



A Guide to an in-Home Gathering Place: June 7, 2020

A Trip to the Beach!

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 some time at one of our favorite places- the beach! 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

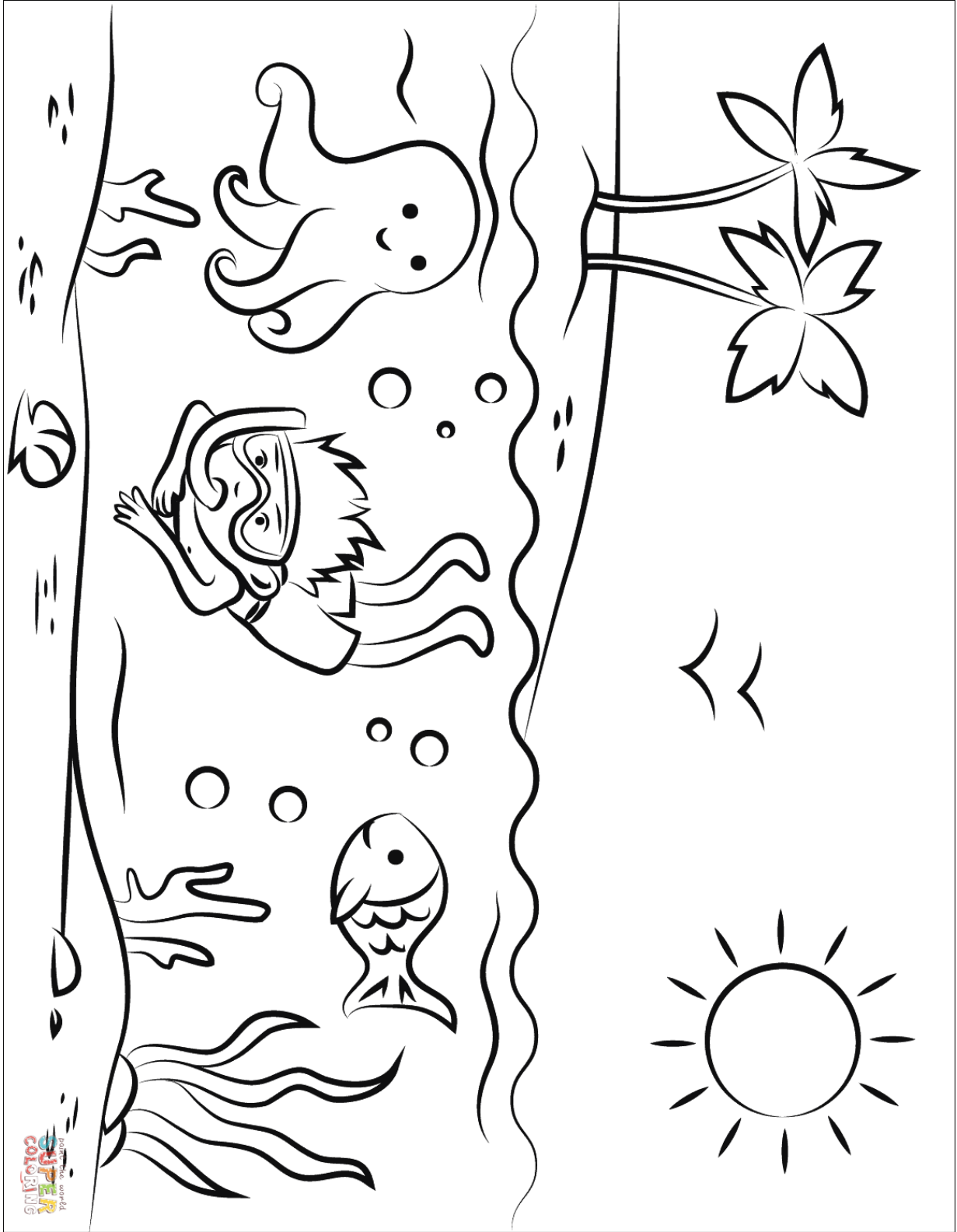
- Do you have a favorite beach that you have visited?
- What kind of activities do you like to do at the beach?
- What is your favorite or least favorite seafood?
- Have you ever been deep sea fishing?
- Would you prefer to live near a beach, in the country or in the city?

