



# A Guide to the in-Home Gathering Place

## Armchair Travel Week

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through May 10<sup>th</sup>, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, CarePartners wants to travel the world with you! In this packet you will find everything you need to have a fun, joyful, and world wide Gathering Place in your own home.

We would love to hear back from you with pictures and stories of how you are enjoying your Armchair Travel 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 game! Sing the songs! And, above all, LAUGH!

---

## A Time to Reminisce

- \*Talk about trips you have taken and modes of transportation.
- \*If you could go anywhere in the world, where would you like to go?
- \*Look at the world map on the next page and put an X on the map to mark places you have traveled.



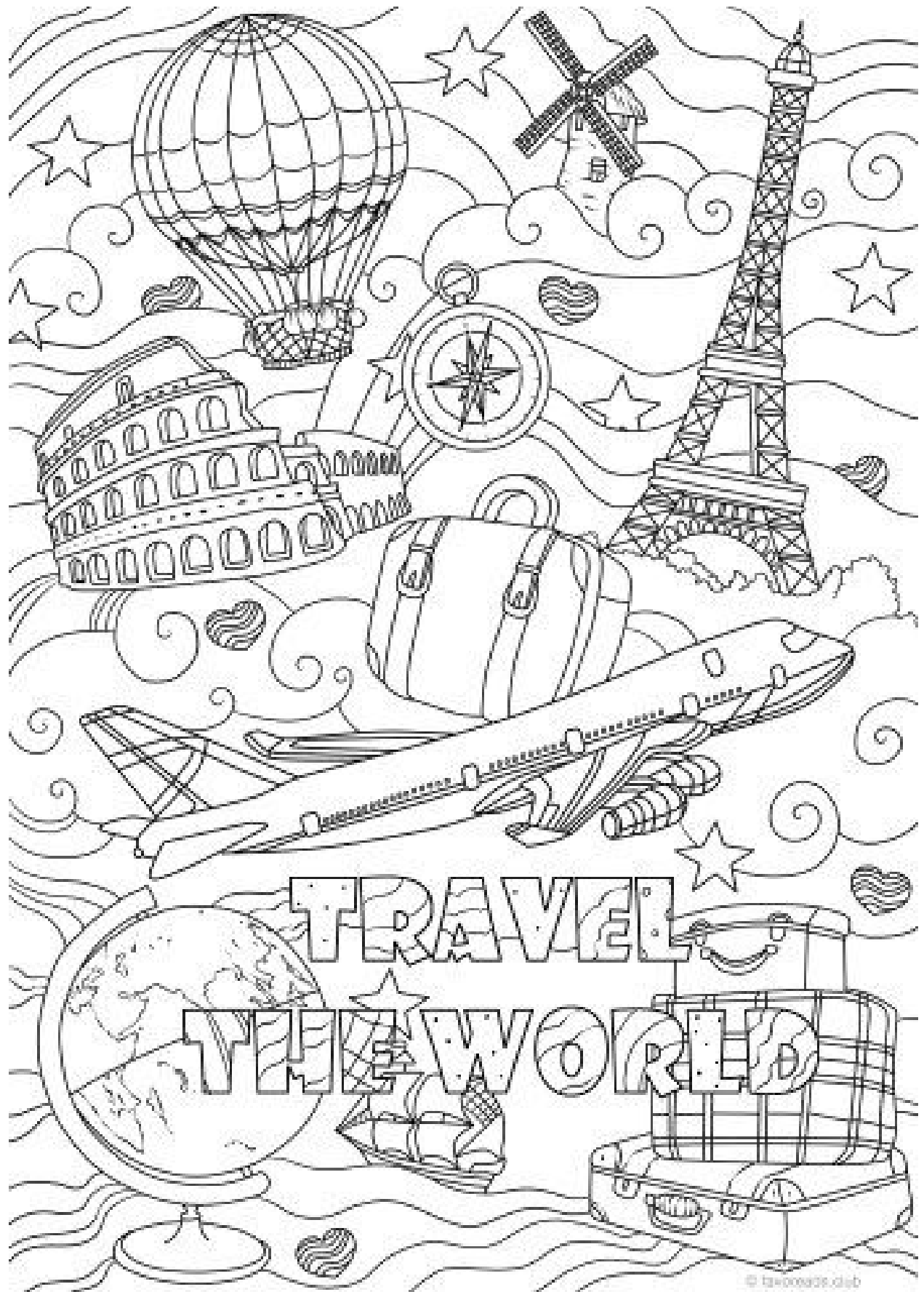
- \*What animals do you associate with other countries?  
(Australia; Africa; Alaska; Mexico; China; etc.)
- \*Would you rather visit a beach or a city and why?

