



A Guide to an in-Home Gathering Place: June 28, 2020

Happy Independence Day!

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through July 31st, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, we are going to celebrate the Fourth of July! 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!

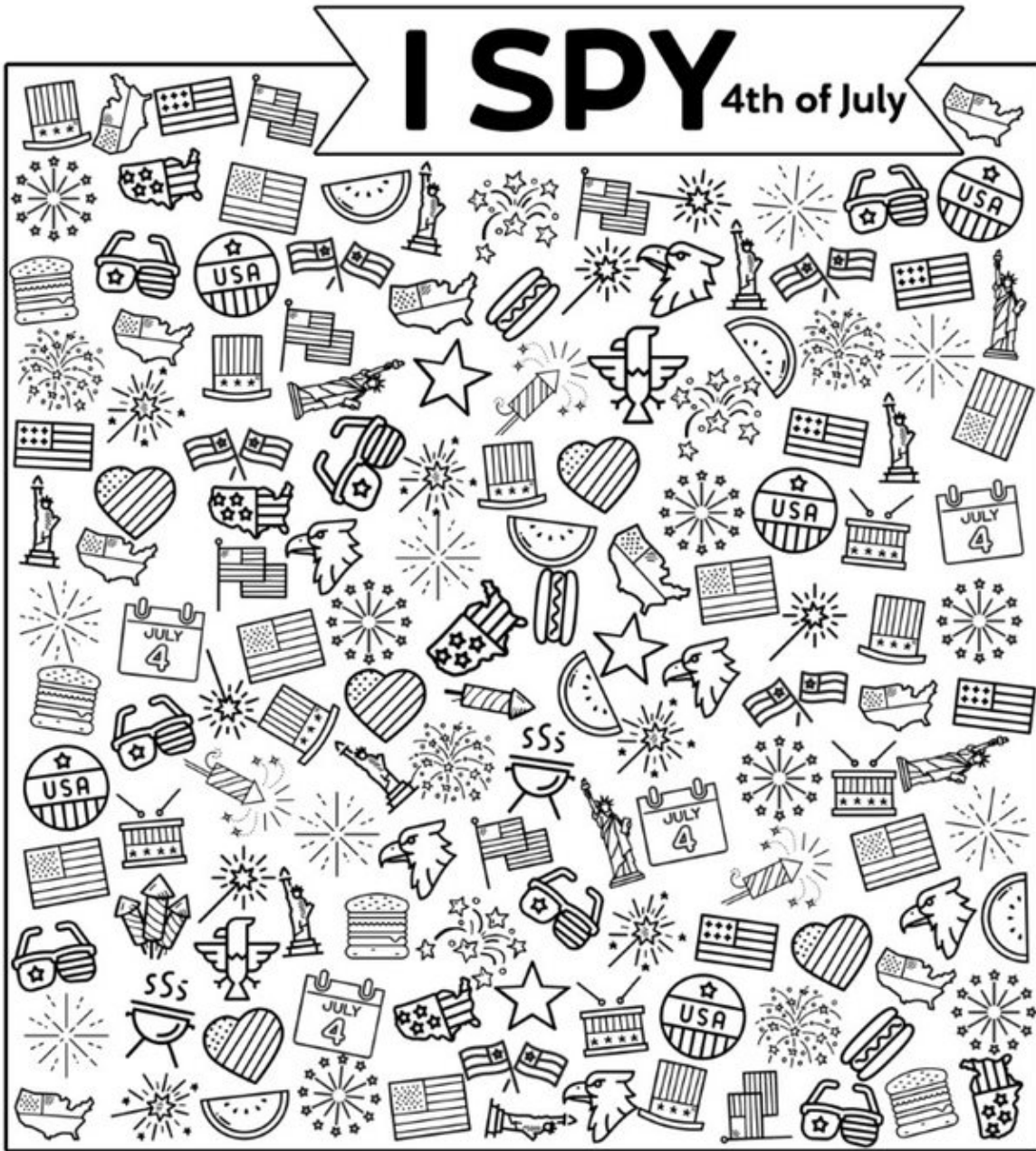
A Time to Reminisce

Talk about past Fourth of July celebrations. What does your family like to do to celebrate? When was the last time you said the Pledge of Allegiance? What are some patriotic symbols that you can think of? Eagle, Statue of Liberty, Uncle Sam Do you decorate your home for the Fourth of July or wear red, white and blue clothing?

