



A Guide to an in-Home Gathering Place: August 30, 2020

Visiting Australia!

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through September 30th, but that does not mean you can't bring elements of the Gathering Place into your own home! This week, we are visiting the land down under- Australia! 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!

Australia Reminiscing

Where in the world is Australia?
What language do Australians speak?
Do You know any Aussie slang expressions and meanings?
What animals do you associate with Australia?
Have you ever visited Australia, or would you like to visit?
Have you ever thrown a boomerang?

Word Games and Art Pages

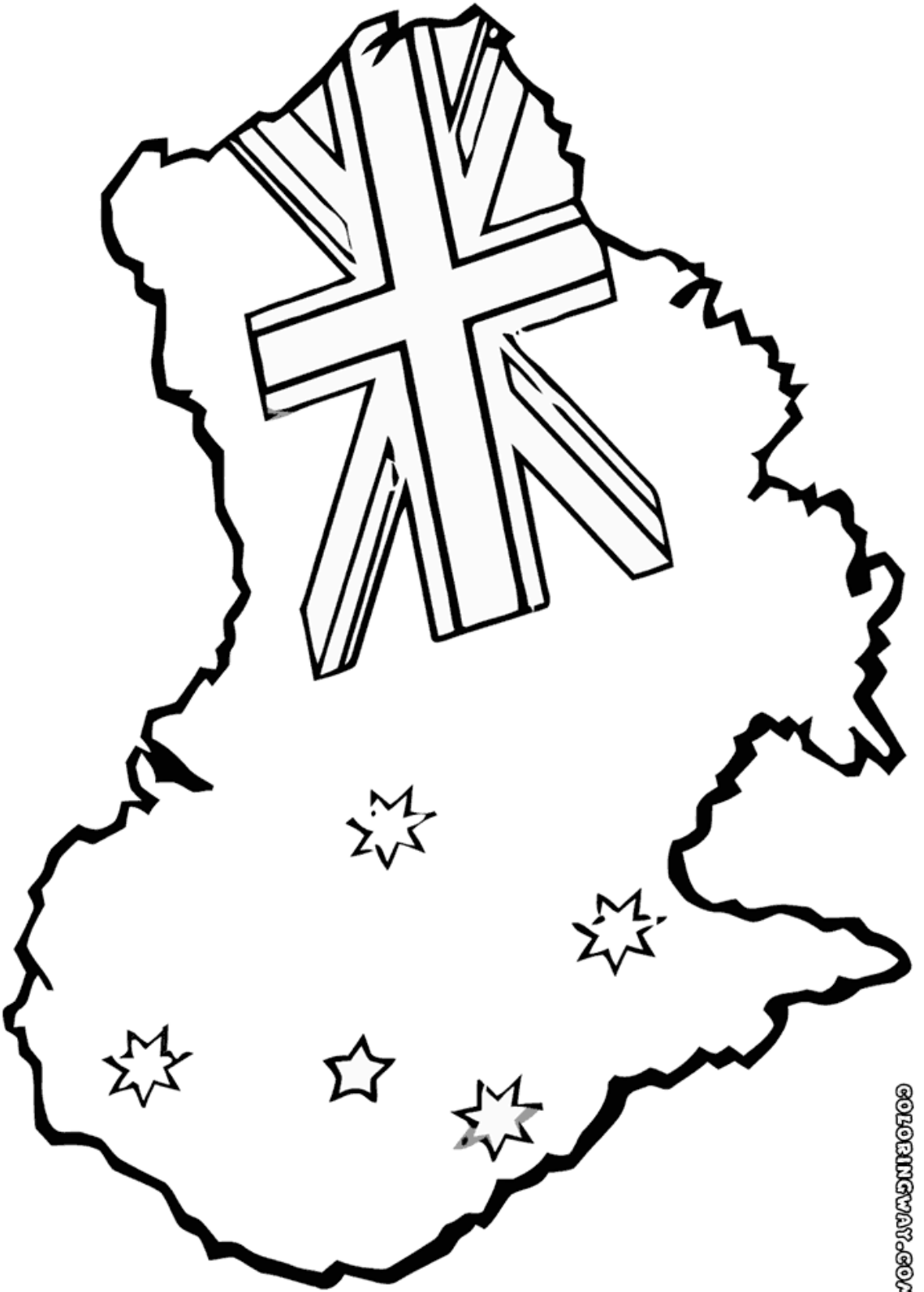
Australia

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ULURU
 TASMANIA
 PERTH
 ABORIGINES
 QUANTAS
 AYERS ROCK
 KANGAROO
 BRISBANE
 SYDNEY
 COMMONWEALTH
 KOALA
 MELBOURNE
 DINGO
 KOOKABURRA
 AUSTRALIA
 WOMBAT
 ADELAIDE

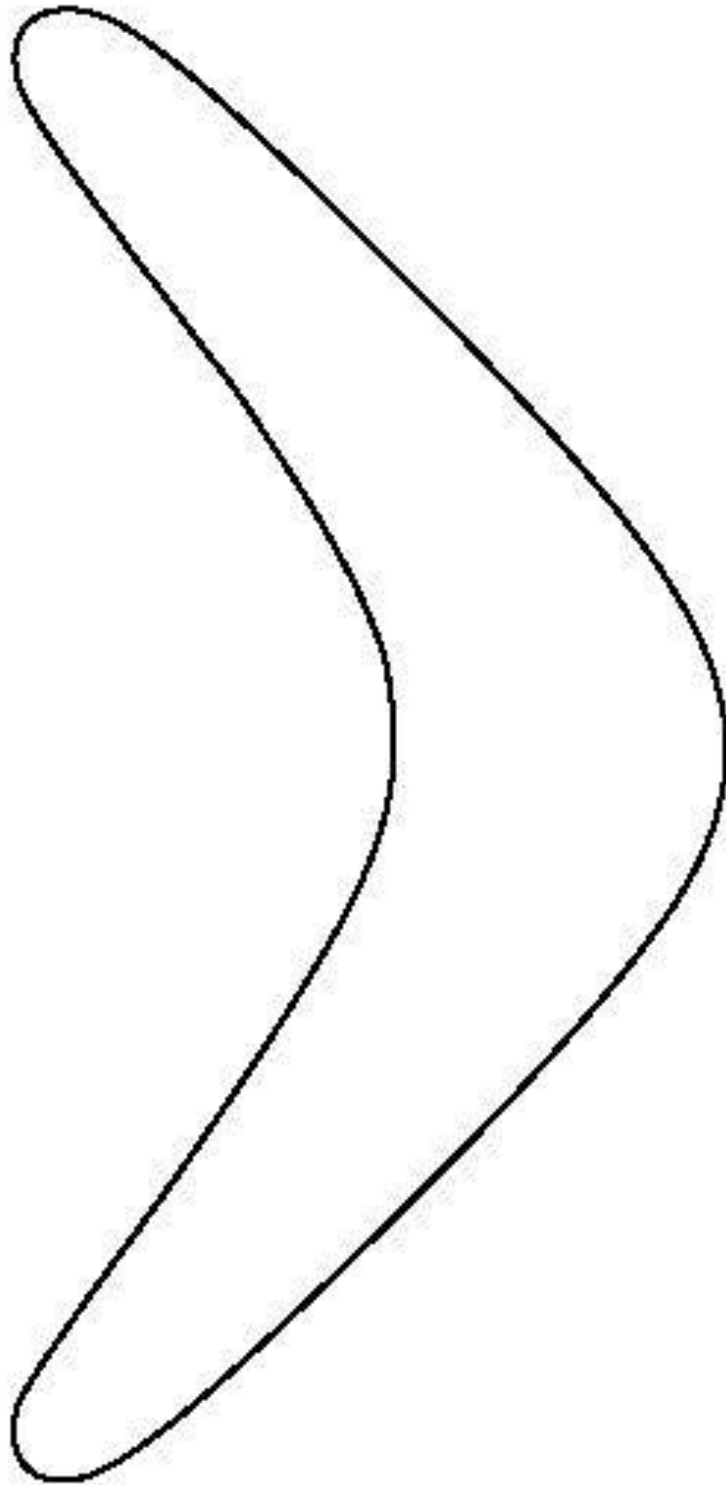
Play this puzzle online at : <http://thewordsearch.com/puzzle/1996/>

AUSTRALIA









Use this page to design your own Boomerang!

