



A Guide to an in-Home Gathering Place: September 20, 2020

Back to School

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through December 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 remember what it was like to go Back to School! 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!

Back to School Reminiscing

What was your first day of school like?

Did you take your lunch, and who prepared it for you?

What kind of games and activities did you play at recess?

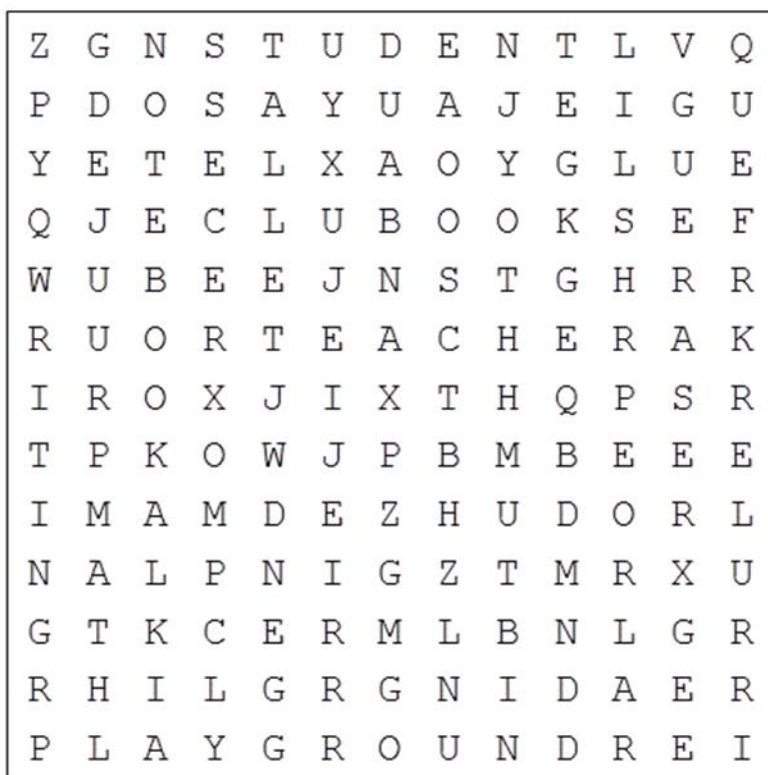
How did the teacher start the day? (Pledge of Allegiance, take attendance)

Were you ever sent to the principal's office?

