



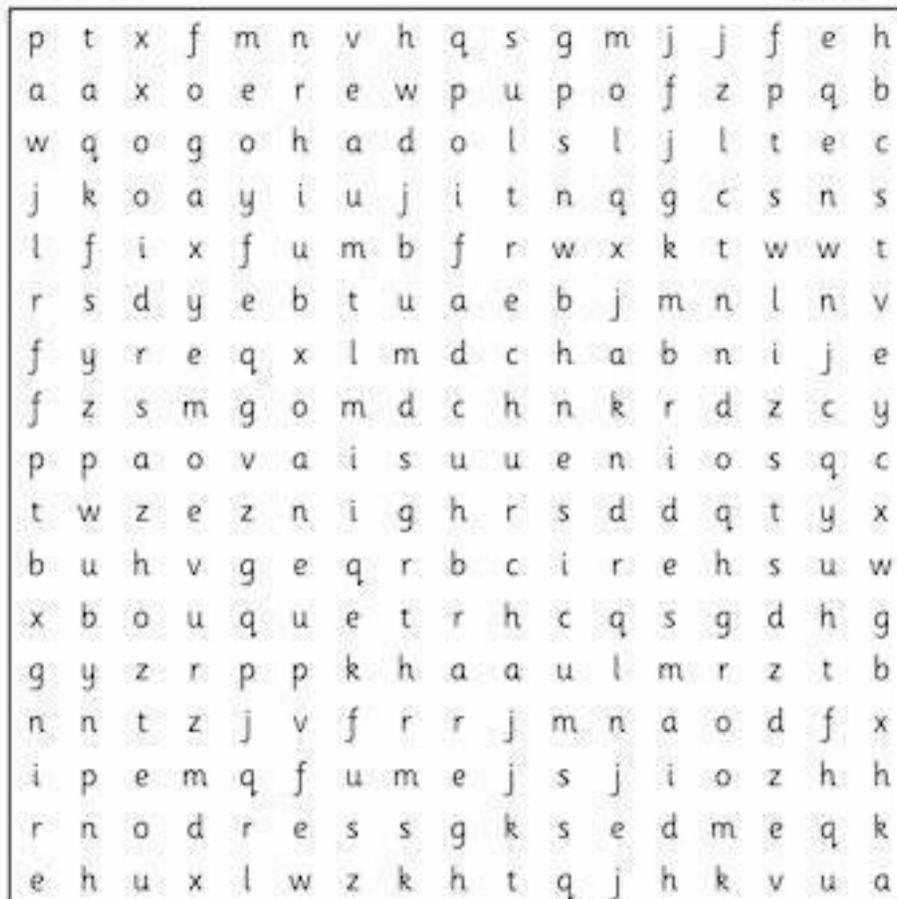
Welcome! This is a guide designed to encourage you to enjoy Gathering Place activities at home. Each Month has a new theme. You can print the document as a whole or only in part. Here you will find everything you need to have a fun, joyful, and active day with your loved one filled with games, crafts, a simple exercise routine, and even a recipe. We hope you enjoy!

