



A Guide to an in-Home Gathering Place: May 31, 2020

Our Favorite Pets

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through June 30th, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, we are going to remember our favorite pets- dogs, cats, birds, fish, snakes...you name it! 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 jokes! Play the games! Sing the songs! And, above all, have fun!

A Time to Reminisce

What are some of the four-legged pets you have had?
Did you have a favorite pet?
Did you choose this pet, or did it choose you?
How many different types of pets have you had?
Did you teach your pet any tricks?
How did this animal change your life?

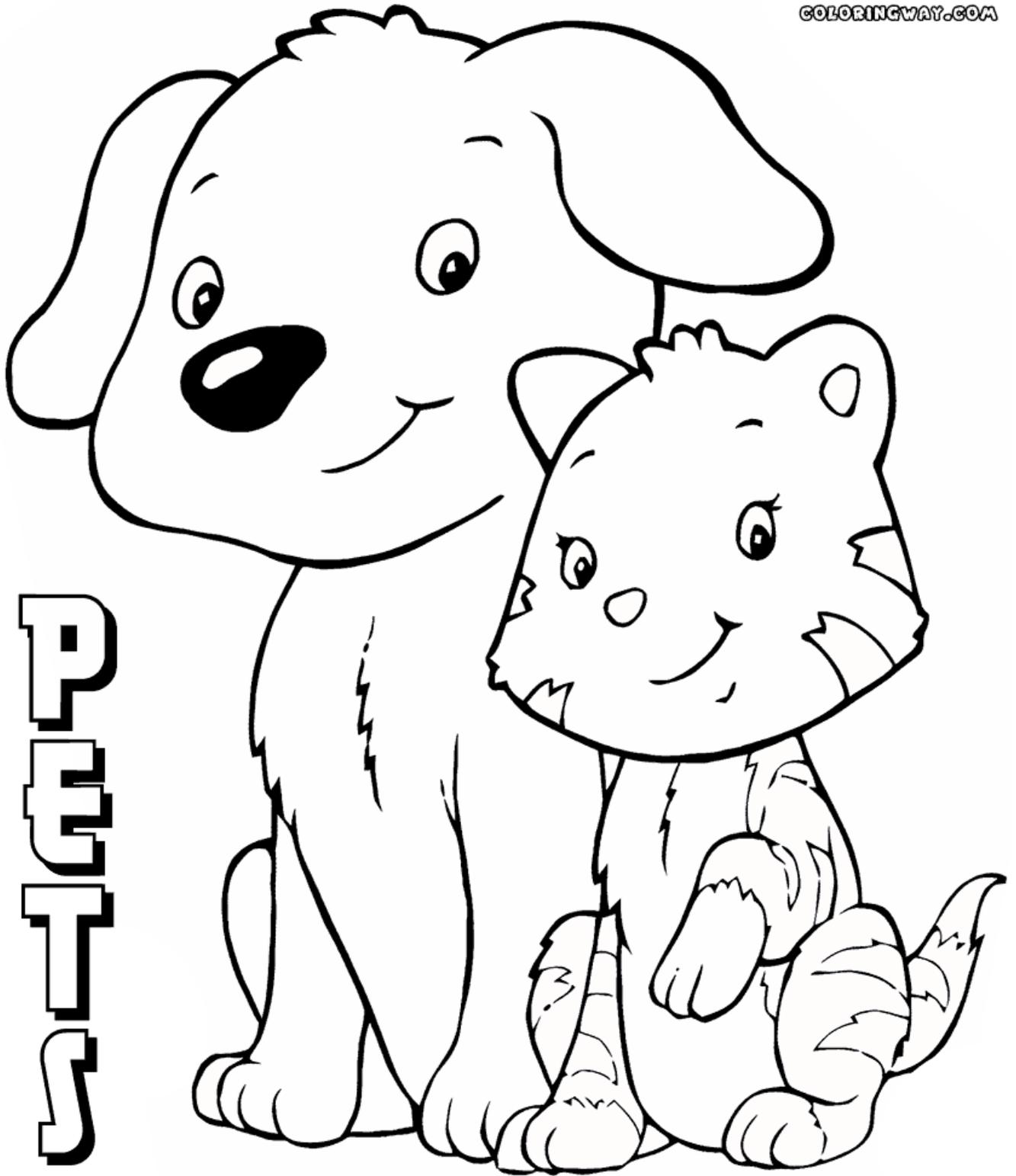
Word Games and Art Pages

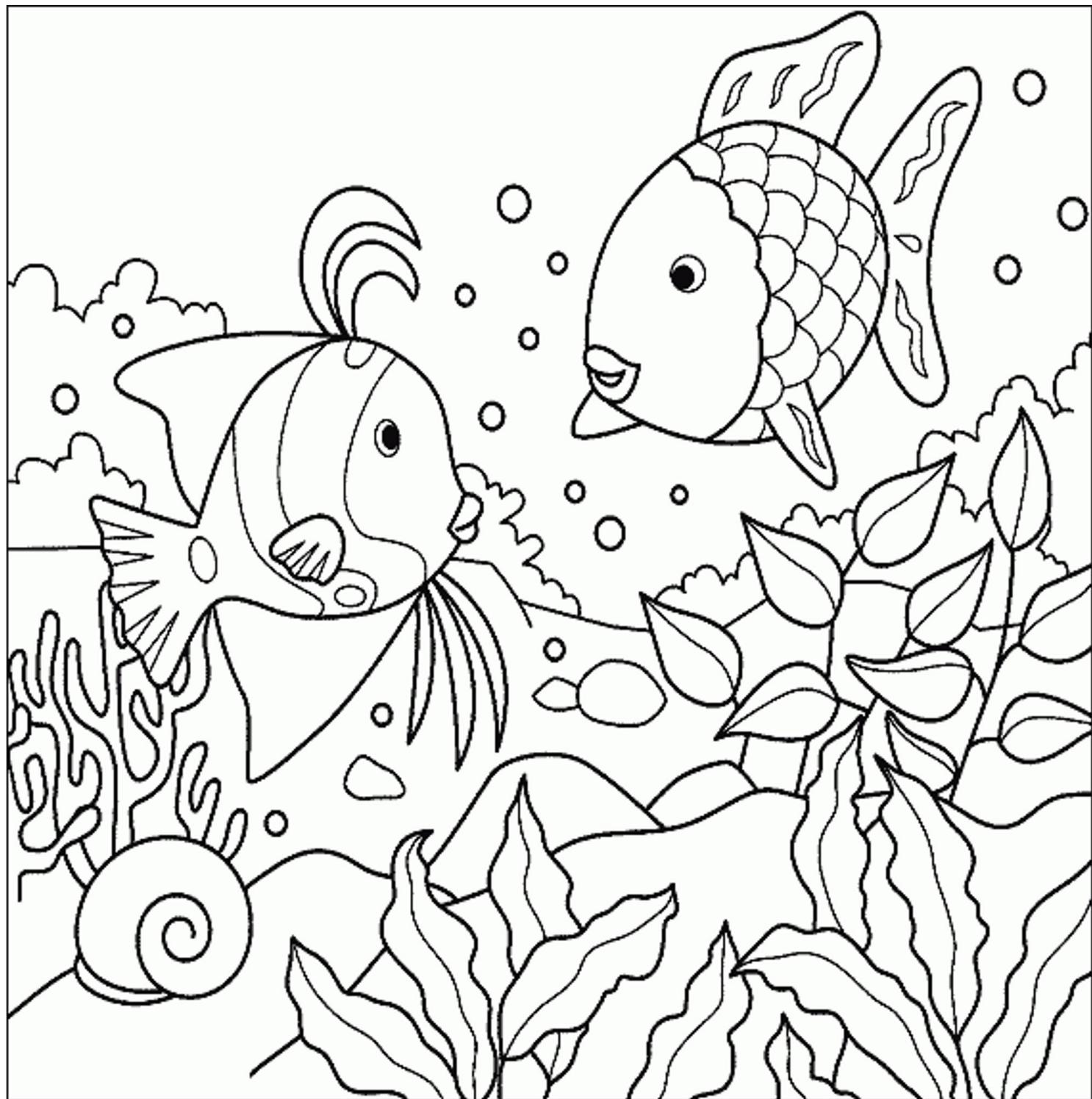
Household Pet Word Scramble

amehstr _____
ogd _____
srheo _____
ksaen _____
toarrp _____
bartib _____
msueo _____
knhccei _____
hsglfiod _____

