



## A Guide to an in-Home Gathering Place: July 5, 2020

### The Great Outdoors!

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through July 31<sup>st</sup>, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, we are going to explore the Great Outdoors! 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](mailto: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!

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### A Time to Reminisce

1. What is your favorite activity to do outdoors such as fishing, walking, camping or maybe gardening?
2. What are some things you might see outdoors that make you smile?  
Example: small animals, butterfly, flowers, or sunsets
3. Have you ever cooked a meal or made some-mores over an open fire?
4. What are some things you might smell outdoors?

## Word Games and Art Pages

### THE GREAT OUTDOORS

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

Blue Sky

Nature

Lake

Birds

Flowers

Sunset

Hiking

Park

Camping

Ocean

River

Bear

Picnic

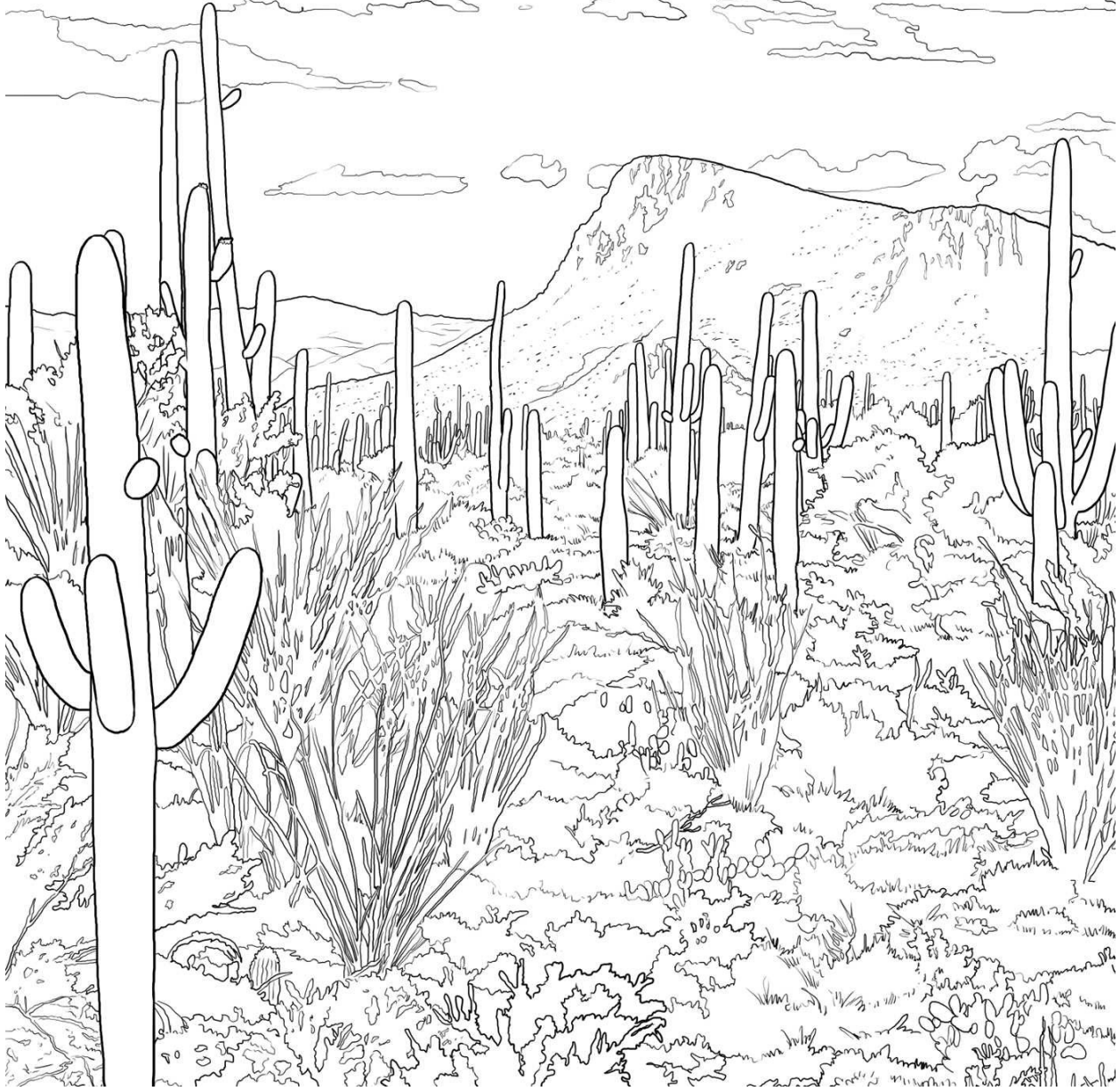
Trees

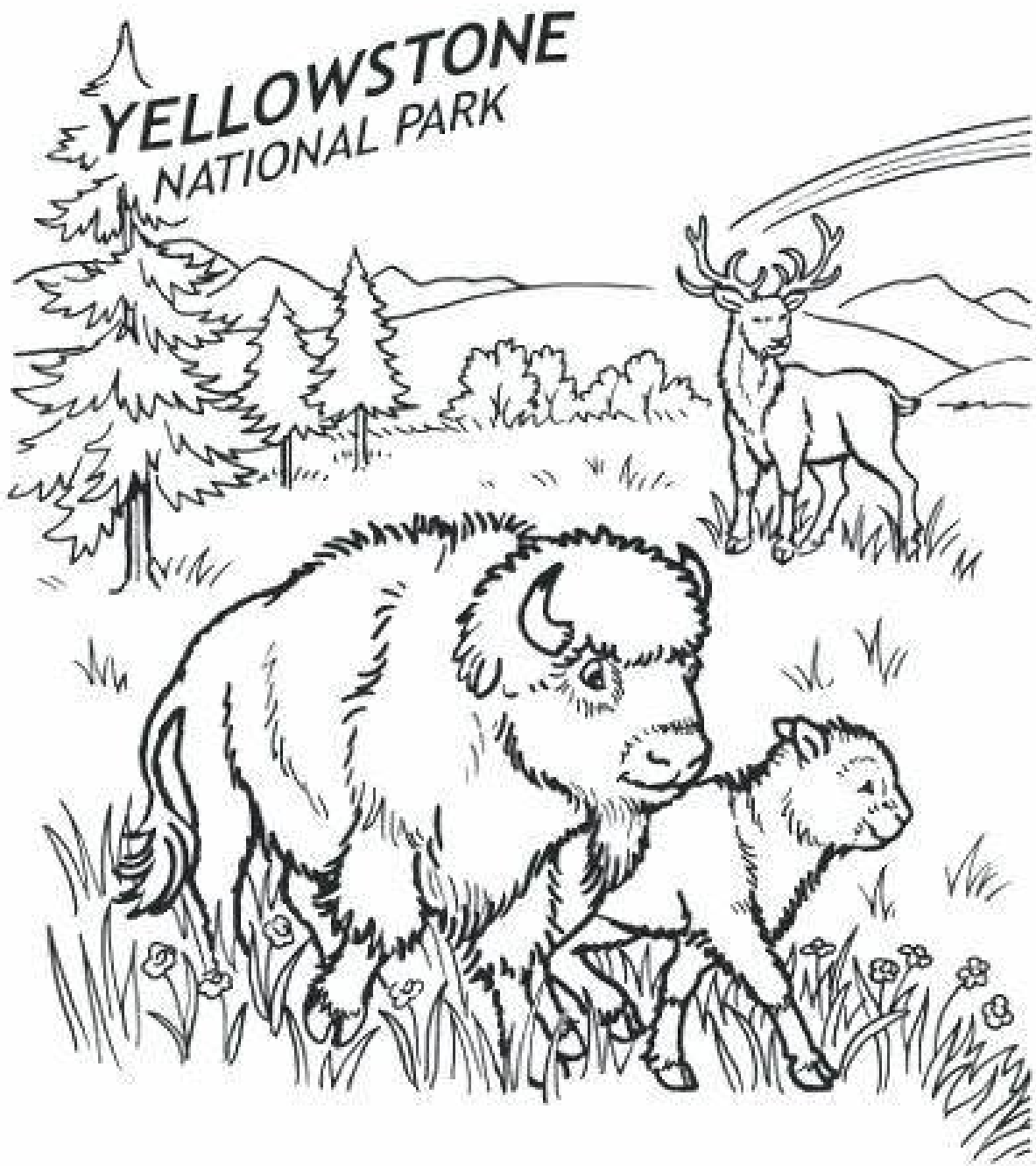
Beach



# SAGUARO

## NATIONAL PARK





**This is better than our  
pasture sprinkler!**



# NORTHERN MOCKINGBIRD

TEXAS STATE BIRD

## Miniature Golf

Set up a mini golf course indoors or outdoors. For the holes, use large plastic cups or tin cans with both ends removed. Instead of using a ball, use large marshmallows or whiffle balls. Scatter the holes around the yard. Using a small putter, try to hit the marshmallow into the hole. Count the number of strokes. The person with the fewest strokes at the end of the game is the winner.

