



A Guide to an in-Home Gathering Place: July 19, 2020

Summer Fruit Festival

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 enjoy the Fruits of the Season! 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

Have you ever gone berry picking?

What is your favorite berry to grow, eat and pick?

What delicious foods did you make with your berries? Jam, strawberry short cake, smoothie?

Word Games and Art Pages

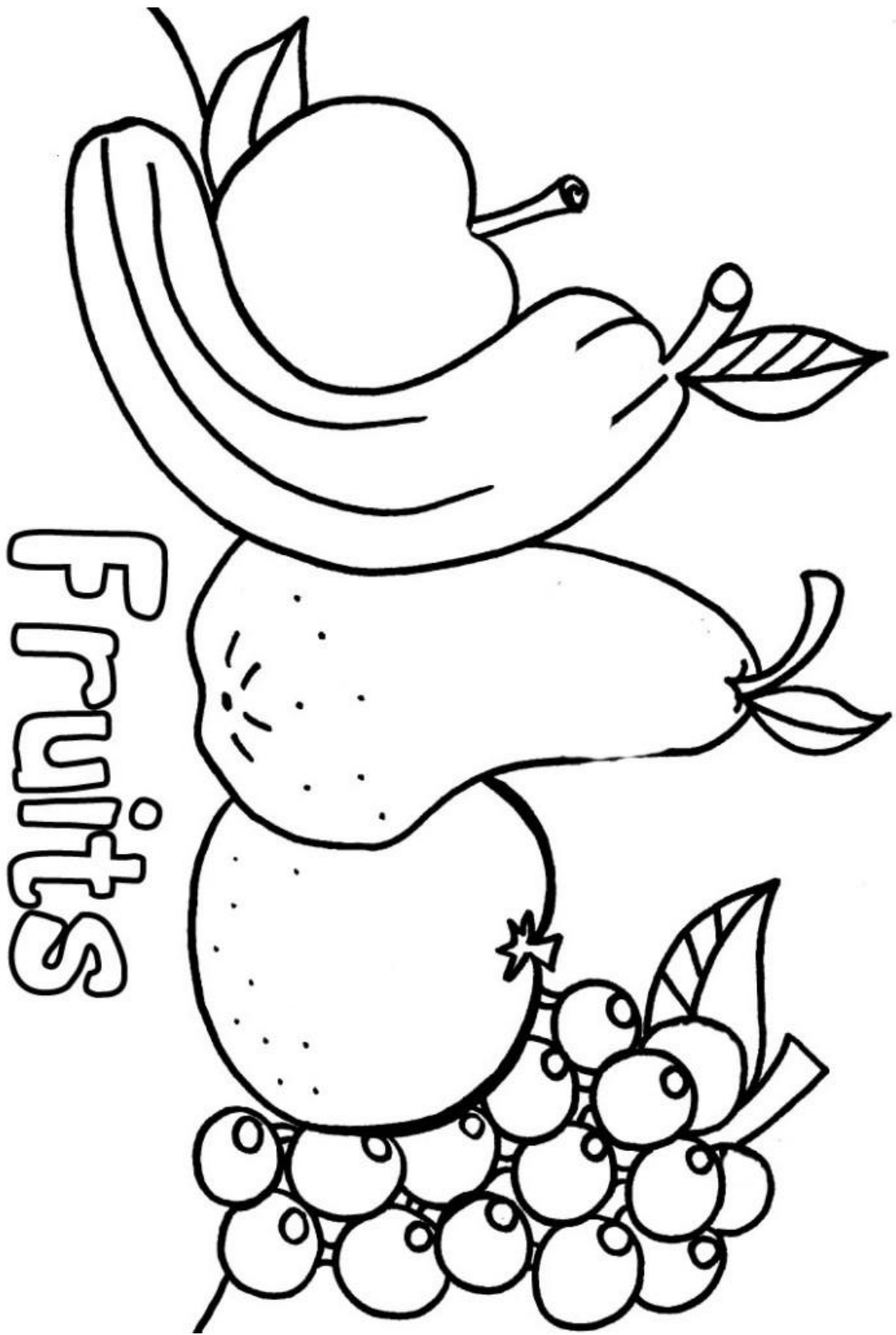


BERRIES AND OTHER FRUITS

Word Scramble

1. yeblur
2. apbrryers
3. caehp
4. tawlmoerne
5. trsawrreyb
6. wkii
7. mlpu
8. ppnipaeel
9. bnnaaa
10. mgaon
11. _rogean
12. hcryer
13. calbkrreyb
14. rgapse