Word Games and Art Pages



Back to School



BOOKS
DESK
ERASER
GLUE
LUNCHBOX
MATH

NOTEBOOK
PAPER
PENCIL
PLAYGROUND
READING
RECESS

RULER
STUDENT
TEACHER
WRITING

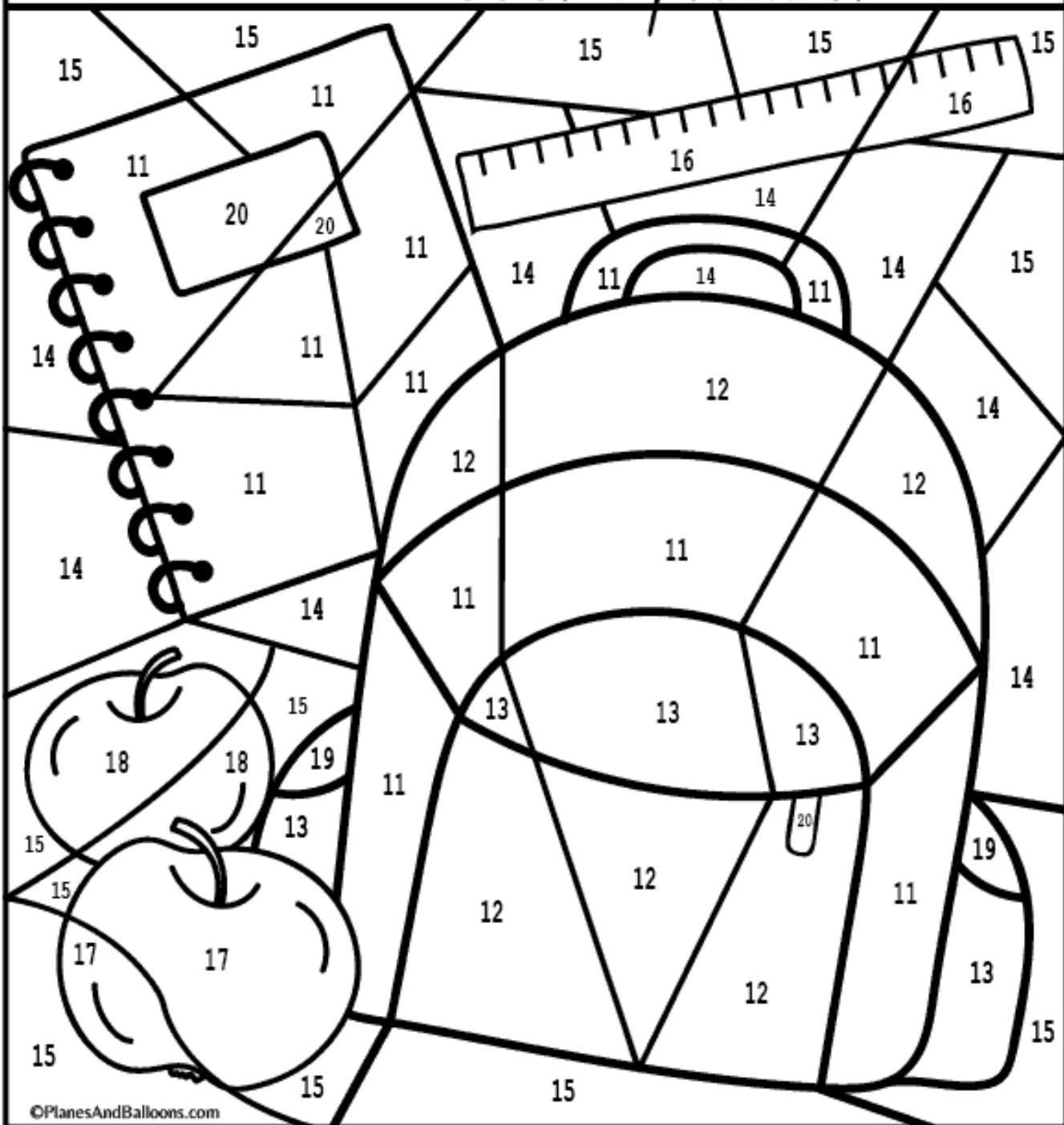


Back to school

Color by Number

Pre-K/K

Numbers 11-20



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11 = blue

12 = light blue

13 = purple

14 = light green

15 = green

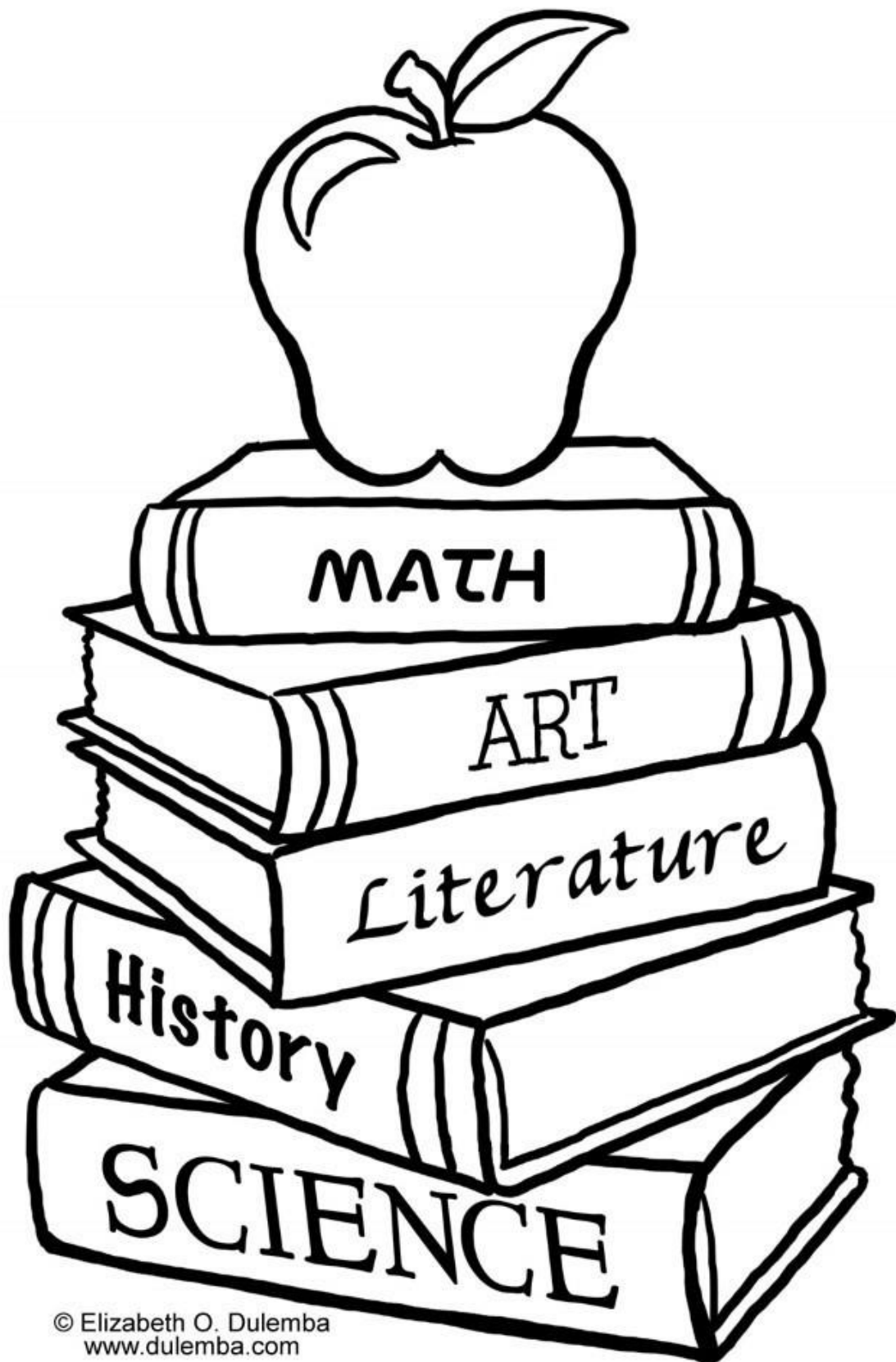
16 = orange

17 = red

18 = yellow

19 = pink

20 = black



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Games

Our game this week requires a bit of prep. If you are not up for making playdough, you can purchase some at Walmart, Target, or any craft store. It is inexpensive and a great way to work on fine motor skills with your loved one. Involve them in the dough making process as well to add to the fun!

Easy No-Cook DIY Playdough¹

Ingredients (makes 1 cup)

- 1 cup All-Purpose Flour
- 1 tablespoon Canola Oil
- 1/2 cup salt
- 1/2 cup warm water
- 2-3 drops food coloring

Instructions

Combine flour and salt in a medium bowl. Slowly stir in the oil, warm water, and 2-3 drops of food coloring until the mixture is well combined.

Transfer the dough to a flat surface and let it sit for a few minutes. It may feel a bit sticky, but **DO NOT** add more flour. As the dough sits, the salt will absorb the extra moisture. Knead well.

If your dough is sticky after about 5 minutes, add an additional 2 tablespoons of flour at a time until it is the perfect consistency.

Notes

HOW TO STORE YOUR DIY PLAYDOUGH: Store in a zip-lock bag or airtight container, and place in the refrigerator. If you notice the playdough getting a bit dry, you can add a few drops of water and knead that into the dough.

Now, what to do with your playdough:

- Make animal shapes