Answers: hamster, dog, horse, snake, parrot, rabbit, mouse, chicken, goldfish

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Pet Word Search

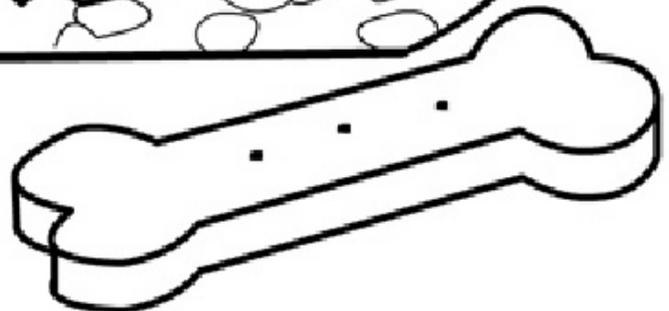
Find all of the pet related words in the puzzle below.

Best friend

- Budgie
- Bunny
- Canary
- Cat
- Dog
- Feed
- Fish
- Gerbil
- Guinea pig
- Hamster
- Love
- Pet
- Turtle
- Walk



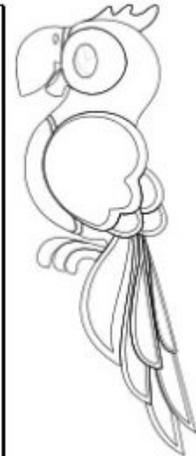
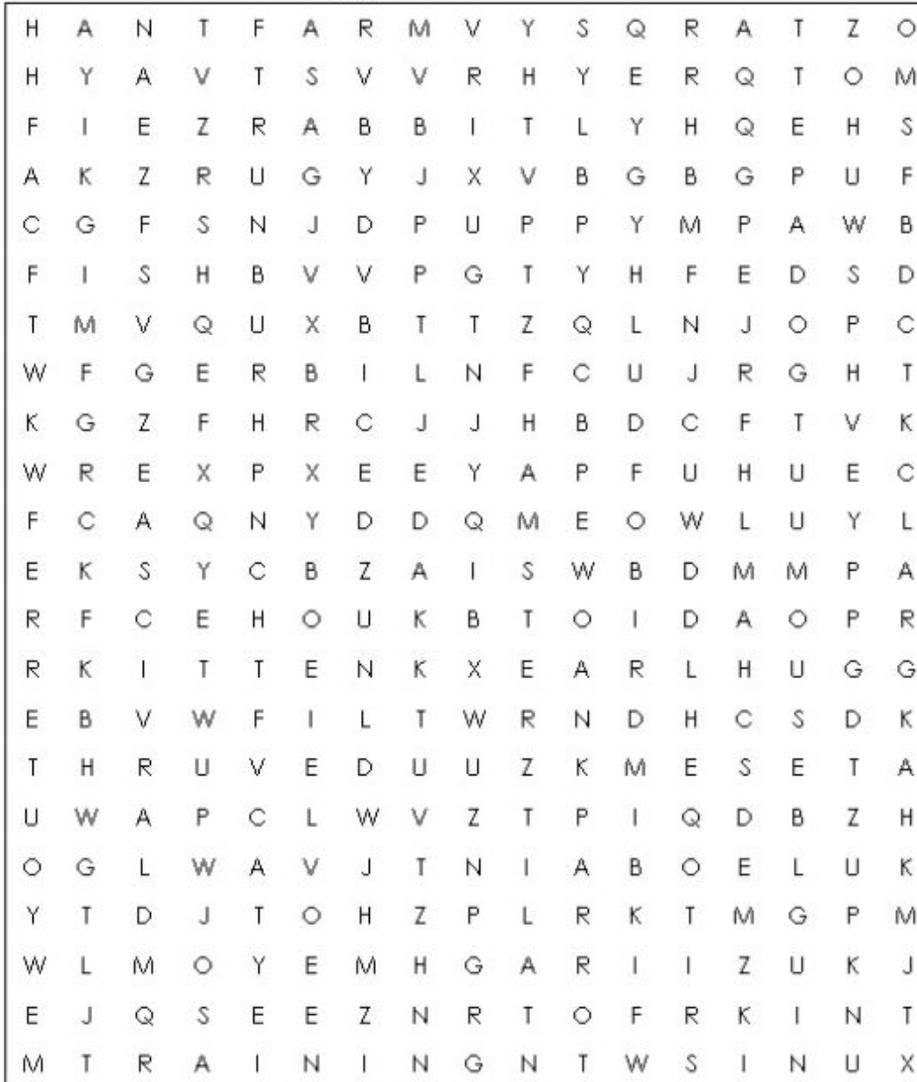
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D	I	C	L	N	S	T	T	E	N
K	G	P	A	C	F	M	A	L	Y
L	D	C	M	R	L	J	A	F	E
A	U	C	I	H	S	I	F	H	U
W	B	E	G	E	R	B	I	L	R
K	N	D	O	G	P	L	R	Z	M
D	G	I	P	A	E	N	I	U	G