Kangaroo pouch game

Items needed:

- A Balloon
- 8-10 small objects such as ping pong balls, stress balls, paper wadded up into a ball, pet toys, etc.
- Pillowcase or bowl large enough to place all your items.

Balloon Skills

Challenge your motor skills and coordination by trying this fun activity. You can do this activity standing or sitting. Use a Balloon that has been blown up and tied. Try to keep the balloon in the air by tapping it lightly with your fingertips.

The object of this game is to place the balls (or your items of choice) in the pillowcase one at a time while keeping the balloon from getting away or hitting the ground. The winner is the person who gets all the items in the pillowcase the fastest. Try to improve your time by repeating the activity multiple times.

For an extra challenge, try using a fly swatter instead of your fingertips to keep the balloon afloat.

Aboriginal Rain Stick¹

What you need:

- Washable Paint
- Cotton Q-Tips
- Kitchen Paper Towel Tube
- Tin Foil
- Balloons & Masking Tape
- Rice
- Feathers, beads & string

How to Make

1. Paint the kitchen towel tube with acrylic paint. Leave to dry. Then apply another coat of paint, leave to dry.
2. Make up a palette of different color acrylic paints. Have a cotton bud for each of the different colored paint.



- Using the cotton buds, paint and decorate the outside of the tube with different dot patterns. Leave to dry.



- Cut the necks off two balloons. Stretch one of the balloons over the end of the tube securely.
- Cut off a long piece of foil, crinkle it up in a long thin sausage. Fold in half and twist to create loops for the rice to fall through. Carefully insert this into the tube.



- Now add about half a cup of rice. Put your hand over the end and turn upside down and listen to the sound. If you want to increase the sound, add more rice, but it should have a gentle sound like falling rain.
- Seal the end of the rain stick with the other balloon as before. Secure the balloons in place with masking tape, then paint over the masking tape. Leave to dry.
- Wrap jute twine or cotton string around the top of the rain stick and securely tie, leaving about 30cm for threading beads onto and tying feathers for decoration. Tie the end securely to the bottom of the tube.
- When complete, slowly turn upside down and listen to the sound of rain!



Top Tip

Instead of balloons, you could use colored paper to seal the ends stuck down with masking tape.

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!

Spring Spring Springⁱⁱ

By Fred Astaire & Bing Crosby

Well now, the barnyard is busy, in a regular tizzy

And the obvious reason is because of the season

Ma Nature's lyrical with her yearly miracle
Spring, Spring, Spring

All the henfolk are hatchin', while their menfolk are scratchin'

To ensure the survival of each brand new arrival

Each nest is twittering, they're all babysittering
Spring, Spring, Spring

Why, it's a beehive of budding son and daughter life

Every family has plans in view

Even down in the brook, the underwater life
Is forever blowin' bubbles too

Little skylarks are larking, see them all double-parking

Cuddled up, playin'possum, they're behind ev'ry blossom

Even the bubble-ink

Is merrily wobble-ink

Spring, Spring, Spring

In his hole, though the gopher seems a bit of a loafer

The industrious beaver puts it down to Spring fever

While there's no antelope who feels that he

can't elope

Spring, Spring, Spring

Each cocoon has a tenant, so they hung out a penant

Don't disturb please, keep waiting, we're evacuating

This home's my Mama's isle, soon have my own domicile

Spring, Spring, Spring

Even out in Australia, the kangaroos

Lay off butter fat and all French fries

If their offspring are large, it might be dan-gar-roos

Why, they've just got to keep them pocket-size

Even though, to detract, Spring is more like a habit

Not withstanding, the fact is they indulge in the practice

Why, each day is Mother's Day

The next day some other's day

Spring, Spring, Spring

To itself, each amoeba softly glows ?

