



Welcome! This is a guide designed to encourage you to enjoy Gathering Place activities at home. Each Month has a new theme. You can print the document as a whole or only in part. Here you will find everything you need to have a fun, joyful, and active day with your loved one filled with games, crafts, a simple exercise routine, and even a recipe. We hope you enjoy!

## A Trip to Italy

**FACT FILE** By Golden Carers

# Italy

**OFFICIAL NAME** Repubblica Italiana  
*Italian Republic*

**CAPITAL CITY** Rome

**POPULATION** Over 60.5 million (2019)

**LANGUAGE** Italian, although French and German are spoken in the far north

**CURRENCY** Euro (previously Italian Lira)

**GOVERNMENT** Democratic Republic

**RELIGION** Mainly Christian

**BORDERS WITH** France, Switzerland, Austria and Slovenia

**NATIONAL DAY** June 2 (Festa della Repubblica)

**FAMOUS ITALIANS** Julius Caesar *Politician*, Marco Polo *Explorer*, Christopher Columbus *Explorer*, Galileo *Astronomer*, Michelangelo *Painter*, Leonardo da Vinci *Painter*, Antonio Vivaldi *Composer*, Luciano Pavarotti *Opera singer*, Giorgio Armani *Stylist*

**VOLCANOES** Europe's three active volcanoes, Etna, Stromboli, and Vesuvius are all located in Italy.

**FAMOUS CAR BRANDS** Ferrari, Alfa Romeo, Fiat, Lamborghini and Maserati

**FLAG** Three colors representing three virtues: Hope (green), Faith (white), and Charity (red).

### LEARN ITALIAN

1 uno, 2 due, 3 tre, 4 quattro,  
5 cinque, 6 sei, 7 sette, 8 otto,  
9 nove, 10 dieci

Sì Yes  
No No

Per favour Please  
Come sta? How are you?  
Grazie Thank you  
You're welcome

Mi scusi Excuse me

Buongiorno Good morning  
Buona sera Good evening  
Buona notte Good night

Ciao Hello, Bye,  
So long

# Italian Foods

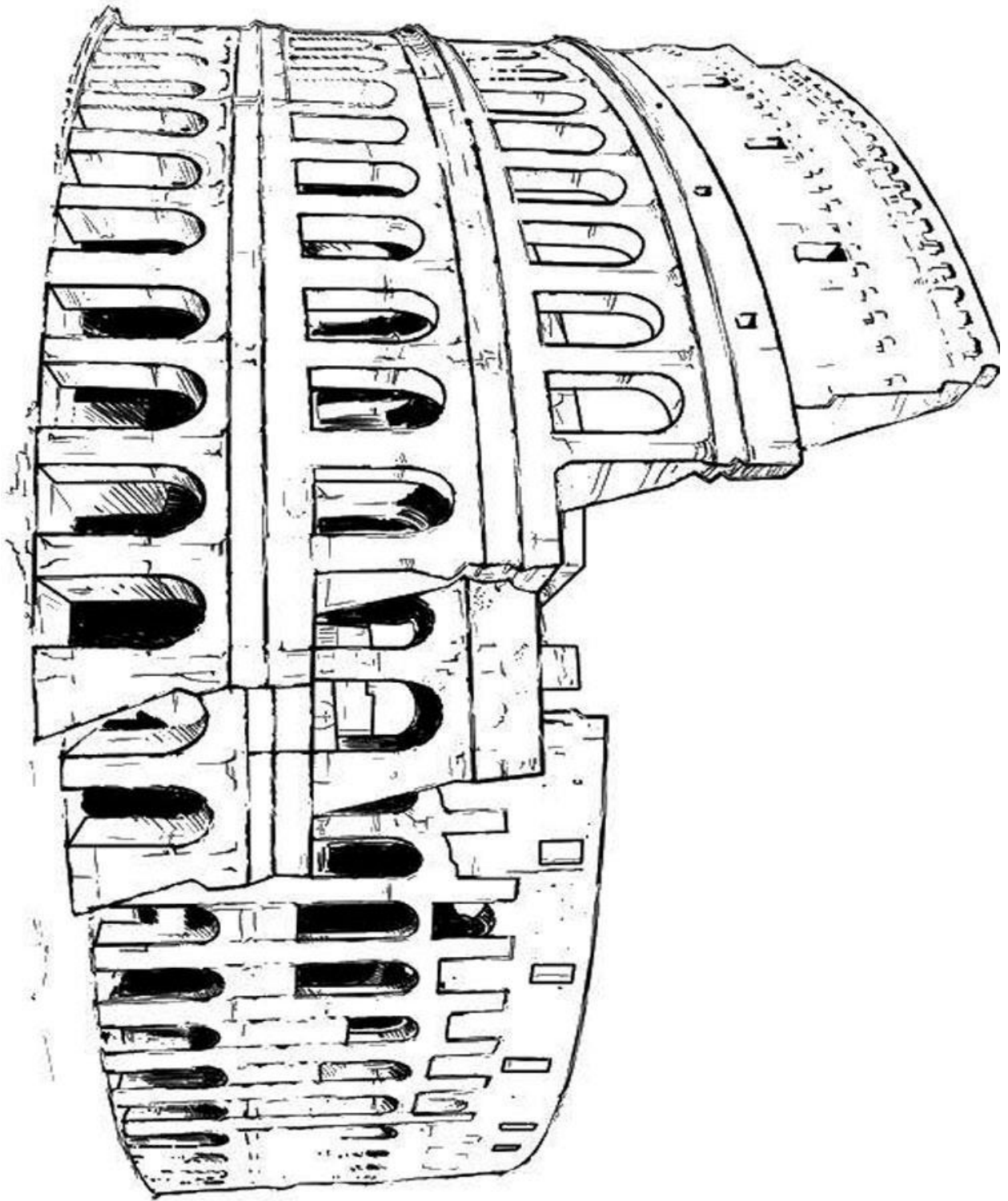
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R G S F B V H I A V A P M V N F C L Q H L B Z P  
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V O O C Z I T T O A A F O R T N S K G W R Z K G  
N K Z Y O X Z B T T B L A R S U A I L M Z A P T  
E G R J I A X L L U T R L J A Y X Q I N U N B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

