



A Guide to an in-Home Gathering Place: August 23, 2020

Gone Fishing!

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through August 31st, but that does not mean you can't bring elements of the Gathering Place into your own home! This week, we are Going Fishing! 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 craft! Play the games! Sing the songs! And, above all, have fun!

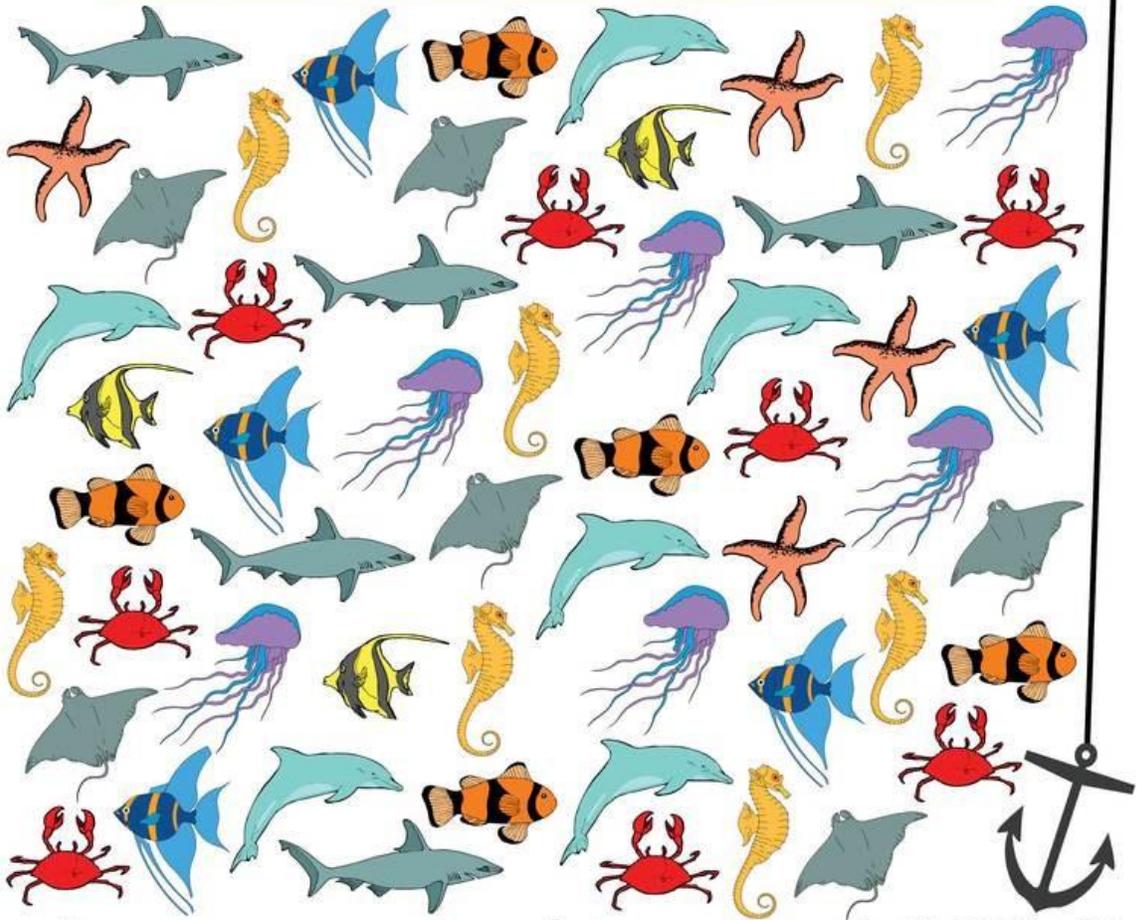
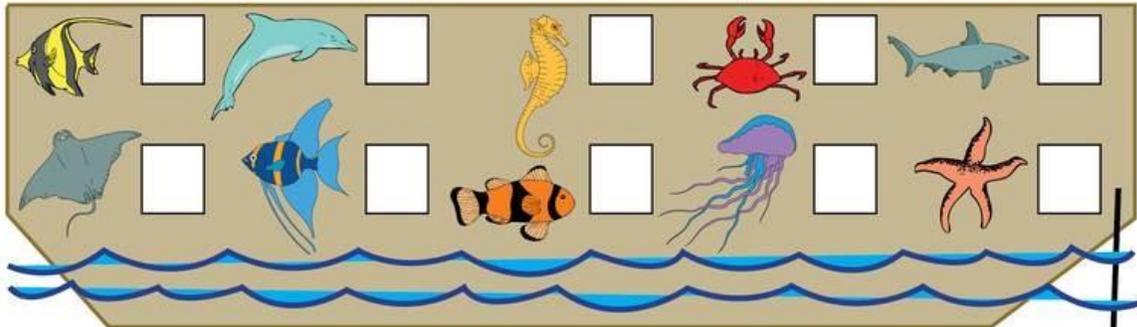
Gone Fishing Reminiscing

1. Where is your favorite place to fish?
2. What kind of fish do you like to catch?
3. What do you like to use as bait or lures?
4. What was the biggest fish you ever caught and where did you catch it?
5. Have you ever tried to catch crabs or lobster?
6. Do you have a good fishing story you like to tell?

Name: _____

Can you find me...under the sea?

