



## **A Guide to an in-Home Gathering Place: September 27, 2020**

### **Oktoberfest!**

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through December 31<sup>st</sup>, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, we are going to [description]! 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](mailto:KJordan@carepartnerstexas.org) or call us at 713-682-5995. We miss you terribly and would love to hear from you!*

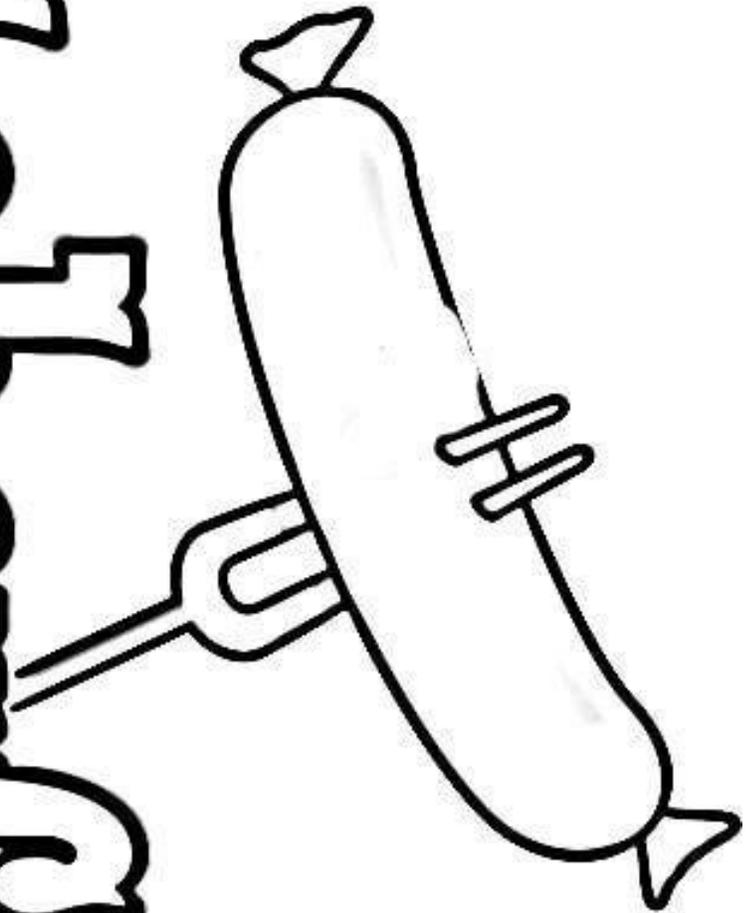
So, enjoy the jokes! Play the games! Sing the songs! And, above all, have fun!

