



A Guide to an in-Home Gathering Place: June 14, 2020

A Return to the 1950s

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through June 30th, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, we are going to enjoy a classic, Elvis inspired 1950s Sock Hop! In this packet you will find everything you need to have a fun, joyful, and active Gathering Place in your own home.

We would love to hear back from you with pictures and stories of how you are enjoying your activities this week! If you have pictures or stories you are willing to share, please send them to KJordan@carepartnerstexas.org or call us at 713-682-5995. We miss you terribly and would love to hear from you!

So, enjoy the jokes! Play the games! Sing the songs! And, above all, have fun!

A Time to Reminisce

Do you remember getting your first TV? What was it like? What were your favorite shows? Did you watch American Bandstand? Were you ever a fan of the show? Did you like Dick Clark? Actresses like Marilyn Monroe, Judy Garland, and Elizabeth Taylor were popular in the 1950s. Do you remember any of their movies? What other movies did you enjoy?

Word Games and Art Pages

ELVIS PRESLEY SONGS WORD SEARCH PUZZLE



ALL SHOOK UP	DEVIL IN DISGUISE	JAILHOUSE ROCK	STUCK ON YOU
ALWAYS ON MY MIND	GIRL HAPPY	KING CREOLE	SUSPICIOUS MINDS
BLUE SUEDE SHOES	HEARTBREAK HOTEL	LOVE ME TENDER	TEDDY BEAR
BURNING LOVE	HOUND DOG	LOVING YOU	UNCHAINED MELODY
CLAMBAKE	IN THE GHETTO	RETURN TO SENDER	VIVA LAS VEGAS

www.WordSearchAddict.com

1950S SLANG WORD SEARCH

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

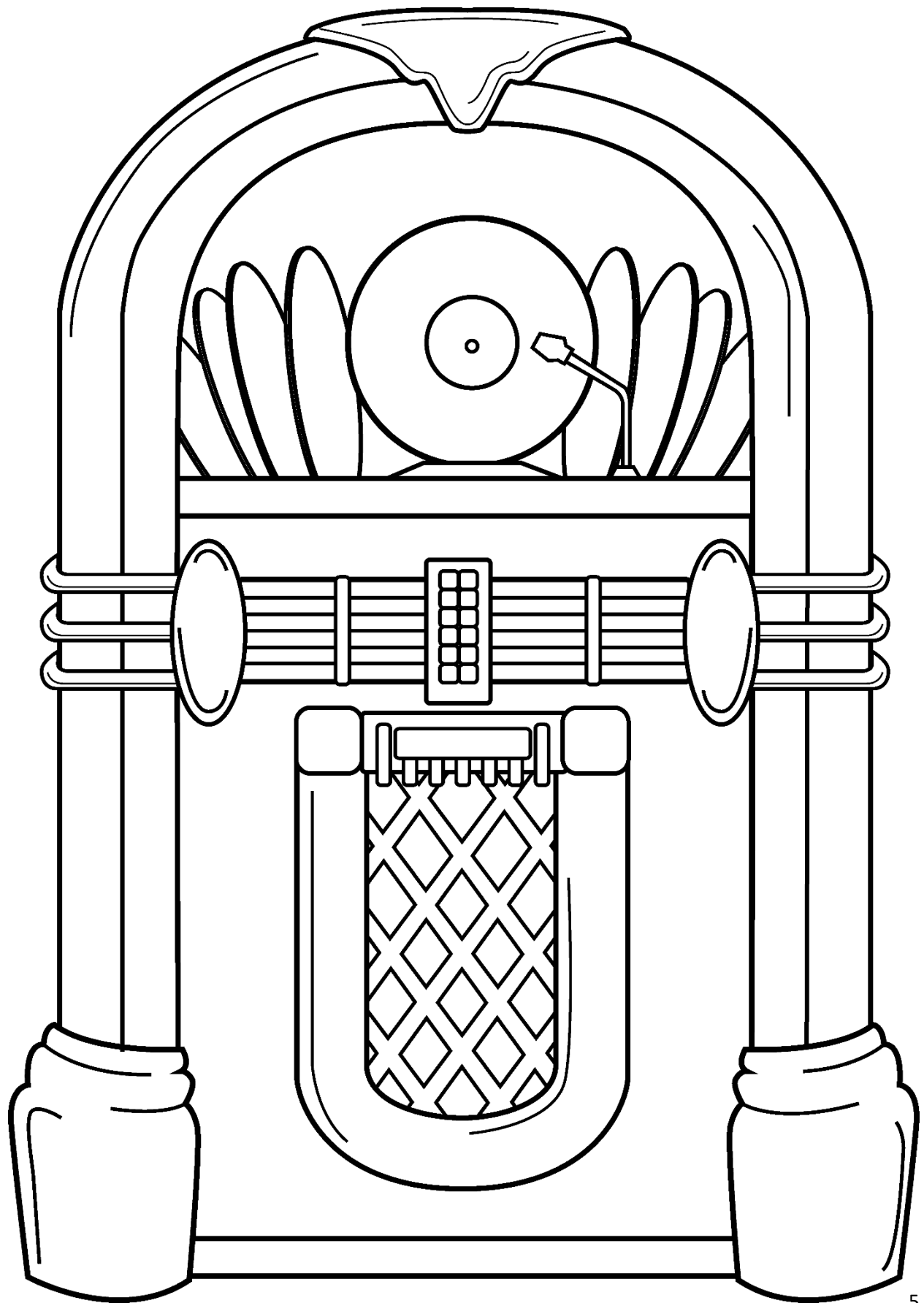
Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