Fourth of July Word Game

Using the letters from the words Fourth of July, see how many new words you can make.
Example: **F**ourth of July – fur, **F**ourth of **J**uly – jury

Word Games and Art Pages



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|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|---|--|
| 2 | | 4 | | 4 | | 5 | | 4 | | 5 | | 7 | | 4 | | 6 | | 5 | |
| 1 | | 6 | | 7 | | 1 | | 3 | | 6 | | 7 | | 4 | | 7 | | 5 | |
| 3 | | 3 | | 4 | | 6 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |



Independence Day

July 4th



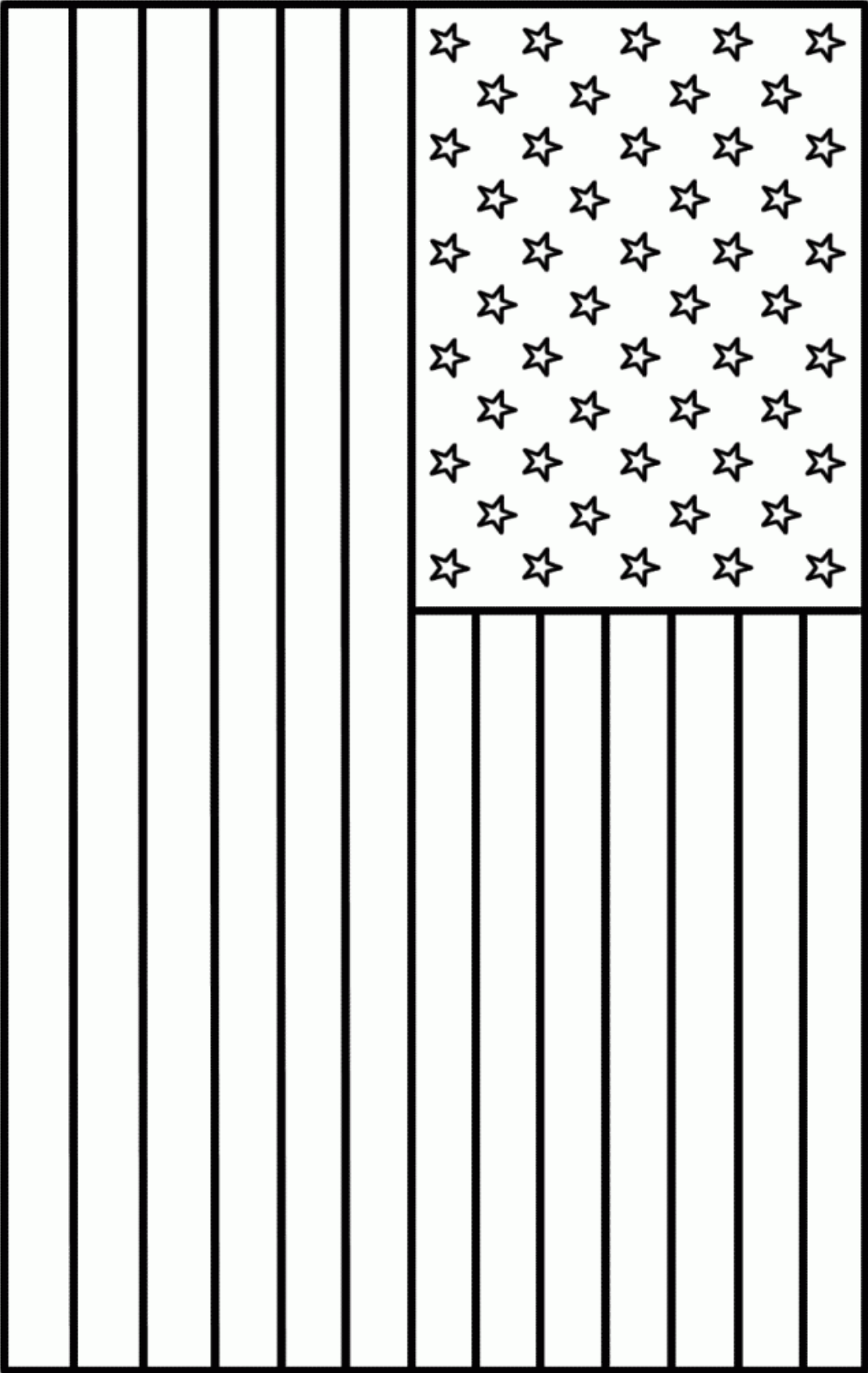
ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
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JEFFERSON
JULY
LIBERTY
NATION