Wedding Day Memories

Word Games and Art Pages



Wedding Word Search



best man

bouquet

bride

bridesmaid

church

dress

groom

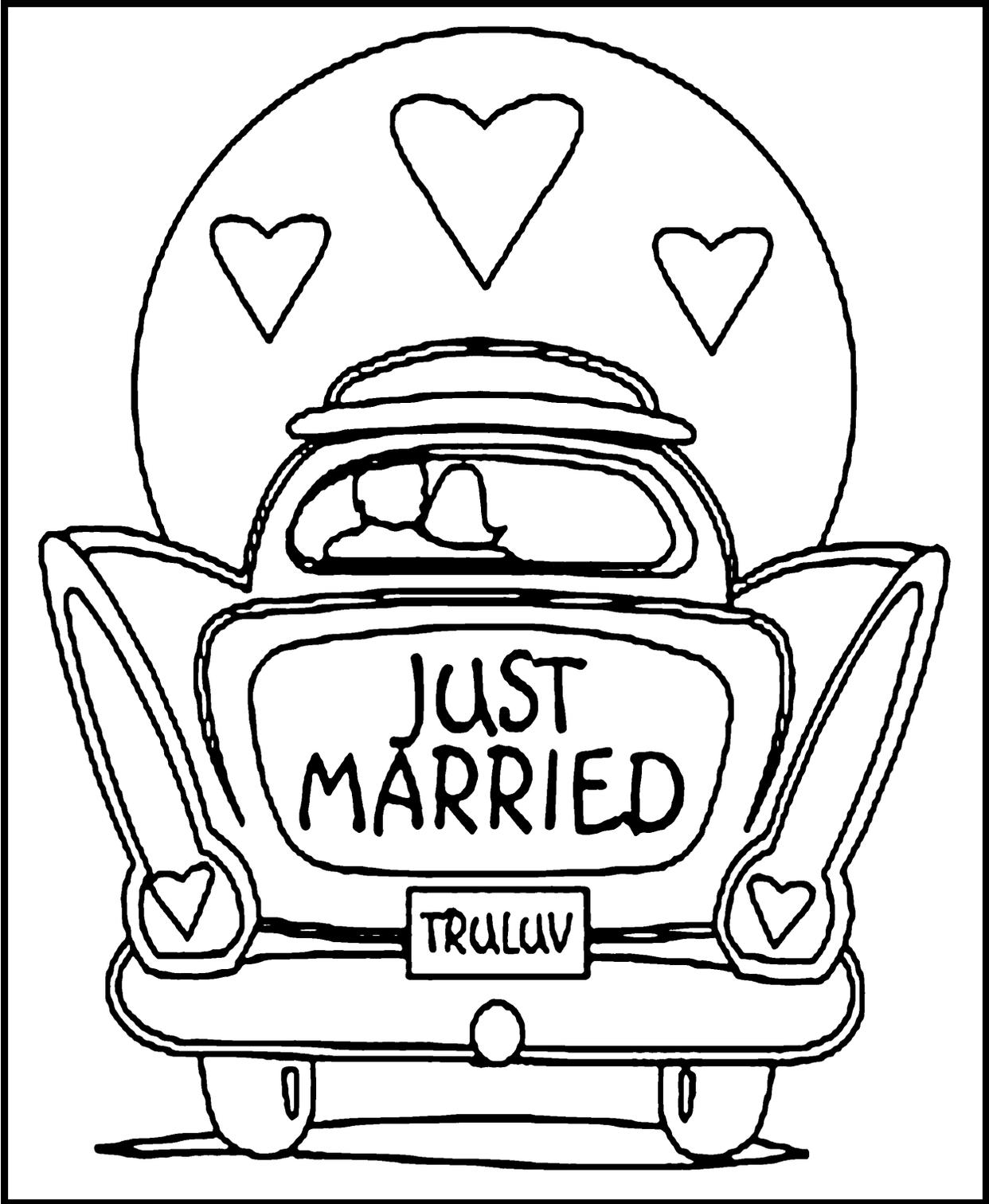
love

marriage

ring

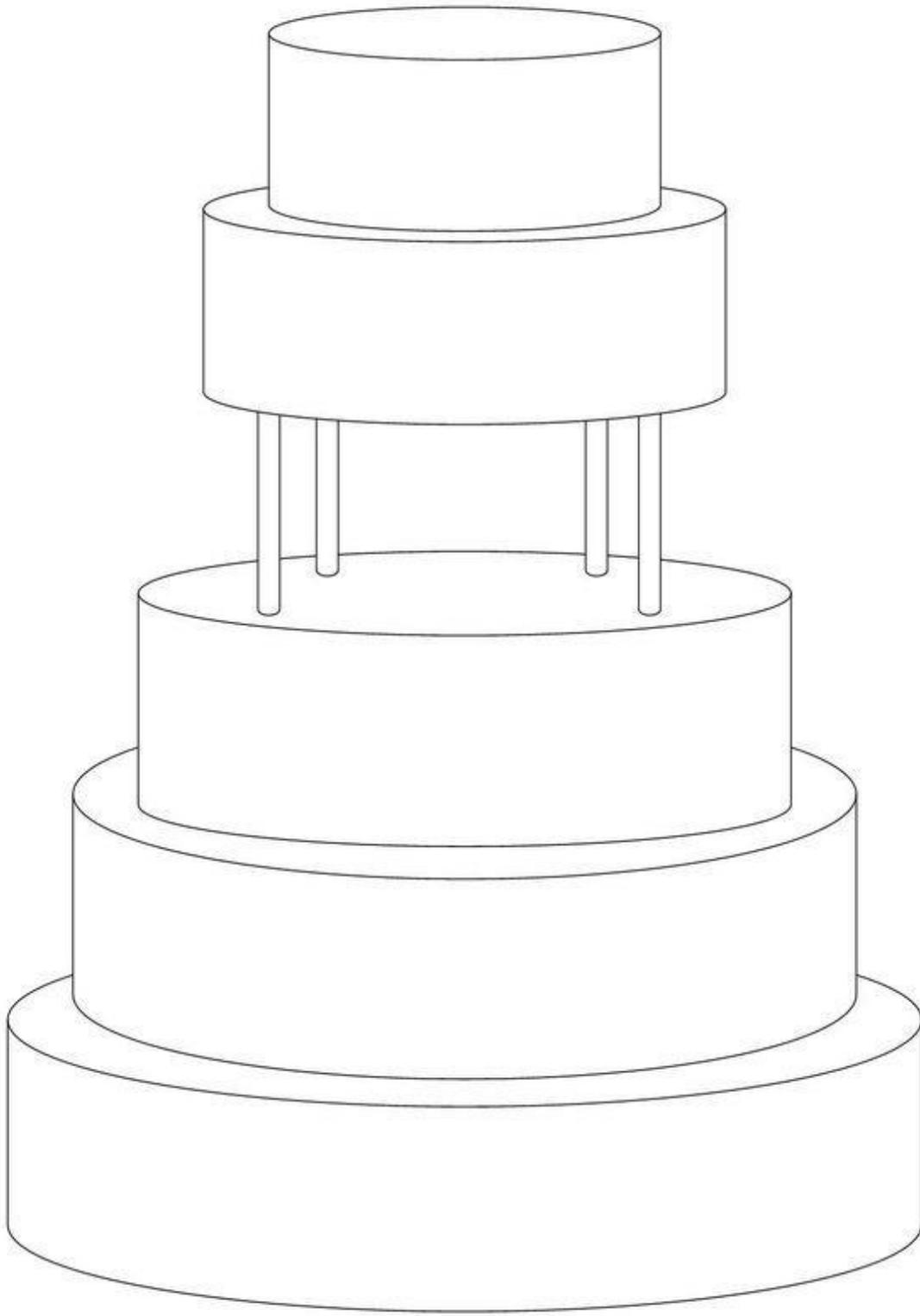
usher

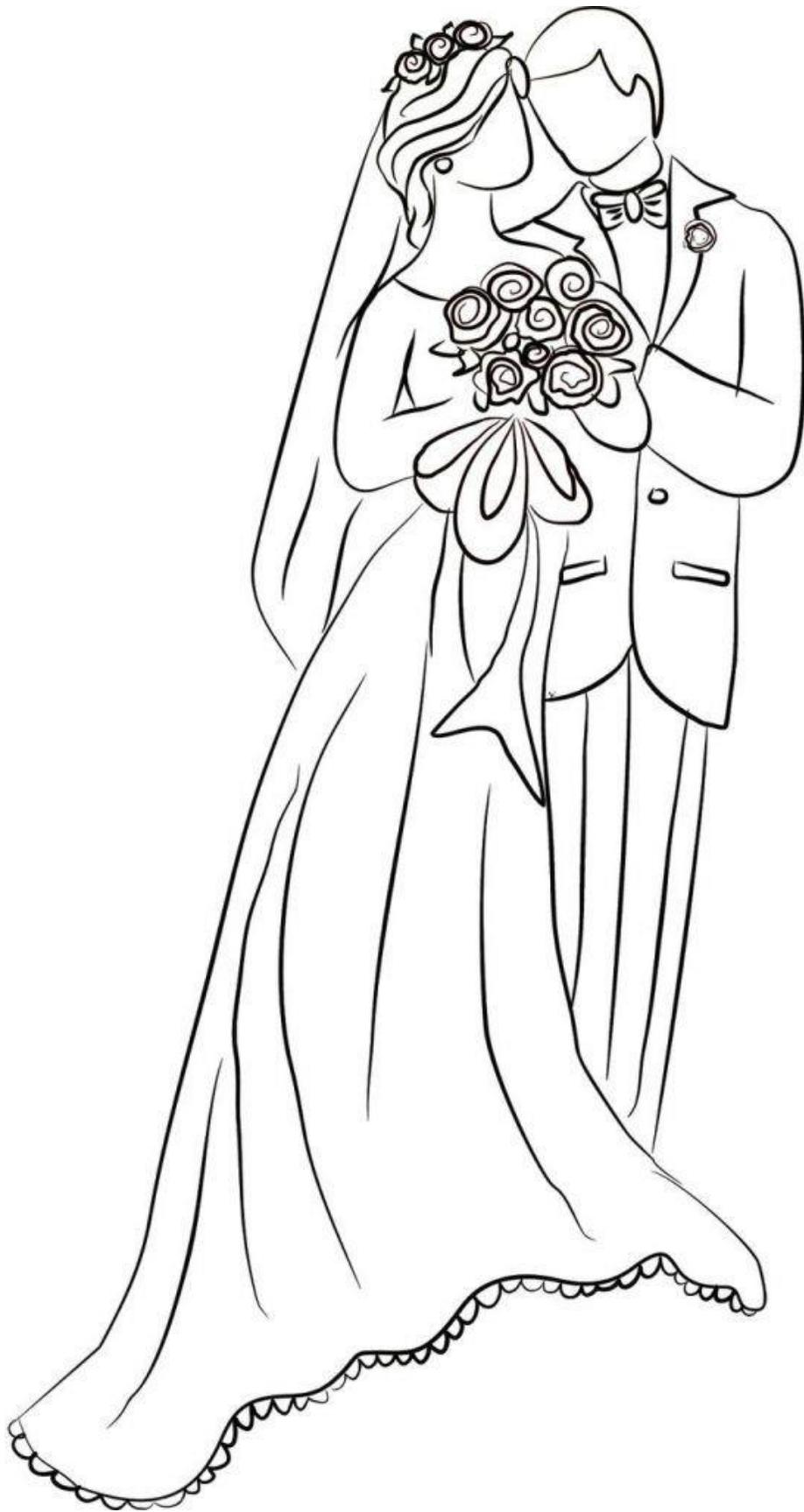
wedding



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Design Your Own Wedding Cake!





Games

See below for 4 Wedding BINGO cards! Make sure to use edible BINGO markers like Goldfish or Oyster Crackers.

Here are the words to call:

Wedding	Champagne
Bride	Family
Groom	Fun
Marry	Friends
Veil	Dance
Maid of Honor	Singing
Groomsmen	Pray
Best Man	Ring
Bridesmaids	Flowers
Officiant	Bouquet
Husband	Love
Wife	Forever

Tissue Paper Flowersⁱ

- Tissue Paper
- Rotary Cutter (or scissors)
- Stapler

How to Make Tissue Paper Flowers:

Start with two sheets of tissue paper.



Fold the two sheets of tissue paper in half.



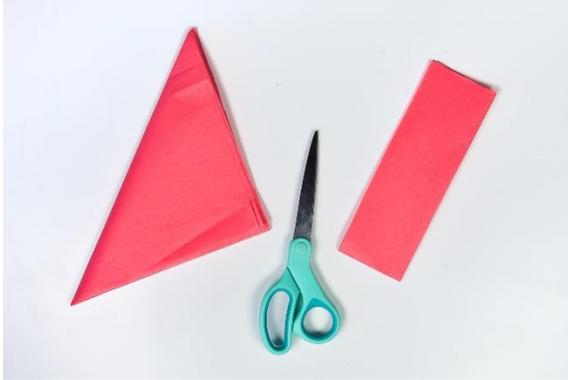
Then, fold in half again.



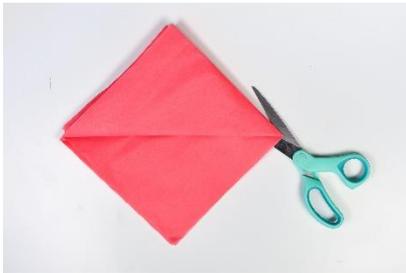
Find the corner with all of the separate pieces of paper (not one with a fold). Take this corner and fold it to the opposite edge to make a triangle.



Trim off the extra rectangle of paper.



When you open up the triangle to make a square, you'll notice that some edges still have a fold. Trim off that edge using a rotary cutter or slip the scissors into the fold and cut to separate all the pieces of paper. Basically, you want eight individual squares.



Fold the paper, accordion style. I usually ended up with six or seven folds.