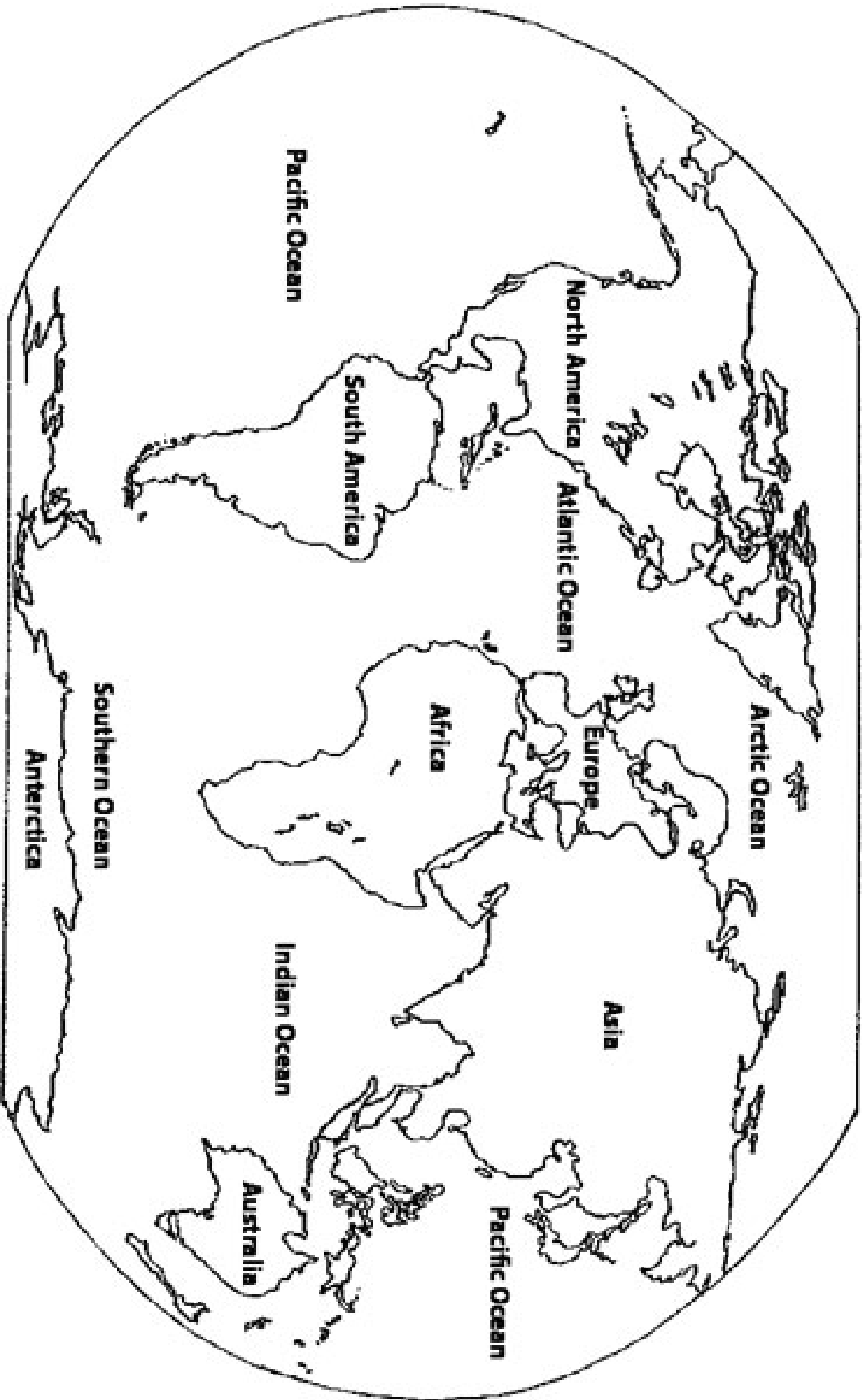
## Word Searches and Coloring Pages

# Travel



twistynoodle.com





# What to Pack Crossword Puzzle

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



Find these words:

BOOKS	HAT	OVERALLS	SANDALS	SHORTS	SOCKS
DRESS	JACKET	PAJAMAS	SHIRT	SKIRT	SWIMSUIT
GAMES	JEANS	ROBE	SHOES	SLIPPERS	TOYS

Brought to you by YouMustBeTripping.com

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

# Yellowstone National Park Word Search



- |                  |                        |            |
|------------------|------------------------|------------|
| NATIVE AMERICANS | GRAY WOLF              | BOBCAT     |
| NATIONAL PARK    | GRAND PRISMATIC SPRING | COYOTE     |
| RED FOX          | OLD FAITHFUL           | BEAR       |
| SUPERVOLCANO     | BISON                  | EAGLE PEAK |
| GEOTHERMAL       | GEYSER                 | WYOMING    |

© Monsterwordsearch.com



## Game Time!

This week we are going to play word games! Check out the following word games to play... don't worry, the answer key is provided just in case!