Name: _____



Pets Word Search



PUPPY
DOG
KITTEN
CAT
RABBIT

HAMSTER
GERBIL
MOUSE
RAT
PARROT

FISH
BIRD
TRAINING
FERRET
ANT FARM



Game Time

Bone (or Pet) Scavenger Hunt

This is a fun way to “explore” your home in search of dog bones or other pet related options. Hide them around your house and take your loved one on a Pet Scavenger Hunt!

If you do not have dog bones, some alternatives could be- pictures of pets (drawings or magazine cut outs), fish cut from construction paper, small toy pets (you can find these at the dollar store). Be creative, tape them to walls or furniture (painters’ tape is a safe option for this), and walk your loved one around the house and/or outside to “hunt” for your bones or pets.

More Pet Themed Activities:

WATCH ANIMAL MOVIES-

The Call of the Wild.

Old Yeller.

Marley and Me.

Lassie Come Home.

Seabiscuit.

Black Beauty

The Adventures of Milo and Otis

101 Dalmatians

READ AN ANIMAL THEMED BOOK-

Chicken Soup for the Cat and Dog Lovers Soul

Celebrating Pets as Family with Stories About Cats, Dogs and Other Critters, by Jack Canfield

Dewey the Small-Town Library Cat Who Touched the World, by Vicki Myron

All Things Bright and Beautiful by James Herriot

ENJOY ANIMAL SHAPED FOOD

Animal Crackers

Teddy Grahams

Pepperidge Farm Goldfish

Use your own animal shaped cookie cutters to make sandwiches or cut cheese and fruit.

Arts and Crafts

Water Bottle Fish Craft¹

Materials Needed:

- Clean, dry water bottles
- Colored tissue paper
- White craft glue
- Hot glue gun
- Paintbrush
- Wiggly eyes (or a permanent marker to draw them on)
- Craft foam

1. To begin crafting your fish, rip up squares of brightly colored tissue paper. The squares are great for giving the fish a multi-colored collage look. You can also cut 1-inch thick strips of tissue paper, which are great if you want a striped fish instead.
2. Once the tissue paper is ready, have your loved one use an old paint brush to paint white craft glue on the outside of their water bottle. It helps to only use a little glue at a time, adding pieces of tissue paper as you go, instead of covering the whole bottle with glue at once. (Also, you may want to have a damp paper towel handy for wiping excess glue off so the tissue paper doesn't keep getting stuck to fingers.)
3. Once the water bottle is covered in tissue paper, let the whole thing dry. It took ours about one hour.
4. Use craft foam to create your fish's fins. You may want to cut out the pieces yourself. Or, you could draw the design on the craft foam and have your loved one cut it out.
5. Do this step yourself. Use a hot glue gun to add wiggly eyes and the craft foam fins and tail to your fish. **Please remember, hot glue can get extremely hot!**
6. **These brightly colored water bottle fish look beautiful hanging from the ceiling or in a window.**



