

A photograph of two elderly women with grey hair, smiling and laughing while sitting at a table. They are holding red mugs of coffee. The table has a colorful patterned tablecloth and a blue ceramic container. The background is softly blurred, showing other people in a social setting.

The Nescafé care home activity pack

For your care home coffee break

We're all about bringing people together, that's why we've created this pack just for you. Because when we come together, anything is possible. We've got a whole bunch of activities ahead (with answer sheet!) to help bring warmth, laughter, and a mug (or two!) of NESCAFÉ to your day.

NESCAFÉ

Coffee connections

Wordsearch

Take a break with our coffee-themed wordsearch and find the hidden words that celebrate coffee and the joy of connection.

Who do you most enjoy sharing a cup of coffee with?

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

AROMA
CHAT
COFFEE BREAK
COMFORT
BEANS

CONNECTION
ROAST
ESPRESSO
CUP
MUG

BLEND
NESCAFÉ
CAPPUCCINO
LATTE
WARMTH

In good company Quiz

Get the kettle boiling and prepare to test your knowledge. These questions are brewed to roll back the years and spark meaningful conversations.

Round 1: The quick coffee round

- 1. True or false...**
Coffee comes from a fruit.
- 2. What was the slogan for NESCAFÉ in the 1950s?**
 - a) That's NESCAFÉ
 - b) Another of Nestlé's good things
 - c) Where every sip feels like home
- 3. Which country is the largest producer of coffee?**
 - a) Brazil
 - b) Colombia
 - c) Ethiopia
- 4. True or false...**
Coffee beans contain carbon dioxide.
- 5. What was the name of the NESCAFÉ couple who became famous in the late 80s/early 90s?**
 - a) The Gold Blend couple
 - b) The NESCAFÉ lovers
 - c) Mr. and Mrs. Gold
- 6. True or false...**
Coffee has fewer flavours than wine.
- 7. What's the name of the popular coffee that blends espresso with thick, foamy milk?**
 - a) Flat white
 - b) Latte
 - c) Cappuccino
- 8. Which of these historical events didn't involve NESCAFÉ?**
 - a) Apollo 11 flies to the moon in 1969
 - b) The first Mount Everest expedition in 1953
 - c) Elton John meets Bernie Taupin in 1967
- 9. What drink would you get if you added chocolate sauce to a latte?**
 - a) Mocha
 - b) Hot chocolate
 - c) Cappuccino
- 10. True or false...**
The word 'latte' means milk in Italian.

In good company Quiz

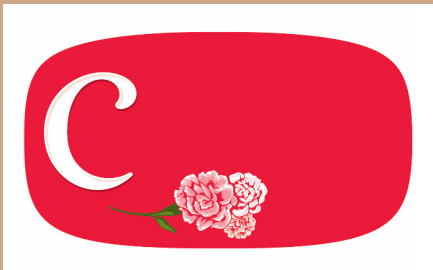
Round 2: Test your trivia

1. How many people would normally make up a jury in England and Wales?
2. According to the proverb, what should you not wash in public?
3. From which British sitcom did the phrase 'lovely jubbly' come?
4. Where in London did 'The Wombles' live?
5. How many pennies are there in an old-style English pound?
 - a) 100
 - b) 160
 - c) 240
6. Which British Queen died in 1901?
7. Who painted the iconic artwork 'Campbell's Soup Cans' in the 1960s?
 - a) Andy Warhol
 - b) Judy Chicago
 - c) Donald Judd
8. What is a 'busman's holiday'?
9. In Greek mythology, who is the king of the gods?
10. Which of the following countries does not border France?
 - a) Spain
 - b) Italy
 - c) Germany
 - d) The Netherlands



In good company Quiz

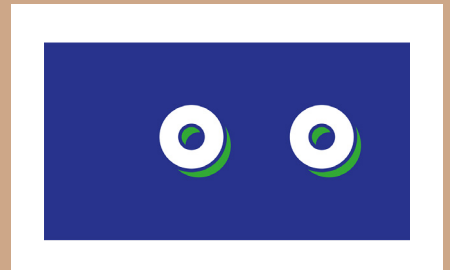
Round 3: What's the brand?



1.



2.



3.



4.



5.



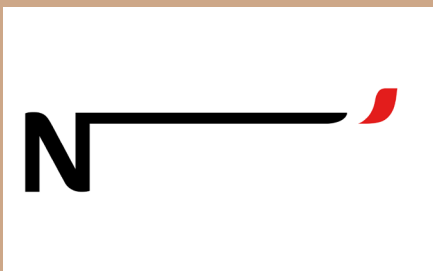
6.



7.



8.



9.



10.

Answers

Wordsearch



AROMA
CHAT
COFFEE BREAK
COMFORT
BEANS
CONNECTION
ROAST
ESPRESSO
CUP
MUG
BLEND
NESCAFÉ
CAPPUCCINO
LATTE
WARMTH



In good company quiz

Round 1

1. True
2. B) Another of Nestlé's good things
3. A) Brazil
4. True
5. A) The Gold Blend couple
6. False
7. C) Cappuccino
8. C) Elton John meets Bernie Taupin
9. Mocha
10. True

Round 2

1. 12
2. Dirty linen
3. Only Fools and Horses
4. Wimbledon
5. C) 240
6. Queen Victoria
7. A) Andy Warhol
8. Doing the same thing on holiday as you do at home
9. Zeus
10. D) The Netherlands

Round 3

1. Carnation Milk
2. Rowntrees
3. Polo
4. KitKat
5. Quality Street
6. After Eight
7. Coffee Mate
8. Shredded Wheat
9. NESCAFÉ
10. Felix

Sit & Stretch

Chair Exercises

Stay active with our simple chair exercises. Stretch and enjoy the moment. After every set, treat yourself to a well-deserved break.*



Knee extensions

3x10 repetitions

Extend your legs out straight while seated, then bend at the knee to bring them back towards your chest.



Toe taps

3x10 repetitions

Alternate tapping your toes on the floor while keeping your heels grounded.



Chair marching

3x10 repetitions

Lift your knees up and down as if you're marching while seated.



Bicep curls

3x10 repetitions

Hold a weighted item (or perhaps that pack of biscuits before you break into them) and perform bicep curls by lifting and lowering the item.



Foam ball squeezes

3x10 repetitions

Hold a foam (or soft) ball in each hand and squeeze them tightly, then release.

* These exercises may not be suitable for everyone. Please consider who these are appropriate for before taking part in your care home.

Blossoming Brews



Colouring Sheet

What does spring look like to you?
Colour in our spring-themed sheet
and let your creative side bloom.

NESCAFE