Answers: *Blueberry, Raspberry, Peach, Watermelon, Strawberry, Kiwi, Plum, Pineapple, Banana, Mango, Orange, Cherry, Blackberry, Grapes.* M. Holiday 7-13-2020







Games

Strawberry Catch

Make a large beanbag that resembles a strawberry out of red fabric and dried beans. Give each player a plastic milk bottle scoop. (Cut the bottom from the milk jug, hold by the handle to use.)

Players stand or sit facing each other. The strawberry is tossed to the person on the opposite side, who catches it in the scoop. That person extends arm with the scoop, throwing beanbag to next person on the opposite side. Repeat throwing beanbag back and forth. Try not to let the beanbag hit the floor.



Here is an example of what the **Milk Bottle Scoop** can look like. The edges where it is cut will be sharp. Putting masking tape or painters' tape over it will help protect you and your loved one.

Instructions for how to make the bean bags¹

All you need is:

- Felt (1 piece per beanbag, about 25-30¢ per piece at a craft store)
- Dry beans + measuring cup (1/2 cup per beanbag, can buy bagged or in bulk)
- Ziploc sandwich baggie (1 per beanbag)
- Tape (any kind will do)
- Scissors (good enough to cut felt, I honestly just used large kitchen scissors)
- Hot glue gun with hot glue sticks

Once you have all your supplies, it's time to plug in your glue gun and get to work making your no-sew bean bags!



Step 1:

You're going to make the innards of your bean bag, so get out your baggie, dry beans, measuring cup, and tape. Scoop 1/2 cup dry beans into the baggie (or just eyeball it), zip it up, and then loosely fold the bag into a square so the beans aren't super packed in there (you don't want a bean bag that's hard as a baseball, someone can get hurt). Put a few pieces of tape to secure the loose flaps so the baggie will be able to keep its square shape after being tossed around.

¹ <http://mamaot.com/diy-no-sew-bean-bags-plus-lots-of-fun-bean-bag-activities/>

Step 2:

Now it's time to get the felt to the size you want. Place your square bean-filled baggie on the felt and leave about 1" of space around the edges. Cut a square around your square baggie, accounting for that 1" margin. This will give you plenty of room for the bean bag to fit inside the cover while also allowing for the application and squishing of the hot glue in Step 3.

Don't freak out if your cutting lines aren't perfectly straight. You can trim them the way you like later. If you have grout on your counters somewhere, you can rest the lower blade of your scissors on one of the grout lines and use it as a general guide for cutting straight! Once you cut out your first square and you are happy with its general size, use it as a guide and cut out your second felt square. Now you are ready to start assembling your no-sew bean bag!

**Step 3:**

Squeeze a line of hot glue along one edge of one square of felt. Remember, the hot glue will squish and spread as you press the two pieces of felt together, so give yourself some margin (about 1/2" from the edge) while hot gluing. As soon as you squeeze the hot glue on, set down your glue gun and immediately place the second square of felt directly on top of the one you just glued. Hot glue hardens quickly. Being careful not to touch to hot glue itself, press the two edges of felt together, squish it with your fingers, and make sure the pieces are firmly secured together. Once you've glued the first edges together, proceed to glue two more edges together (for a total of three edges), and then put down your glue gun. (DON'T GLUE ALL FOUR EDGES TOGETHER!)

**Step 4:**

Insert your bean-filled plastic baggie, grab your glue gun, and then glue together the fourth and final edge. Now you have your first no-sew bean bag! I'd suggest giving the bean bag a minute or two to let the hot glue fully harden before you start playing with it.