¹ https://theresjustonemommy.com/a-fishy-water-bottle-craft/?utm_content=bufferc7da7&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer#_a5yp=5078297

Pet Rock Craft²

Directions

1. To begin with, gather up the rocks. These can be rocks found on a nature walk, from the backyard, or even store-bought rocks. Make sure the rocks are cleaned of dirt and debris before moving to the next step.
2. Place the rock on disposable plate before decorating
3. Choose your paints. Acrylic paints or Tempera paint work. Or use permanent markers. And have fun! This is not meant to look perfect!
4. Once they're dry, hot glue the googly eyes on. (plain glue will work also, but will not dry as quickly)

FUN WITH PET ROCKS

a camping-themed craft



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!

² <https://fun-a-day.com/fun-with-pet-rocks-a-camping-themed-craft/>

All God's Creatures Got A Place in The Choir

Words and music by Bill Staines

All God's creatures got a place in the choir –
Some sing low, some sing higher,
Some sing out loud on the telephone wire,
And some just clap their hands, or paws,
Or anything they got. Now...

Listen to the bass, it's the one on the bottom
Where the bullfrog croaks and the
hippopotamus
Moans and groans with a big t-do,
And the old cow just goes "Moo."

The dogs and the cats they take up the middle,
While the honeybee hums and the cricket
fiddles.
The donkey brays and the pony neighs
And the old coyote howls.

All God's creatures got a place in the choir –
Some sing low, some sing higher,
Some sing out loud on the telephone wire,
And some just clap their hands, or paws,
Or anything they got. Now...

Listen to the top where the little birds sing
On the melodies with the high notes ringing.
The hoot owl hollers over everything,
And the jaybird disagrees.

Singing in the nighttime, singing in the day,
The little duck quacks, then he's on his way.
The possum ain't got much to say,
And the porcupine talks to himself.

All God's creatures got a place in the choir –
Some sing low, some sing higher,
Some sing out loud on the telephone wire,
And some just clap their hands, or paws,
Or anything they got. Now...

It's a simple song of living sung everywhere
By the ox and the fox and the grizzly bear,
The grumpy alligator and the hawk above,
The sly racoon and the turtledove.

All God's creatures got a place in the choir –
Some sing low, some sing higher,
Some sing out loud on the telephone wire,
And some just clap their hands, or paws,
Or anything they got NOW!

Hound Dog

You ain't nothin' but a hound dog
Cryin' all the time
Well, you ain't never caught a rabbit
And you ain't no friend of mine
Well they said you was high-classed
Well, that was just a lie
Yeah they said you was high-classed
Well, that was just a lie
Well, you ain't never caught a rabbit
And you ain't no friend of mine
You ain't nothin' but a hound dog
Cryin' all the time
You ain't nothin' but a hound dog
Cryin' all the time
Well, you ain't never caught a rabbit
And you ain't no friend of mine
Well they said you was high-classed
Well, that was just a lie
Yeah they said you was high-classed
Well, that was just a lie
Well, you ain't never caught a rabbit
And you ain't no friend of mine
Well they said you was high-classed
Well, that was just a lie
You know they said you was high-classed
Well, that was just a lie
Well, you ain't never caught a rabbit
And you ain't no friend of mine
You ain't nothin' but a hound dog
Cryin' all the time
You ain't nothin' but a hound dog
Cryin' all the time
Well, you ain't never caught a rabbit
You ain't no friend of mine

