



A Guide to an in-Home Gathering Place: August 16, 2020

Flea Market Memories

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through August 31st, but that does not mean you can't bring elements of the Gathering Place into your own home! This week, we are going to think back to all those vintage items (and memories) that we love! 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 craft! Play the games! Sing the songs! And, above all, have fun!

Flea Market Reminiscing

1. What kind of items would you expect to see at a flea market?
2. What time of year would you want to visit a flea market?
3. Have you ever owned an antique?
4. Have you ever tried to sell anything at a flea market?

Word Games and Art Pages

Collectibles

Find 45 things people like to collect. Words run horizontally, vertically and diagonally, both backward and forward.



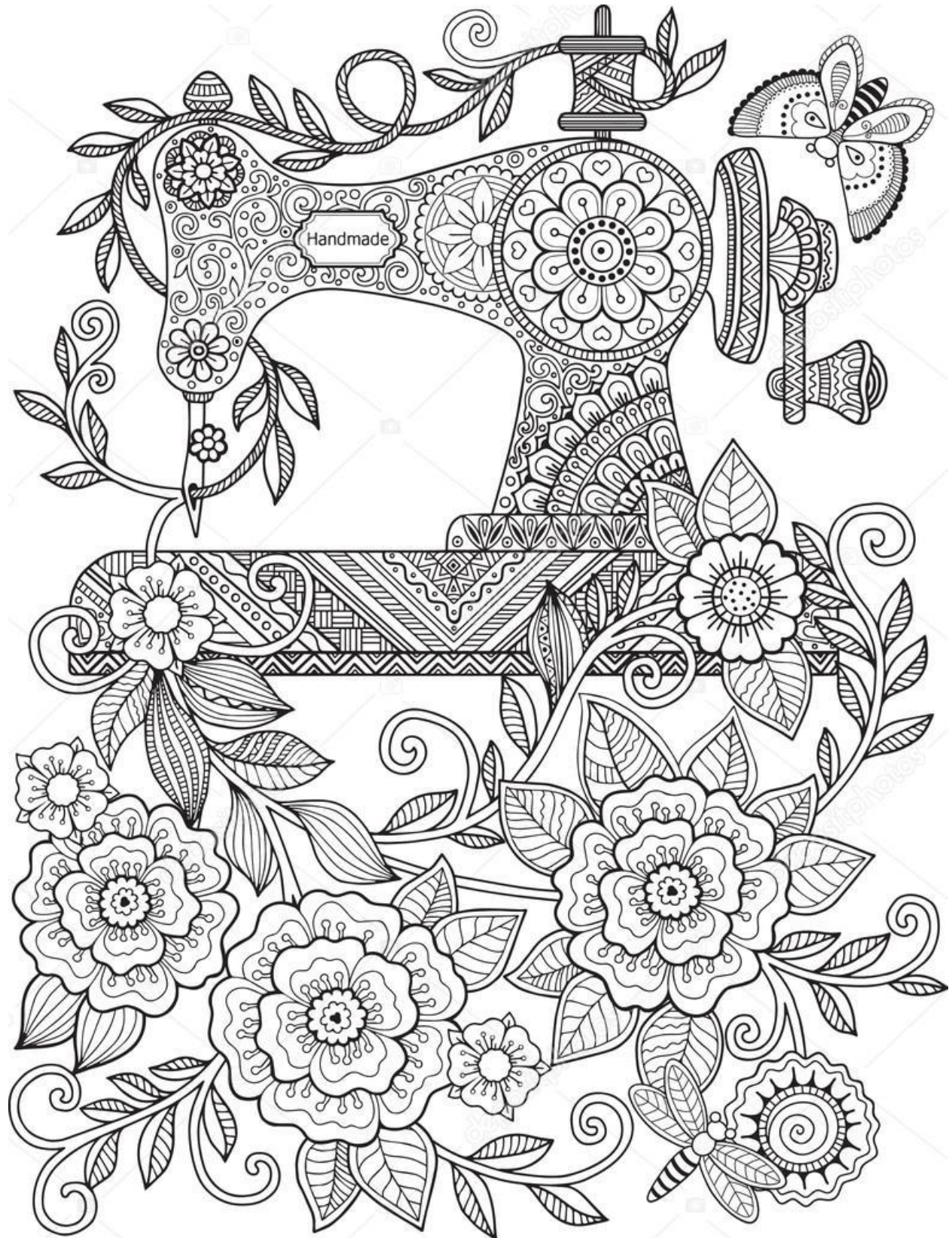
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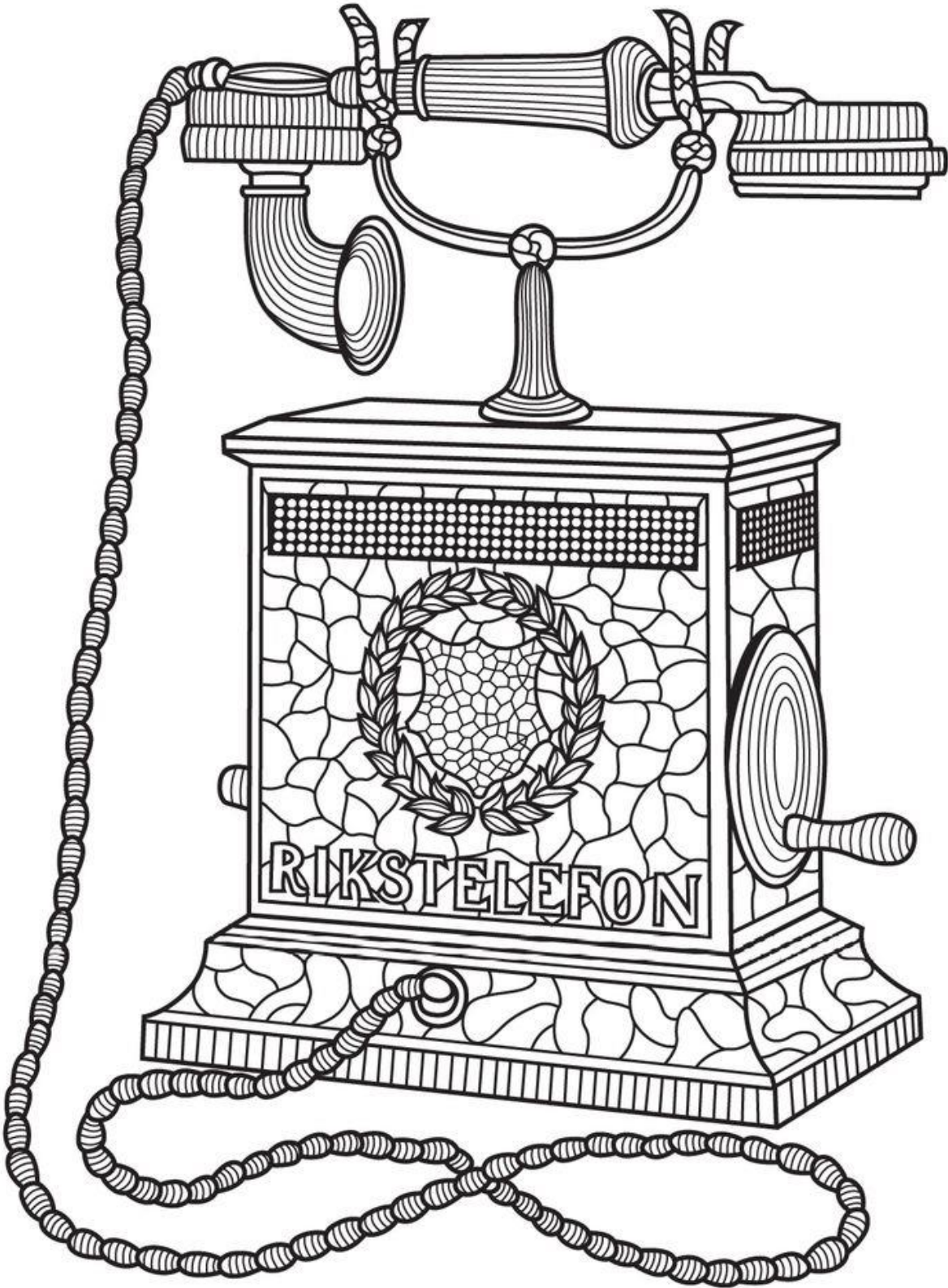
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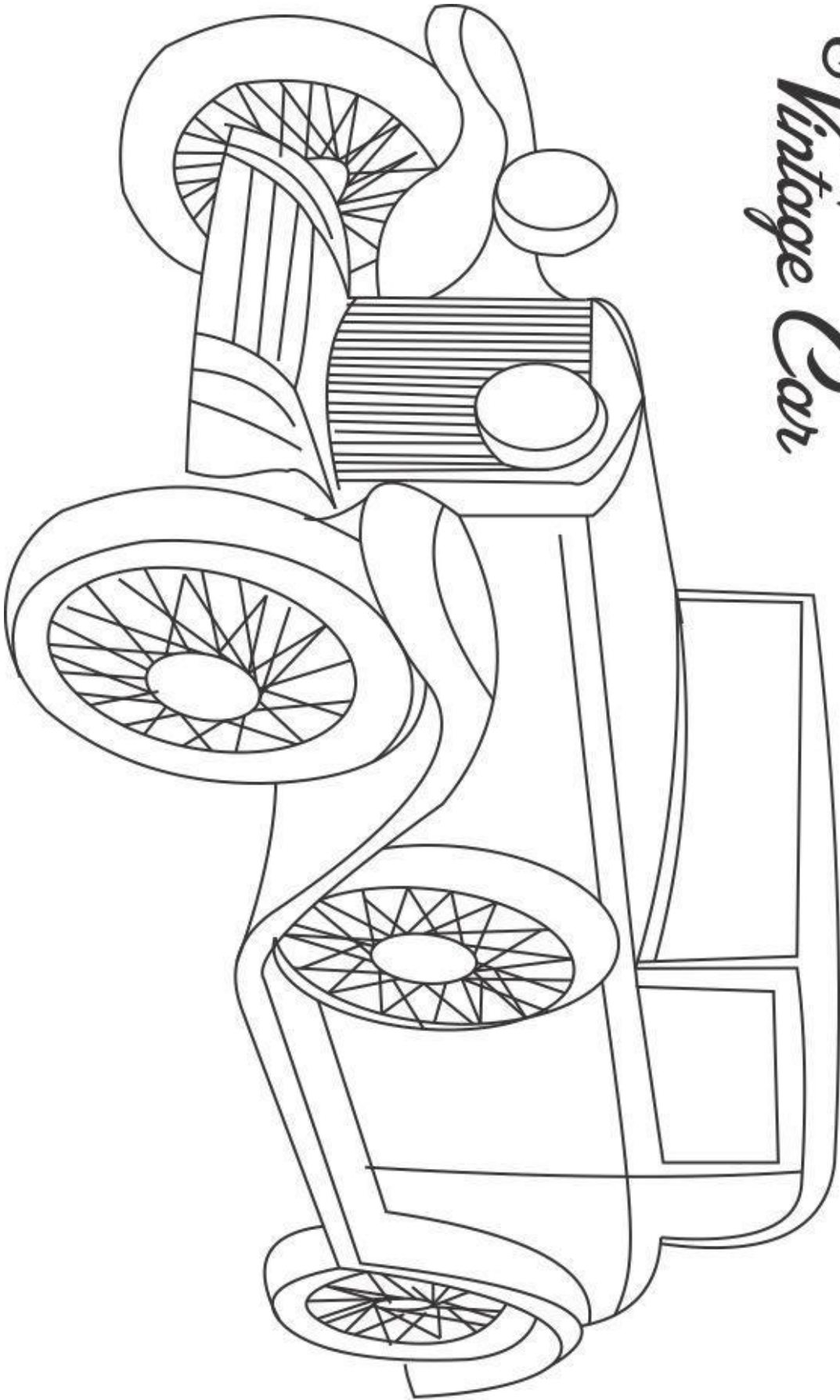