## Leaf Rubbing Collages

Start off your day with a walk around the neighborhood. Look for leaves and flowers of all kinds of shapes and sizes.

Next, grab a package of crayons and remove the wrappers.

Next, using a large pad of white paper, we sandwiched a leaf between two pieces of paper. Then, using a crayon on its side, gently rubbed the color all over the leaf, creating an impression of the leaf or flower underneath. One at a time, we added leaf after leaf to create beautiful leaf rubbing collages.

Simple as that and a really fun craft!

## LEAF RUBBING COLLAGE





## 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!

### What a Wonderful World

I see trees of green, red roses, too,  
I see them bloom, for me and you  
And I think to myself  
What a wonderful world.  
I see skies of blue, and clouds of white,  
The bright blessed day, the dark sacred night  
And I think to myself  
What a wonderful world.  
The colors of the rainbow, so pretty in the sky,  
Are also on the faces of people going by.  
I see friends shaking hands, sayin', "How do you do?"  
They're really sayin', "I love you."  
I hear babies cryin'. I watch them grow.  
They'll learn much more than I'll ever know  
And I think to myself  
What a wonderful world

Source: [Musixmatch](#)

Songwriters: Bob Thiele / George David Weiss /  
George Douglas

Sung by: Louis Armstrong

### This Land Is Your Land

Words and Music by Woody Guthrie

This land is your land, this land is my land  
From California to the New York island,  
From the redwood forest to the Gulf Stream  
waters;  
This land was made for you and me.