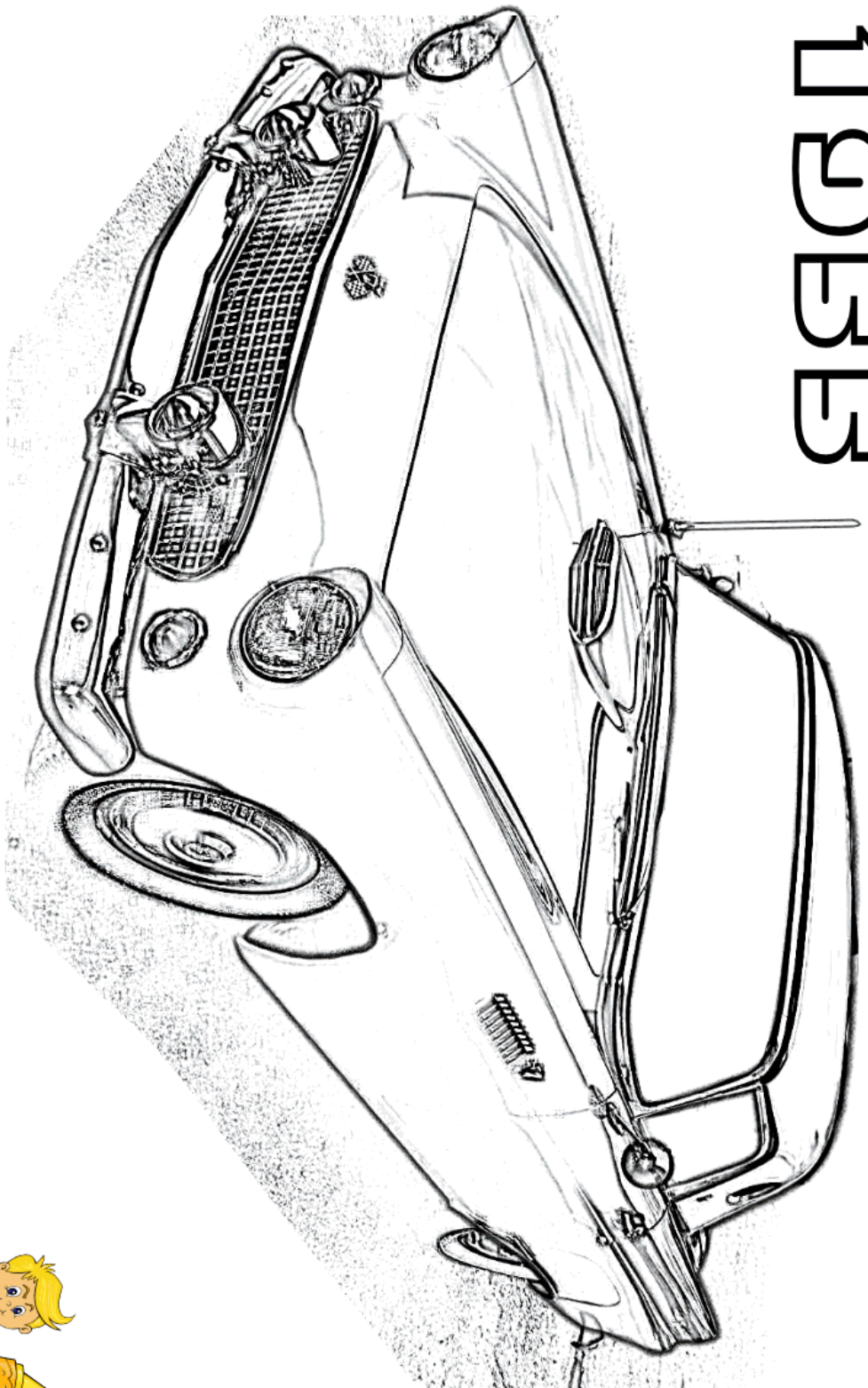
- APPLE
- BABY
- BALLAD
- BASH
- BIT
- BLAST
- BREAD
- BURN
- BUTTER
- CAT
- CHARIOT
- CLANKED
- CLAYDE
- COOKIN
- COOTIES
- CRANKED
- CUBE
- DEUCE
- EYEBALL
- FAR OUT
- FLICK
- GERM
- GIG
- GRODY
- HANG
- HEP
- HORN
- JACKETED
- JETS
- KEEPER
- KICK
- KOOKIE
- LID
- MOST
- NEST
- PUNK