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Vintage Car



The Price is Right Game

The Price is Right is one of the longest running TV game shows in history. Contestants try to win the game by guessing the actual retail value.

Contestants are asked to guess the price of several items numbered 1–10 that are laid out in front of them to see. If the contestant guesses correctly on any item, he/she wins a small prize. Next, add up the total of all 10 guesses for the items, to determine the total of all.

The showcase winner is the person that guesses the closest to the actual total of **all** the items without going over.

1. A Pair of Rubber gloves.	\$ _____
2. Dish Sponge 3 count	\$ _____
3. Shampoo	\$ _____
4. Scrub Brush	\$ _____
5. Paper Towels one roll	\$ _____
6. Toothpaste	\$ _____
7. Liquid Hand Soap	\$ _____
8. Broom	\$ _____
9. Yankee Candle	\$ _____
10. Laundry Detergent	\$ _____
TOTAL of all items	\$ _____

Now or Then variation

One variation of the game is to show the contestant a price and ask them if this is the price today or from 10 years ago. The winner is the person that gets the most answers correct.

1. A Pair of Rubber gloves.	\$3.57 OR \$1.37
2. Dish Sponge 3 count	\$1.50 OR \$2.34
3. Shampoo	\$4.25 OR \$5.03
4. Scrub Brush	\$3.06 OR \$2.39
5. Paper Towels one roll	\$2.34 OR \$1.98
6. Toothpaste	\$2.05 OR \$3.77
7. Liquid Hand Soap	\$3.06 OR \$2.99
8. Broom	\$9.24 OR \$7.75
9. Yankee Candle	\$12.99 OR \$16.36
10. Laundry Detergent	\$9.44 OR \$11.24
TOTAL of all items	\$60.01 OR \$46.70

Answers: 1. **\$3.57** gloves; 2. **\$2.34** sponge; 3. **\$5.03** shampoo; 4. **\$3.06** scrub brush; 5. **\$2.34** paper towel; 6. **\$3.77** tooth paste; 7. **\$3.06** Liquid hand soap; 8. **\$9.24** broom; 9. **\$16.36** candle; 10. **\$11.24** laundry detergent

Total of all items **\$60.01**

Prices of items 10 years ago.

1. **\$1.37** gloves; 2. **\$1.50** sponge; 3. **\$4.25** Shampoo; 4. **\$2.39** Scrub brush; 5. **\$1.98** paper towel; 6. **\$2.05** tooth paste; 7. **\$2.99** hand soap; 8. **\$7.74** broom; 9. **\$12.99** candle; 10. **\$9.44** laundry detergent

Total of all items: **\$46.70**

DIY Sensory Pouches

The great part of these pouches is that they can be personalized for your loved one's interests. Items like buttons, smooth shells, coins, small stones, beads, plastic flowers, sponges, glitter, golf ball markers, nuts and bolts, game pieces, small toys. Anything is possible as long as it's edges aren't so sharp that they will puncture the bag.

What you need:

- Ziplock bags
- Clear Hair Gel or Sand
- Masking tape or Duct Tape
- Food coloring (optional)
- Items to put in your bag

Directions:

1. Leaving the opening clear, tape three edges of your Ziplock bag with your duct tape or masking tape. Be sure to fold it over the seam for a good seal.
2. Put about $\frac{1}{4}$ cup of hair gel or sand into the bag. (Here is where you can add a few drops of food coloring if you would like).
3. Put your chosen items into the bag and mix with the gel or sand.
4. Add enough gel to fill the bag but not so much that the items in the bag cannot be felt from the outside.
5. Squeeze out all the air, seal the bag and then cover the remaining edge with your tape.

This is a great craft to use during times when your loved ones are feeling antsy or anxious. Make a game out of playing with the bags. Ask your loved one questions like "can you find the red button?" or "which shell is your favorite?" to help stimulate their brains and keep them engaged.



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!

The Way We Wereⁱ

By Barbra Streisand

Memories light the corners of my mind
Misty water-colored memories of the way we
were
Scattered pictures of the smiles we left behind
Smiles we gave to one another for the way we
were
Can it be that it was all so simple then
Or has time rewritten every line
If we had the chance to do it all again
Tell me, would we?
Could we?
Memories may be beautiful and yet
What's too painful to remember
We simply choose to forget
So it's the laughter we will remember
Whenever we remember
The way we were
The way we were

Memoriesⁱⁱ

By Elvis Presley

Memories, pressed between the pages of my
mind
Memories, sweetened through the ages just like
wine
Quiet thought come floating down
And settle softly to the ground
Like golden autumn leaves around my feet
I touched them and they burst apart with sweet
memories
Sweet memories

Of holding hands and red bouquets
And twilight trimmed in purple haze
And laughing eyes and simple ways
And quiet nights and gentle days with you
Memories, pressed between the pages of my
mind
Memories, sweetened through the ages just like
wine
Memories, memories
Of holding hands and red bouquets
And twilight trimmed in purple haze
And laughing eyes and simple ways
And quiet nights and gentle days with you
Memories, pressed between the pages of my
mind
Memories, sweetened through the ages just like
wine
Memories, memories, sweet memories
Memories, memories

It Was A Very Good Yearⁱⁱⁱ

By Frank Sinatra, Count Basie

When I was seventeen
It was a very good year
It was a very good year for small town girls
And soft summer nights
We'd hide from the lights
On the village green
When I was seventeen
When I was twenty-one
It was a very good year
It was a very good year for city girls
Who lived up the stair