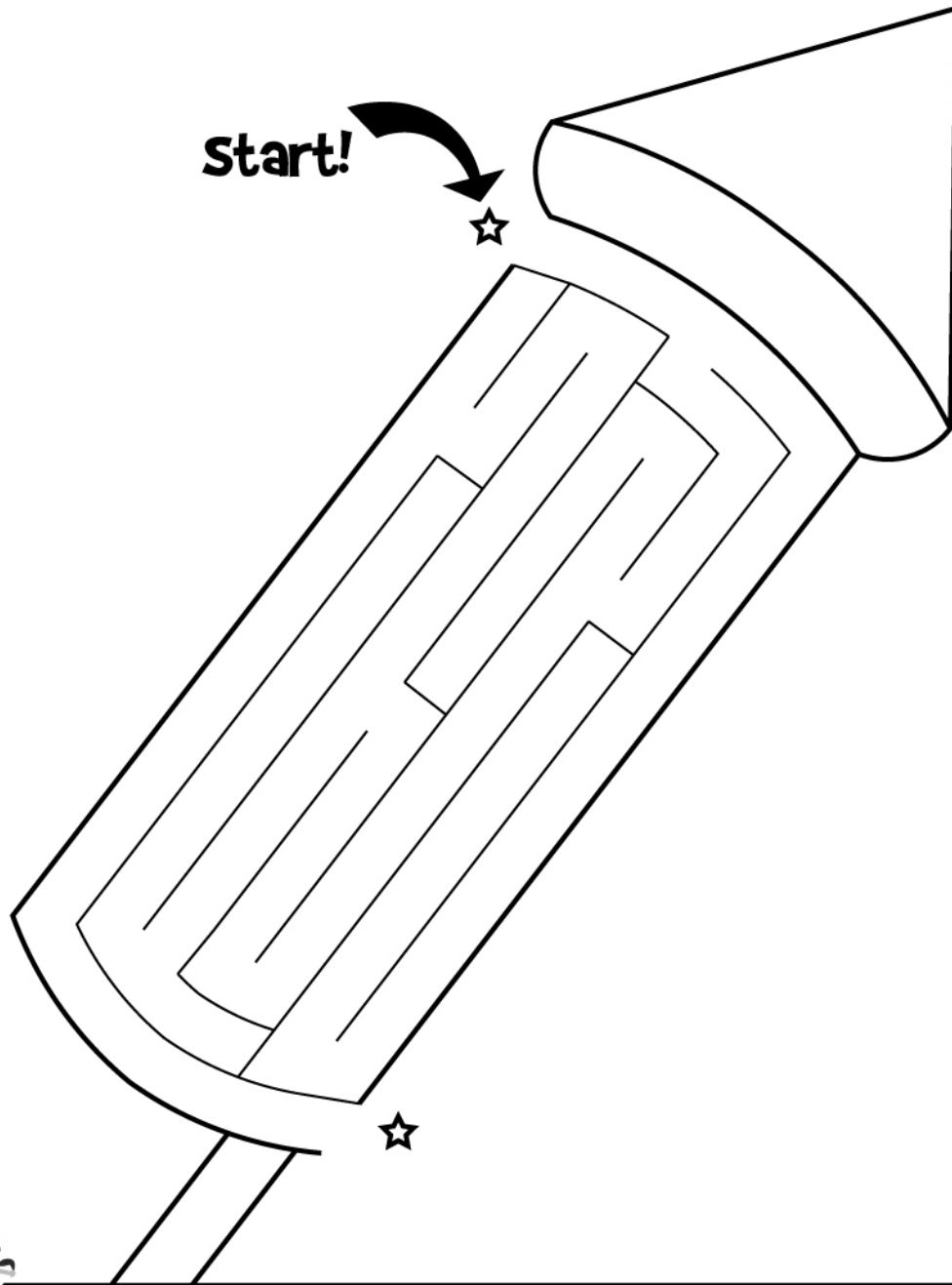
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED







Patriotic Mazes!



Game

Crazy 8s is a game that can be played in a few different ways. Because our loved ones may be at various levels of ability, we are provided a couple alternative play methods for you to use as you would like. Enjoy!

Option One: Full Game Rules

(In Crazy Eights, an 8 of any suit is wild and may be placed as any card)

Crazy Eights is a classic American game for 2 or more players played with a standard 52 playing card deck. The objective is to have the least number of points after a player gets 100 or more points.