How many of each animal can you find:



Ocean Animal Word Search

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

ANEMONE

DOLPHIN

LOBSTER

SHARK

STINGRAY

CLAM

EEL

OCTOPUS

SQUID

SWORDFISH

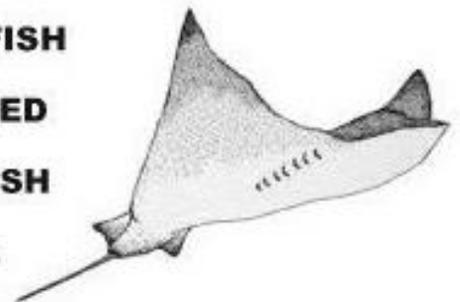
CRAB

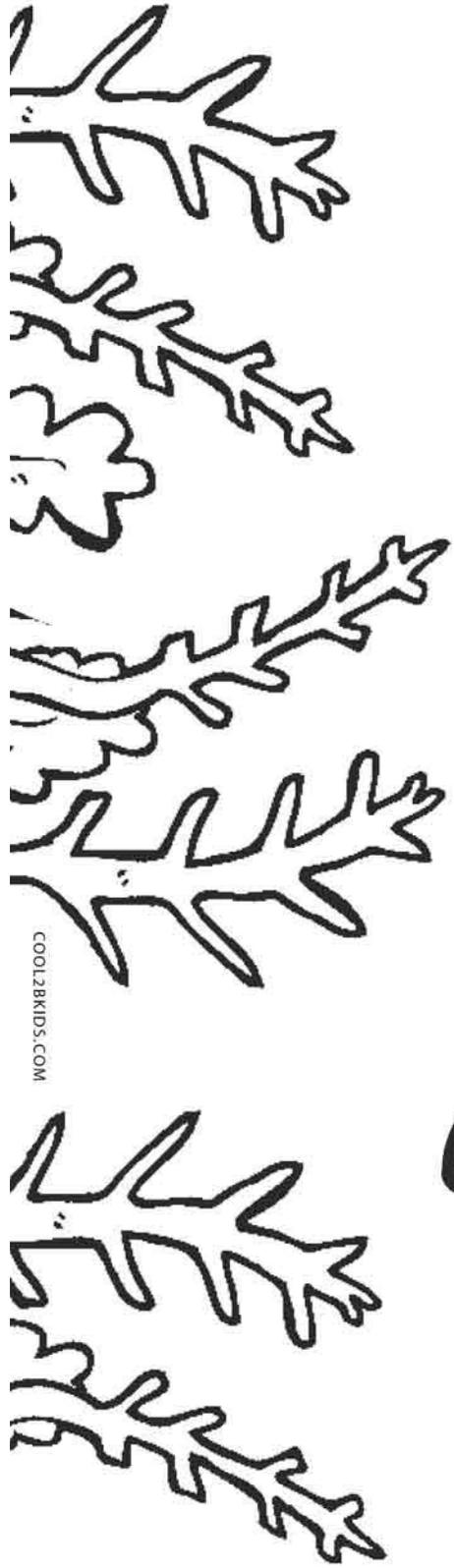
JELLYFISH

SEAWEED

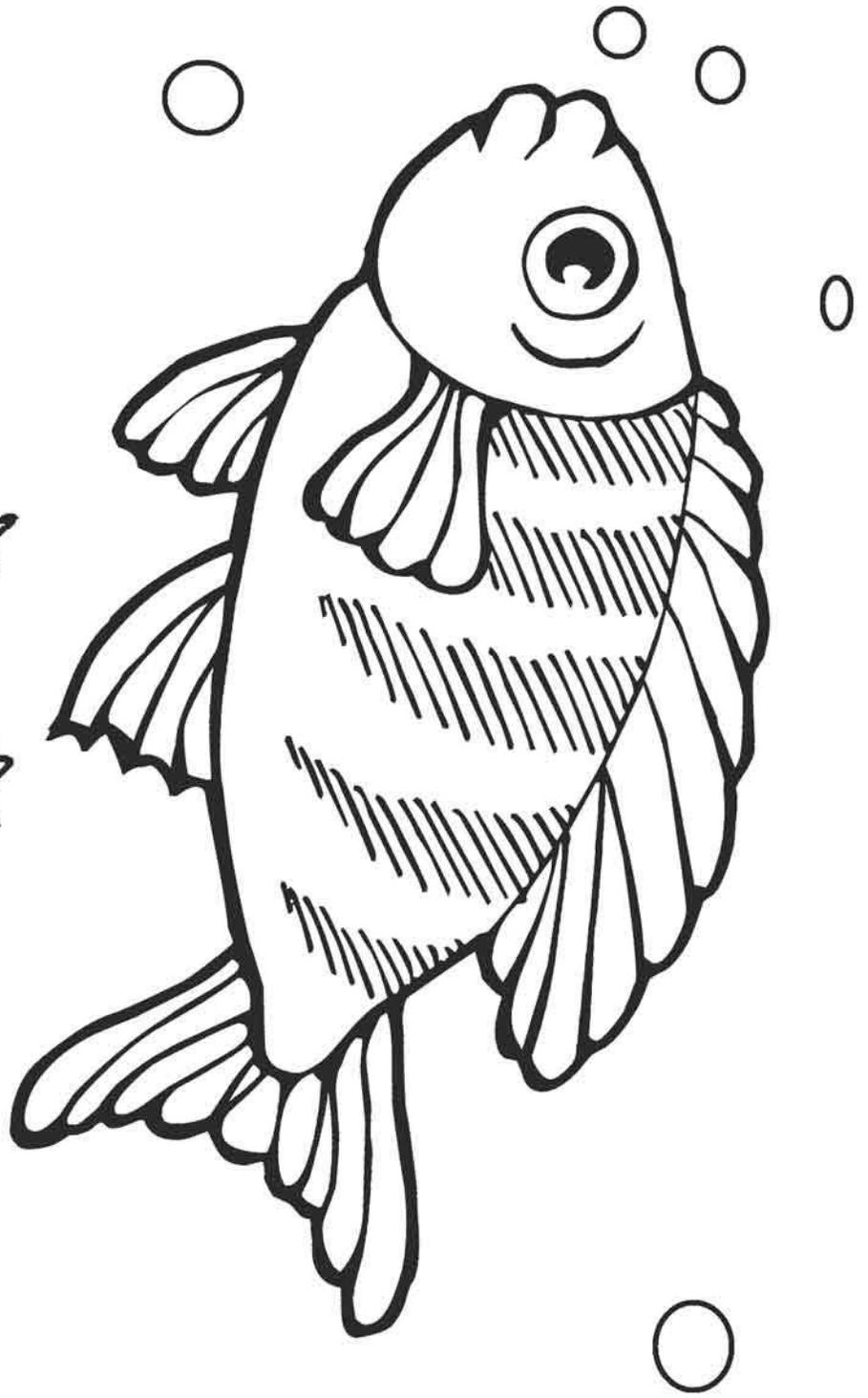
STARFISH

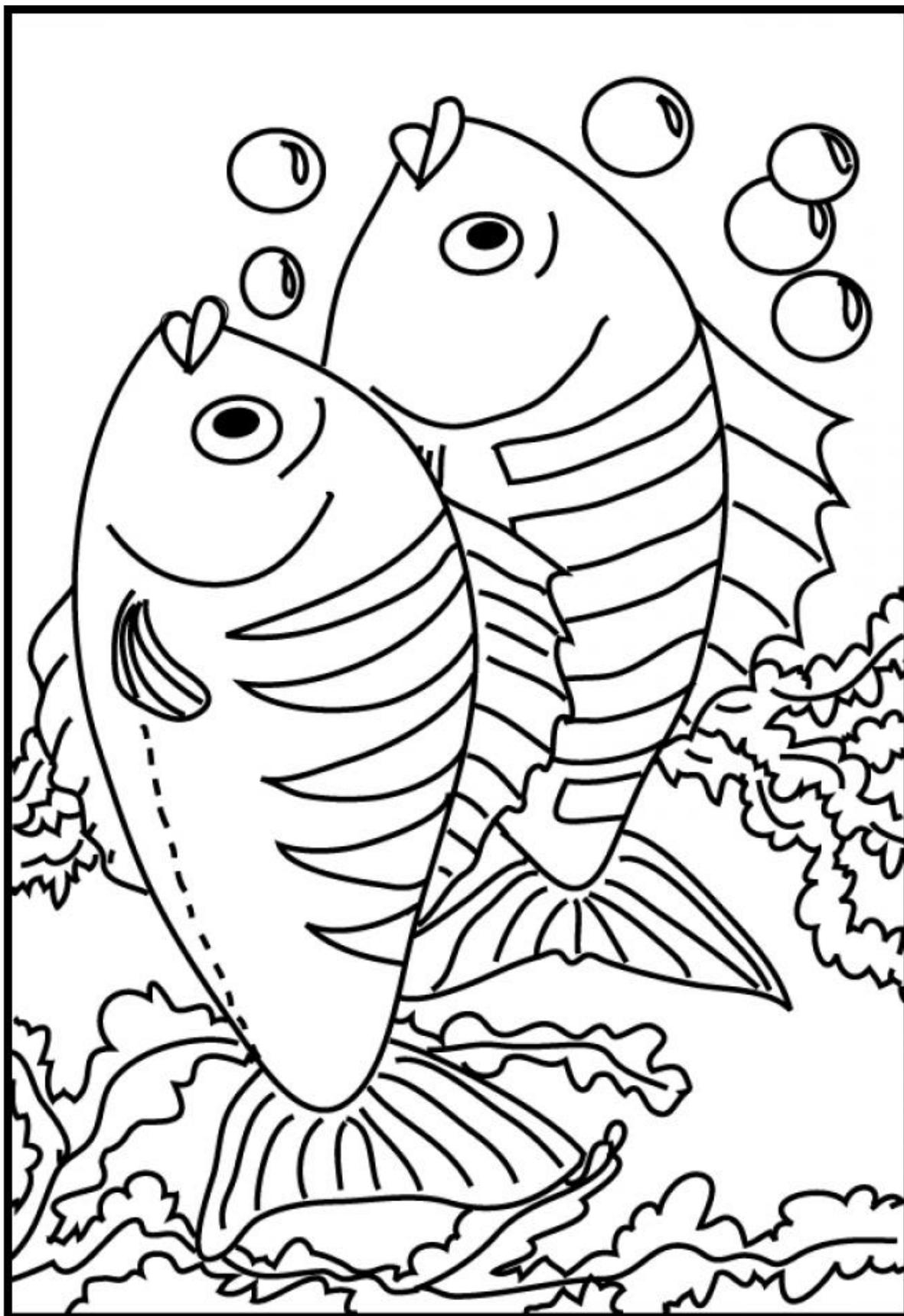
WHALE