- Use cookie cutters to cut out shapes and symbols
- Roll into a ball and roll it between hands and fingers (great for combating arthritis and working on fine motor skills!)
- Mix small items into the playdough and add a pair of kid-safe tweezers or tongs for a hide and seek game!
- Make a sorting activity. Roll out the soft playdough into different shapes. Next, mix up the items and have the kids sort them by color, size or type to the different playdough shapes using the tweezers!
- Make 3 dimensional shapes to try and stack.



Birdseed Cookie Fall Bird Feederⁱⁱ

Ingredients:

- 1 cup of unsalted peanut butter
- 1.5 cups birdseed
- muffin/cupcake pan
- non-stick cooking spray
- straws
- string or yarn
- Optional: “Decorations” like dried berries, oats, nuts, etc, (Crisco can be used for those allergic to peanuts).



How to Make

- Mix peanut butter with bird seed.
- Spray a muffin pan with non-stick cooking oil (I used coconut oil).
- Spoon the birdseed mixture into the muffin pan filling each cup half full
- Press and flatten each one.
- Make a hole in the cookie by pushing a 2 inch piece of a straw into each, making sure it reaches the bottom. Don't put them too close to the edge because the edge is weaker. You may even want to put the straw directly through the center. This will make the hole to hang the cookie.
- Press around the straw to make sure it is secure.
- Put the muffin pan into the refrigerator for at least 3 hours. The birdseed cookies should be hardened when set.
- Take the birdseed cookies out of the pan. You can use a butter knife to slide along the edge and they pop out easily.
- Remove the straw and tie a string/yarn through the hole.
- Hang on a tree outside and watch the birds enjoy their treat!



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!