Set Up

Each player draws one card from a shuffled deck. The player with the lowest card becomes the dealer. The dealer shuffles the deck and passes out 5 cards faced down to all players.

The remaining cards are placed in the center of the group. The top card from the deck is flipped over and placed next to the stack and gameplay begins.

If the first card is an 8, the 8 is placed somewhere in the middle of the deck and a new starter card is flipped over.

How to Play

Starting with the person to the left of the dealer, players try to get rid of their cards by placing them on top of the flipped-up card in the center. Players may do so if the card they want to get rid of is the same rank or suit of the card flipped up. 8's are wild and if a player plays an eight, they must state what suit the eight will be for the next player.

If a player cannot place any of their cards (the number, suit or eight card) on the one in the center, they must draw a cards from the stack until they can do so or until they've drawn a maximum of five cards.

Scoring

After a player gets rid of all of their cards, the round is over, and points are tallied. Cards remaining in players' hands are counted as the following point values:

Cards 2 through 9 (except the 8) are worth their face value

Aces are worth 1 point

Cards 10 through King are worth 10 points

8s are worth 50 points.

Once a player reaches 100 points or above, the player with the lowest number of points wins the game.

Option Two: Moderate play level

Play as usual but eliminate the scoring from the game. This makes it less competitive, takes out any math, and is more fun.

Option Three: Simple

Eliminate scoring. Rather than matching suits, just match colors. This creates a red vs black cards game.

Arts and Crafts

Patriotic Paddle Game¹

You will need (any of this can be found at your closest craft store):

- 2 paper plates
- Red, white, and blue paint
- Paint brushes
- Masking tape
- Balloons
- Large popsicle sticks

Have your loved one paint red, white and blue stripes on the curved side of two paper plates. Use different paint brushes for each color, so you don't have to constantly keep cleaning the brushes.

Allow the plates to dry. When they have dried, place a large, heavy book on top of them overnight to prevent them from curling up.

When that is done, use some masking tape to attach the large popsicle sticks to the backs of both plates.

Now the paddles for your patriotic game are ready!

Blow up the balloons and you are ready to play! Try a few variations with this patriotic game. One way to play is like a tennis game where the you swat the balloon back and forth to each other.

Another fun way to play is to give each person one paddle and one balloon and see who can use the paddle to keep their balloon up in the air the longest.



¹ <https://www.messforless.net/patriotic-game-for-kids/>

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!

America the Beautiful

O beautiful for spacious skies
For amber waves of grain
For purple mountain majesties
Above the fruited plain!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

O beautiful for pilgrim feet
Whose stern impassioned stress
A thoroughfare of freedom beat
Across the wilderness!
America! America!
God mend thine every flaw
Confirm thy soul in self-control
Thy liberty in law!

O beautiful for heroes proved
In liberating strife
Who more than self their country loved
And mercy more than life!
America! America!
May God thy gold refine
Till all success be nobleness
And every gain divine!

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

O beautiful for halcyon skies

For amber waves of grain
For purple mountain majesties
Above the enameled plain!
America! America!
God shed his grace on thee
Till souls wax fair as earth and air
And music-hearted sea!

O beautiful for pilgrims feet
Whose stern impassioned stress
A thoroughfare for freedom beat
Across the wilderness!
America! America!
God shed his grace on thee
Till paths be wrought through
Wilds of thought
By pilgrim foot and knee!

by Katherine Lee Bates; (1859-1929) Inspired by a trip to Pikes Peak in 1893, Katherine Lee Bates wrote the poem America the Beautiful. Her poem first appeared in print on July 4, 1895 in The Congregationalist, a weekly journal. Ms. Bates revised the lyrics in 1904 and again in 1913.

GOD BLESS AMERICA

God bless America, land that I love
Stand beside her and guide her
Through the night with the light from above
From the mountains to the prairies
To the oceans white with foam
God bless America, my home sweet home
God bless America, land that I love
Stand beside her and guide her
Through the night with the light from above
From the mountains to the prairies
To the oceans white with foam
God bless America, my home sweet home
From the mountains to the prairies
To the oceans white with foam
God bless America, my home sweet home
God bless America, my home sweet home

Source: [LyricFind](#)

Songwriters: Irving Berlin

God Bless America lyrics © Concord Music
Publishing LLC

The Star-Spangled Banner

Oh, say, can you see? By the dawn's early light
What so proudly we hailed at the twilight's last
gleaming.
Whose broad stripes and bright stars, through
the perilous fight,
O'er the ramparts we watched were so gallantly
streaming.
And the rocket's red glare, the bombs bursting
in air,
Gave proof through the night that our flag was
still there:
Oh, say, does that star-spangled banner yet
wave?
O'er the land of the free and the home of the
brave!