While the proud little termite fills his life as a worm might

Old papa dragonfly is makin' his wagon fly

It's Spring, Spring, Spring

And from his eerie, the eagle with his eagle eye

Gazes down across his eagle beak

And a-fixing his lady with a legal eye

Screams, "Suppose we set the date this week"

Ah, yes siree, Spring discloses, if it's all one supposes

Wagging tails, rubbing noses, but it's no bed of roses
And if for the stork you pine, consider the porcupine
Who longs to cling
Keeping comp'ny is tricky, it can get pretty sticky
In the Spring, Spring, Spring

I Still Call Australia Homeⁱⁱⁱ

By Peter Allen

I've been to cities that never close down
From New York to Rio and old London town
But no matter how far or how wide I roam
I still call Australia home

I'm always traveling, I love being free
And so I keep leaving the sun and the sea
But my heart lies waiting over the foam
I still call Australia home

All the sons and daughters spinning 'round the world
Away from their family and friends
But as the world gets older and colder
It's good to know where your journey ends

But someday we'll all be together once more
When all of the ships come back to the shore
Then I realise something I've always known
I still call Australia home

(But no matter how far or wide I roam)
I still call Australia
I still call Australia
I still call Australia home

(But no matter how far or wide I roam)
Oh I still call Australia
I still call Australia
I still call Australia home

They're Either Too Young or Too Old^{iv}

By Jimmy Dorsey

You marched away and left this town
As empty as can be
I can't sit under the apple tree
With anyone else but me
For there is no secret lover
That the draft board didn't discover

They're either too young or too old
They're either too grey or too grassy green
The pickings are poor and the crop is lean
What's good is in the army
What's left will never harm me
I'm either their first breath of spring
Or I'm their last little fling
I must confess to one romance
I(m sure you will allow
He tries to serenade me
But his voice is changing now
I'm finding it easy to stay good as gold
They're either too young or too old
I'll never ever fail ya, when you are in Australia
And flying over Egypt, your heart will never be gyped
And when you get to India, I'll still be what I've been to ya
I've looked the field over, and lo and behold!
They're either too young or too old

Twistin' USA'

By Chubby Checker

Everybody Twist

They're Twistin' In Cleveland in Kansas City too

They're wailin' in Warwood In Pittsburg and St.

Lou

So baby get ready

Yeah I'm gonna Twist with you Yee Ar

(Round and around and an up and down we go)

Yeah Yeah Yeah

(Make it with the shake it to and fro)

Yeah Oh Whoo

(From Boston to LA)

Don't cha know they're

(Twistin' U.S.A.)

Yeah Yeah They're Twistin' in New York

And old Chicago town

In Hartford and Frisco

They all go round and round

Ar they're twistin' on Bandstand

So baby don't cha put me down

Yee Ar

(Round and around and an up and down we go)

Yeah Yeah Yeah

(Make it with the shake it to and fro)

Yeah Oh Whoo

(From Boston to LA)

Don't cha know they're

(Twistin' U.S.A.)

Yeah Yeah

At Home Mini-Workout Part Three

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

Setbacks^{vi}

By: David Reay

1 Kings 19:1-9

Ahab reported to Jezebel everything that Elijah had done, including the massacre of the prophets. Jezebel immediately sent a messenger to Elijah with her threat: “The gods will get you for this and I’ll get even with you! By this time tomorrow you’ll be as dead as any one of those prophets.”

When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day’s journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: “Enough of this, God! Take my life—I’m ready to join my ancestors in the grave!” Exhausted, he fell asleep under the lone broom bush.