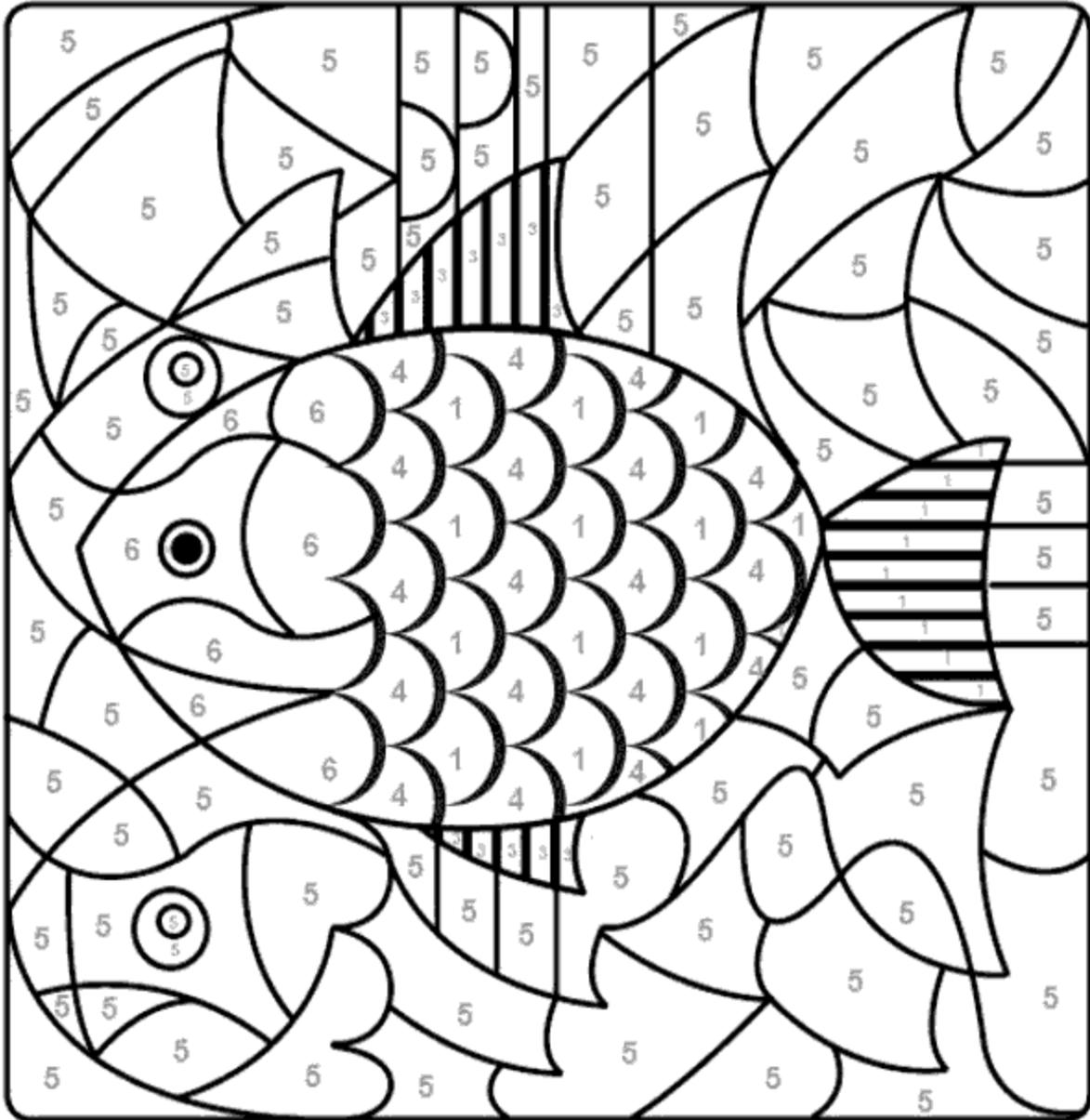




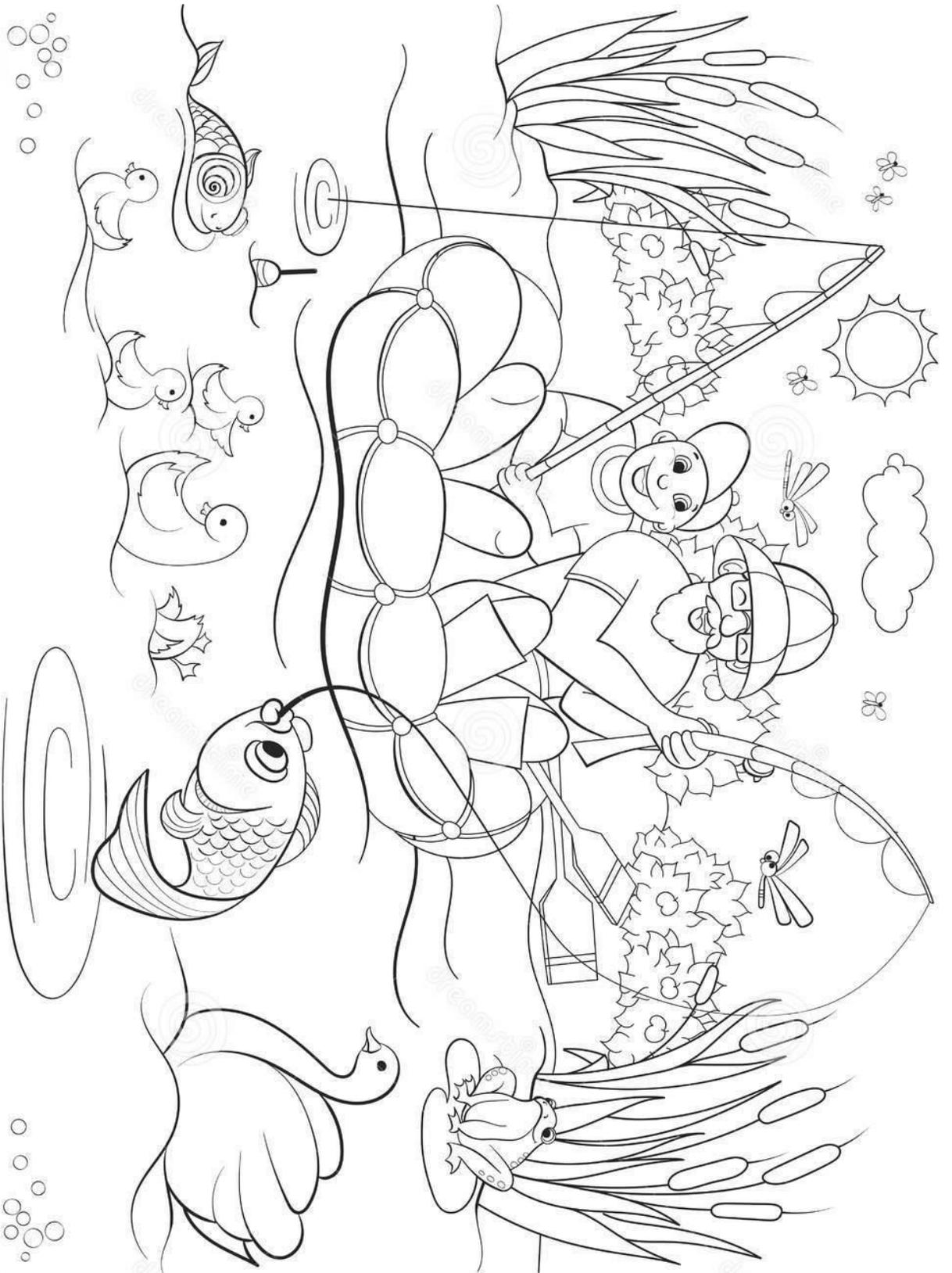
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**1 - yellow, 2 - orange, 3 - red, 4 - azure,
5 - blue, 6 - pink, 7 - brown, 8 - grey**