Torta	Zuppa	Zucca	Carota
Prosciutto	Pollo	Pesca	Pane
Marmellata	Latte	Uva	Olio
Insalata	L'aceto	Gelato	Frutta
Formaggio	Carne	Bistecca	Biscotto
Pasta			









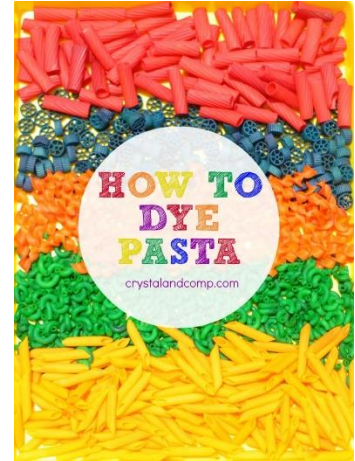
## Crafts and Games

We are combining crafts and games this week. First step is to create colored pasta that we will then use later for game and crafts ideas.

### Step One: How to Dye Pasta

Supplies:

- 2 cups each dry pasta shape, 1 for each color you want to make (ex. rigatoni, penne, elbow, wagon wheel and wide egg noodle)
- 3 tsp rubbing alcohol
- 2 tsp food color
- Ziplock bag
- bowl and whisk, for mixing
- cookie sheet and parchment paper, for drying pasta



1. Gather up your supplies.
2. You will need to repeat the first four ingredients for every pasta shape and color you want.
3. Add 2 c of pasta to a Ziplock bag.
4. In a bowl mix the alcohol and food coloring with a whisk.
5. Dump the mixture into the bag and seal it.
6. Swish it around until the pasta is evenly coated.
7. Cover a cookie sheet with parchment paper.
8. Dump the pasta out and let it dry on the



cookie sheet.

What to Do with Your Pasta:

### Make a Necklace!

- Use string, ribbon, yarn, or pipe cleaners. Thread the noodles to create a necklace, bracelet or hanging for your windows.





### Make a Fall Decoration!

- You can use a paper plate or any thick paper (like cardstock or construction paper).
- Use twigs for the branches or draw them on yourself.
- Glue the pieces of pasta down with regular Elmer's Glue.