Can you name the location where you might find these foods?

1. **Gelato** (rich ice-cream)
2. **Yorkshire Pudding** (bread served with roast beef)
3. **Hummus** (ground chickpeas)
4. **Ratatouille** (vegetable stew)
5. **Poi** (fermented past made from taro root)
6. **Sushi** (fish and rice wrapped in seaweed)
7. **Chai** (sweet spiced tea)
8. **Paella** (rice dish with meat, seafood, and vegetables)
9. **Chianti** (dry red wine)
10. **Crepes** (thin pancakes)
11. **Sauerbraten** (marinated beef cooked in vinegar)
12. **Baklava** (sweet pastry made from nuts and honey)
13. **Escargots** (Snails)
14. **Chutney** (relish)
15. **Grits** (coarsely ground corn)
16. **Goulash** (stew seasoned with paprika)
17. **Tamales** (meat filling wrapped in corn husks)
18. **Tapas** (small appetizers)
19. **Schnitzel** (fried veal cutlet)
20. **Sake** (wine made from rice)

*Answers:*

*1-Italy, 2-England, 3-Middle East, 4-France, 5-Hawaii, 6-Japan, 7-India, 8-Spain,  
9-Italy, 10-France, 11-Germany, 12-Greece/Turkey, 13-France, 14-India, 15-Southern United  
States, 16- Hungary, 17-mexico, 18-Spain, 19-Austria  
20-Japan.*

## Words and Phrases: How many foreign words do you know?

Bonjour- Hello (French)

C'est la vie- That's life (French)

Modus Operandi- Method of operating (Latin)

Buenos Dias- Good day (Spanish)

Cosa Nostra- Mafia (Italian)

La dolce vita- The good life (Italian)

Faux pas- A social blunder (French)

Tete-a-tete- A close chat (French)

Mea culpa- I am to blame (Latin)

Double entendre- Having two different meanings (French)



Verboten- Forbidden (German)  
Alfresco- In the open air, outside (Italian)  
Veni, vidi, vici- I came, I saw, I conquered (Latin)  
Adios- Goodbye (Spanish)  
Merci- Thank you (French)  
Creme de la crème- The very best (French)

## Trivia

1. What large stone wall stretches more than 4000 miles and was built during the Ming dynasty? \_\_\_\_\_
2. Which tower is 984 feet tall, and is a great symbol of Paris? \_\_\_\_\_
3. What is the name of the clock tower in London that is part of the houses of parliament?  
\_\_\_\_\_
4. Where did the pilgrims land in the US in 1620? \_\_\_\_\_
5. Which building in Italy is famous for not standing straight? \_\_\_\_\_
6. Which circle of mysterious stone structures is located in southern England?  
\_\_\_\_\_

### **Answers:**

1.-Great wall of China; 2.-Eiffel Tower; 3.-Big Ben; 4.-Plymouth Rock  
5.-Leaning Tower of Pisa; 6.-Stonehenge

## Magazine Scavenger Hunt

Give each person two magazines and post-it notes to mark the pages.

Ask them to find a list of items that they might see if they were traveling.

*\*Barn, Farm animals, Bus, bridge, skyscraper, restaurant, person wearing a hat, body of water, luggage, train, taxi, flowers, make up your own list according to your magazines.*

## Arts and Crafts

### Beach in a Jar

What you need:

- Small shells and/or beach glass
- Jar with a lid
- Sand to fill  $\frac{3}{4}$  of the jar

1. Place a pile of small shells and glass on the table. Fill jars with half of the sand. Choose a variety of shells and add to the jar. Add the remaining sand. Put lid on tightly.
2. Rotate the jar to reveal the shells hiding in the sand.
3. Extra challenge: The shells can be painted or decorated before adding them to the jar to add color and interest.

