



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!

Hello Fall!



Word Games and Art Pages







- Fall Scavenger Hunt -

Can you find them all?

- Pinecone 
- Bug 
- Puddle 
- Cloud 
- Cat 
- Twig 
- Bird 
- Evergreen Tree 
- Red Leaf 
- Spider Web 
- Pumpkin 



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Mason Jar Leaf Lanternsⁱ

Here's what you'll need.

- Mason Jar (8 oz/1 cup)
- Fabric Autumn Leaves (Check Walmart or Dollar Tree)
- Matte Finish Mod Podge
- Sponge Brush

1. You need the leaves to lie as flat as possible. So that means that you have to peel the plastic ribbing off from each of the leaves.

2. This is important – **You need to thoroughly wash your jar with dish soap and water to remove any surface dirt or grease.**

3. **Then wipe down the outside of the jar with rubbing alcohol.** If you skip these two steps there's a good chance your leaves won't stick.

4. Once you're done washing the jar, be careful not to touch the sides of the glass where the leaves are going to go. (You don't want to add any oils from your fingers back onto the jar.)

5. Using a small sponge brush, add a thin layer of matte finish Mod Podge to the outside of the jar – just larger than the size of your leaf.

6. Wait a few minutes for the glue to start drying so that it gets a little sticky. Then carefully press a leaf onto the glue.

7. Don't try adding the leaf onto the glue right away or it won't stick. The Mod Podge needs to start getting a little sticky before the leaf will adhere to the glass.

8. Once the first leaf is sticking nicely (all the edges should be stuck, and it shouldn't shift around at all), add another thin layer of Mod Podge where the next leaf is going to go.

9. Again, you'll need to wait until the glue starts to get tacky before you add the next leaf. I used a fan to help speed up the process.



10. Use the sponge brush to press down any edges of the leaves that aren't quite sticking. Don't add any extra Mod Podge. There should be plenty leftover on the sponge brush – it's a sponge, so the Mod Podge kind of soaks into it.

11. Use your finger (or the sponge brush) to press down any pesky edges that don't want to stick. Make sure all the edges are sticking nicely before you move on to the next leaf.



12. When you've finished adding all the leaves, wait for them to dry enough that they don't move. Maybe 15 to 20 minutes in front of the fan? It depends how much Mod Podge you added.

13. Once the leaves seem to be good and stuck, squeeze on a generous amount of Mod Podge.



14. Use the sponge brush to (carefully) brush a layer of Mod Podge around the entire jar. Then let the jar dry. It should be dry to the touch in about 1 hour, but you can leave it overnight to finish drying.

Side Note: You can use either a battery-operated tea light or a regular tea light. If you're going to use a real, flaming candle, just make sure that there isn't any Mod Podge on the inside of the glass jar. Mod Podge will melt if it gets too hot. Not to mention that the leaves are flammable, so make sure all the fun stuff is on the outside of the jar.



At Home Mini-Workout

Can be done in a chair or standing

Needed:

- **1 ball, about 6-9 inches in diameter. It can be firm or soft texture.**

Warm-Up Routine

- If you are able, start your warmup with a slow march in place to get your heart rate going.
- Lift your arms above your head and breathe deeply.
- Slowly rotate your shoulders to the front, around in a circle. Do this 5 times. Then rotate them to the back, around in a circle. Repeat 5 times.
- With your back straight, lean your head to the left, reaching your ear to your shoulder. Bring it back to center and do the same with your head on the right side. Repeat 5 times.

Workout Routine

- Pick up your ball. (To make this workout more challenging, march in place while doing the ball exercise routine)
- Place the ball on your knees with your hands holding it on either side, arms straight.
- Keeping the ball in your hands, raise your arms up to shoulder level, pause, and lower them back to your knees. Repeat this 5 times.
- Bring the ball to your chest, extend it out and front of you and bring it back to your chest. Repeat 5 times.
- Lift the ball from your chest to above your shoulders (as far as you can go without pain) and back to your chest. Repeat 5 times.
- Bring the ball back to your knees and take a deep breath. Rest 30 seconds.

- Bring the ball back to your chest. Gently squeeze the ball. Then twist with your back straight to the right side. Return to the center and do the same towards the left side. Repeat 5 times on each side.
- Extend your arms out to each side, with the ball in one hand. Reach out in front of you and move the ball to the other hand and extend your arms out again. Switch the ball back and forth between your hands 5 times.
- Move the ball back to your knees. With one hand, lift the ball above your head. Bring it back down and repeat with the opposite arm.
- Put the ball on the floor and take a deep breath. Rest 30 seconds

Cool-Down Routine

- While seated, move one heel out in front of you and lean forward gently. With back straight, sit back up, switch heels and repeat. Do this one more time.
- While your heel is still out in front of you, press your toes down to the floor and raise them back up. Repeat 5 times and then do the same with your other leg.
- Rotate your head in gentle circles to the left, and then to the right.
- Raise your arms above you and take a deep breath in. As you lower them, breathe out. Repeat this 3 times.

Finished

The Caregiver's Bill of Rights

I have the right:

- To take care of myself. Caregiving is not an act of selfishness. It will give me the capability of taking better care of my loved one.
- To seek help from others even though my loved ones may object. Only I can recognize the limits of my endurance and strength.
- To maintain facets of my life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for him/her, and I have the right to do some things just for myself.
- To get angry, be depressed, and express other difficult feelings occasionally.
- To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt and/or depression.
- To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.
- As a busy, and likely overwhelmed caregiver for someone with dementia, praying and/or meditating may help you. Find words that hold meaning for you and revisit these words often when needed.

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Butternut Squash Breakfast Hash

Makes 6 servings

- 1 ½ Cups diced Yukon gold potatoes
- 2 Tbsp olive oil
- 1 ½ Cups peeled, diced butternut squash
- 2 Cups ground mild Italian sausage (about 1 pound)
- 1 Cup chopped sweet onion
- 1 clove garlic, minced

- 1 tsp kosher salt
- ½ tsp ground black pepper
- ½ tsp chopped fresh thyme
- 1 Tsp chopped fresh tarragon
- ¼ Cup grated Parmesan cheese
- 6 large eggs

Preheat oven to 350 degrees.

1. In a medium saucepan, cover potatoes by 2 inches with water and bring to a boil over medium-high heat. Cook until just tender, about 5 minutes. Drain, and set aside.
2. In a 10-inch cast iron skillet, heat oil over medium heat. Add squash, sausage, and onion; cook until sausage begins to brown, about 3 minutes. Add potatoes, garlic, salt, pepper, thyme and tarragon; cook until fragrant, about 3 minutes. Sprinkle with Parmesan. Make 6 indentations in mixture: crack 1 egg into each indentation.
3. Bake until eggs are just set, about 12 minutes, or until desired degree of doneness. Let stand 5 minutes before serving. Garnish with thyme if desired.

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ⁱ <https://onelittleproject.com/mason-jar-leaf-lanterns/>