With all that perfumed hair
And it came undone
When I was twenty-one
When I was thirty-five
It was a very good year
It was a very good year for blue-blooded girls
Of independent means
We'd ride in limousines
Their chauffeurs would drive
When I was thirty-five
But now the days are short
I'm in the autumn of the year
And now I think of my life as vintage wine
From fine old kegs
From the brim to the dregs
And it poured sweet and clear
It was a very good year
It was a massive good year

Days of Wine and Roses^{iv}

By Frank Sinatra

The days of wine and roses laugh and run away
like a child at play
Through the meadow land toward a closing
door
A door marked "nevermore" that wasn't there
before
The lone-ly night discloses just a passing breeze
filled with memories
Of the golden smile that introduced me to
The days of wine and roses and you
The days of wine and roses
The lonely - the night discloses just a passing
breeze filled with memories
Of the golden smile that introduced me to
The days of wine and roses and you

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 stretches

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

Memory and Hope^v

By: Bob Heerspink

"I know that ... our Lord is greater than all gods." Psalm 135:5

Poet Wendell Berry has observed that when we are young, our lives are all time and little memory. As we grow older, we discover that our lives are almost entirely memory and very little time. That's why, in visits with older family members or acquaintances, we often talk about the past and the roads they have traveled.

Conversations like that are not mere reminiscing about "good old days." They are crammed with evidence of God's grace and faithfulness. Our memories of the past give us courage for the road ahead. Israel practiced a similar faith dynamic.

The psalmist in our reading for today offers memories of the Exodus. Why remember things that happened centuries earlier? Because such memories inspire hope for tomorrow.

Alistair MacGrath has compared [people of faith] to a trapeze artist who has let go of one bar and is soaring through the air to catch the other bar swinging toward him. There's a moment when the trapeze

artist is suspended in midair--caught in an act of faith. That's the nature of the [faithful] life. We journey by faith. Often the insecurity of the moment overwhelms us. That's why we cultivate a spiritual memory.

God's grace is woven into our own personal stories. Consider your own life. What stories might you share with family and friends about God's goodness?

Red Bell Pepper Bisque

Cooking School Secrets for Real World Cooks by Linda Carucci

What you need:

- 3 Tbsp extra-virgin olive oil
- 1 large carrot, peeled and chopped
- 1 yellow onion, peeled and chopped
- 1 celery stalk, peeled if you don't plan to strain the soup, and chopped
- ¼ tsp cayenne pepper
- 4 red bell peppers, seeded, de-ribbed, chopped into 1" pieces
- 4 Cup reduced-sodium chicken broth or stock
- ¼ Cup heavy whipping cream
- Kosher salt & freshly ground black pepper
- 2/3 Cup Crème Fraiche or Sour Cream

1. Heat a heavy 4 Qt. pot over medium-high heat. Add the olive oil. When the oil is hot enough to sizzle a piece of carrot, add the carrot, onion, and celery. Sauté until the carrot turns bright orange and the onion becomes translucent, about 8 minutes. Stir in the cayenne pepper and add the bell peppers. Cook, stirring occasionally, until the peppers start to soften, about 5 minutes. Add enough stock just to cover the vegetables and bring to a rolling boil. Reduce the heat to low, cover partially, and simmer until the carrot and peppers are soft, about 30 minutes.

2. Remove from the heat and use a standard blender or immersion blender to puree the soup until very smooth. If desired, strain the pureed soup through a medium-mesh strainer into a clean pot. As you strain the soup, extract as much pulp as possible from the solids by pressing on them with the bottom of a ladle.

3. Stir in the cream and season to taste with salt, pepper, and additional cayenne if desired. If necessary, gently reheat the soup over low heat, stirring constantly. Ladle into warm bowls and drizzle with cream fraiche or garnish with a dollop of sour cream.

Serves 4

ⁱ Songwriters: Alan Bergman / Marilyn Bergman / Marvin Hamlisch, *The Way We Were* lyrics © Sony/ATV Music Publishing LLC

ⁱⁱ Songwriters: Mac Davis / Billy Strange , *Memories* lyrics © Sony/atv Songs Llc, Elvis Presley Music, Songpainter Music, Wixen Music Publishing Obo Pw Songpainter Music, Billy Strange Music

ⁱⁱⁱ Songwriters: Drake Ervin M, *It Was A Very Good Year* lyrics © Memory Lane Music Ltd., Lindabet Music Corporation

^{iv} Songwriters: Henry N. Mancini / Johnny Mercer, *Days of Wine and Roses* lyrics © Warner Chappell Music, Inc, Warner Chappell Music Inc

^v <https://today.reframemedia.com/devotions/memory-and-hope-2006-02-11>