## DIY Map Coasters

Supplies needed:

- Mod Podge
- Maps
- Tiles- you can get these in the flooring section from a home improvement store, at Walmart, or at a craft store, like Michael's or Joann's. They can be ordered online easily. Or, you can use coasters you already have at home.
- Self-adhesive felt (if needed, to help prevent scratching, see step 5 for alternatives)
- Scissors
- Pencil
- Paintbrush

Instructions:

Step 1: Trace around your coasters onto the maps and cut your maps to size with scissors.

Step 2: Apply a layer of Mod Podge to the BACK of your paper and allow to dry.

Step 3: After that dries, add a layer of Mod Podge to the tile itself and adhere your map to it.

Step 4: After that dries, apply about 3 layers of Mod Podge to the top of your coasters allowing them to fully dry between each coat. The Outdoor Mod Podge is best, it will hold up better against the moisture from drinks. Let your coasters dry for 48-72 hours before using.

Step 5: Peel the sticker off the self-adhesive felt and place on the bottom of your coaster. If you do not have any felt or don't want to you it, put a dab of hot glue in each corner and allow to dry. This will help keep your coasters from scratching any surfaces. You can use hot glue to apply regular felt as well.

## 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!

### Come Fly with Me

By: Frank Sinatra

Come fly with me, let's fly, let's fly away  
If you can use some exotic booze  
There's a bar in far Bombay  
Come fly with me, let's fly, let's fly away

Come fly with me, let's float down to Peru  
In llama-land there's a one-man band  
And he'll toot his flute for you  
Come fly with me, let's take off in the blue

Once I get you up there  
Where the air is rarefied  
We'll just glide  
Starry-eyed  
Once I get you up there  
I'll be holding you so near  
You may hear  
Angels cheer, 'cause we're together

Weather-wise, it's such a lovely day  
Just say the words and we'll beat the birds  
Down to Acapulco Bay  
It is perfect for a flying honeymoon, they say  
Come fly with me, let's fly, let's fly away

Once I get you up there  
Where the air is rarefied  
We'll just glide  
Starry-eyed  
Once I get you up there  
I'll be holding you so near  
You may hear  
Angels cheer, 'cause we're together

Weather-wise, it's such a lovely day  
You just say the words and we'll beat the birds  
Down to Acapulco Bay  
It's perfect for a flying honeymoon, they say  
Come fly with me, let's fly let's fly  
Pack up let's fly away

### **That's Amore (That's Love)**

By: Dean Martin

(In Napoli where love is king  
When boy meets girl here's what they say)  
  
When a moon hits your eye like a big pizza pie  
That's amore  
When the world seems to shine like you've had too much wine  
That's amore

Bells will ring ting-a-ling-a-ling, ting-a-ling-a-ling  
And you'll sing "Vita bella"  
Hearts will play tippy-tippy-tay, tippy-tippy-tay  
Like a gay tarantella

When the stars make you drool just like a pasta fazool  
That's amore  
When you dance down the street with a cloud at your feet  
You're in love  
When you walk in a dream but you know you're not dreaming signore  
Scuzza me, but you see, back in old Napoli  
That's amore

(When a moon hits your eye like a big pizza pie  
That's amore  
When the world seems to shine like you've had too much wine  
That's amore  
Bells will ring ting-a-ling-a-ling, ting-a-ling-a-ling  
And you'll sing "Vita bella"  
Hearts will play tippy-tippy-tay, tippy-tippy-tay  
Like a gay tarantella, lucky fella

When the stars make you drool just like a pasta fazool)  
That's amore  
(When you dance down the street with a cloud at your feet  
You're in love  
When you walk in a dream but you know you're not dreaming signore  
Scuzza me, but you see, back in old Napoli)  
That's amore  
Amore, that's amore

### **Fly Me to the Moon**

By: Antônio Carlos Jobim, Frank Sinatra

Fly me to the moon  
Let me play among the stars  
Let me see what life is like on  
A-Jupiter and Mars  
In other words, hold my hand  
In other words, baby, kiss me

Fill my heart with song and let me sing for ever more  
You are all I long for  
All I worship and adore

In other words, please be true

In other words, I love you

Fill my heart with song

Let me sing for ever more

You are all I long for, all I worship and adore

In other words, please be true

In other words

In other words

I love you

## **Exercise**

Beach Ball Toss:

Toss the ball back and forth trying to keep it off the floor

Challenge- As you touch the ball callout the name of one of the 50 states.

When traveling in Texas...