(How Much Is That) Doggie in the Window

How much is that doggie in the window?
The one with the waggly tail
How much is that doggie in the window?
I do hope that doggie's for sale
I must take a trip to California
And leave my poor sweetheart alone
If he has a dog, he won't be lonesome
And the doggie will have a good home
How much is that doggie in the window?
The one with the waggly tail
How much is that doggie in the window?
I do hope that doggie's for sale
I read in the papers there are robbers
With flashlights that shine in the dark
My love needs a doggie to protect him
And scare them away with one bark
I don't want a bunny or a kitty
I don't want a parrot that talks
I don't want a bowl of little fishies
He can't take a goldfish for a walk
How much is that doggie in the window?
The one with the waggly tail
How much is that doggie in the window?
I do hope that doggie's for sale

Oh Where, Oh Where Has my Little Dog Gone?

Oh where, oh where
Has my little dog gone?
Oh where, oh where can he be?
With his ears cut short
And his tail cut long
Oh where, oh where can he be?
I think he went down
To the building site
To see what he could see
And in his mouth
Was a globe so bright
I wonder what could it be

Oh where, oh where
Has my little dog gone?
Oh where, oh where can he be?
With his ears cut short
And his tail cut long
Oh where, oh where can he be?
I last saw him by the bulldozer
Playing and running around
But I just can't see him there anymore
He just can't seem to be found
Perhaps the man over there will know
He may have seen him go by
Who knows where
He might have decided to go
But we've got to give it a try

Oh where, oh where
Has my little dog gone?
Oh where, oh where can he be?
With his tail cut long
Oh where, oh where can he be?

Mobility Exercises for Older Adults

-Senior Resource Guide

To help maintain mobility, older adults should focus on physical activities that help build strength, balance, flexibility, and endurance.

The following exercises require no equipment and can easily be done at home or outdoors.

Expand

Chair Stands

Purpose: To build strength

1. Sit at the edge of a sturdy, armless chair with your knees bent and your feet shoulder-width apart and flat on the floor.
2. Cross your hands over your chest and lean back, keeping your shoulders and back straight.
3. Bring your upper body forward until you are in your original position.
4. Extend your arms parallel to the floor and stand up from your seated position.
5. Slowly sit back down.
6. This can be repeated 10–15 times, with a rest in between each set.

Flamingo Stand

Purpose: To improve balance

1. Use a sturdy chair or supporting item to hold onto for stability.
2. Keep your shoulders, back, and head straight.
3. Stand on one leg and stretch the other leg forward for 10–15 seconds.
4. Repeat this five times and switch to balancing on your other leg.

Back of Leg Stretch

Purpose: To maintain flexibility

1. Find a sturdy bench or other surface of similar size.
2. Sit sideways on the bench and stretch one leg out on the bench with your toes pointing up. Keep your other foot on the floor and make sure to keep your back straight.
3. Hold the position for 10–30 seconds. If you don't feel a stretch, lean forward from your hips.
4. Repeat 3–5 times.
5. Switch to the other leg and repeat 3–5 times.

Walking

Purpose: To build endurance

In addition to your normal walking routine, try these strategies to optimize your physical activity.

- **Reverse your route:** After walking a distance, turn around and walk back to your starting point. Changing direction allows you to hit different hills and curves to change up your routine.
- **Time yourself:** When doing a daily walking routine, use a timer each day and try to gradually reduce the time it takes for you to complete your route.
- **Explore different terrain:** With consideration for your level of ability, try to find places to walk with different surfaces. This can include soft surfaces such as grass, accessible sidewalks and other paved walkways and hiking trails.

- **Invest in the right shoes:** As people age, the shape of their feet changes—tendons, muscles and ligaments stretch to make the foot wider, and the natural padding of the foot can become thinner. Look for a walking or running shoe that fits the widest part of your foot, has a ridged sole and leaves enough room for you to wiggle your toes while standing.

Devotion

Noah and the Bunnies

Animals have so much to teach us. Have you heard about Noah? Noah is a non-releasable, one-legged homing pigeon/rock dove that lives at Wild Rose Rescue Ranch (a 501C(3)) in Whitehouse, TX. Noah is a remarkable bird that, while rescued and rehabilitated himself, aids in the rescue and rehab of other animals that come to the sanctuary. There is even a book about Noah and his rescues.