As I was walking that ribbon of highway  
I saw above me that endless skyway;  
I saw below me that golden valley;  
This land was made for you and me.

I've roamed and rambled and I followed my  
footsteps  
To the sparkling sands of her diamond deserts;  
And all around me a voice was sounding;  
This land was made for you and me.

When the sun came shining, and I was strolling,  
And the wheat fields waving and the dust  
clouds rolling,  
As the fog was lifting a voice was chanting:  
This land was made for you and me.

As I went walking I saw a sign there,  
And on the sign it said "No Trespassing."  
But on the other side it didn't say nothing.  
That side was made for you and me.

In the shadow of the steeple I saw my people,  
By the relief office I seen my people;  
As they stood there hungry, I stood there  
asking  
Is this land made for you and me?

Nobody living can ever stop me,  
As I go walking that freedom highway;  
Nobody living can ever make me turn back  
This land was made for you and me.

### Take Me Home, Country Roads

Almost heaven, West Virginia  
Blue Ridge Mountains, Shenandoah River  
Life is old there, older than the trees  
Younger than the mountains, growin' like a  
breeze

Country roads, take me home  
To the place I belong

West Virginia, mountain mama  
Take me home, country roads  
  
All my memories gather 'round her  
Miner's lady, stranger to blue water  
Dark and dusty, painted on the sky  
Misty taste of moonshine, teardrop in my eye

Country roads, take me home  
To the place I belong  
West Virginia, mountain mama  
Take me home, country roads