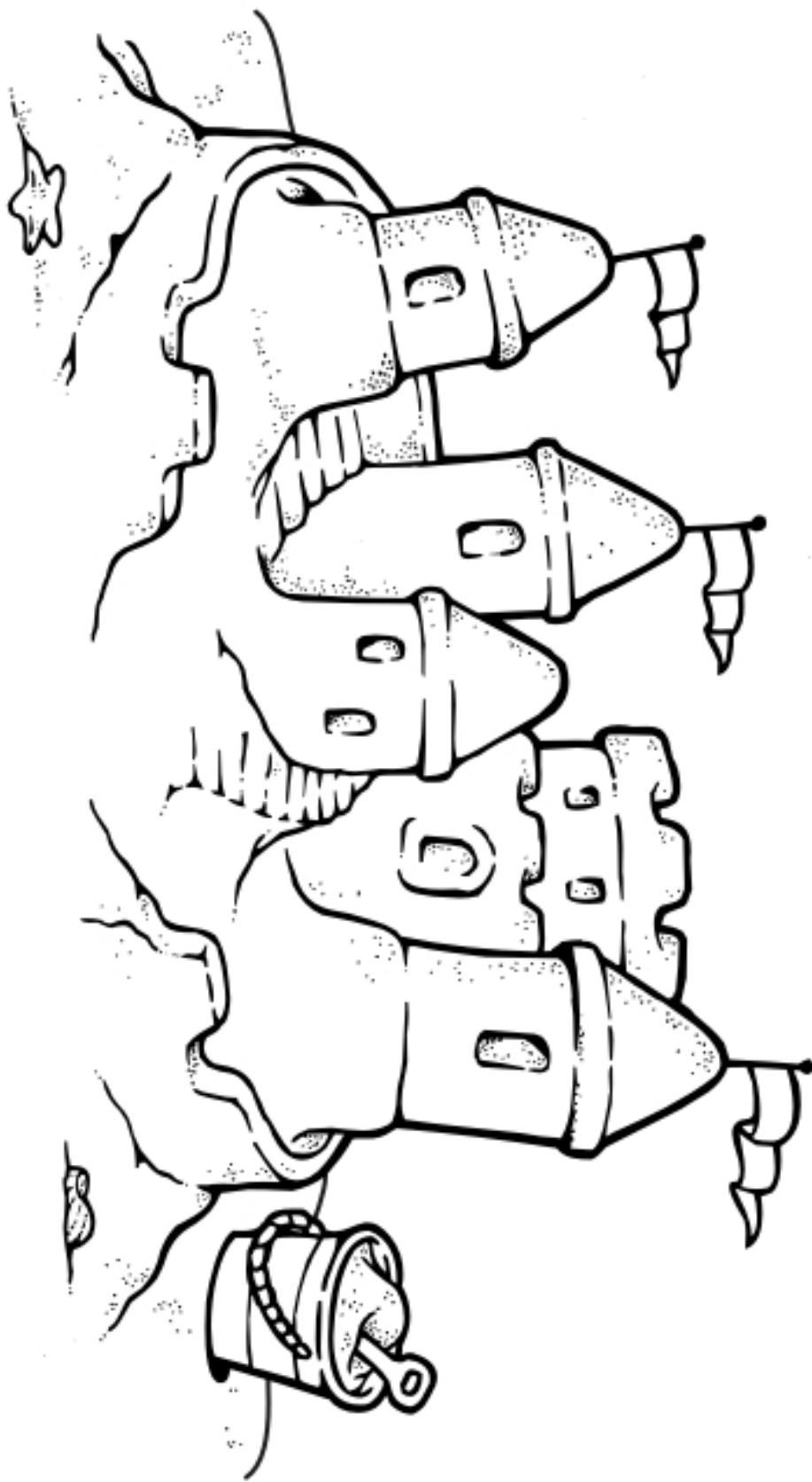
Word Games and Art Pages

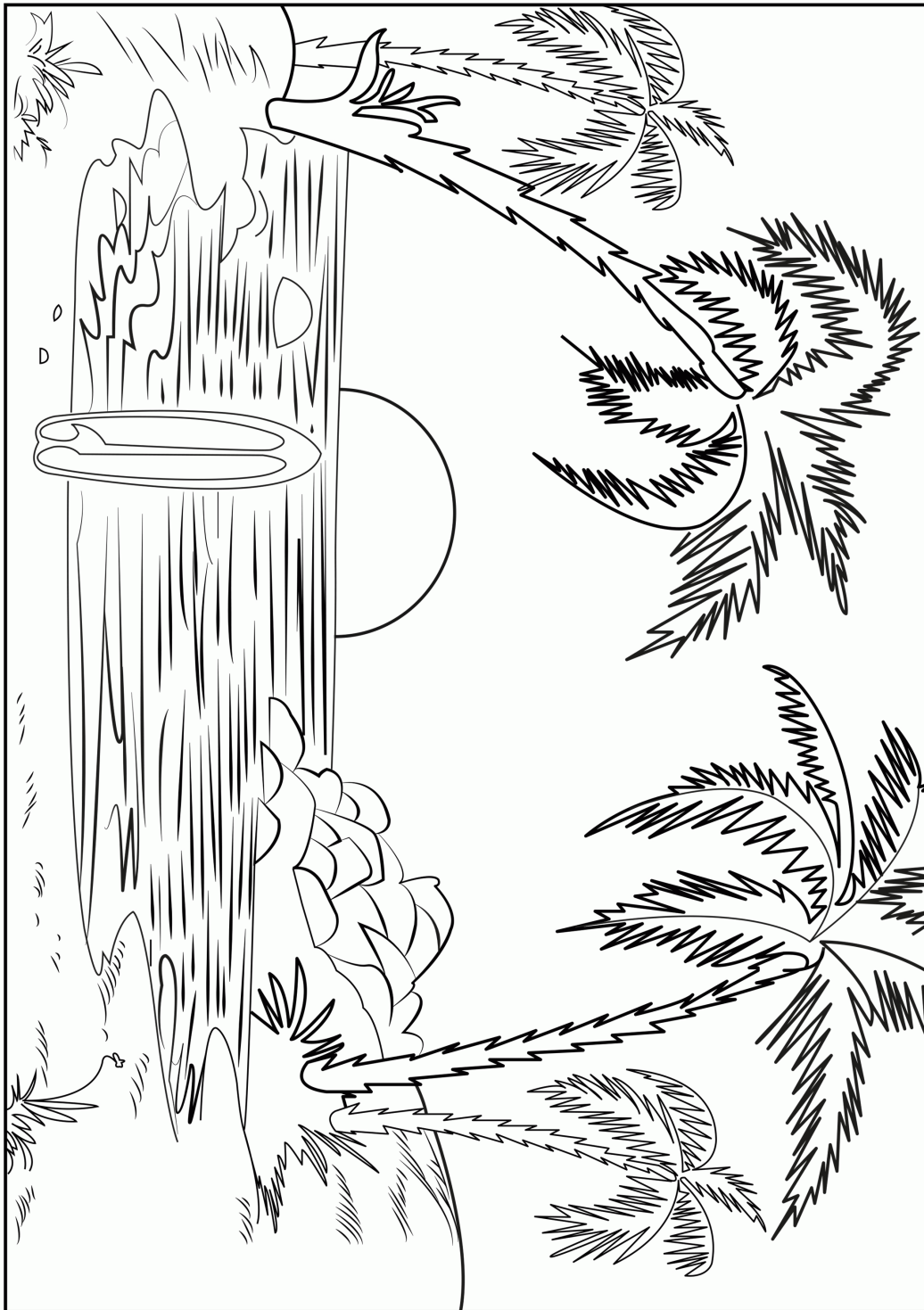
At the Beach Word Scramble

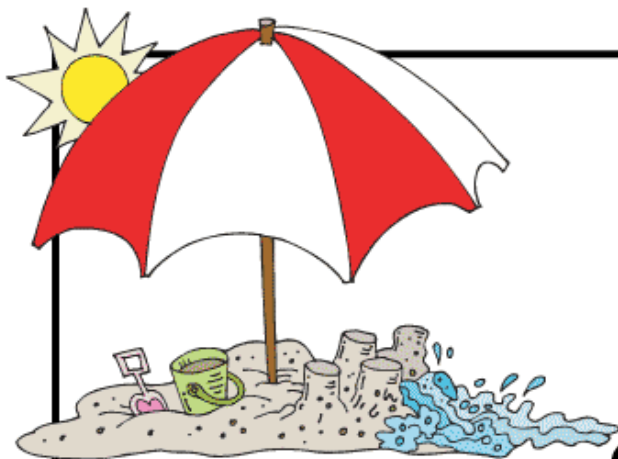
EBCLLAABH _____
DNAS _____
ISFH _____
NSU _____
IEDAGURLF _____
LBURMELA _____
EANCO _____
SHLSEL _____
RUSF _____
AIGNHBT TSUI _____
TOBA _____
MWSI _____
RACB _____

Answers: Beachball, Sand, Fish, Sun, Lifeguard, Umbrella, Ocean, Shells, Surf, Bathing Suit, Boat, Swim, Crab.









BEACH WORD SEARCH

DRNEAMESMLSBTBE
RRTAHBAELSIUN
SSACCIUERERKUEE
NEXULIHCLZFI SBG
LBSBGS LTSSBN GSH
BAOSA ESEA IO INCI
MACEAAFNPJAZIKY
TJSICLDIWGRCHLG
LNWDPAGVLQDZTAV
XLNTLOWNPVPRAWN
GAUSXIRWUHVXBDT
SKLGFMLTXSHEVRM
NOITACAVWAVESAN
PCDNSEBTPYXWSOJ
QBDCGRSZWL BDRBL

Bathing Suit
Bikini
Boardwalk
Lifeguard

Pelican
Sailboat
Sandals