Suddenly an angel shook him awake and said, “Get up and eat!” He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep. The angel of God came back, shook him awake again, and said, “Get up and eat some more—you’ve got a long journey ahead of you.” He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb. When he got there, he crawled into a cave and went to sleep. Then the word of God came to him: “So Elijah, what are you doing here?” (THE MESSAGE)

One of the more disappointing situations in our faith journey is that we suffer setbacks after advances. A pandemic seems to have eased only to have it flare up again. A door seems to open but then slams shut. A relationship is healed only to be fractured again. Good news seems haunted by the prospect of bad news.

Elijah knew something about this. He had won a stunning and miraculous victory over the false prophets of Baal on Mount Carmel. But he could scarcely savor the victory before he was confronted with a deadly threat. He had won the battle but had yet to win the war.

Our faith can be severely tested when what we experienced as a great answer to prayer turns to dust. When that mountain we figured we had climbed turned out to hurl us down a crevice on the other side. When a beam of light is snuffed out by enveloping darkness. Of course this is not an everyday occurrence, thank God. But it happens often enough to test us. We can take comfort from Elijah who was sustained by God in the midst of his setback. This side of heaven we will know advances and setbacks, light and darkness, good news and bad news. In the absence of uninterrupted success, we take refuge in the uninterrupted sustenance and presence of a God who has won the war even as we fight the battles.

Chicken Tenders with Asparagus & Pistachios

Nanci Engle

Total time: 25 minutes

Makes: 4 servings

- 1 Tbsp toasted sesame oil
- 1 ½ lbs. fresh asparagus, tough ends trimmed, cut into 1" pieces
- 1 lb. chicken tenders, cut into bite-size pieces
- 4 scallions, trimmed, cut into 1" pieces
- 2 Tbsp fresh ginger, minced
- 1 Tbsp oyster sauce
- 1 tsp chile-garlic sauce (optional)
- ¼ Cup shelled salted pistachios, coarsely chopped

Directions

1. Heat oil in a wok or large skillet over high heat
2. Add asparagus - cook, stirring for 2 minutes
3. Add chicken – cook, stirring for 4 minutes
4. Stir in scallions, ginger, oyster sauce, and chile-garlic sauce – cook, stirring, until the chicken is juicy and cooked through, 1-2 minutes more
5. Stir in pistachios and serve immediately

BONUS- How to Make Your Own Boomerang (an advanced craft)

Boomerang

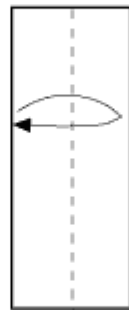
inspired by Yoshino Uemoto

modified by: Ryan Naccavato from \$, Bennett Arnstein for 90° angle,
Jim Cowling for leading edges and John Andrisan for sealed tips.

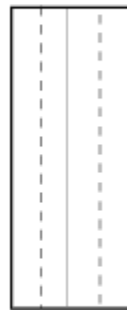
USE 1/2 LETTER SIZE RECTANGLE



1.



2. FOLD IN HALF, AND OPEN.



3. CUPBOARD ALMOST TO CENTER & LEAVE A SPACE.



4. TOP TO BOTTOM.

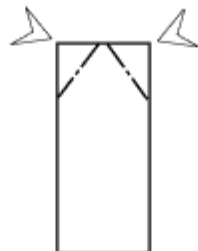


5. CORNERS TO CENTER FOR 90° ANGLE. MAY BE CHANGED FOR A GREATER ANGLE!

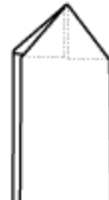
ENLARGED:



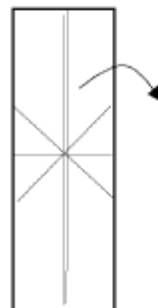
6. OPEN FLAT AND REVERSE (FOLD INSIDE)



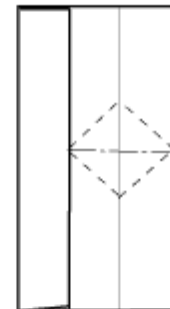
7. IN PROCESS...