This is Noah and his bunnies. These little bunnies, about 6 days old, were attacked by a dog and orphaned. Two out of the litter of five did not survive, and these three were not doing very well. Noah kept going over to the bunny cage and looking in -- even sleeping in front of the door to the cage. Then, suddenly, there were only two bunnies in the cage. But when Noah moved a bit from the front of the cage to everyone's surprise...there was the tiny bunny...under Noah's wing...sound asleep! That little bunny rabbit had crawled through the cage, preferring a featherbed, no doubt to snuggling up with its littermates! Now, they are all together and the bunnies are doing GREAT. When the bunnies scoot underneath Noah's feathers, he carefully extends his wings out to surround them and then they snuggle. When one of them moves and they start sticking out here and there, he gently pushes them back under him with his beak! It is beautiful and amazing to see.

Noah rescues other animals too. While rabbits are his favorite, he has helped rescue squirrels and even deer!

Caregiving is hard. And sometimes it feels like we have very little of ourselves to give to our loved ones. Sometimes, we are a little broken, just like Noah. However, like Noah, we do what we can. We spread our wings over our loved ones, using our love for them to provide shelter, protection, and warmth. Sometimes all it takes is a hug, and a soft lullaby to calm your loved ones heart. Never forget that you are a blessing to your loved one. And they love you for all you do for them. Caregiving is the most beautiful gift for another.

[If you want to learn more about Noah and his friends, visit <http://www.wildroserescueranch.com/noahandthebunnies.html>]

Recipes

Penne with Roasted Summer Vegetables and Ricotta Salata

By Anna Watson Carl Jun 25, 2015

Ingredients

- 1 small eggplant, diced
- 1 medium zucchini, diced
- 1/2 pt. grape tomatoes, halved
- 3 tbsp. extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 12 oz. penne pasta
- 3/4 c. grated ricotta salata, plus more for serving
- 1/4 c. finely chopped fresh basil, plus more for serving

Directions

1. Preheat oven to 425°.
2. Arrange eggplant on one half of baking sheet and zucchini on other half. On another baking sheet, arrange tomatoes. Drizzle vegetables with olive oil and season with salt and pepper. Toss to combine, then roast vegetables until golden, about 20 minutes, stirring halfway through.
3. Meanwhile, in a large pot of salted boiling water, cook penne according to package directions until al dente. Drain, reserving 1 cup pasta water, and return to pot.
4. Remove vegetables from oven and scrape into pasta using spatula. Add ricotta salata and ½ cup pasta water, stirring to combine. (Add an additional ¼ cup liquid to create a creamier pasta, if desired.) Stir in chopped basil and season with salt and pepper.
5. Serve pasta in bowls, garnished with more ricotta salata and basil.

BONUS

Famous Dogs and Cats You May Know

Charlie Brown's dog is _____

The Dog in The Wizard of OZ is _____

The Big Red Dog is _____

The Dog that carried the Diphtheria vaccine across Alaska is _____

Frazier Crain's dog is _____

A German Shepherd, rescued from a WWI battlefield, that became an international movie star is _____

Tramps love interest in the Disney classic _____ and the Tramp

The Cat in Alice in Wonderland is the _____ cat

A Japanese cartoon kitty is _____

Koko the Gorilla's first cat was _____

Answers: Snoopy, Toto, Clifford, Balto, Eddie, Rin Tin Tin, Lady, Cheshire, Hello Kitty, All Ball.

Pet Sayings

Some of the sayings we use every day come from our pets. What do you think these sayings mean?

Example: A fish out of water might mean a feeling of awkwardness.

1. You scratch my back, and I'll scratch yours.
2. It's not the size of the dog in the fight, it's the fight in the dog.
3. The ball is in your court.
4. Birds of a feather flock together.
5. A one-horse town.
6. Graceful as a cat.
7. Drinks like a fish.
8. Eats like a bird.
9. Two birds with one stone.
10. A bird in the hand is worth two in the bush.