Sand Castle

Scuba
Seagull
Seashell
Sunglasses

Surfboard
Tropical
Vacation
Waves



Game Time

Beach Memory Game

1. Print out the Beach Memory Game pages. They are found at the end of the document for easy printing.
2. To set up a game first cut apart and shuffle the pictures well and then place each picture face down. Each player takes a turn by turning two pictures over. If the pictures match, then the player picks up the cards and keeps them. If they don't match, the player turns the pictures face down on the table. Repeat until all matches have been made.

Arts and Crafts

One of our favorite beach time crafts is a Beach Sensory Jar. All of the supplies can be found at Michael's or Joanne's Crafts. As an added bonus, they both have no contact order pick up and delivery options! All of the added decorative touches are optional

What you need:

- Ball Jar
- Ribbon or your choice
- Fabric cut into a 6-inch square or circle
- Hot glue
- Beach sand
- Shells
- Cut glass or beach glass
- driftwood
- Any other trinkets you may find at a beach

Directions

1. Decorate your jar first by gluing a piece of ribbon along the outer rim of the jar lid.
2. Fill the jar halfway with beach sand.
3. Place your shells, glass, driftwood, and/or trinkets on top of the sand.
4. Center your fabric on the top and seal with the lid. You could also paint the lid or leave it be.
5. You can display your Beach Jar or use it as a sensory item for your loved one. Have them twist and turn the lid to search for the items in the sand. Ask them to identify what they see and make a game of it.