www.elvispresleypedia.com



1955



THUNDERBIRD

Bold 'n Bossy!
YesColoring.com



Game Time (A Return to the Classics)

Paper Plate Ring Toss

To make a ring toss game of your own, you will need:

- Paper plates
- Cardboard tubes (like from a paper towel roll)
- Scissors
- Glue
- You can decorate your paper plates however you would like with stickers, paint, markers, drawing on them...whatever makes you happy!

1. To make your rings, take a couple of paper plates and decorate.
2. Cut the circles out of the middle of the plates.
3. On another paper plate, glue the end of one of your cardboard tubes right in the middle. Adding the paper plate will give your tube some balance and make it a lot easier to set up your game. They also won't fall over when you toss your rings on them. (If you do not have glue, cut a small hole in a plate the circumference of the tube and use that to balance it)
4. Another alternative is to push a ruler or dowel into the grass and use that as a pole to toss your rings on. You could also use 2 Liter soda bottles.
5. Enjoy! Make the game a competition. And prizes make everyone happy!

Tin Can Bowling

This one is easy. You can take the time to decorate your cans with fabric, paint, ribbons, whatever. But it's easy to just leave the cans blank. Play this game inside OR outside!

Save 5-10 aluminum cans from the week. After they have been rinsed out and dried, you can use them as bowling pins or stack them like a carnival game. Have your loved one throw a tennis ball and see how many cans they can knock over. Bonus: put aside a few small items from the home to give as a prize- a piece of their favorite candy, a small stuffed animal, mardi gras beads... anything to make them feel special.

Arts and Crafts

For the craft this week, we are going to put together a multi-step 1950s Sock Hop Party. You can do as many or as few crafts as you would like. When you are done, glue or tape your paper crafts to a large sheet of construction paper, butcher paper, or even some parchment paper that you may have for baking. This will make a neat Place Mat for your loved one to enjoy a classic 1950's meal on. (Recipe in the recipe section). You can also use the Juke Box Art Sheet to decorate your table.