I hear her voice in the mornin' hour, she calls  
me  
The radio reminds me of my home far away  
Drivin' down the road, I get a feelin'  
That I should've been home yesterday,  
yesterday

Country roads, take me home  
To the place I belong  
West Virginia, mountain mama  
Take me home, country roads

Country roads, take me home  
To the place I belong  
West Virginia, mountain mama  
Take me home, country roads

Take me home, down country roads  
Take me home, down country roads

*Source: [LyricFind](#)  
Songwriters: Bill Danoff / John Denver / Taffy  
Nivert Danoff*

### **Rocky Mountain High**

He was born in the summer of his 27th year  
Coming home to a place he'd never been  
before  
He left yesterday behind him, you might say he  
was born again  
You might say he found a key for every door

When he first came to the mountains his life  
was far away  
On the road and hanging by a song  
But the string's already broken and he doesn't  
really care  
It keeps changing fast and it don't last for long

But the Colorado rocky mountain high  
I've seen it rainin' fire in the sky  
The shadow from the starlight is softer than a  
lullabye  
Rocky mountain high (Colorado)

He climbed cathedral mountains, he saw silver  
clouds below  
He saw everything as far as you can see  
And they say that he got crazy once and he tried  
to touch the sun  
And he lost a friend but kept his memory

Now he walks in quiet solitude the forest and  
the streams  
Seeking grace in every step he takes  
His sight has turned inside himself to try and  
understand  
The serenity of a clear blue mountain lake

And the Colorado rocky mountain high  
I've seen it raining fire in the sky  
You can talk to God and listen to the casual  
reply  
Rocky mountain high

Now his life is full of wonder but his heart still  
knows some fear  
Of a simple thing he cannot comprehend  
Why they try to tear the mountains down to  
bring in a couple more  
More people, more scars upon the land

And the Colorado rocky mountain high  
I've seen it rainin' fire in the sky  
I know he'd be a poorer man if he never saw an  
eagle fly  
Rocky mountain high



It's Colorado rocky mountain high  
I've seen it rainin' fire in the sky  
Friends around the campfire and everybody's  
high  
Rocky mountain high  
Rocky mountain high  
Rocky mountain high

Rocky mountain high  
Rocky mountain high  
Rocky mountain high

*Source: [LyricFind](#)*

*Songwriters: John Denver / Mike Taylor*

## Stretch it out<sup>1</sup>

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 stretches

#### To relieve tension in the neck and upper back

1. Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. 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.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.

### Upper back

#### To relieve tension in the shoulders and upper back

1. Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart.
2. 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.
3. Reach your fingertips out until you feel a stretch. Your back will move away from the back of the chair.
4. Stop and hold for 10 to 30 seconds.
5. 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.

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<sup>1</sup> <https://www.healthline.com/health/everyday-fitness/senior-workouts>

### **Shifting weight**

1. Stand with your feet hip-width apart and your weight evenly distributed on both feet.
2. 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.
3. Shift your weight on to your right side, then lift your left foot a few inches off of the floor.
4. Hold for 10 seconds, eventually working up to 30 seconds.
5. Return to the starting position and repeat with the opposite leg.
6. Repeat 3 times.
7. 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.
8. Lift your left foot off of the floor, bending at the knee and lifting your heel halfway between the floor and your buttocks.
9. Hold for 10 seconds, eventually working up to 30 seconds.
10. Return to the starting position and repeat with the opposite leg.
11. Repeat 3 times.

### **Devotion: Climbing the Mountains of Life<sup>2</sup>**

Have you ever climbed a mountain before? I love climbing mountains because whenever I am surrounded by huge mountains that make me feel tiny, I can't help but be filled with wonder and awe of our amazing God!

Climbing mountains isn't easy. But I can guarantee you that when you climb mountains the climb will be worth every step. Once you finally make it to the top you will be rewarded with a spectacular view. Nothing can compare to the feeling you get as you take in the view. Standing there, on top of the world, enveloped in the magnitude of the view, your heart skips a beat, and you find yourself wishing that this moment could last forever. The feeling of accomplishment sweeps over you as you realize that you have just conquered a mountain.