Here are some examples:



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!

"Surfin' USA" by The Beach Boys

If everybody had an ocean
Across the U. S. A.
Then everybody'd be surfin'
Like Californi-a
You'd seem 'em wearing their baggies
Huarache sandals too
A bushy bushy blonde hairdo
Surfin' U. S. A.

You'd catch 'em surfin' at Del Mar
Ventura County line
Santa Cruz and Trestle
Australia's Narrabeen
All over Manhattan
And down Doheny Way

Everybody's gone surfin'
Surfin' U.S.A.

We'll all be planning that route
We're gonna take real soon
We're waxing down our surfboards
We can't wait for June
We'll all be gone for the summer
We're on surfari to stay
Tell the teacher we're surfin'
Surfin' U. S. A.

Haggerties and Swamies
Pacific Palisades
San Onofre and Sunset
Redondo Beach L. A.
All over La Jolla
At Wa'imea Bay

Everybody's gone surfin'
Surfin' U.S. A.

Everybody's gone surfin'
Surfin' U.S. A.

Everybody's gone surfin'
Surfin' U.S. A.

"Surfer Girl" by The Beach Boys

Little surfer little one
Made my heart come all undone
Do you love me, do you surfer girl
Surfer girl my little surfer girl

I have watched you on the shore
Standing by the ocean's roar
Do you love me do you surfer girl
Surfer girl surfer girl

We could ride the surf together
While our love would grow
In my Woody I would take you everywhere I go

So I say from me to you
I will make your dreams come true
Do you love me do you surfer girl
Surfer girl my little surfer girl
Little one
Girl surfer girl my little surfer girl
Little one
Girl surfer girl my little surfer girl
Little one
Girl surfer girl my little surfer girl

Beyond the Sea

Bobby Darin


Somewhere beyond the sea
Somewhere waiting for me
My lover stands on golden sands
And watches the ships that go sailin'
Somewhere beyond the sea
She's there watching for me
If I could fly like birds on high
Then straight to her arms
I'd go sailing
It's far beyond the stars
It's near beyond the moon
I know beyond a doubt
My heart will lead me there soon
We'll meet beyond the shore
We'll kiss just as before
Happy we'll be beyond the sea
And never again I'll go sailing
I know beyond a doubt, ah
My heart will lead me there soon
We'll meet (I know we'll meet) beyond the shore
We'll kiss just as before
Happy we'll be beyond the sea
And never again I'll go sailing
No more sailing
So long sailing
Bye bye sailing

Exercise

We are going to work on stretching and strengthening our hands this week. This comes from <https://handsurgeonsnyc.com/how-to-cope-with-arthritis-in-your-hands/>


Exercises to Ease Pain and Improve Range-of-Motion

FINGER EXTENSION




Place your palm flat on the table. Then raise and lower each finger, one by one. Repeat 10 times.

THUMB OPPOSITION



Make an "O" by touching your thumb to each fingertip, one at a time. Do this 10 times with each finger.

TENDON GLIDE



Start with fingers together and your hand pointing straight up. Bend your fingers at the knuckles, pointing them forward and keeping them straight while your thumb still points upward. Hold for 5 seconds.

Next, bend your thumb across your palm and bend your fingers at their midpoint, making a claw. Hold for 5 seconds. Finally, bend all your finger joints, drawing them into a full fist. Repeat this series 10 times with each hand.

Devotion

When you look across the ocean and feel that calming lull, also consider the storms that have visited that exact spot. Similarly, is there someone or something in your life who has brought both joy and sorrow? When you think about this situation or person, take to heart the command of our Lord: "Peace, be still!" Let Him draw you in, into deeper silence, deeper stillness, deeper, deeper still.

When you find yourself being swept into the ebb tide, pray for God's "acceptable" timing, whether His provision comes in the form of a miraculous, immediate rescue, or as a means for seeing you through. And remember, the tide will rise again to take you safely back to shore.