ABCⁱⁱⁱ

By The Jackson 5

You went to school to learn, girl
Things you never, never knew before
I before E except after C
And why two plus two makes four
Now, now, now I'm gonna teach you
Teach you, teach you
All about love, dear, all about love
Sit yourself down, take a seat
All you gotta do is repeat after me

A B C, easy as one, two, three
Are simple as do re mi
A B C, one, two, three, baby, you and me girl
A B C, easy as one, two, three
Are simple as do re mi
A B C, one, two, three, baby, you and me girl
Come on, let me love you just a little bit
Come on, let me love you just a little bit
I'm a gonna teach how to sing it out
Come on, come one, come on
Let me show you what it's all about
Reading and writing arithmetic
Are the branches of the learning tree
But listen without the roots of love every day,
girl
Your education ain't complete
T-t-t-teacher's gonna show you, show you,
show you
How to get an A, spell me, you, add the two
Listen to me baby, that's all you gotta do

A B C is easy as one, two, three
Are simple as do re mi
A B C, one, two, three, baby, you and me girl
A B C is easy as like counting up to three
Sing a simple melody
That's how easy love can be
That's how easy love can be
Sing a simple melody
One, two, three, you and me
Sit down girl I think I love you

No get up girl show me what you can do
Shake it, shake it, baby, come on now
Shake it, shake it, baby, ooh
Shake it, shake it, baby
One, two, three baby oo oo
A B C baby and now
Do re mi baby now
That's how easy love can be
A B C is easy as like counting up to three
Sing a simple melody
That's how easy love can be
Now I'm gonna teach you how to sing it out
Come on, come on, come on
Let me show you what it's all about
A B C is easy as like counting up to three
Sing a simple melody
That's how easy love can be

Be True to Your School^{iv}

By The Beach Boys

When some loud braggart tries to put me down
And says his school is great
I tell him right away
Now what's the matter buddy
Ain't you heard of my school
It's number one in the state
So be true to your school now
Just like you would to your girl or guy
Be true to your school now
And let your colors fly
Be true to your school
I got a letterman's sweater
With a letter in front
I got for football and track
I'm proud to where it now
When I cruise around
The other parts of the town
I got a decal in back
So be true to your school now
Just like you would to your girl or guy
Be true to your school now

And let your colors fly
Be true to your school
On Friday we'll be jacked up on the football
game
And I'll be ready to fight
We're gonna smash 'em now
My girl will be working on her pom-poms now
And she'll be yelling tonight
So be true to your school now
Just like you would to your girl or guy
Be true to your school now
And let your colors fly
Be true to your school
Rah rah rah be true to your school
Rah rah rah be true to your school
Rah rah rah be true to your school
Rah rah rah be true to your school

Getting Better^v

By The Beatles

It's getting better all the time
I used to get mad at my school (No, I can't
complain)
The teachers who taught me weren't cool (No, I
can't complain)
You're holding me down
Turning me round
Filling me up with your rules
I've got to admit it's getting better (Better)
A little better all the time (It can't get no worse)
I have to admit it's getting better (Better)
It's getting better
Since you've been mine
Me used to be angry young man
Me hiding me head in the sand
You gave me the word, I finally heard
I'm doing the best that I can
I've got to admit it's getting better (Better)
A little better all the time (It can't get no worse)
I have to admit it's getting better (Better)
It's getting better
Since you've been mine

Getting so much better all the time!
It's getting better all the time
Better, better, better
It's getting better all the time
Better, better, better
I used to be cruel to my woman
I beat her and kept her apart from the things
that she loved
Man, I was mean but I'm changing my scene
And I'm doing the best that I can (ooh)
I admit it's getting better (Better)
A little better all the time (It can't get no worse)
Yes, I admit it's getting better (Better)
It's getting better
Since you've been mine
Getting so much better all the time!
It's getting better all the time
Better, better, better
It's getting better all the time
Better, better, better
Getting so much better all the time!