When I think about my love for the mountains, I realize that in life we have mountains we must climb too. It's a different type of mountain. I have had to climb many mountains in my life and I know there are still many I have yet to climb. Some mountains are small, but some are huge. But let me tell you something; our God is so good! He is always right beside us as we climb these mountains.

Maybe you're in the middle of climbing a mountain right now. It can seem hard, even impossible at times. The temptation to give up is strong. I mean, just think. If you turn around it's all downhill. Giving up is easy to do, but if we don't persevere and get to the top of the mountain we will miss out on the blessings that God has waiting for us at the top.

Psalm 25:3 says "No one who hopes in the Lord will ever be put to shame." I have come to love this verse when I'm in the middle of climbing my mountains. It such a comforting reminder that when we hope in the lord and keep taking the next step, we won't be disappointed. God will be with us and he will help us make it to the top of the mountain.

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<sup>2</sup> <https://www.rocknwater.com/blog/climbing-the-mountains-of-life/>

**“Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.” Deuteronomy 31:6**

If you ever feel like the mountain God has placed in front of you is daunting remember that God promises to always be right there with you. He says He will never leave you nor forsake you. Even when it feels like you are all alone, or when you have no strength left; God is with you.

From Rock-N-Water  
By Sydney Roemer

## **Grilled Asparagus with Tomato & Mozzarella Salad**

2 bunches medium asparagus (about 2 lbs.) peeled & woody stems trimmed  
2 T Extra-virgin olive oil  
2 C Grape or cherry tomatoes, halved  
8 oz. Fresh mozzarella cheese, cut into ½” cubes or can use mozzarella balls  
2 T Fresh flat-leaf parsley, chopped  
1 T Lemon juice, freshly squeezed with lemon zest  
1 t kosher salt  
½ t crushed red pepper flakes  
Freshly grated black pepper

1. Arrange the asparagus in a microwave-safe dish, cover with plastic wrap, and microwave on high until crisp-tender, about two minutes, or you can steam the asparagus. Brush asparagus with olive oil and set aside.
2. Toss tomatoes and mozzarella cheese in a large bowl with the remaining tablespoon of olive oil, the parsley, the lemon juice and zest, salt, red pepper flakes, and black pepper to taste.
3. Heat a grill pan over medium heat or use an outdoor grill. Grill asparagus, turning occasionally, until tender and lightly charred, about 5 minutes. Cut asparagus in half crosswise and arrange the upper portions, spoke-like, tips out, on a serving dish. Cut the lower portions into ½” pieces and toss with the tomato and cheese mixture. Mound the salad in the center of the asparagus tips and serve.

Nanci Engle

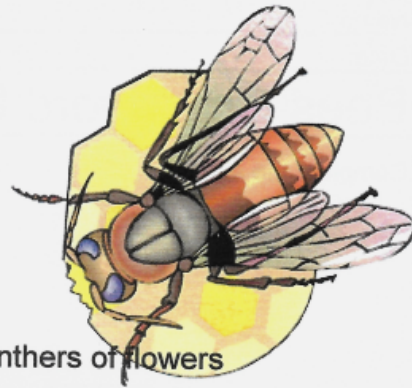
## BONUS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Bees Vocabulary

Complete the activity.



1. \_\_\_\_\_ Dustlike cells of the anthers of flowers
2. \_\_\_\_\_ Male bee whose only function is to mate with the queen
3. \_\_\_\_\_ Worker bee that attend to the queen, the babies, or larvae of the hive
4. \_\_\_\_\_ Female bees who collect nectar and pollen from flowers
5. \_\_\_\_\_ A structure for housing bees
6. \_\_\_\_\_ Bees depend on this for their defense
7. \_\_\_\_\_ Cells where honey is stored
8. \_\_\_\_\_ Sweet liquid of flowers gathered by bees for making honey
9. \_\_\_\_\_ Female bee whose only job is to lay eggs
10. \_\_\_\_\_ A sweet fluid produced by bees from nectar

honey	nurse bee	honeycomb	hive
sting	drone	worker	nectar
queen	pollen		