



A Guide to an in-Home Gathering Place: September 13, 2020

Fall Retreat

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through September 30th, but that doesn't mean you can't bring elements of the Gathering Place into your own home! Even though the weather in Houston is anything other than Fall like, this week, we are going to welcome the season of Fall with the hope of a cold front around the corner! 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!

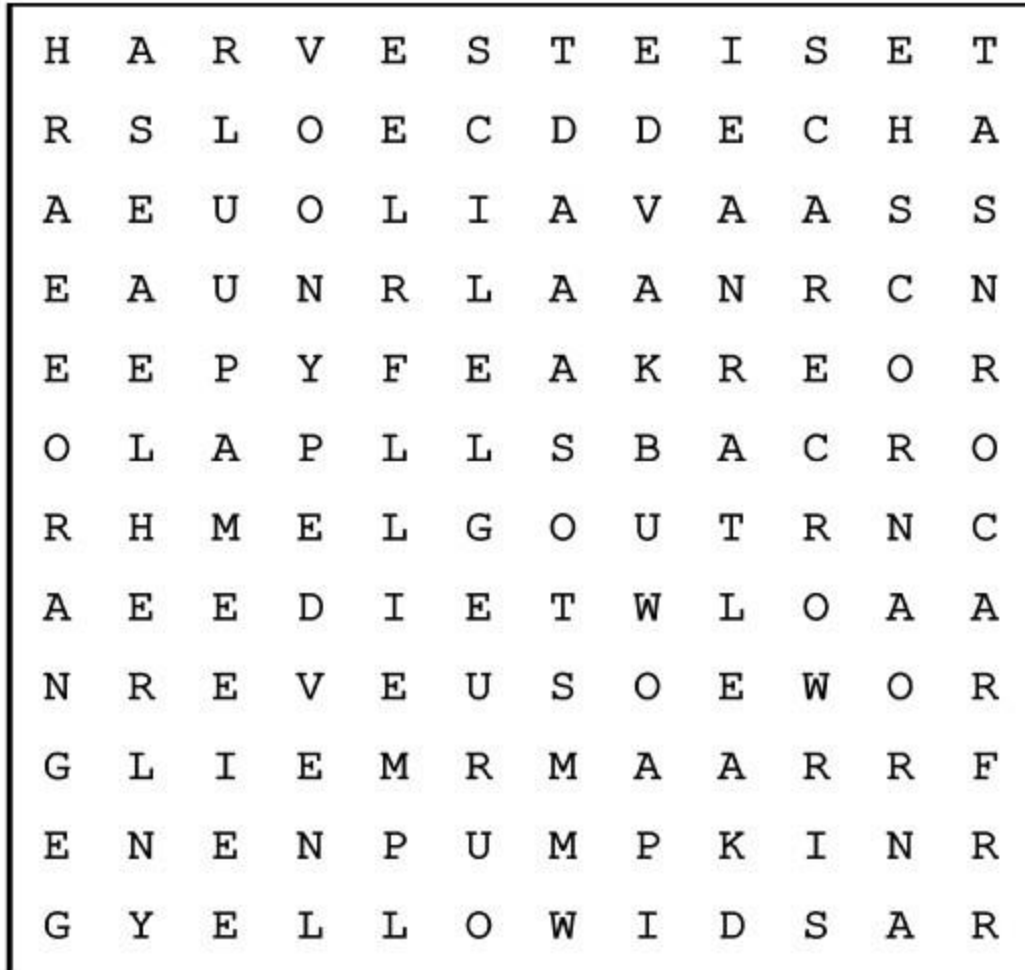
Reminiscing – Fall

1. How is the Fall season different from the Summer?
2. What colors do you think represent the Fall and why?
3. Are there activities you like to do in the Fall that you don't do in other seasons? (rake leaves, attend football games, spend time outside)
4. What kind of things do you see in the Fall that you don't see in other seasons? (Pinecones, Acorns,)

Word Games and Art Pages

FUN FALL WORD SEARCH

Find each of the fall words hidden below.



WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	

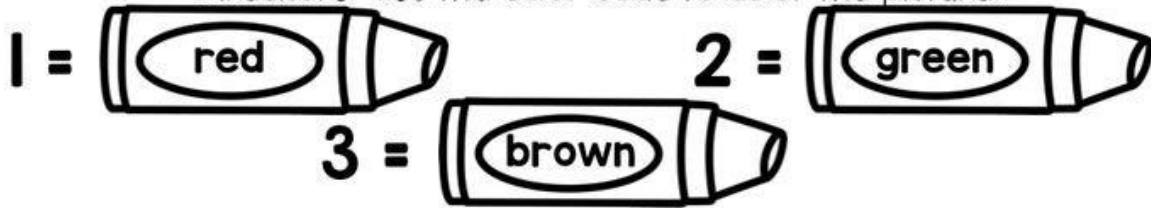


Find more printables for children at [scholastic.com/parents/activities-and-printables](https://www.scholastic.com/parents/activities-and-printables) 

Name: _____

Color by Number

Directions: Use the color code to color the picture.