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Viktorlia Panchenko | Dreamstime.com

Bubble Blowing Contestⁱ

It's amazing how simple activities can be the most fun. Give each person a small bottle of bubbles or make bubble solution using one of the following recipes. Use bubble wand or use a small wire, approximately 6 inches long, folded in half. Begin twisting the wire together about an inch below the fold. Form an open circle shape at the bend to form a bubble wand. Dip the wand in the bubble solution and gently blow through the hole to make a bubble.

Have a bubble blowing contest. See who can blow the most bubbles, the highest bubbles, and the biggest bubbles.

Mile High Bubbles

Mix ingredients below together

2 cups warm water
1/3 cup dish soap
1/4 cup corn syrup

Or

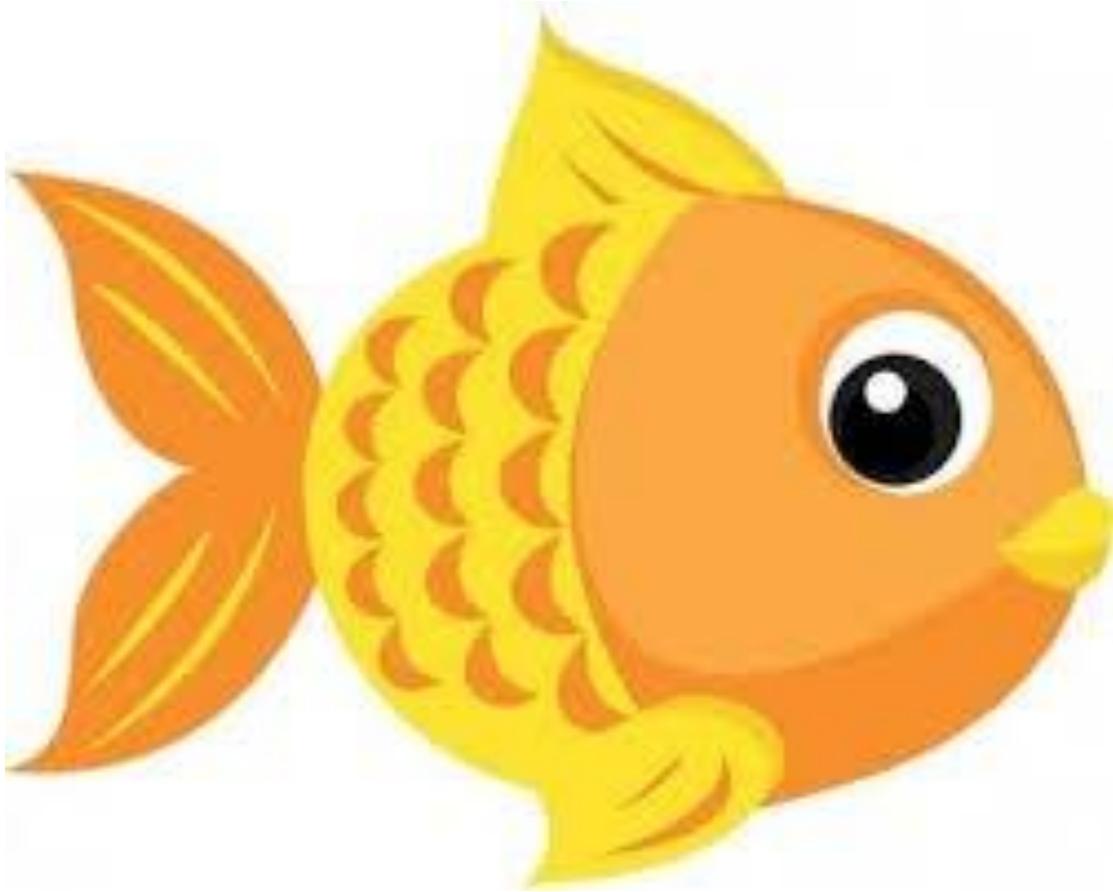
Dura-Bubbles

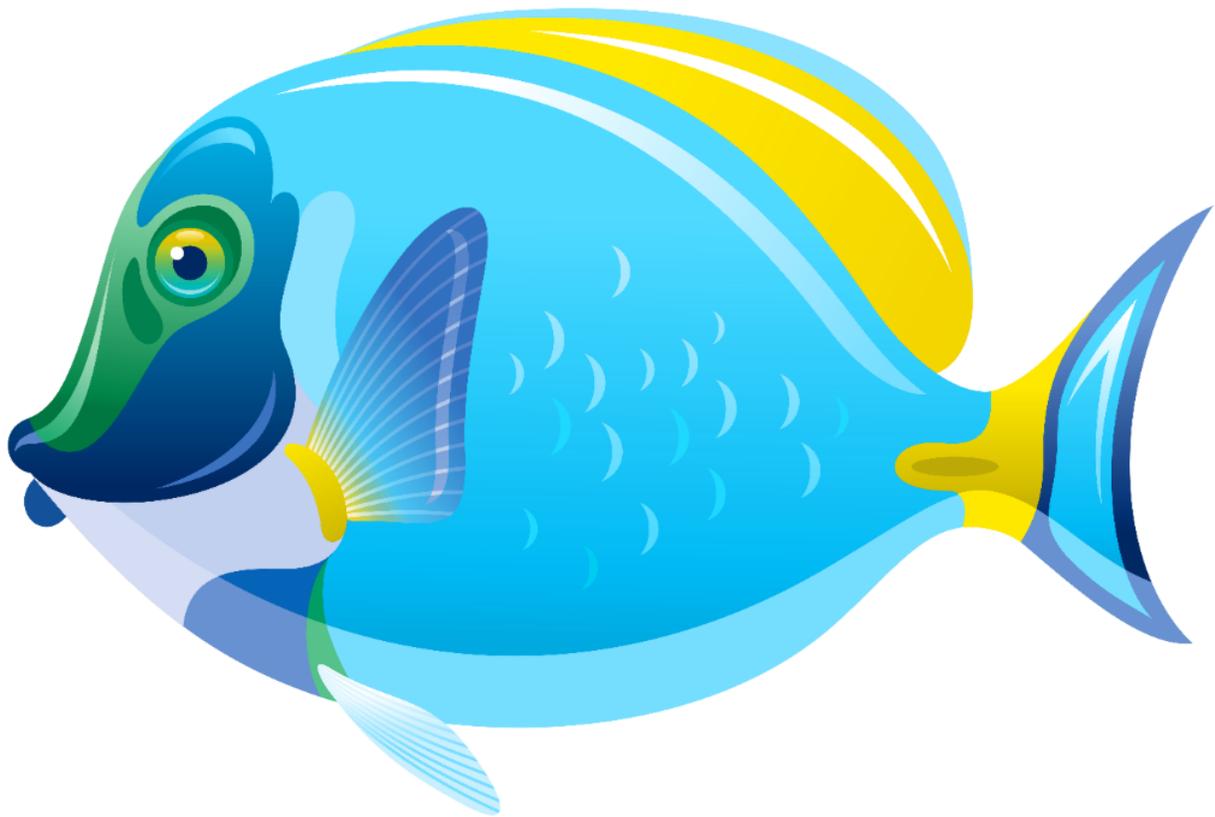
Mix ingredients below together

2 cups hot water
1/4 cup dish soap
1 (.25 oz) packet gelatin
2 tablespoons glycerin

Gone fishing games

Attach a large paperclip to a paper fish. Fish can be hand drawn & colored, cut out of magazines or copied from the computer. Place them in a tub or scatter them on the floor. Cut a three to four-foot piece of yarn or string. Tie a magnet to one end of the string and attach the other end of the string to a dowel rod or long stick. Try to pick up the fish using only the magnet to lift them.





Cereal Box Aquarium

Supplies Needed

- 1 large cereal box
- Colored cardstock or Construction Paper
- Shells
- Sand
- Light Green Pipe Cleaners
- Googly Eyes (if you can't find these, draw the eye on the fish with a marker)
- Turquoise or Blue Paint
- Silver Paint (or any other color of your choice)
- Stones
- String
- Fish Template (see below for template instructions)
- X-acto Knife (adults only to use)
- Hot glue (adults only to use)
- Scissors



CEREAL BOX AQUARIUM

thebestideasforkids.com