To start: Paper Plate Milkshake Craft:

- * Large Paper Plate {cut in half to make TWO crafts}
- * Pink Tissue Paper
- * Purple/Black/Red Cardstock or construction paper
- * School Glue
- * Basic Craft Scissors
- * Hand-Held Office Stapler
- * White Cotton Balls

Directions:

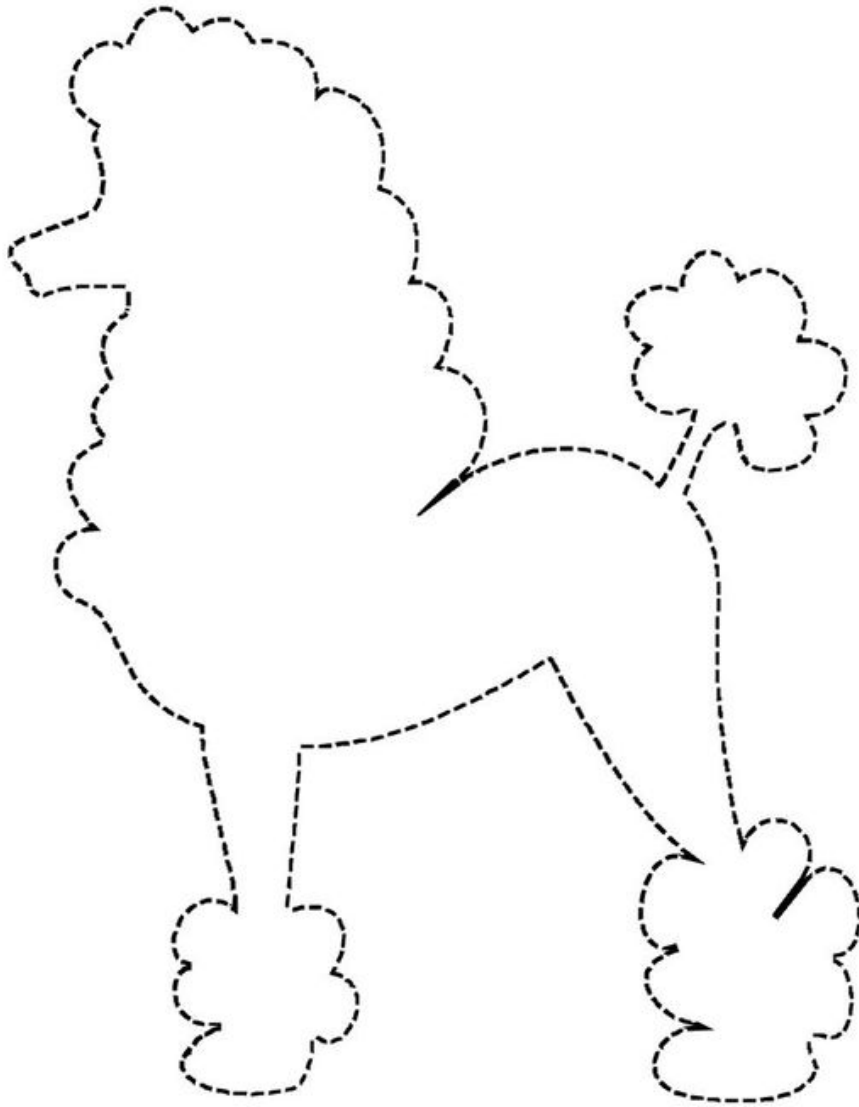
1. Cut your paper plate in half. You can either make TWO milkshakes or save one paper plate half for a rainy day!
2. Next cut {or tear} your pink tissue paper into small squares.
3. Put a good amount of glue all over one paper plate half. Let your loved one place the tissue paper squares on top, until it's completely covered.
4. While they are working on that, cut out the other milkshake embellishments. Think drink glass, straw, as well as the heart shaped cherry on top.
5. To finish off the **Paper Plate Milkshake** craft, staple/glue on the cardstock pieces to your paper plate. Glue on some cotton ball "whipped cream" as well as any other embellishments you see fit.
6. Now set aside to let it dry completely before displaying proudly!