Texas Sidestep:

Play country western music, hold bandanas while doing the Texas Sidestep. Hold a corner of the bandana in each hand. Raise and lower from the waist to above the head. Repeat twice. With hands on hips, step to the left side, stomp the right foot, step to the left side, stomp right foot, bend knees twice, repeat to the right side. Do movements 6 times or until the song is over.

Rice Race:

Materials – Uncooked rice in a bowl, small household items such as safety pins, shells, thimble, paper clips, rubber band, button, etc.

Hide the items in the rice. The object of the game is to see who can find all the items the fastest by running your fingers through the rice and pulling them out.

## **Devotion: A Caregiver's Serenity Prayer**

God, grant me the tender, open-hearted love needed on the caregiving journey,  
the strength of body, serenity of mind, clarity of purpose and willingness of spirit to meet the  
extraordinary,  
everyday constant changes and challenges of caregiving with a smile and good cheer.

And, please grant me the compassion and courage to choose the right path through the myriad  
decisions,  
making the very best choices for the highest good of my loved one, my family, and myself.

Allow me to know that I am enough, I do enough, and by giving of myself at the deepest soul level,

caring with diligence for my own health and well-being, also as priority, I will experience the beautiful rewards intrinsic to caring for another.

Let me seek, find, and accept help and loving support from family, friends, community and professionals for the journey of caring.

Let my loved one receive the gift of love from my heart and hands with gratitude and healing according to Your will.

Bless the hands, hearts and spirits of both giver and receiver in Your circle of light & life and keep us filled with gratitude and grace each day!

copyright 2012 by Karen Bonnell

## **A Sweet Treat for the End of Your Day**

Let's travel to England for our Sweet Treat today. Did you know that traditional British tea was started in the mid-1800s among the wealthy class in England? It is typically enjoyed as a late afternoon meal, served between 4 p.m. and 6 p.m. A variety of teas, along with light sandwiches and sweets, make up this meal -- although a variety of luscious, rich desserts are the focal point. You can choose to serve cakes, cookies, pastries and fruit that are standards in this English tradition.

Here are a few ideas for what to serve with your British Tea.

### **Shortbread Cookies**

#### Ingredients

- 2 cups butter, softened
- 1 cup white sugar
- 2 teaspoons vanilla extract
- 4 cups all-purpose flour

#### Directions

Step 1: Preheat oven to 350 degrees F (180 degrees C).

Step 2: Cream butter and sugar until fluffy. Stir in vanilla; add flour and mix well.

Step 3: Put through cookie press and form cookies onto baking sheets. Bake for 10 - 12 minutes.

Tip: if you don't have a cookie press, just use your hands to roll out round, thin cookies

## Sugar Free Sour Cream Linzer Cookies

### Ingredients

- ½ cup butter
- 2 cups all-purpose flour
- 1 cup granulated artificial sweetener
- ½ cup sour cream
- 1 egg
- 1 teaspoon vanilla extract
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ⅔ cup ground almonds
- ½ cup raspberry preserves

### Directions

Step 1: In a large mixing bowl, cream together butter and sugar substitute with an electric mixer. Gradually add egg and vanilla while mixing. Sift together flour, baking powder, and baking soda. Stir in by hand. Finally, stir in sour cream and ground almonds. Divide dough in half and refrigerate for at least 2 hours.

Step 2: Preheat oven to 375 degrees F (190 degrees C).

Step 3: On a well-floured surface, roll out each half of the dough to 1/8-inch thickness. Cut out cookies using a 2-inch round cookie cutter. Using a 3/4-inch star or heart shaped cookie cutter, cut the center from half of all the rounds. Place cookies 1 inch apart on an ungreased cookie sheet and bake in preheated oven for 6 to 8 minutes. Remove cookies from cookie sheet and cool on a wire rack.

Step 4: To assemble: Stir the spreadable fruit until fruit so it is smooth. Spoon 1/2 teaspoonful of fruit onto each of the cookies without the holes. Set a cookie with a hole on top of the fruit layer. Enjoy!

Or, if China is more your style... Here is a great **Chicken Fried Rice Recipe**

### Ingredients

- ¼ cup olive oil
- 2 eggs, beaten
- 1 cup chopped grilled chicken (optional)
- ½ cup chopped green onion
- 2 tablespoons chopped garlic
- 2 cups cooked white rice
- 3 tablespoons soy sauce

## Directions

Step 1: Heat a wok or non-stick skillet over medium-high heat; add olive oil. Cook and stir eggs in the hot oil until cooked through, 2 to 3 minutes. Add chicken, green onion, and garlic to scrambled eggs; cook and stir until heated through, about 2 minutes.