Sunrises hold so much promise: a new day, a new opportunity, a fresh start. If the night has failed you, get up and go watch the sun come up. Witnessing a sunrise at the beach is a soul-healing process. As the intense colors emerge from the horizon and break across the water, consider what our Lord said about worry: We are not to worry about tomorrow, for “sufficient for the day is its own trouble”. (Matthew 6:34)

And if past troubles are seeping into your todays, it’s time to hand them over to the One who can erase them.

Recipe

Mediterranean Pesto Chicken Tortellini and Veggies

A one pan meal. Good served hot or cold (by Nanci Engle)

Ingredients:

- 2 Tbsp olive oil
- 1 lb. chicken thighs, boneless and skinless, sliced into strips
- Salt
- ½ Cup sun-dried tomatoes, drained of oil and chopped
- 1 lb. asparagus, ends trimmed and cut in half
- ¼ Cup pesto
- 1 Cup cherry tomatoes, halved (multicolored tomatoes are nice)
- 1 Cup tortellini, uncooked

Instructions:

1. In a large skillet heat 2 T olive oil on medium heat.
2. Add sliced chicken thighs (seasoned with salt), ¼ cup of chopped sun-dried tomatoes and cook on medium heat for 5-10 minutes, turning chicken slices over a couple of times, until the chicken is completely cooked through.
3. Remove the chicken and sun-dried tomatoes from the skillet, leaving the remaining oil in the pan.
4. Add asparagus, seasoned with salt and ¼ C of cherry tomatoes to the pan and cook on medium heat until asparagus is cooked through.
5. Cook 1 C tortellini according to package instructions and drain.
6. In the same skillet combine cooked chicken, cooked asparagus, cooked tortellini and halved cherry tomatoes.
7. Combine all ingredients with ¼ C, or more, pesto on low heat until the chicken is re-heated, 1 or 2 minutes. Season with salt to taste.

BONUS

Sea and Sun Word Maker

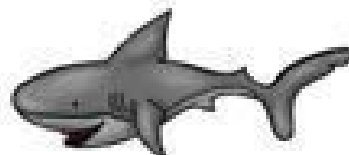
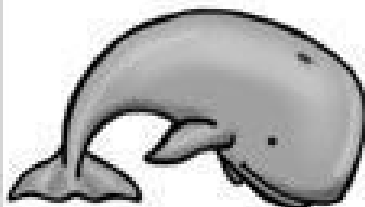
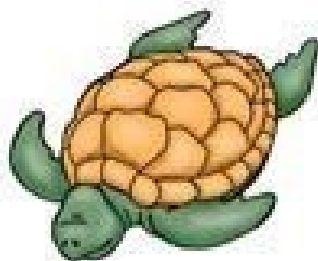
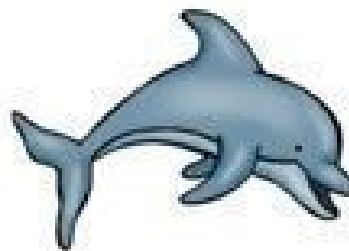
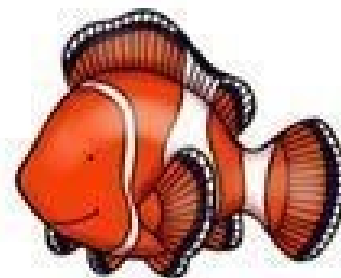
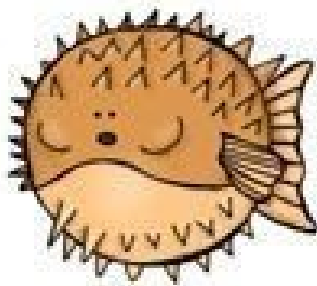
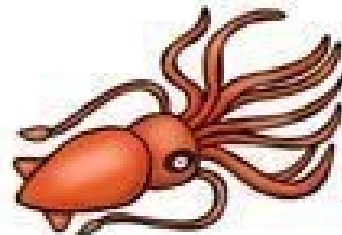
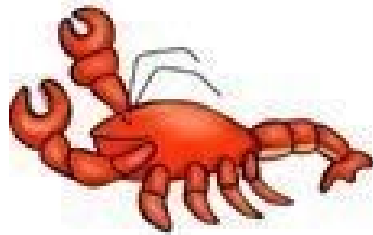
Start with the word SEA and build the word to match the clue...