Staple the accordion in the center.



Trim each edge to create the “petals” of the flower. See below to find other ways of cutting the ends of each flower to create a different look.



Carefully start to separate the layers of the flower. Pull from the inside of each layer, as opposed to out on each edge. This will help keep the flowers from tearing. Keep fluffing the layers until you have half the flower.



And then fluff the other side! Voila! You’ve made a paper flower!



Four Variations:



At Home Mini-Workout

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 strain 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

The Caregiver's Prayer

Although I cannot control the disease process, I need to remember I can control many aspects of how it affects me and my loved one.

Please help me to:

Take care of myself so that I can continue doing the things that are most important.

Simplify my lifestyle so that my time and energy are available for things that are really important at this time.

Cultivate the gift of allowing others to help me, because caring for my loved one is too big a job to be accomplished by one person.

Take one day at a time rather than worry about what may or may not happen in the future.

Structure my day because a consistent schedule makes life easier for me and my loved one.

Have a sense of humor because laughter helps to put things in a more positive perspective.

Remember that my loved one is not being difficult on purpose, rather that his/her behavior and emotions are distorted by the illness.

Focus on and enjoy what my loved one can still do rather than constantly lament over what is gone.

Increasingly depend upon other relationships for love and support.

Frequently remind myself that I am doing the best that I can at this very moment.

Draw upon the Higher Power, which I believe is available to me.

American Journal of Alzheimer's Care & Related Disorders & Research

Woody's Grilled Three-Cheese Sandwich

Serves 4

Cream Cheese Spread

½ Cup cream cheese
½ Cup shredded cheddar
2 Tbsp heavy cream
¼ tsp kosher salt

Garlic Spread

1 Cup mayonnaise
1 ½ tsp minced garlic
½ tsp kosher salt

Grilled Three-Cheese Sandwich

8 slices artisan bread
8 cheddar cheese slices
8 provolone slices

For the cream cheese spread: combine cream cheese, shredded cheddar, heavy cream, and salt in food processor. Blend until smooth.

For the garlic spread: combine the mayonnaise, garlic and salt in a small bowl and stir until blended.

For the grilled three-cheese sandwich: Lay out bread slices on parchment paper or a large cutting board. Place 2 slices of cheddar on 4 of the bread slices. Place 2 slices of provolone on remaining bread slices.

Equally spoon cream cheese spread on slices with provolone, gently smoothing over each slice. Press cheddar and provolone sides together. Heat a large skillet over medium heat for 5 minutes, until hot. Brush both sides of the sandwiches with garlic spread. Grill sandwiches for 2 minutes on each side, until the cheese is melted, and bread is golden brown.

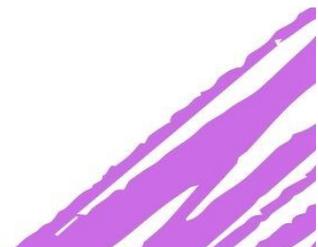
Recipe from Woody's Lunch Box at Disney's Hollywood Studios



Wedding BINGO

Maid of Honor	Family	Groom	Officiant	Bouquet
Dance	Bride	Veil	Marry	Best Man
Husband	Wife	FREE SPACE	Ring	Wedding
Champagne	Pray	Husband	Wife	Flowers
Love	Forever	Fun	Friends	Singing

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Wedding BINGO

Wedding	Bride	Groom	Officiant	Bouquet
Dance	Family	Fun	Friends	Champagne
Husband	Wife	FREE SPACE	Ring	Maid of Honor
Best Man	Marry	Husband	Wife	Flowers
Love	Forever	Singing	Pray	Veil

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Wedding BINGO

Champagne	Bride	Groom	Officiant	Bouquet
Best Man	Family	Husband	Marry	Wedding
Pray	Wife	FREE SPACE	Love	Maid of Honor
Dance	Friends	Fun	Wife	Flowers
Ring	Forever	Singing	Husband	Veil

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Wedding BINGO

Veil	Bride	Groom	Officiant	Champagne
Marry	Family	Wife	Love	Bouquet
Husband	Wife	FREE SPACE	Ring	Maid of Honor
Best Man	Dance	Singing	Fun	Flowers
Friends	Forever	Husband	Pray	Wedding

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ⁱ <https://heyletmakestuff.com/our-wedding-paper-flowers-tutorial/>