Step 2: Mix rice into egg mixture; cook and stir until rice is warmed, about 2 minutes. Add soy sauce; cook and stir until rice mixture is evenly coated, about 3 minutes.

## **BONUS: Here are a variety of the dumbest laws in US States**

*(just to make you laugh!)*

**Arizona:** It is unlawful to spit “in or on” any public building, park, sidewalk, or road.

**Arkansas:** Visitors beware it is strictly prohibited to pronounce “Arkansas” incorrectly.

**Colorado:** Sure, you may be allowed to own a catapult in Aspen—but you better not try discharging it, buddy. Flaming arrows, alas, are also off limits.

**Connecticut:** A pickle cannot be sold unless it bounces. According to a 1948 article, this law became a necessity after two scheming pickle packers tried to sell pickles “unfit for human consumption” on the sly. Connecticut’s Food and Drug Commissioner at the time proclaimed that a real pickle “should bounce” when dropped from the height of one foot, leading to a new state regulation.

**Florida:** We know that kids can be annoying but please remember that in Florida it is a felony to sell your children. You've been warned.

**Georgia:** It is illegal to eat fried chicken in “the poultry capital of the world” with anything other than your fingers.

**Hawaii:** The state has officially outlawed billboards (with some exceptions) and aerial advertising, part of an “urban beautification” initiative that dates to 1927.

**Indiana:** In the municipality of French Lick Springs, all black cats must wear bells around their necks on Friday the 13th.

**Kansas:** Thanks to a weirdly-worded law in the city Criminal Code, it is unlawful to “throw any stones, snowballs, or any other missiles” at any person or property in Topeka.

**Kentucky:** All public officials and attorneys in Kentucky must swear an oath that they “have not fought a duel with deadly weapons” nor acted as a second in another person's duel.

**Louisiana:** In Louisiana it is illegal to steal someone else’s crawfish.

**Maine:** It is forbidden to post advertisements on another person’s tombstone in the city of Wells.

**Maryland:** It is illegal to swear or curse upon any street or highway in Rockville, Maryland.

**Massachusetts:** It is prohibited to dance to the “Star Spangled Banner” in Massachusetts, thanks to an excessively patriotic 1917 law.

**Minnesota:** Since 1971, it has been considered a misdemeanor to operate, run, or participate in any activity **where a pig is oiled up** and released with the object of being recaptured—and the same goes for “turkey scrambles.”

**Missouri:** In University City, Missouri, it is illegal to “swing upon” another person’s motor vehicle and honk their horn for them.

**Montana:** It is illegal to play “foolf” (that’s “Frisbee golf”) anywhere not deemed a sanctioned “foolf course.” Curiosity could cost you \$500- or six-months jail time.

**Nevada:** In Nevada, it is illegal to use an x-ray device to determine someone’s shoe size.

**New Hampshire:** In New Hampshire it is forbidden to collect seaweed from the beach at night.



**New Jersey:** It's against the law to murder someone, but in Jersey it's *double against the law* to murder someone while you're wearing a bulletproof vest.

**New York:** If you order a sliced bagel in New York City, "altered" bagels (sliced, toasted, or served with cream cheese, etc.) carry an eight cent sales tax. Uncut bagels are typically tax exempt.

**North Dakota:** Despite a 1999 amendment allowing the sale of fireworks temporarily from December 26, 1999 through January 1st, 2000, it is illegal to set off fireworks after 11p.m. in Devil's Lake, North Dakota.

**Oklahoma:** In Oklahoma it unlawful to wrestle a bear.

**Pennsylvania:** No person convicted of a felony may operate a Bingo game in Bensalem, Pennsylvania.

**South Carolina:** Good news: In South Carolina it is still illegal to work on Sundays! Bad news: it is also illegal to dance on Sundays.

**South Dakota:** Farmers in South Dakota have the green-light to set off fireworks or explosives to protect their sunflower crops.

**Texas:** It is illegal in Galveston, Texas to throw litter out of an aircraft.

**Utah:** Hurling a missile into a bus terminal is a felony—unless you are an appointed officer of the peace or commercial security personnel.

**Vermont:** Vermont passed a law just to say there would never be a law prohibiting the use of clotheslines.

**Virginia:** In Prince William County, it is illegal to keep a skunk as a pet.

**Wisconsin:** Giving credence to its reputation as "America's Dairyland," Wisconsin law demands that all cheese and butter produced in the state be "highly pleasing." Oh, and cows have the right-of-way on highways.