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Acorn Bowling

Materials: Large acorns (bowling Balls) Pinecones (pins)

Directions: Set up 10 pinecones in a triangle on a tabletop. Players roll an acorn (do not throw) three times to knock over the pinecones. Keep score by counting how many pinecones are hit. Be sure to note a strike or a spare.

Fall Fest parachute Game

Materials: a flat bed sheet:

Cut outs of colorful fall leaves or a bag of leaves purchased from a craft store.

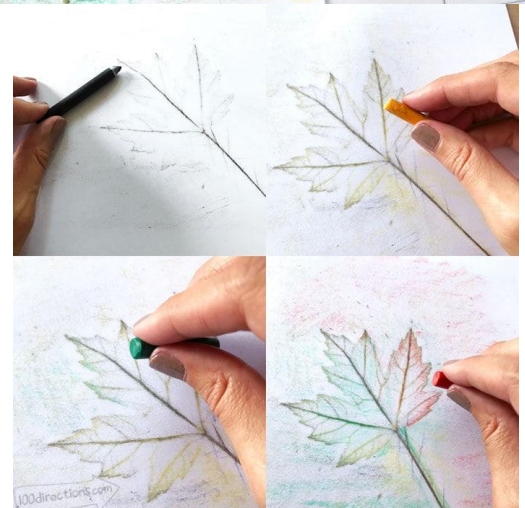
Directions: Sit in a circle with players holding onto the edge of the sheet with both hands. Place several leaves in the center of the sheet. Raise and lower the sheet to create an "Autumn Wind". Watch the leaves float in the air and come dancing back down to the ground.

Step-By-Step How to Make A Leaf Rubbing

What you need:

- Several fresh leaves of multiple sizes
- Crayons without the paper on, any colors that make you happy
- Plastic wrap
- White computer paper

1. Lay out a piece of plastic wrap about the same size as your paper with the sticky side facing up.
2. Place the leaves on the plastic and gently press into place. Place a piece of paper on top of the leaves.
3. Gently rub the crayon on to the paper, creating an impression of the leaf below. I like to start gently and gradually add more pressure.
4. Add additional layers of color and pressure however you would like. Color the paper to create the leaf design with pretty color blends. No two leaf rubbings will be the same!
5. Layer the colors a few times to get a nice blend of different colors on each leaf.
6. Different leaves and combinations of leaves will create entirely different designs



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!

Autumn in New Yorkⁱ **By Louis Armstrong & Ella Fitzgerald**

Autumn in New York
Why does it seem so inviting?
Autumn in New York
It spells the thrill of first-nighting
Glittering crowds and shimmering clouds
In canyons of steel
They're making me feel I'm home
It's autumn in New York
That brings the promise of new love
Autumn in New York
Is often mingled with pain
Dreamers with empty hands
They sigh for exotic lands
It's autumn in New York
It's good to live it again
Autumn in New York
The gleaming rooftops at sundown
Oh, autumn in New York
It lifts you up when you run down
Yes, jaded roués and gay divorcees
Who lunch at the Ritz
Will tell you that it's divine
This autumn in New York
Transforms the slums into Mayfair
Oh, autumn in New York
You'll need no castles in Spain
Yes,...

Autumn Leavesⁱⁱ **By Nat King Cole**

The falling leaves drift by the window
The autumn leaves of red and gold
I see your lips, the summer kisses
The sun-burned hands I used to hold
Since you went away the days grow long
And soon I'll hear old winter's song
But I miss you most of all my darling
When autumn leaves start to fall
Since you went away the days grow long
And soon I'll hear old winter's song
But I miss you most of all my darling
When autumn leaves start to fall

Autumn Serenadeⁱⁱⁱ **By John Coltrane & Johnny Hartman**

Through the trees comes autumn with her
serenade.
Melodies the sweetest music ever played.
Autumn kisses we knew are beautiful
souvenirs.
As I pause to recall the leaves seem to fall like
tears.
Silver stars were clinging to an autumn sky.
Love was ours until October wandered by.
Let the years come and go,
I'll still feel the glow that time can not fade
When I hear that lovely autumn serenade.

September Song^{iv}

By Frank Sinatra

For it's a long, long while from May to December
But the days grow short when you reach September
And the autumn weather turns the leaves to flame
And I haven't got time for the waiting game
And the days dwindle down to a precious few
September, November
And these few precious days I'll spend with you
These precious days I'll spend with you
And the days dwindle down to a precious few
September, November
And these few precious days I'll spend with you
These precious days I'll spend with you

Exercise

At Home Mini-Workout Part One

Can be done in a chair or standing

Needed:

- **2 cans of soup**
- **1 kitchen towel**

Warm-Up Routine

- Sit or stand with your back straight and raise your shoulders up to your ears 5 times
- Raise your straight arms to your shoulder and above your head 5 times
- Bring your arms out, holding them straight and at shoulder height. Rotate them 5 times in small, medium, large circles, 5 times each
- Lift your leg or knee up and try to hit your raised palm 5 times.