Next Step: Poodles

Poodles are a classic 1950s symbol- i.e. the Poodle Skirt. Here's what you can do to decorate for your Elvis Inspired Sock Hop,

1. Print out the poodle below and cut out the shape.
2. Use this as a stencil to cut your poodle out of fabric, construction paper, cardstock, anything you can imagine.
3. Next, decorate using cotton balls, crayons/colored pencils, strips of paper. Be as creative as you'd like! (pro tip: I found that cutting the cotton balls in half or quarters fits on the poodle better. I also glued the dog to another sheet of paper before gluing the cotton balls down. This made for less mess)



Time for Records:

To make records for your table, you will need:

1. Bowl
2. Coffee mug or cup
3. Construction paper or cardstock (any paper will do; you can always color it). Use black for the large circle and any other color for the small circle.
4. Pencil or Marker

1. Place bowl upside down on paper and trace the outline. Cut it out.
2. In another area or on another sheet, place cup upside down and trace. Cut out the shape

3. Glue or tape the smaller circle over the center of the large circle. Instant record!
4. Cut out as many as you would like to decorate your table.

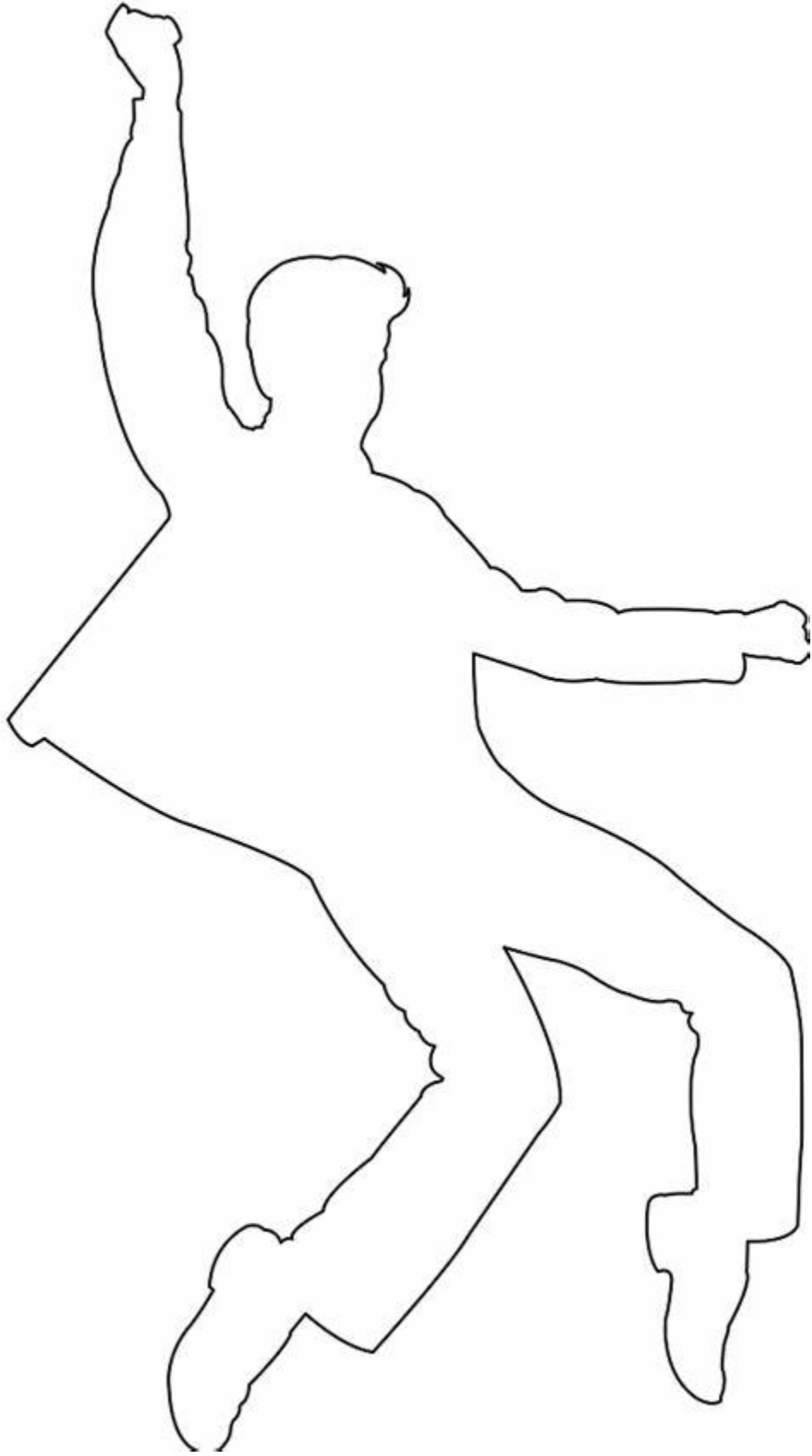
Last but not least, Dancing Elvis:

Use the image below to cut out Dancing Elvis from any color paper you'd like.

So, all together, your table could look like this!



[Thanks to my kids for helping test out the crafts this week! -Katelin Jordan]



Music

Music is a great way to engage different areas of your brain. There are some lyrics to songs below, but if you don't know the tune, you can play your favorite songs on YouTube and search for the lyrics online.

Pro Tip: You can put rice, beans, or something similar inside several of those plastic Easter eggs or an empty water bottle, seal them with some tape, and use them as noise makers for while you are singing!

"Blue Suede Shoes"

Well, it's one for the money
Two for the show
Three to get ready
Now go, cat, go

But don't you
Step on my blue suede shoes
You can do anything
But stay off of my blue suede shoes

Well, you can knock me down
Step in my face
Slander my name
All over the place

Do anything that you want to do
But uh-uh, honey
Lay off of my shoes
Don't you step on my blue suede shoes
Well, you can do anything
But stay off of my blue suede shoes

Let's go, cat!
Ah, walk the dog

You can burn my house
Steal my car
Drink my liquor
From an old fruit jar

Do anything that you want to do
But uh-uh, honey
Lay off of my shoes
And don't you
Step on my blue suede shoes
Well, you can do anything
But stay off of my blue suede shoes

Ah, get. Yeah

Well, it's one for the money
Two for the show
Three to get ready
Now go, cat, go!

But don't you
Step on my blue suede shoes
Well, you can do anything
But stay off of my blue suede shoes

Well, it's
Blue, blue
Blue suede shoes
Blue, blue
Blue suede shoes, yeah!
Blue, blue
Blue, suede shoes, baby
Blue, blue
Blue suede shoes
Well, you can do anything
But stay off of my blue suede shoes!

Can't Help Falling in Love

Wise men say only fools rush in
But I can't help falling in love with you
Shall I stay
Would it be a sin
If I can't help falling in love with you
Like a river flows surely to the sea
Darling so it goes
Some things are meant to be
Take my hand, take my whole life too
For I can't help falling in love with you
Like a river flows surely to the sea
Darling so it goes
Some things are meant to be
Take my hand, take my whole life too
For I can't help falling in love with you
For I can't help falling in love with you

Yakety Yak

Take out the papers and the trash
Or you don't get no spendin' cash
If you don't scrub that kitchen floor
You ain't gonna rock and roll no more
Yakety yak (don't talk back)
Just finish cleanin' up your room
Let's see that dust fly with that broom
Get all that garbage out of sight
Or you don't go out Friday night
Yakety yak (Don't talk back)
You just put on your coat and hat
And walk yourself to the laundromat
And when you finish doin' that
Bring in the dog and put out the cat
Yakety yak (Don't talk back)
Don't you give me no dirty looks
Your father's hip, he knows what cooks
Just tell your hoodlum friend outside
You ain't got time to take a ride
Yakety yak (Don't talk back)

Yakety yak, yakety yak
Yakety yak, yakety yak
Yakety yak, yakety yak...