### **Reminiscing**

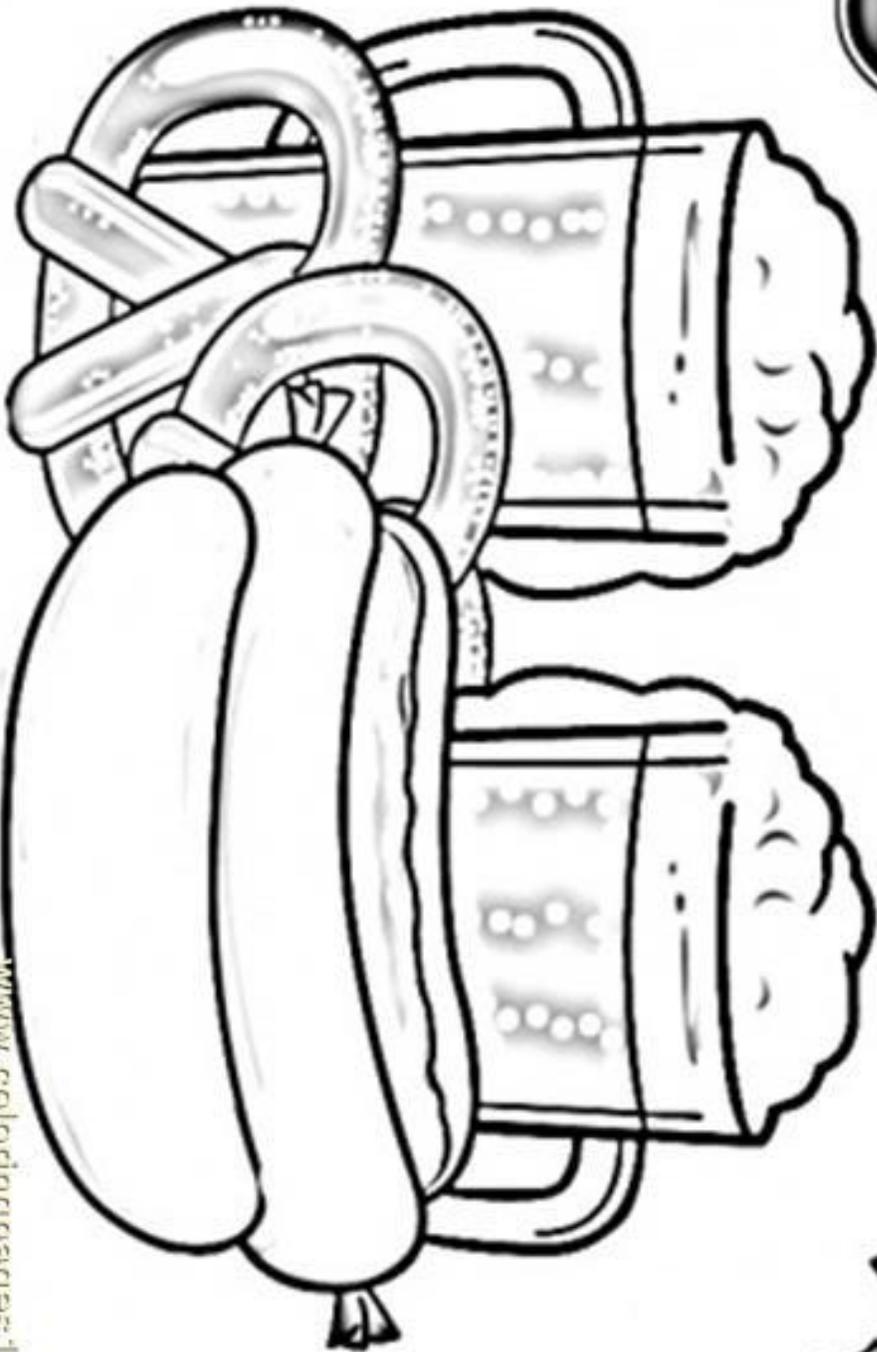
1. Have you ever been to an Oktoberfest?
2. What would you expect to do at an Oktoberfest? (craft tables, dancing)
3. What would you like to eat at the festival? (polish sausage, apple strudel)
4. Do you remember taking someone special to a fall festival?
5. What would you need to take with you or wear to an Oktoberfest?

### **Word Games and Art Pages**

OKtoberfest



# STOUT & GUT FEST



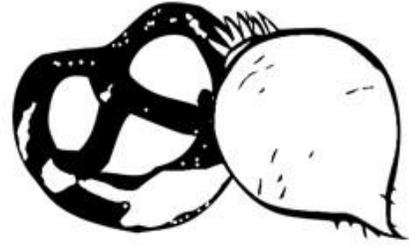
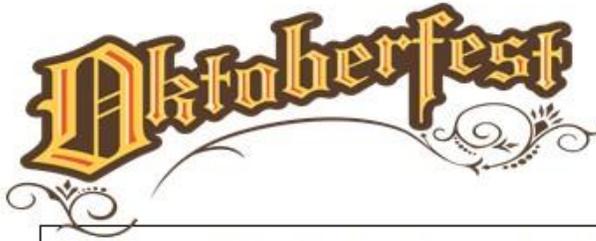
[www.coloringpages101.com](http://www.coloringpages101.com)



WELCOME TO

Octoberfest

Name: \_\_\_\_\_



OKTOBERFEST  
BRATWURST  
BIERGARTEN  
STEIN  
ACCORDION

BEER  
BAVARIA  
MUNICH  
SAUERKRAUT  
SINGING

DANCING  
PRETZELS  
RADISH  
LEDERHOSEN  
BRASS BAND



# Oktoberfest

Oktoberfest is a 16-18 day festival held each year in Munich. It is the largest (public) festival in the world, each year attracting over six million visitors (72% Bavarians and 15% tourists).