Note: while this craft calls for painting your cereal box, an easy alternative is to use construction paper. Blue for the background and brown for the sand. You can also use green construction paper for the seaweed.

A second alternative would be to help your loved one color the blue background, brown sand, and green seaweed on a piece of white printer paper. Then glue or tape the paper to the back of the cereal box.

Directions to Make a Cereal Box Aquarium

1. First you need to trace a cut-out on your box. We used a sharpie to make our lines and then used an x-acto knife (adults only) to cut out the center of the box.



2. Now paint the inside of your box a turquoise blue color.



3. Paint the outside of your box silver (to make it look like an aquarium).





4. Now you can decorate your aquarium however you'd like!

Here are the elements we added:

- Sand as a background on the bottom. (You could also use cereal like cheerios or a puff style cereal to make it look like sand.)
- Green Pipe Cleaners – cut some strips of green pipe cleaners and glue to the bottom of your box to make it look like seaweed.
- Seashells – we used the seashells to hide the bottom of the pipe cleaners. Add some seashells wherever you think they will fit! These will need to be hot glued down.
- Stones for the bottom of the aquarium. Stones will add some weight for the aquarium to stand up on its own. Stones can be placed at the bottom or hot glued down.



Now it's time to add your fish!

5. Cut out a simple fish shape (as many as you want)
 6. Glue on googly eyes to your fish (or draw them on)
 7. Take a small piece of string and tape it to the back of each fish.
 8. Now attach the strings to the top of your cereal box.
- Now you have a finished cereal box aquarium. We hope you had as much fun making these as we did!

For video instructions to make this craft, visit <https://www.thebestideasforkids.com/cereal-box-aquarium/>



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!