On the shore, dimly seen through the mists of
the deep,
Where the foe's haughty host in dread silence
reposes,

What is that which the breeze, o'er the
towering steep,
As it fitfully blows, half conceals, half discloses?
Now it catches the gleam of the morning's first
beam,
In full glory reflected now shines in the stream:
'Tis the star-spangled banner! Oh, long may it
wave
O'er the land of the free and the home of the
brave!

And, where is that band who so dauntingly
swore
That the havoc of war and the battle's
confusion
A home and a country should leave us no
more?
Their blood has washed out their foul footsteps'
pollution!
No refuge could save the hireling and slave
From the terror of flight or the gloom of the
grave.
And the star-spangled banner in triumph doth
wave
O'er the land of the free and the home of the
brave.

Oh, thus be it ever, when freeman shall stand
Between their loved home and the war's
desolation!
Blest with victory and peace, may the heav'n-
rescued land
Praise the Power that hath made and preserved
us a nation!
Then conquer we must, when our cause it is
just,
And this be our motto: "In God is our trust":
And the star-spangled banner in triumph shall
wave
O'er the land of the free and the home of the
brave.

Lyrics by Francis Scott Key, 1814

YANKEE DOODLE

Yankee Doodle went to town
Riding on a pony
He stuck a feather in his hat
And called it macaroni.

Yankee Doodle, keep it up
Yankee Doodle dandy
Mind the music and the step
And with the girls be handy.

Father and I went down to camp
Along with Captain Gooding
And there we saw the men and boys
As thick as hasty pudding.

Yankee Doodle, keep it up
Yankee Doodle dandy
Mind the music and the step
And with the girls be handy

There was Captain Washington
Upon a strapping stallion
Giving orders to his men
I guess there was a million.

Yankee Doodle, keep it up
Yankee Doodle dandy
Mind the music and the step
And with the girls be handy.

Yankee Doodle went to town
Riding on a pony
He stuck a feather in his hat
And called it macaroni.

Yankee Doodle, keep it up
Yankee Doodle dandy
Mind the music and the step
And with the girls be handy.

Chair Exercises

Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches

Devotion

July 4th commemorates the day in 1776 that our nation declared itself to be an independent nation, and no longer a colony of England. On that date, a number of our leading citizens signed what is known as the Declaration of Independence, stating our determination to become a free country.

Our independence did not come easily; only after several difficult years of war would it finally be won. Nor were our first years as a nation free from problems and controversies (as is still true). But our forefathers were determined to establish a free and democratic system of government, and the Declaration of Independence (together with our Constitution and the Bill of Rights) became the foundation for this. They have stood the test of time, and on July 4th we give thanks for the wisdom and faith and courage of those leaders.

Although it is not a religious holiday like Christmas or Easter, for many Americans July 4th is a time to reflect on God's goodness to us as a nation. Molded into the Liberty Bell in Philadelphia (which proclaimed our independence) are these words from the Bible: "Proclaim liberty throughout all the land unto all the inhabitants thereof" (Leviticus 25:10, KJV). Our legal system reflects our Judeo-Christian roots.

While we look with gratitude to the past on this July 4th, may we also look in faith to the future, and commit it and our lives to God and His will. The ancient words of the Psalmist are still true: "Blessed is the nation whose God is the Lord" (Psalm 33:12).

July 2, 2019 by Billy Graham

American Macaroni Salad

-Nanci Engle

Serves 6

2 Cup Dry elbow macaroni (cooked, rinsed, and drained)
1/3 Cup Celery, diced
¼ Cup Red onion (minced, soaked in cold water for 5 minutes, and drained)
1 Tbsp Flat leaf parsley, minced
½ Cup Vine-ripened tomatoes, seeded and diced
½ Cup Mayonnaise
¾ tsp Dry mustard
1 ½ tsp Sugar
1 ½ Tbsp Cider vinegar
3 Tbsp Sour cream
Kosher salt and freshly ground black pepper to taste

In a large bowl, combine the macaroni, celery, onion, parsley, and tomato. In a small bowl, whisk together mayonnaise, mustard, sugar, vinegar, sour cream, and salt. Pour dressing over the salad and stir to combine. Season with salt and pepper to taste.