Yellow Rose of Texas

There's a yellow rose in Texas
I'm going home to see
Though other men have held her
Her heart belongs to me.
You've traveled down some dusty roads
And slept out in the rain
But this yellow rose is always here when you
come home again
She knows I've done some hard time
You've stumbled and you fell
I just kept your pride from dying
You saved my soul from hell
She's a diamond of the desert
She's a golden flower of spring
She's the yellow rose in Texas
She can make a man a king
There's a yellow rose in Texas
She knows the dues I've paid
And I'm going home to tell her
I wish I never strayed
You couldn't see beyond yourself
Your pain and wounded pride
But now you know the truth is in the way you
feel inside
She knows I've done some hard time
You've stumbled and you fell
I just kept your pride from dying
You saved my soul from hell
She's a diamond of the desert
She's a golden flower of spring
She's the yellow rose in Texas
She can make a man a king
Yes the yellow rose of Texas
Can make a man a king.

Shoulder & Arm Exercises for Senior Citizens¹

by Rob Harris

Exercise is important to your mental and physical health at any age. Whether you're just starting an exercise program or adding new exercises to your workouts, there are shoulder and arm exercises that can help you build strength and keep you at a high mobility level. Arm and shoulder strength is necessary to help pull yourself out of a car or open a jar, so exercising those muscles should be part of your overall wellness plan. [Do these exercises while sitting if you are more comfortable]

Step 1: Warm up your body by marching in place for five minutes, swinging your arms vigorously.

Step 2: Stretch your arms by bending one elbow behind your head and pulling gently on the elbow with your other hand, stretching the triceps. Lay one arm across your chest and push your elbow toward your body with the opposite hand to stretch your shoulder and upper arm.

Step 3: Stand with your feet shoulder-width apart. Hold your hands beside your shoulders with the palms facing in to perform an overhead press. Lift your hands until your arms are straight over your head, turning them so the palms face forward. Lower with a controlled movement. Perform three sets of 10 repetitions. Add weights when the movement becomes easy. Start with 1-pound weights and work up to heavier ones as you can. This exercise can also be performed seated in a chair; be sure to keep your back straight.

Step 4: Add a bicep curl to the overhead press. Start with your hands in front of your hips, with palms facing outward. Curl the arms in by bending the elbows with a controlled movement, engaging the biceps. Hold at the top of the bend for two seconds, then extend the arms overhead. Lower the arms so the elbows are bent, and the hands are in front of your shoulders, then lower your hands to extend the biceps. Begin with one set of 10 repetitions with no weights, then build up to three sets of 10. Add 1-pound dumbbells after you're comfortable with three sets and increase the weights gradually.

Step 5: Stand facing a wall with your feet together. Place your hands flat on the wall, even with your shoulders. Lean your body toward the wall, bending your elbows while you keep your hands flat on the wall. Keep your body straight and allow your arms, chest and shoulders to control the movement. Lean back until your arms are fully extended. Start with one set of 10 repetitions and build up to at least three sets.

¹ <https://healthyliving.azcentral.com/exercise-forearms-equipment-5370.html>

Step 6: Stand or sit with your arms by your sides. Lift them straight out to the sides until your arms are even with your shoulders. Hold for two seconds then lower. Repeat 10 times, adding progressively heavier weights as you can. For more biceps work, add an inward curl by bending your elbows at the top of the lift and bringing your hands in toward your shoulders. Release until your arms are straight by your sides, hold for two seconds, then lower your arms by your sides.

Step 7: Stretch your arms and shoulders again after your workout.

Devotion

A Poem from Care Receivers to Caregivers²

Don't ask me to remember.
Don't try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.
I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you, to be with me at all cost.
Do not lose patience with me.
Do not scold me, curse, or cry.
I cannot help the way I'm being.
Can't be different though I try.
Just remember that I need you.
That the best of me is gone.
Please don't fail to stand beside me.
Love me until my life is done.

