A Guide to an in-Home Gathering Place: July 5, 2020

The Great Outdoors!

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through July 31st, but that doesn’t mean you can’t bring elements of the Gathering Place into your own home! This week, we are going to explore the Great Outdoors! 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

1. What is your favorite activity to do outdoors such as fishing, walking, camping or maybe gardening?
2. What are some things you might see outdoors that make you smile? Example: small animals, butterfly, flowers, or sunsets
3. Have you ever cooked a meal or made some-mores over an open fire?
4. What are some things you might smell outdoors?
Word Games and Art Pages

THE GREAT OUTDOORS

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

Blue Sky  Flowers  Camping  Picnic
Nature      Sunset  Ocean    Trees
Lake       Hiking  River    Trees
Birds      Park    Bear  Beach

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This is better than our pasture sprinkler!
NORTHERN MOCKINGBIRD
TEXAS STATE BIRD
**Miniature Golf**
Set up a mini golf course indoors or outdoors. For the holes, use large plastic cups or tin cans with both ends removed. Instead of using a ball, use large marshmallows or whiffle balls. Scatter the holes around the yard. Using a small putter, try to hit the marshmallow into the hole. Count the number of strokes. The person with the fewest strokes at the end of the game is the winner.

**Leaf Rubbing Collages**
Start off your day with a walk around the neighborhood. Look for leaves and flowers of all kinds of shapes and sizes.

Next, grab a package of crayons and remove the wrappers.

Next, using a large pad of white paper, we sandwiched a leaf between two pieces of paper. Then, using a crayon on its side, gently rubbed the color all over the leaf, creating an impression of the leaf or flower underneath. One at a time, we added leaf after leaf to create beautiful leaf rubbing collages.

Simple as that and a really fun 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!

What a Wonderful World

I see trees of green, red roses, too,
I see them bloom, for me and you
And I think to myself
What a wonderful world.
I see skies of blue, and clouds of white,
The bright blessed day, the dark sacred night
And I think to myself
What a wonderful world.
The colors of the rainbow, so pretty in the sky,
Are also on the faces of people going by.
I see friends shaking hands, sayin', "How do you do?"
They're really sayin', "I love you."
I hear babies cryin'. I watch them grow.
They'll learn much more than I'll ever know
And I think to myself
What a wonderful world.

Source: Musixmatch
Songwriters: Bob Thiele / George David Weiss / George Douglas
Sung by: Louis Armstrong

This Land Is Your Land

Words and Music by Woody Guthrie

This land is your land, this land is my land
From California to the New York island,
From the redwood forest to the Gulf Stream waters;
This land was made for you and me.

As I was walking that ribbon of highway
I saw above me that endless skyway;
I saw below me that golden valley;
This land was made for you and me.

Take Me Home, Country Roads

Almost heaven, West Virginia
Blue Ridge Mountains, Shenandoah River
Life is old there, older than the trees
Younger than the mountains, growin' like a breeze

Country roads, take me home
To the place I belong
West Virginia, mountain mama  
Take me home, country roads  

All my memories gather 'round her  
Miner's lady, stranger to blue water  
Dark and dusty, painted on the sky  
Misty taste of moonshine, teardrop in my eye  

Country roads, take me home  
To the place I belong  
West Virginia, mountain mama  
Take me home, country roads  

I hear her voice in the mornin' hour, she calls me  
The radio reminds me of my home far away  
Drivin' down the road, I get a feelin'  
That I should've been home yesterday, yesterday  

Country roads, take me home  
To the place I belong  
West Virginia, mountain mama  
Take me home, country roads  

Take me home, down country roads  
Take me home, down country roads  

Source: LyricFind  
Songwriters: Bill Danoff / John Denver / Taffy Nivert Danoff  

Rocky Mountain High  
He was born in the summer of his 27th year  
Coming home to a place he'd never been before  
He left yesterday behind him, you might say he was born again  
You might say he found a key for every door  

When he first came to the mountains his life was far away  
On the road and hanging by a song  
But the string's already broken and he doesn't really care  
It keeps changing fast and it don't last for long  

But the Colorado rocky mountain high  
I've seen it rainin' fire in the sky  
The shadow from the starlight is softer than a lullabye  
Rocky mountain high (Colorado)  

He climbed cathedral mountains, he saw silver clouds below  
He saw everything as far as you can see  
And they say that he got crazy once and he tried to touch the sun  
And he lost a friend but kept his memory  

Now he walks in quiet solitude the forest and the streams  
Seeking grace in every step he takes  
His sight has turned inside himself to try and understand  
The serenity of a clear blue mountain lake  

And the Colorado rocky mountain high  
I've seen it raining fire in the sky  
You can talk to God and listen to the casual reply  
Rocky mountain high  

Now his life is full of wonder but his heart still knows some fear  
Of a simple thing he cannot comprehend  
Why they try to tear the mountains down to bring in a couple more  
More people, more scars upon the land  

And the Colorado rocky mountain high  
I've seen it rainin' fire in the sky  
I know he'd be a poorer man if he never saw an eagle fly  
Rocky mountain high
It's Colorado rocky mountain high
I've seen it rainin' fire in the sky
Friends around the campfire and everybody's high
Rocky mountain high
Rocky mountain high
Rocky mountain high

Source: LyricFind
Songwriters: John Denver / Mike Taylor

Stretch it out¹

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
1. Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. 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.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.