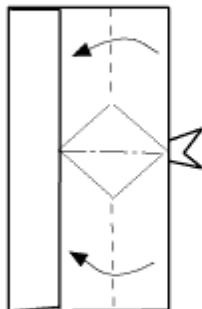
8. NOW OPEN TO 4.



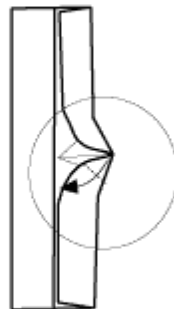
9. OPEN ONE SIDE.



10. VALLEY FOLD SQUARE, MOUNTAIN FOLD DIAGONAL.



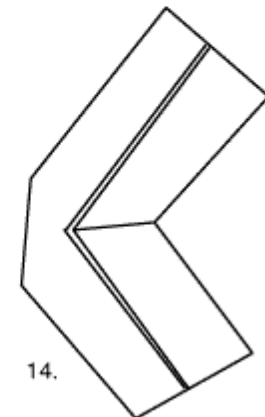
11. PUSH BEHIND SQUARE, FOLD SIDES INWARD, AND FORM A TRIANGLE FROM THE SQUARE. FOLD IN HALF.



12.



13. FOLD TRIANGLE IN HALF, WHILE PUSHING OUTSIDE POINT INSIDE CORNER.



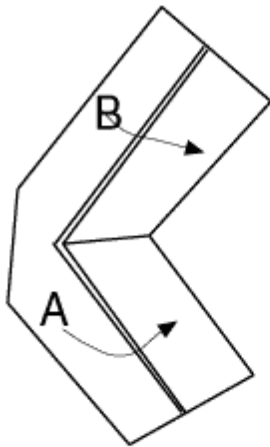
14.

drawn by Leon Brown, 4/02

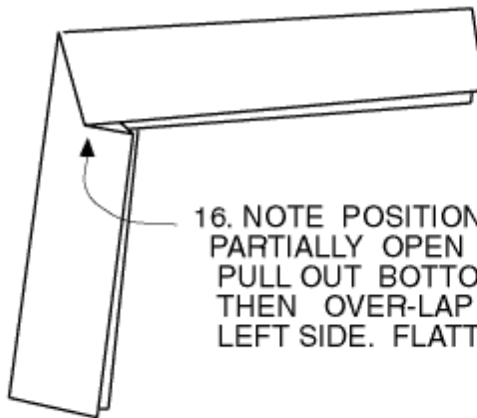
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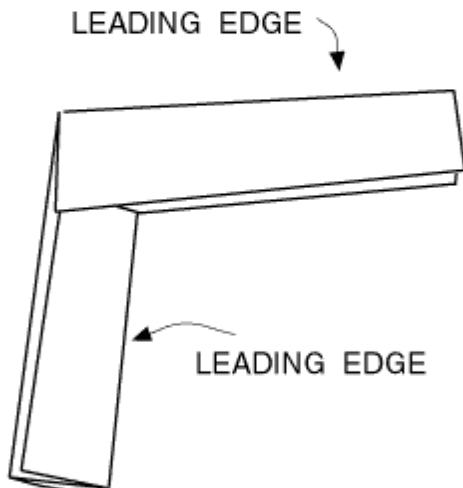
Boomerang 4/15/02, p 2



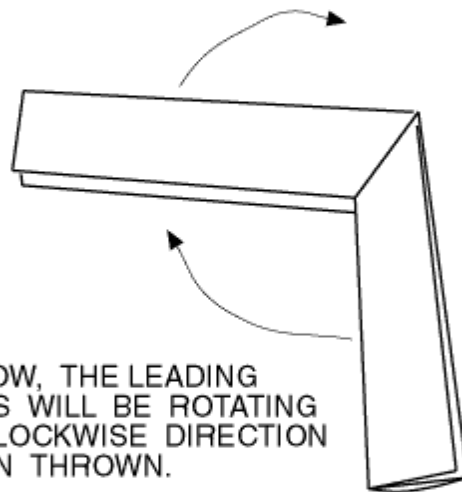
15. FOLD LEFT SIDES DOWN, BOTTOM HALF FIRST.