Step 5:

Time to make more bean bags so you have lots to play with! Your first bean bag might take you about five minutes or so but, after that, you should become faster and more efficient with your process!



Bubble Wrap Printed Fruit²

We love bubble wrap printing. It is so versatile and can be used for all kinds of crafts. This week we used our bubble wrap along with fruit and veg cut outs to make some fun and fruity creations.

We have included several fruit shapes at the end of the document for you to use as templates.

What you'll need:

- Fruit blank card shapes (see end of document)
- Bubble wrap
- Washable Nontoxic paint
- Paint brush



For each fruit and veg, decide on the colors then add the color your need to the bubble wrap, and paint it on to get an even coverage, then print your card.

For those that need more than one color per item, do the side you need, and then turn it around to complete the rest. It does not matter if you get some overlap.



² <https://intheplayroom.co.uk/2015/08/20/bubble-wrap-printed-fruit-veg/>

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!

Tutti Frutti

By: Little Richard

Wop bop a loo bop a lop bom bom!
Tutti frutti, oh rootie
Tutti frutti, oh rootie
Tutti frutti, oh rootie
Tutti frutti, oh rootie
Tutti frutti, oh rootie
Wop bop a loo bop a lop ba ba!
I got a gal, named Sue, she knows just what to do
I got a gal, named Sue, she knows just what to do
She rock to the East, she rock to the West
She is the gal that I love best
Tutti frutti, oh rootie
Tutti frutti, oh rootie, ooh
Tutti frutti, oh rootie
Tutti frutti, oh rootie
Tutti frutti, oh rootie
Wop bop a loo bop a lop bom bom!
I got a gal, named Daisy, she almost drives me crazy
Got a gal, named Daisy, she almost drives me crazy
She knows how to love me, yes indeed
Boy you don't know what she do to me
Tutti frutti, oh rootie
Tutti frutti, oh rootie, ooh
Tutti frutti, oh rootie...

Strawberry Fields Forever

By: The Beatles

Let me take you down
'Cause I'm going to Strawberry Fields
Nothing is real

And nothing to get hung about
Strawberry Fields forever
Living is easy with eyes closed
Misunderstanding all you see
It's getting hard to be someone
But it all works out
It doesn't matter much to me
Let me take you down
'Cause I'm going to Strawberry Fields
Nothing is real
And nothing to get hung about
Strawberry Fields forever
No one I think is in my tree
I mean it must be high or low
That is you can't, you know, tune in
But it's all right
That is, I think, it's not too bad
Let me take you down
'Cause I'm going to Strawberry Fields
Nothing is real
And nothing to get hung about
Strawberry Fields forever
Always, no, sometimes think...

Blueberry Hill

By: Fats Domino

I found my thrill
On Blueberry Hill
On Blueberry Hill
When I found you
The moon stood still
On Blueberry Hill
And lingered until
My dream came true
The wind in the willow played
Love's sweet melody
But all of those vows you made
Were never to be

Though we're apart
You're part of me still
For you were my thrill
On Blueberry Hill
The wind in the willow...

Apples, Peaches, Pumpkin Pie

By: The Techniques, J.A.Y.

Ready or not here I come
Gee that used to be such fun
Apples peaches pumpkin pie
Who's not ready? Holler "I"
That's a game we used to play.
Hide and seek was its name.
Oh ready or not, hear I come,
Gee that used to be such fun.
I always used to find a hiding place,
Times have changed.

Well I'm one step behind you, but still I can't
find you.

Apple peaches pumpkin pie,
You were young and so was I.
Now that we've grown up it seems
You just keep ignoring me.
I'll find you anywhere you go,
I'll follow you high and low.
You can't escape this love of mine anytime.
Well, I'll sneak up behind you,
Be careful where I find you.
Apple peaches pumpkin pie,
Soon your love will be all mine.
Then I'm gonna take you home,
Marry you so you won't roam.
Marry you so you won't roam....