Upper back
To relieve tension in the shoulders and upper back
1. Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart.
2. 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.
3. Reach your fingertips out until you feel a stretch. Your back will move away from the back of the chair.
4. Stop and hold for 10 to 30 seconds.
5. 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.

¹ https://www.healthline.com/health/everyday-fitness/senior-workouts
Shifting weight

1. Stand with your feet hip-width apart and your weight evenly distributed on both feet.
2. 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.
3. Shift your weight on to your right side, then lift your left foot a few inches off of the floor.
4. Hold for 10 seconds, eventually working up to 30 seconds.
5. Return to the starting position and repeat with the opposite leg.
6. Repeat 3 times.
7. 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.
8. Lift your left foot off of the floor, bending at the knee and lifting your heel halfway between the floor and your buttocks.
9. Hold for 10 seconds, eventually working up to 30 seconds.
10. Return to the starting position and repeat with the opposite leg.
11. Repeat 3 times.

Devotion: Climbing the Mountains of Life²

Have you ever climbed a mountain before? I love climbing mountains because whenever I am surrounded by huge mountains that make me feel tiny, I can’t help but be filled with wonder and awe of our amazing God!

Climbing mountains isn’t easy. But I can guarantee you that when you climb mountains the climb will be worth every step. Once you finally make it to the top you will be rewarded with a spectacular view. Nothing can compare to the feeling you get as you take in the view. Standing there, on top of the world, enveloped in the magnitude of the view, your heart skips a beat, and you find yourself wishing that this moment could last forever. The feeling of accomplishment sweeps over you as you realize that you have just conquered a mountain.

When I think about my love for the mountains, I realize that in life we have mountains we must climb too. It’s a different type of mountain. I have had to climb many mountains in my life and I know there are still many I have yet to climb. Some mountains are small, but some are huge. But let me tell you something; our God is so good! He is always right beside us as we climb these mountains.

Maybe you’re in the middle of climbing a mountain right now. It can seem hard, even impossible at times. The temptation to give up is strong. I mean, just think. If you turn around it’s all downhill. Giving up is easy to do, but if we don’t persevere and get to the top of the mountain we will miss out on the blessings that God has waiting for us at the top.

Psalm 25:3 says “No one who hopes in the Lord will ever be put to shame.” I have come to love this verse when I’m in the middle of climbing my mountains. It such a comforting reminder that when we hope in the lord and keep taking the next step, we won’t be disappointed. God will be with us and he will help us make it to the top of the mountain.

“Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.” Deuteronomy 31:6

If you ever feel like the mountain God has placed in front of you is daunting remember that God promises to always be right there with you. He says He will never leave you nor forsake you. Even when it feels like you are all alone, or when you have no strength left; God is with you.

From Rock-N-Water
By Sydney Roemer

**Grilled Asparagus with Tomato & Mozzarella Salad**

2 bunches medium asparagus (about 2 lbs.) peeled & woody stems trimmed
2 T Extra-virgin olive oil
2 C Grape or cherry tomatoes, halved
8 oz. Fresh mozzarella cheese, cut into ½” cubes or can use mozzarella balls
2 T Fresh flat-leaf parsley, chopped
1 T Lemon juice, freshly squeezed with lemon zest
1 t kosher salt
½ t crushed red pepper flakes
Freshly grated black pepper

1. Arrange the asparagus in a microwave-safe dish, cover with plastic wrap, and microwave on high until crisp-tender, about two minutes, or you can steam the asparagus. Brush asparagus with olive oil and set aside.

2. Toss tomatoes and mozzarella cheese in a large bowl with the remaining tablespoon of olive oil, the parsley, the lemon juice and zest, salt, red pepper flakes, and black pepper to taste.

3. Heat a grill pan over medium heat or use an outdoor grill. Grill asparagus, turning occasionally, until tender and lightly charred, about 5 minutes. Cut asparagus in half crosswise and arrange the upper portions, spoke-like, tips out, on a serving dish. Cut the lower portions into ½” pieces and toss with the tomato and cheese mixture. Mound the salad in the center of the asparagus tips and serve.

Nanci Engle
Name: ____________________________

Date: ____________________________

**Bees Vocabulary**

Complete the activity.

1. ___________ Dustlike cells of the anthers of flowers
2. ___________ Male bee whose only function is to mate with the queen
3. ___________ Worker bee that attend to the queen, the babies, or larvae of the hive
4. ___________ Female bees who collect nectar and pollen from flowers
5. ___________ A structure for housing bees
6. ___________ Bees depend on this for their defense
7. ___________ Cells where honey is stored
8. ___________ Sweet liquid of flowers gathered by bees for making honey
9. ___________ Female bee whose only job is to lay eggs
10. ___________ A sweet fluid produced by bees from nectar

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**Words:**

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