog but there was no sign of him, only a few ducks and swans swimming past on the river below.

Suddenly Jack noticed another bridge, one he thought he’d seen before. “I know,” he said to himself, “I’ll go across this bridge and then I’ll be able to see my old home in the Quarry again and I’ll know where I am.”

Jack began to patter across the bridge on his little black paws. Some children were also running across the bridge to the swings. “Oh dear, it’s very wobbly,” he thought. “Don’t worry Jack, we’re almost home,” said a voice and there was Jack’s friend with his bicycle. Jack was glad to see him, he jumped up into the basket and they both went home to tea.











## **Courgette Potato and Cheddar Soup**

<b>Ingredients</b>	
500g	Potatoes unpeeled and roughly chopped
2	Vegetable stock cubes
1kg	Courgettes
Bunch	Spring onions (save one for serving)
100g	Cheddar Cheese

### **Method**

1. Put the potatoes in a large pan with just enough water to cover them and crumble in the stock cubes. Bring to the boil, then cover and cook for 5 minutes
2. Add the courgettes, put the lid back on and cook for 5 minutes more. Throw in the spring onions, cover and cook for a final 5 minutes.
3. Take off the heat, then stir in the cheese and season with salt and pepper. Whizz to a thick soup adding more water until you get the consistency you like. Scatter with extra grated cheddar, spring onions and pepper. Or cool and freeze in freezer bags or containers with good lids for up to 3 months.



## Flapjacks

Ingredients	
4 1/2 ounces	Porridge oats
4 ounces	Butter or margarine
3 ounces	Demerara or brown sugar

## Method

1. Mix the oats and sugar
2. Melt the margarine (careful not to brown)
3. Pour the melted butter or margarine into the oats and sugar and blend well together
4. Press the mixture evenly into a greased shallow tin 11" x 7"
5. Bake in the oven at 190C or Gas 5 for 15 minutes or until a nice pale gold in colour
6. Cut and portion while still warm
7. Leave in the tin till crisp and cold before storing in an airtight tin.



## **Summer**

**Christina Rossetti**

Winter is cold-hearted,  
Spring is yea and nay,  
Autumn is a weathercock  
Blown every way:  
Summer days for me  
When every leaf is on its tree;

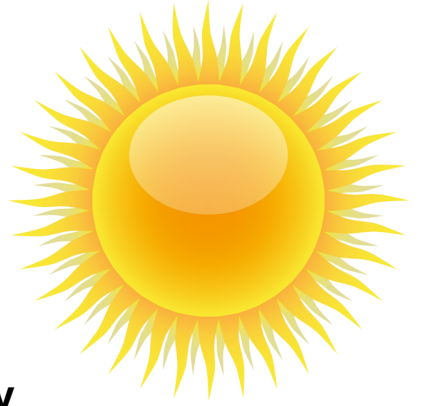
When Robin's not a beggar,  
And Jenny Wren's a bride,  
And larks hang singing, singing, singing,  
Over the wheat-fields wide,  
And anchored lilies ride,  
And the pendulum spider  
Swings from side to side,

And blue-black beetles transact business,  
And gnats fly in a host,  
And furry caterpillars hasten  
That no time be lost,  
And moths grow fat and thrive,  
And ladybirds arrive.

Before green apples blush,  
Before green nuts embrown,  
Why, one day in the country  
Is worth a month in town;  
Is worth a day and a year  
Of the dusty, musty, lag-last fashion  
That days drone elsewhere.







**A Boat, Beneath a Sunny Sky**  
**Lewis Carroll**

A boat, beneath a sunny sky  
Lingering onward dreamily  
In an evening of July

Children three that nestle near,  
Eager eye and willing ear,  
Pleased a simple tale to hear  
Long has faded that sunny sky:  
Echoes fade and memories die:  
Autumn frosts have slain July.

Still she haunts me, phantomwise,  
Alice moving under skies  
Never seen by waking eyes.  
Children yet, the tale to hear,  
Eager eye and willing ear,  
Lovingly shall nestle near.

In a Wonderland they lie,  
Dreaming as the days go by,  
Dreaming as the summers die:  
Ever drifting down the stream  
Lingering in the golden gleam  
Life, what is it but a dream?



## Summer word search (Easy)

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

BEACH

SUMMER

CAMP

SUN

FUN

SWIM

HOT

WATER

## Summer word search (hard)

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

AUGUST	BEACH	CAMPING	CARNIVAL
COTTAGE	HOLIDAY	HOT	JULY
FUN	LEMONADE	PICNIC	READING
RELAX	SHORTS	SUMMER	
ICECREAM	TRAVEL		

## Summer quiz answers

1. Strawberries
2. Morecambe and Wise
3. Tenerife
4. Wish you were here
5. 21st June
6. Julius Ceaser
7. Indian Summer
8. Norman
9. Blackpool Tower
10. Saint Swithins
11. Home and Away
12. Greece
13. Summer fruits
14. Balmoral
15. Llandudno



## Yellow quiz answers

1. Yellowstone
2. Yellow fever
3. Yellow brick Road
4. Yellow Pages
5. Yellow Submarine
6. Yellow Jersey
7. Yellow Polka Dot Bikini
8. Big Yellow Taxi
9. Yellow card
10. Yellow River





## Flower Quiz Answers

1. Rose
2. Daffodil
3. Gypsophila
4. Lisianthus
5. Delphinium
6. Allium
7. Gerbera
8. Alstromeria
9. Tulip
10. Astrantia
11. Anemone
12. Freesia
13. Carnation
14. Anthurium
15. Lily
16. Amaranthus
17. Strelitzia/Bird of Paradise