The Fish'n Holeⁱⁱ

By Everett Sloane, Earle Hagen and Herbert Spencer

From The Andy Griffith Show

Well, now, take down your fishin' pole and
meet me at The Fishin' Hole,
We may not get a bite all day, but don't you
rush away.
What a great place to rest your bones and
mighty fine for skippin' stones,
You'll feel fresh as a lemonade, a-settin' in the
shade.
Whether it's hot, whether it's cool, oh what a
spot for whistlin' like a fool.
What a fine day to take a stroll and wander by
The Fishin' Hole,
I can't think of a better way to pass the time o'
day.
We'll have no need to call the roll when we get
to The Fishin' Hole,
There'll be you, me, and Old Dog Trey, to
doodle time away.
If we don't hook a perch or bass, we'll cool our
toes in dewy grass,
Or else pull up a weed to chew, and maybe set
and jaw.
Hangin' around, takin' our ease, watchin' that
hound a-scratchin' at his fleas.
Come on, take down your fishin' pole and meet
me at The Fishin' Hole,
I can't think of a better way to pass the time o'
day.

Gone Fishin'ⁱⁱⁱ

By Bing Crosby & Louis Armstrong

I'll tell you why I can't find you
Every time I go out to your place...

You gone fishin' (well how you know)
Well there's a sign upon your door (uh-huh)
Gone fishin' (I'm real gone man)
You ain't workin' anymore (could be)
There's your hoe out in the sun
Where you left a row half done
You claim that hoein' ain't no fun (well I can
prove it)
You ain't got no ambition

Gone fishin' by a shady wady pool (Shangrila,
really la)
I'm wishin' I could be that kind of fool (should I
twist your arm?)
I'd say no more work for mine (welcome to the
club)
On my door I'd hang a sign
Gone fishin' instead of just a-wishin'

Papa Bing (yeah Louis)
I stopped by your place a time or two lately
And you aren't home either
Well, I'm a busy man Louis. I got a lotta deals
cookin'
I was probably tied up at the studio
You weren't tied up you dog
You was just plain old...

Gone fishin' (bah-boo-bah-boo-bah-boo-bah-
boo-bah)

There's a sign upon your door (Pops, don't blab
it around, will you?)
Gone fishin' (keep it shady, I got me a big one
staked out)
Mmm, you ain't workin' anymore (I don't have
to work, I got me a piece of Gary)
Cows need milkin' in the barn (I have the twins
on that detail, they each take a side)
But you just don't give a darn (give 'em four bits
a cow and hand lotion)
You just never seem to learn (man, you taught
me)
You ain't got no ambition (you're convincin'
me)

Gone fishin' (bah-boo-dah-do-dah-do-dah-do)
Got your hound dog by your side (that's old
Cindy-Lou goin' with me)
Gone fishin' (mmm-hmm-hmm-hmm-hmm)
Fleas are bitin' at his hide (get away from me
boy, you bother me)

Mmm, folks won't find us now because
Mister Satch and Mister Cros
We gone fishin' instead of just a-wishin'
Bah-boo-baby-bah-boo-bah-bay-mmm-bo-bay
Oh yeah!

Catfish Boogie^{iv}

By Tennessee Ernie Ford

Catfish boogie-woogie, boogie-woogie, boogie-
woogie
Catfish boogie-woogie, boogie-woogie, boogie-
woogie
Woke up this morning about half past four
Who'd I see tiptoeing cross my floor
My everlovin' baby with a rod in her hand
Headin' for the creek called Catfish Land
She yelled at me and said, git up son
Come along with me and let's have some fun
I grabbed my bridges and a long cane pole
Headed for the red hot catfish hole

Catfish boogie-woogie, boogie-woogie, boogie-
woogie
Catfish boogie-woogie, boogie-woogie, boogie-
woogie
Catfish boogie, do it, baby with me
We arrived post haste on the bank of the creek
Don't make no noise, don't even speak
She threaded a worm right on that hook
And dropped it in the water in a shady nook
The bopper jumped when mister whiskers hit
My gal flipped and throed a fit
She pulled and tugged and yelled, what's
wrong
I said, baby he's a big and that cat's real gone
Catfish boogie-woogie, boogie-woogie, boogie-
woogie
Catfish boogie-woogie, boogie-woogie, boogie-
woogie
Catfish boogie, do it, baby with me
We fished for a while, caught a great big mess
A long string of blue cap hapiness
She smiled at me and her eyes did roll
She said, set your pole and let's take a stroll
We walked along the creek, me and my miss
She gave me a hug and a great big kiss
She held me close and said, I love you
I said, I got all of this and fishin' too
Catfish boogie-woogie, boogie-woogie, boogie-
woogie
Catfish boogie-woogie, boogie-woogie, boogie-
woogie
Catfish boogie, do it, baby with me

I'm Gonna Go Fishin''

By Mel Tormé

Woke up this morning
Wanting to cry
Then I remember
Yeah, I knew why
She's a real good one for having her cake
I'm gonna go fishing or jump in the lake

Yeah, I'm gonna go fishing
That's what I'll do
Think about nothing
Not even you
Catch a real big one, a real speckled trout
Snapping in the water, I'll pull him on out

Sweet talking liar
Spin me a yarn
Tell me a story
Big as a barn
No use listening, I won't hear you out
I'm gonna go fishing and catch me a trout

When a gal is a liar
Then a gal is a fool
Playing for keepers
Breaking the rules
She'll be the loser, yet to find out
I'm gonna go fishing and catch me a trout

There in the water
Look at him shine
There goes a big one
That one is mine
Catch up the reel now, I've got the feel now
Hooked onto my fly rod, I've got me a trout

Sweet talking liar
You're in for a fall
You told me a story
Your back's to the wall
Don't come my way, I'm down the highway
I'm gonna go fishing
Yeah, I'm gonna go fishing
I'm gonna go fishing and get me a trout
Yeah

At Home Mini-Workout Part Two

Can be done in a chair or standing

Warm-Up Routine

- Stretch arms above head and breathe in and breathe out. Repeat twice.
- Shrug shoulders up and down 3 times
- Roll shoulders back 10 times and forward 10 times
- Stretch arm across body on each side.
- Turn your head to each side and hold for 30 seconds each side.
- Take your head and look down at lap and up at ceiling holding as long as needed.