Sea_	Something you can sit on.
Sea_	A sea animal
Sea_	The line where two pieces of material join
Sea_ _ _	To look for something
Sea_ _ _	Summer is a ____ of the year
Sea_ _ _ _	A bird that lives near the sea
Sea_ _ _ _	A plant that grows in the sea
Sea_ _ _ _	Things from the sea that we eat
Sea_ _ _ _ _	A place where sea animals live
Sun_	The boat has _____ underwater
Sun_ _	A word that describes a bright day
Sun_ _ _	A word that describes an ice cream treat
Sun_ _ _ _	The time of day when the sun disappears
Sun_ _ _	A day of the week

Answers:

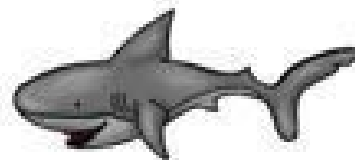
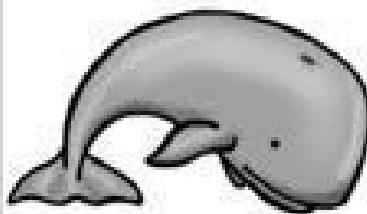
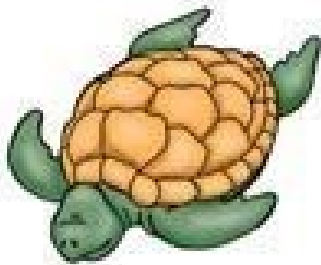
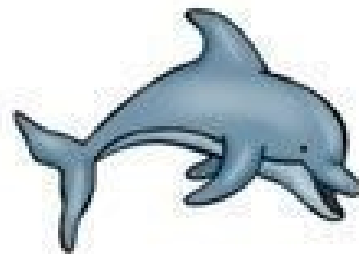
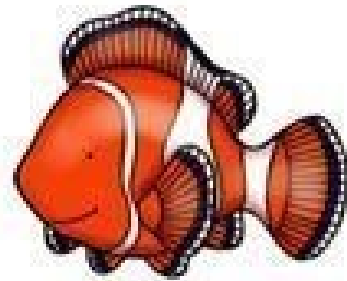
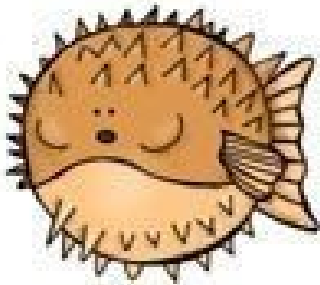
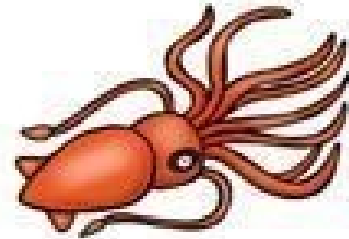
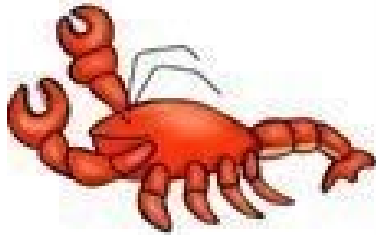
*Seat, Seal, Seam, Search, Season, Seagull, Seaweed, Seafood, Seashell
Sunk, Sunny, Sundae, Sundown, Sunday*

Ocean Creatures Memory Game



Simple Fun for Kids

Ocean Creatures Memory Game



Simple Fun for Kids