Exercise

Stretch it out

Getting into the habit of stretching every day will improve your range of motion and make every activity — including reaching for a dish from a cupboard — more comfortable. Here are two basic stretches to start with:

Neck stretch

To relieve tension in the neck and upper back

Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.

Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.

Now turn to the left. Hold for 10 to 30 seconds.

Repeat 3 to 5 times.

Upper back

To relieve tension in the shoulders and upper back

Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart.

Hold your arms up and out in front at shoulder height, with your palms facing outward and the backs of your hands pressed together. Relax your shoulders so they're not scrunched up near your ears.

Reach your fingertips out until you feel a stretch. Your back will move away from the back of the chair.

Stop and hold for 10 to 30 seconds.

Repeat 3 to 5 times.

Balance boosters

Since accidental falls are a significant source of injury for many older adults, incorporating balance exercises in your exercise regimen is essential. Doing balance exercises, such as the ones described here, or an activity such as tai chi or yoga, makes it easier to walk on uneven surfaces without losing balance. You can do these balance exercises every day, several times a day — even when you’re standing in line at the bank or the grocery store.

Shifting weight

Stand with your feet hip-width apart and your weight evenly distributed on both feet. Relax your hands at your sides. You can also do this exercise with a sturdy chair in front of you in case you need to grab it for balance.

Shift your weight on to your right side, then lift your left foot a few inches off of the floor. Hold for 10 seconds, eventually working up to 30 seconds. Return to the starting position and repeat with the opposite leg. Repeat 3 times.

Stand with your feet hip-width apart, with your hands on your hips or on the back of a sturdy chair if you need support. Lift your left foot off of the floor, bending at the knee and lifting your heel halfway between the floor and your buttocks.

Hold for 10 seconds, eventually working up to 30 seconds.

Return to the starting position and repeat with the opposite leg. Repeat 3 times.

Devotion: Bearing Good Fruit³

*That person is like a tree planted by streams of water, which yields its fruit in season.
Psalm 1:1–3*

The view from my airplane window was striking: a narrow ribbon of ripening wheat fields and orchards wending between two barren mountains. Running through the valley was a river—life-giving water, without which there would be no fruit.

Just as a bountiful harvest depends on a source of clean water, the quality of the “fruit” in my life—my words, actions, and attitude—depends on my spiritual nourishment. The psalmist describes this in Psalm 1: The person “whose delight is in the law of the Lord . . . is like a tree planted by streams of water, which yields its fruit in season” (vv. 1–3). And Paul writes in Galatians 5 that those who walk in step with the Spirit are marked by “love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control” (vv. 22–23).

³ <https://odb.org/2017/03/28/bearing-good-fruit/>

Sometimes my perspective on my circumstances turns sour, or my actions and words become persistently unkind. There is no good fruit, and I realize I haven't spent time being quiet before the words of my God. But when the rhythm of my days is rooted in reliance on Him, I bear good fruit. Patience and gentleness characterize my interactions with others; it's easier to choose gratitude over complaint.

The God who has revealed Himself to us is our source of strength, wisdom, joy, understanding, and peace. As we steep our souls in the words that point us to Him, the work of God's Spirit will be evident in our lives.

From: Our Daily Bread
By: Chin Peter w.

Apricot Swirl Bars

- 1 ½ C All-purpose flour
- 1 t. Baking Powder
- ½ t. Salt
- 1 ½ C Quick cooking oats
- 12 T Unsalted butter
- 2/3 C Apricot jam
- 3 oz. Cream cheese, softened

Preheat oven to 375 degrees.

1. In the bowl of a food processor, combine the flour, backing powder, and salt. Pulse to combine. Add the oats and brown sugar. Pulse briefly to combine. Cut in chilled butter with short pulses until mixture is crumbly
2. In another bowl, or in a food processor, combine the apricot jam and softened cream cheese until smooth.
3. Pat half of the oatmeal mixture into the bottom of a greased 11x7" baking pan. Spread the jam mixture over the top and carefully pat on remaining crumbs.
4. Bake for 35 minutes or until golden brown. Cool completely before cutting into bars. Store in refrigerator.

-Nanci Engle