Workout Routine:

- March in place for one minute.
- Move right foot side to side alternating with left foot, side to side about a minute-(like dancing in place).
- Change feet to a kick, alternating right kick, left kick for a minute
- Back to marching in place for a minute.

- Raise heels up and down 30 seconds. Raise toes up and down 30 seconds.
- Now rock back and forth- heel toe, heel toe, about 30 seconds.
- Sitting or standing up straight, raise each knee one at a time as high as you can on each side, back and forth-right, left, right, left. Do this about a minute total.
- (Do this part sitting) Pull one knee to your chest and hold and stretch. Then bring the other knee to your chest and hold and stretch.
- Place feet back on the floor. Stretch one leg at a time straight out in front of you. Rotate your ankle to the left around in a circle. Then rotate your ankle to the right side in a circle for 30 seconds
- Do the same rotations with your other ankle.
- Back to marching in place for one minute.
- Reach arms above head, one at a time, reaching for the ceiling. Do this 5 times on each side.
- Reach each arm side to side, moving your torso with each movement-right to left, 5 times on each side.
- Reach each arm low, on each side as if you were trying to touch the floor, moving your body along with your reaches. Do this 5 times on each side.

Cool-Down Routine

- Stretch your arms above your head, take a deep breath.
- Bring your arms down and stretch them again above your head and breathe out.
- Stretch your arms above your head to the right, leaning into the stretch. Do the same thing on your left side, reaching above your head and leaning into the stretch.
- Rest your arms and feet. Close your eyes and take one more deep breath in and out 3 times

Finished

Inspirational story: Is the fish really too big for you?^{vi}

One day the two fishermen, one was an experienced one, the other was a beginner, decided to fish in a nearby pond. Both of them were looking forward to a successful day of fishing. They both had packed utensils, cooking accessories, ingredients, and fishing equipment. Once they arrived at the pond, they chose to sit at a reasonable distance not to “steal” each other’s fish.

The experienced fisherman caught a big and beautiful fish within a few minutes. He was very happy as he placed the fish in the icebox to retain its freshness. His plan was to cook the fish whole in the afternoon. He then continued to fish and in a short time caught a few more small fishes. He put them all into the icebox so he could take them home.

After about an hour of fishing, the experienced fisherman offered to help the less experienced fisherman which has not yet caught any fish. But the less experienced fisherman politely declined. After some time, the less experienced fisherman also caught a large fish. Surprisingly, he threw it back into the pond. The

experienced fisherman was bewildered by the act. He remained silent as he watched the less experienced fisherman capture many big fishes only to throw them back into the water.

After a while, the experienced fisherman became annoyed by this and he decided to approach the less experienced fisherman wondering, 'Why are you throwing the fishes back into the water? They were beautiful and big!' The less experienced fisherman replied, 'I know they were big, but I don't have a big enough pan to cook them! So, I'm looking for a smaller fish that fits my cooking pan!'

The experienced fisherman was shocked by the response. After a couple of moments, he advised the less experienced fisherman to cut the big fish into pieces which will fit into the small pan.

Lessons from this story:

Imagine the fish are opportunities and the pan is your comfort zone or your experiences. Many people get afraid because they are presented with a bigger opportunity than they ever had experienced. And because of fear they end up passing the opportunity or like the less experienced fisherman they "throw them back". On the other hand, the experienced fisherman knows the big fish may be too big to take on in one piece so he "cuts" them into smaller more manageable pieces.

Don't let fear prevent you from experiencing something new.

Parmesan, Pepper & Lemon Biscuits^{vii}

Yield: 8 biscuits

- 2 Cup all-purpose flour
- 1 Tbsp sugar
- 1 Tbsp baking powder
- 1 Tbsp finely grated lemon zest
- 1 tsp cracked black pepper
- ½ tsp fine salt
- 6 Tbsp unsalted butter, cold
- ½ Cup diced, plus ¼ C finely grated, Parmigiano-Reggiano cheese
- ¾ Cup milk

1. Position rack in the center of the oven and preheat to 450 degrees. Line a baking sheet with parchment paper.
2. Whisk the flour with the sugar, baking powder, lemon zest, salt, and pepper in a large bowl. Cut cold butter into tablespoon-size pieces. Work the butter in with your fingertips until no visible pieces remain. Scatter grated and diced cheese over the top and toss with a rubber spatula. Using a wooden spoon, stir in the milk to make a loose dough. Fold, cut and bake until tops are lightly browned, about 15 minutes. Cool slightly on a rack and serve warm.

ⁱ *Ref: Creative Forecasting Vol XVIII, No.7, July 2006*

ⁱⁱ <https://www.outdoorlife.com/best-fishing-songs-all-time/>

ⁱⁱⁱ <https://genius.com/Bing-crosby-gone-fishin-lyrics>

^{iv} <https://www.outdoorlife.com/best-fishing-songs-all-time/>

^v <https://genius.com/Mel-torme-im-gonna-go-fishin-live-lyrics>

^{vi} <https://purposefocuscommitment.com/inspirational-story-big-fish-comfort-zone/>

^{vii} *Food Network Kitchen Cookbook*