Traditionally, the festival begins on the first Saturday after September 15th and ends on the first Sunday in October. If the first Sunday in October is October 1st or 2nd, then the festival is extended to October 3rd to include the German Reunification Day.

The festival in Munich consists of lots of beer and food, served in huge tents owned by different breweries, restaurants, and other establishments. There are bands playing traditional Bavarian music, as well as modern bands in the evening hours that play rock, pop, and dance music. To keep with tradition, many visitors wear the traditional clothes: Lederhosen for men; Dirndl dresses for women. Many amusement rides also provide visitors with additional excitement - these include a ferris wheel, roller coaster, and many other rides.



## Games

Our game this week is a simple one! Pumpkins are out in full force now and they make for some easy games. You can purchase 8 mini pumpkins, 4 white and 4 orange and use them to play a fall version of tic tac toe.

Or, find 3 larger pumpkins with large stems. Cut out the center of paper plate or use glow in the dark necklaces to play a simple ring toss.

Simple, easy, but lots of fun and a great way to use outside fall decorations for fun!

## Paper Strip Pumpkin

What you Need:

- Two pieces of white paper
- A few pieces of fall colored paper (orange, brown, cream, red, etc.)
- Scissors
- Green tulle
- Twine
- Glue (a glue stick is easiest)
- Hot glue gun



PAPER STRIPS  
*Pumpkin*  
COLORTHEMOON.COM

Directions

1. Start by cutting a pumpkin shape out of the center of one of your white pieces of paper.
2. Next, cut several strips of colored paper. We used some paper with patterns on it, which gave our pumpkin some added texture. But if all you have is solid color paper, that works too!
3. Once you have all your strips of paper cut, use a glue stick to paste them onto the second sheet of white paper.



4. Lay the strips side by side or overlap them until the entire area where the pumpkin will be is filled.

5. Paste your pumpkin cutout over top of the strips of paper.



6. To make the leafy area cut a few pieces of green tulle, about 6 inches long, and tie them together in the center with a knot.

7. To make the stem, start by hot gluing one end of a piece of twine to the back side of the knot in the center of the tulle. Loop the twine around the knot, leaving about two inches of slack.

8. Make four loops with the twine and hot glue the end to the back side of the tulle.



9. Hot glue only the base of the stem onto the paper at the top of the pumpkin.

10. Twist the twine around to make it into a stem shape.

11. Then glue the stem onto the paper with hot glue.



## 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!

## **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.
- 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**

## **Oktoberfest Slow Cooker Pork Roast**

Recipe from *A Taste of Home Magazine*

Prep time: 35 minutes

Cook time: 8-10 hours

Makes 8 servings

- 16 small red potatoes
- 16 oz sauerkraut, rinsed and drained
- 2 large tart apples, peeled & cut into wedges
- 1 lb. smoked kielbasa or Polish sausage, cut into 16 slices
- 2 Tbsp brown sugar
- 1 tsp caraway seeds
- 1 tsp salt, divided
- 1 tsp pepper, divided
- 1 boneless pork loin roast (3 lbs.)
- 3 Tbsp canola oil

### Directions:

1. Place potatoes in a greased 6-qt. slow cooker. Top with sauerkraut, apples, and kielbasa. Sprinkle with brown sugar, caraway seeds,  $\frac{1}{2}$  t salt &  $\frac{1}{2}$  t pepper.
2. Cut roast in half, sprinkle with remaining salt & pepper. In a large skillet, brown in oil on all sides. Transfer to slow cooker.
3. Cover and cook on low until meat and vegetables are tender, 8-10 hours. Skim fat & thicken cooking liquid if desired.