School Day (Ring Ring Goes the Bell)^{vi}

By Chuck Berry

Up in the mornin' and out to school
The teacher is teachin' the golden rule
American history and practical math
You studyin' hard and hopin' to pass
Workin' your fingers right down to the bone
And the guy behind you won't leave you alone
Ring, ring goes the bell
The cook in the lunch room's ready to sell
You're lucky if you can find a seat
You're fortunate if you have time to eat
Back in the classroom, open your books
Keep up the teacher don't know how mean she
looks
Soon as three o'clock rolls around
You finally lay your burden down
Close up your books, get out of your seat
Down the halls and into the street

Up to the corner and 'round the bend
Right to the juke joint, you go in
Drop the coin right into the slot
You're gotta hear somethin' that's really hot
With the one you love, you're makin' romance
All day long you been wantin' to dance
Feeling the music from head to toe
Round and round and round you go
Drop the coin right into the slot
You're gotta hear somethin' that's really hot
With the one you love, you're makin' romance
All day long you been wantin' to dance
Feelin' the music from head to toe
Round and round and round you go
Hail, hail rock and roll
Deliver me from the days of old
Long live rock and roll
The beat of the drums, loud and bold
Rock, rock, rock and roll
The feelin' is there, body and soul

At Home Mini-Workout

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.
- Look down at your lap and up at the 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

Take It from These 20 People: Adult Learning Is Always Fashionable^{vii}

#1 “Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” – Pele

#2 “Stay positive and happy. Work hard and don’t give up hope. Be open to criticism and keep learning. Surround yourself with happy, warm and genuine people.” – Tena Desae

#3 “Education is what remains after one has forgotten what one has learned in school.” – Albert Einstein

#4 “There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning.” – Jiddu Krishnamurti

#5 “Develop a passion for learning. If you do, you will never cease to grow.” – Anthony J. D’Angelo

#6 “Live as if you were to die tomorrow. Learn as if you were to live forever.” – Mahatma Gandhi

#7 “The noblest pleasure is the joy of understanding.” – Leonardo da Vinci

#8 “The beautiful thing about learning is nobody can take it away from you.” – B. B. King

#9 “A little learning is not a dangerous thing to one who does not mistake it for a great deal.” – William Allen White

#11 “One of the greatest and simplest tools for learning more and growing is doing more.” – Washington Irving

#10 “There is no greater agony than bearing an untold story inside you.” – Maya Angelou

#12 “I am always doing that which I cannot do, in order that I may learn how to do it.” – Pablo Picasso

#13 “As long as I’m learning something, I figure I’m OK – it’s a decent day.” – Hunter S. Thompson

#14 “The top experts in the world are ardent students. The day you stop learning, you’re definitely not an expert.” – Brendon Burchard

#15 “Children whose parents return to study do much better at school. Offenders who persist with studies are much less likely to re-offend. The national mental health strategy recognizes the important role adult learning can play for people recovering from mental illness.” – David Blunkett

#16 “I think the principal purpose of education is to allow each of us, when we become adults, to shape our own future.” – Michael Gove

#17 “I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You’re doing things you’ve never done before, and more importantly; you’re doing something.” – Neil Gaiman

#18 “Never make your home in a place. Make a home for yourself insides your own head. You’ll find what you need to furnish it with – memory, friends you can trust, love of learning, and other such things. That way it will go with you wherever you journey.” – Tad Williams

#19 “When you stop learning, stop listening, stop looking and asking questions, always new questions, then it is time to die.” – Lillian Smith

#20 “You can never be overdressed or over-educated.” – Oscar Wilde

Pimento Cheese, or “pimenocheese”

Makes roughly two cups.

- 2 ½ Cup (10oz) grated extra sharp cheddar cheese (You might try a mixture of orange cheddar for color, and white cheddar for flavor.)
- 1/8 tsp cayenne pepper
- ¾ Cup mayonnaise
- 3 Tbsp finely chopped roasted red bell pepper or pimento

- Salt to taste, if needed.
- 5 or 6 grinds of black pepper

Stir together all of the ingredients in a mixing bowl until they are well mixed and creamy. Taste for seasoning and adjust as needed. Cover and store, refrigerated, until ready to use.

Scott Peacock – The Gift of Southern Cooking

ⁱ <http://littleeatsandthings.com/easy-no-cook-diy-playdough/>

ⁱⁱ <https://www.creativelittleexplorers.com/making-birdseed-cookies-diy-winter-bird-feeder/>

ⁱⁱⁱ Songwriters: Berry Gordy / Freddie Perren / Dennis Lussier / Alphonso Mizell, ABC lyrics © Sony, Jobete Music Co Inc

^{iv} Songwriters: Michael Love / Brian Wilson, Be True to Your School lyrics © Universal Music Publishing Group

^v Songwriters: John Lennon / Paul McCartney, Getting Better lyrics © Sony/ATV Music Publishing LLC

^{vi} Songwriters: Chuck E. Berry, School Day lyrics © Isalee Music Publishing Compan, Arc Music, Arc Music Corp

^{vii} From: Bay Area Medical Academy

<https://www.bamasf.com/adult-learner/20-inspirational-quotes-to-get-you-thinking-about-adult-learning/>