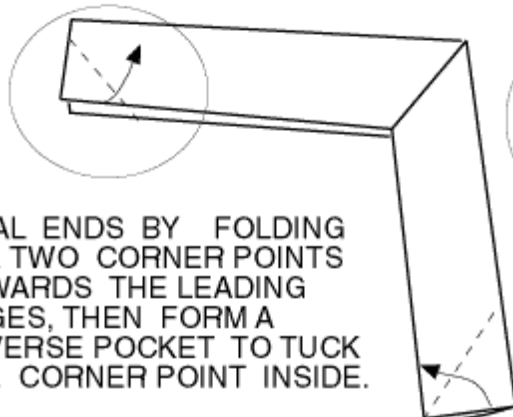
16. NOTE POSITION OF OVERLAP, PARTIALLY OPEN TO ACCESS & PULL OUT BOTTOM RIGHT SIDE THEN OVER-LAP BOTTOM LEFT SIDE. FLATTEN CREASES.



17. NOTE THE POSITION OF THE SINGLE LEADING EDGES WHEN THROWING BOOMERANG.

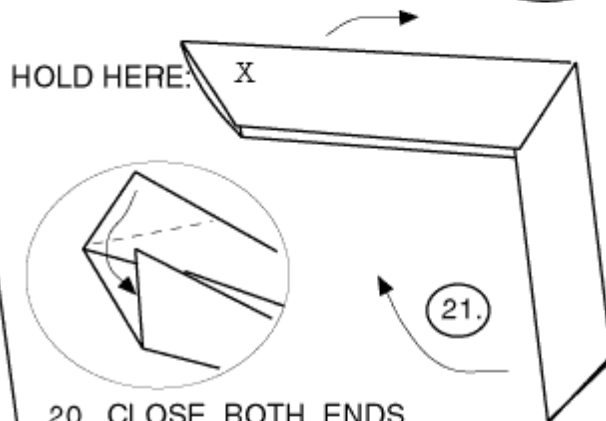


18. NOW, THE LEADING EDGES WILL BE ROTATING IN A CLOCKWISE DIRECTION WHEN THROWN.



19.

SEAL ENDS BY FOLDING THE TWO CORNER POINTS TOWARDS THE LEADING EDGES, THEN FORM A REVERSE POCKET TO TUCK THE CORNER POINT INSIDE.



20. CLOSE BOTH ENDS.

LAUNCH WITH A TWIST OF THE WRIST, BUT DON'T THROW IN THE STREET, OR INTO TREES ! HAPPY BOOMERANG !

ⁱ <https://www.bakerross.co.uk/craft-ideas/kids/aboriginal-rain-stick/>

ⁱⁱ

https://www.google.com/search?q=spring+spring+spring+bing+crosby+lyrics&rlz=1C1CHBF_enUS746US746&oq=spring+spring+spring+bing+crosby+lyrics&aqs=chrome..69i57j69i60.14311j0j7&sourceid=chrome&ie=UTF-8 and <https://www.youtube.com/watch?v=CDnEHFh5DZ0>

ⁱⁱⁱ <https://genius.com/Peter-allen-i-still-call-australia-home-lyrics> and

https://www.youtube.com/watch?v=_OCKXLXWNXg

^{iv} <https://genius.com/Jimmy-dorsey-orchestra-theyre-either-too-young-or-too-old-lyrics> and

<https://www.youtube.com/watch?v=X-AA5ssd81g>

^v <https://genius.com/Chubby-checker-twistin-usa-lyrics> and <https://www.youtube.com/watch?v=VgFF7CXWf4E>

^{vi} <https://hope1032.com.au/stories/faith/devotions/2020/setbacks-a-lifewords-devotion/> From: Hope

103.2 LifeWords Devotionals, Australia