A Prayer for Caregivers

Dear heavenly Father,
Provide the words of comfort I can say.
Provide strength to make it through this day.
I cannot fix things or take control.
I accept this, trust in you, and let it go.
Help me listen and be present through the grief.
When I grow weary, provide me with relief.
May this experience transcend this earthly plain.
Help us find greater meaning beyond just pain.
Heal our wounded places.
Restore us to wholeness.
Provide your peace and loving presence to guide us and to hold us.
In the name of your Son, the Great Physician. Amen

² <https://guidedchristianmeditation.com/3851/prayer/a-poem-from-care-receivers-and-prayer-for-caregivers/>

Recipe

Dump-and-Bake Chicken and Mushroom Casserole³

Author: Blair

Ingredients

- 1 (10.5 ounce) can condensed cream of mushroom soup (NOT diluted) (I used Campbell's Healthy Request)
- ½ cup milk
- ½ cup low-sodium chicken broth or water
- ½ teaspoon dried thyme
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- 1 cup sliced fresh mushrooms
- ½ lb. raw boneless, skinless chicken breasts, diced into bite-sized pieces
- 1 ½ cups dry uncooked penne pasta about 5 ounces dry
- ¼ cup sour cream
- ½ cup grated mozzarella cheese
- Optional garnish: grated Parmesan cheese and chopped fresh parsley

Instructions

1. Preheat oven to 425 degrees F. Spray an 8-inch square baking dish with cooking spray and set aside.
2. In a large bowl, whisk together condensed soup, milk, chicken broth, thyme, salt, garlic powder and pepper. Stir in mushrooms, raw chicken, and uncooked pasta.
3. Transfer mixture to prepared baking dish. Cover tightly with foil and bake for 35-40 minutes (until pasta is almost tender).
4. Remove foil and give everything a stir in the dish. Stir in sour cream, and sprinkle mozzarella cheese over top. Return to the oven and bake, uncovered, for 5 more minutes, or until pasta is tender, chicken is cooked through, and cheese is melted.
5. Let the dish stand for about 5 minutes before serving.

COOK'S TIPS AND RECIPE VARIATIONS:

- Have leftover cooked chicken on hand? You can use the cooked chicken in lieu of the raw chicken, if you prefer. Stir the cooked chicken into the casserole at the same time as the sour cream towards the end of the cooking time.
- I use Campbell's Healthy Request Cream of Mushroom Soup, but you can substitute with an organic condensed soup or with another flavor of condensed soup (such as Cream of Celery soup).
- Love mushrooms?! Feel free to stir in even more mushrooms than called for!
- Garnish the finished dish with grated Parmesan cheese and fresh herbs for an added layer of flavor.

³ <https://www.theseasonedmom.com/simple-chicken-and-mushroom-casserole/#wprm-recipe-container-35738>

BONUS

Fun Facts from the 1950's

1950

- Silly Putty is introduced to the world
- The FBI introduces its "10 Most Wanted" list
- Florence Chadwick of San Diego, CA swims the English Channel in 13 hours, 20 minutes

1951

- CBS broadcasts the first baseball game in color: Brooklyn Dodgers vs. Boston Braves
- The CBS "eye" is introduced
- The United Nations headquarters opens in New York City

1952

- Mr. Potato Head is the first toy to be advertised on television
- The polio vaccine is tried for the first time on the family of Dr. Jonas Salk, the inventor

1953

- Pregnancy is talked about for the first time on television during "I Love Lucy" - Lucy gives birth to "Little Ricky" on the show the same night that she delivers her own son, Desi Jr.
- TV Guide is published for the first time

1954

- The Department of Defense, or DOD, declares "Hail to the Chief" to be the official music played to announce the presence of the President of the United States
- Elvis Presley makes his first recording called, "That's All Right"
- Peeps, the marshmallow candy is introduced

1955

- Disneyland, the first themed amusement park, opens in Anaheim, CA
- Rosa Parks is arrested after refusing to give up her seat to a white person on a Montgomery, AL bus
- The Congress of Industrial Nations and the American Federation of Labor, the two largest labor unions in the U.S., merge to form the A.F.L.-C.I.O.

HOW MUCH DID IT COST?

1950 – American Cheese – 45 cents per pound

1951 – Grapefruit – 25 cents for six

1952 – Peanut Butter – 29 cents

1953 – Family Style Loaf of Bread – 12 cents

1954 – Sirloin steak – 55 cents per pound

1955 – Bananas – 27 cents for two pounds

1956 – Toothpaste – 29 cents

1957 – Miracle Whip – 55 cents

1958 – Maxwell House Instant Coffee - \$1.19 per can

1959 – Gerber's Baby Food – 10 cents per jar