

HOW WILL YOU KEEP ACTIVE THIS WINTER?

How about making some ice candles?

1. Place a balloon over the kitchen tap spout and fill it $\frac{3}{4}$ full (12" balloons work best).
2. Carefully remove from the spout and blow a couple of puffs of air into the balloon before tying.
3. Place water-filled balloon on a Styrofoam plate (it acts as an insulator) and place on a snow bank.
4. The balloon can generally be left out overnight (the temperature will determine the thickness of ice; although at -40 , leaving out overnight may result in a solid ice ball).
5. In the morning, take balloon off the plate and with a kitchen knife puncture a hole where the plate was. The ice will be very thin at that spot and the water in the middle will come pouring out. Shape the lip with the knife.
6. You will be left with a beautiful ice bowl (just like snowflakes, no two are the same), place a tea candle in the centre and light using a barbeque lighter (if you have one).
7. For extra effect, you can add food coloring to the water and/or place the ice candle on a spruce or cedar bough.
8. Make lots and line your driveway or decorate your balcony. Most importantly, have fun with them!



Instructions Courtesy of the
River East
Seniors Health Resource Team

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