### Play a Pasta Sorting Game!

- Use a muffin pan or cups to sort pasta by color, shape, or size.
- Work on fine motor skills and brain strength!



## **At Home Mini-Workout**

*Can be done in a chair or standing*

### **Needed:**

- **2 cans of soup**
- **1 kitchen towel**

### **Warm-Up Routine**

- Sit or stand with your back strain and raise your shoulders up to your ears 5 times
- Raise your straight arms to your shoulder and above your head 5 times
- Bring your arms out, holding them straight and at shoulder height. Rotate them 5 times in small, medium, large circles, 5 times each
- Lift your leg or knee up and try to hit your raised palm 5 times.

### **Workout Routine**

- 30 Seconds – Straighten each leg and lift. Alternate legs.
- 15 Second Break
- 30 Seconds – Front Toe Tap, alternating legs
- 15 Second Break
- 30 Seconds – Side to Side Toe Tap, alternating legs
- BREAK 1 minute
  
- Grab cans of soup and hold soup in the palm of your hand with palms facing down
- 30 Seconds – Arm Raises to Front (alternate arms and do not raise arm over shoulder)
- 15 Second Break
- 30 Seconds – Arm Raises to Side (alternate arms and do not raise arm over shoulder)
- 15 Second Break
- 30 Seconds Arm Raises Over Head (alternate arms over head or just over shoulders)
- BREAK 1 minute
- Set cans of soup down and grab kitchen towel

### **Cool-Down Routine**

- Grab kitchen towel and make it taut with both hands
- Hold towel taut in front of body keeping arms stretched out. Begin to raise arms above head, slowly lower. Do this 2 times.
- Repeat the move above but the third time, keep arms above head and lean to the right, then slowly go back to middle, then lean to the left.
- Repeat this 3 times, then slowly lower hands
  
- Drop the towel
- Place right hand behind your back, slowly move hands up back and down 3 times
- Place left hand behind your back, slowly move hands up back and down 3 times
- Place hands on lap. Breathe in through your nose and out through your mouth for 3 deep breaths.

### **Finished**



## A Meditation / A Prayer / A Thought

### A Meditation

Sit with your hands on your lap.  
Open your hands, palms up.  
Place all your fears, worries, and concerns in your hands.  
Give these all to God.  
Now, place your loved one in your open hands.  
Entrust your loved one into God's loving care.

### A Prayer

Spirit of Peace,  
you know how worry and fear  
can take over and hound  
a person's tranquility.  
Today I'll place my loved one,  
with all his (her) worries and fears,  
in your caring hands.  
I place myself and my concerns  
in your caring hands, as well.  
Calm our hearts and minds.  
Encourage us to face what troubles us.  
Help us each to let go of what we fear.  
Breathe your peace  
through our anxious hearts,  
and deepen our trust  
in your abiding presence.

### A Thought

I will be attentive to any worries or concerns  
about the future that my loved one has.  
I will offer assurance of my love.  
I will also be  
attentive to my own worries and concerns  
and try to entrust them into God's loving care.

*Source: May I Walk You Home? By Joyce Hutchinson and Joyce Rupp*

## Pasta e Fagioli

Serves 4

- ½ medium yellow onion, finely chopped
- 1 rib celery with leaves, finely chopped
- 1 carrot, finely chopped
- 2 Tbsp extra virgin olive oil, plus extra for drizzling
- 2 plum tomatoes, diced, juices reserved
- 1 bay leaf
- 1 sprig rosemary
- 4 Cups reduced-sodium chicken broth
- 1 Cup ditalini pasta, preferred (elbows or Tripoline can be substituted)
- 1 15 oz can cannellini beans, rinsed and drained
- Freshly grated parmesan

1. Combine the onion, celery, carrot and oil in a medium saucepan and cook over medium-low heat for 5 minutes. Add the tomatoes with their juices, bay leaf, rosemary sprig and 3 cups of broth. Bring to a simmer and cook for 30 minutes. Discard the bay leaf and rosemary sprig. Add the remaining cup of broth and the pasta. Add the beans and simmer gently until the pasta is cooked through, about 12 minutes.

2. Taste and adjust for seasoning with salt and pepper. Ladle into bowls and sprinkle with freshly grated parmesan.

*-Nanci Engle*