Workout Routine

- 30 Seconds – Straighten each leg and lift. Alternate legs.
- 15 Second Break
- 30 Seconds – Front Toe Tap, alternating legs
- 15 Second Break
- 30 Seconds – Side to Side Toe Tap, alternating legs
- BREAK 1 minute

- Grab cans of soup and hold soup in the palm of your hand with palms facing down
- 30 Seconds – Arm Raises to Front (alternate arms and do not raise arm over shoulder)
- 15 Second Break
- 30 Seconds – Arm Raises to Side (alternate arms and do not raise arm over shoulder)
- 15 Second Break
- 30 Seconds Arm Raises Over Head (alternate arms over head or just over shoulders)
- BREAK 1 minute
- Set cans of soup down and grab kitchen towel

Cool-Down Routine

- Grab kitchen towel and make it taut with both hands
- Hold towel taut in front of body keeping arms stretched out. Begin to raise arms above head, slowly lower. Do this 2 times.
- Repeat the move above but the third time, keep arms above head and lean to the right, then slowly go back to middle, then lean to the left.
- Repeat this 3 times, then slowly lower hands

- Drop the towel
- Place right hand behind your back, slowly move hands up back and down 3 times
- Place left hand behind your back, slowly move hands up back and down 3 times
- Place hands on lap. Breathe in through your nose and out through your mouth for 3 deep breaths.

Finished

A Prayer for Autumn Days^v

By: Joyce Rupp

God of the seasons,
 there is a time for everything;
 there is a time for dying and a time for rising.
 We need courage to enter into
 the transformation process.
 God of autumn,
 the trees are saying goodbye to their green,
 letting go of what has been.
 We, too, have our moments of surrender,
 with all their insecurity and risk.
 Help us to let go when we need to do so.
 God of fallen leaves
 lying in colored patterns on the ground,
 our lives have their own patterns.
 As we see the patterns of our own growth,
 may we learn from them.

God of misty days and harvest moon nights,
there is always the dimension of mystery
and wonder in our lives.
We always need to recognize your power-filled presence.
May we gain strength from this.
God of harvest wagons and fields of ripened grain,
many gifts of growth lie within the season of our surrender.
We must wait for harvest in faith and hope.
Grant us patience when we do not see the blessings.
God of geese going south
for another season, your wisdom enables us
to know what needs to be left behind
and what needs to be carried into the future.
We yearn for insight and vision.
God of flowers
touched with frost and windows wearing white designs,
may your love keep our hearts
from growing cold in the empty seasons.
God of life,
you believe in us, you enrich us,
you entrust us with the freedom to choose life.
For all this, we are grateful.

Maple, Walnut, and Thyme Muffins

Makes 12 muffins

- 1 $\frac{3}{4}$ Cup all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- $\frac{1}{4}$ tsp salt
- 8 Tbsp unsalted butter at room temperature
- $\frac{3}{4}$ Cup pure maple syrup
- 1 Cup sour cream
- 1 large egg
- $\frac{1}{2}$ Cup chopped walnuts
- 2 Tbsp chopped fresh thyme

1. Position a rack in the center of the oven and preheat to 400 degrees. Lightly butter and flour twelve $2\frac{1}{2}$ " muffin cups. Tap out excess flour.

2. Whisk the flour, baking powder, baking soda, and salt in a medium bowl to combine. In another medium bowl, using a hand-held electric mixer on high speed, beat the butter until creamy, about 1 minute. Gradually beat in the maple syrup, then add the sour cream and egg. Add the flour mixture and stir just until well blended. Fold in the walnuts and thyme. Spoon equal amounts of the batter into the muffin cups, filling them about three-fourths full.

3. Bake until a toothpick inserted into the middle comes out clean, 15-20 minutes. Cool in the pan for 5 minutes and serve warm, or cool on a wire rack.

Art Smith – Back to the Table

ⁱ Source: [LyricFind https://www.youtube.com/watch?v=50zL8TnMBN8](https://www.youtube.com/watch?v=50zL8TnMBN8)

ⁱⁱ Source: [LyricFind](#)

Songwriters: Johnny Mercer / Jacques Andre Marie Prevert / Joseph Kosma
Autumn Leaves lyrics © Warner Chappell Music, Inc, Royalty Network
<https://www.youtube.com/watch?v=ZEMCeymW1Ow>

ⁱⁱⁱ Source: [LyricFind](#)

Songwriters: Sammy Gallop / Peter De Rose
Autumn Serenade lyrics © Warner Chappell Music, Inc, Warner Chappell Music Inc
<https://www.youtube.com/watch?v=HsgQCLih118>

^{iv} Source: [LyricFind](#)

Songwriters: Kurt Weill / Maxwell Anderson
September Song lyrics © Warner Chappell Music, Inc, T.R.O. Inc., Warner Chappell Music Inc.
<https://www.youtube.com/watch?v=wte1uk4A5eU>

^v <https://www.guideposts.org/better-living/positive-living/slow-down-and-savor-the-season-of-fall>