

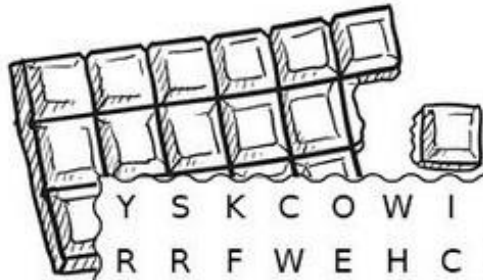


Welcome! This is a guide designed to encourage you to enjoy Gathering Place activities at home. Each Month has a new theme. You can print the document as a whole or only in part. Here you will find everything you need to have a fun, joyful, and active day with your loved one filled with games, crafts,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

For the Chocolate Lovers!

Word Games and Art Pages





Candy Bar WORD SEARCH

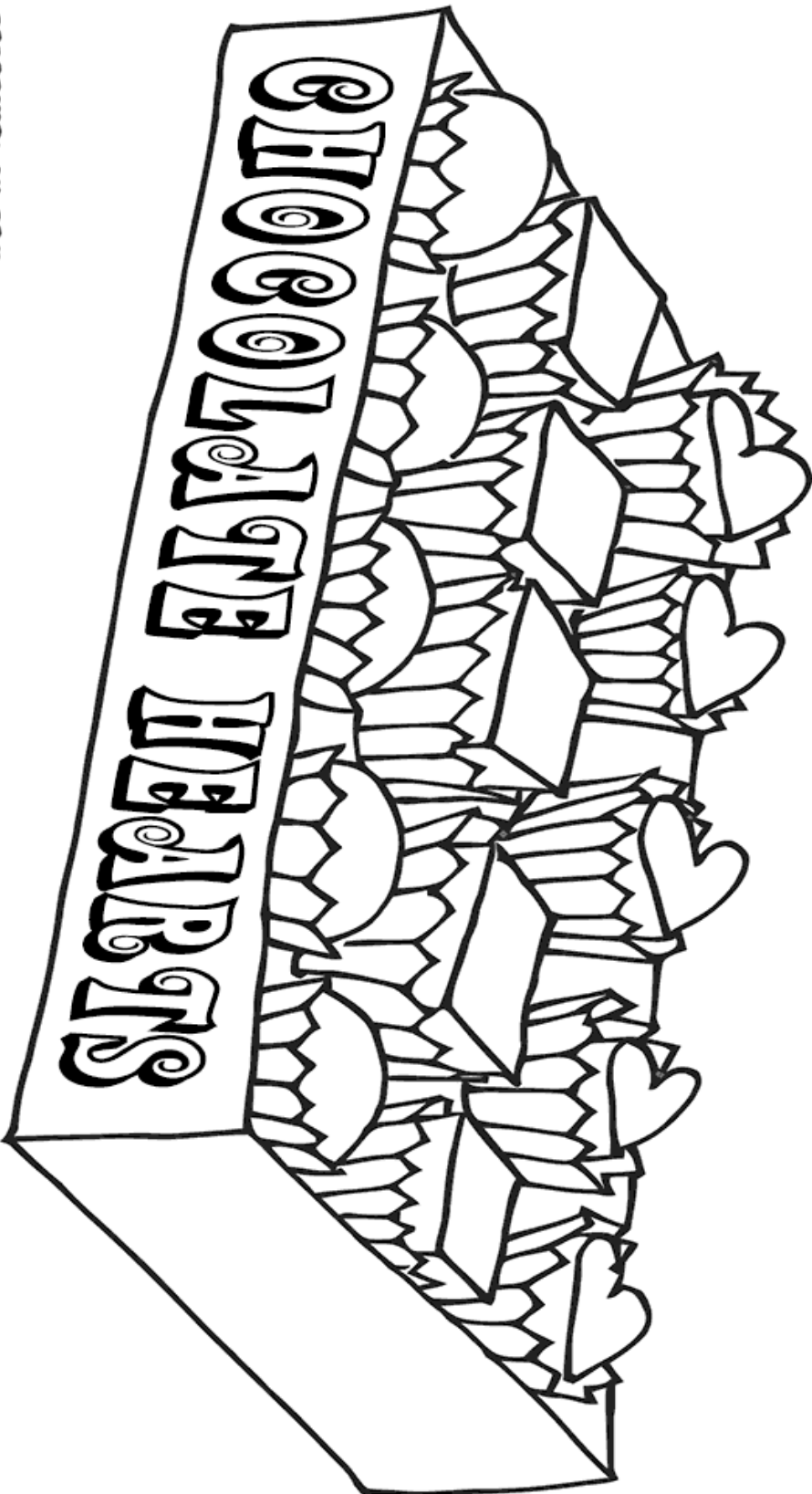
Y S K C O W I L A V T W I X F J X S V
R R F W E H C N O T S E L R A H C R N
N E Y B U T T E R F I N G E R O L E Q
E E A O X Y F P Y D M E T O C X A K D
H T D L Y A Q H E R S H E Y B A R C E
H E Y L R E K B G I A C Y P Z W K I V
O K A E Z E R O V Y H K M V F O V N I
K S P M Z G O Z S A T Y Y V X I B S F
C U L A I D Y T Y W A O Z W S R A M E
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K E R C D O C U A L A N K I T K A T T
F R K M M A Z N T I F O T X Y W E U D
T H A Z N J P C Q M T M Z Y W Q S R D
K T Q C J R M H T A C L C K V D S Y V
C Z E A K Y F I F T H A V E N U E B C
A Y R D D E L F X Q C A N U F B X A P
X Y J D X A L Y F M P G O T U C Q B E
K K J C T I L L A C A M A H C T A H W

ALMOND JOY
BABY RUTH
BUTTERFINGER
CARAMELLO
CHARLESTON CHEW
CRUNCH
FIFTH AVENUE
HEATH

HERSHEY BAR
KIT KAT
KRACKEL
MARS
MILKY WAY
MOUNDS
MR. GOODBAR
OH HENRY

PAY DAY
SNICKERS
TAKE FIVE
THREE MUSKETEERS
TWIX
WHATCHAMACALLIT
ZERO

CHILDREN'S HEARTS





Marshmallow Shootersⁱ

What goes best with Hot Chocolate? Marshmallows of course! This week we are combining crafts and games to create a fun project that will bring hours of laughter. First, we make our Marshmallow Shooters.

What you need:

- Plastic cup (cardboard toilet paper rolls are an option as well)
- balloon
- scissors
- mini marshmallows
- rubber bands (optional)

1. Take an un-inflated balloon and tie a knot in the end.
2. Then cut the bottom half (rounded part) of the balloon off.
3. Stick the open end of the balloon on the bottom end of the cake pop container and you are ready to go!
4. Optional: you can use a rubber band to reinforce the balloon. It will help it stay on no matter how hard they pull.
5. Put your marshmallows in the cup, pull back the balloon and release! Watch your marshmallow shoot across the room. Experiment with different amounts of marshmallows and maybe even different sizes.



Games with your Shooters:

- **Set up Target Practice:** draw circles on a piece of paper and tape it to a flat surface. Have your loved one aim for the circles. You can do this on the wall, or on the floor.
- **Make it a Game:** see who can shoot their marshmallow furthest or who can shoot more marshmallows at once.
- **Tag:** Have your loved one aim at you! They "tag" you and your out!
- **Catch:** try to catch the marshmallows when shot at you, and vice versa.

Just have fun and be silly! It will make for a great day!

At Home Mini-Workout

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 work out 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

A Meditation / A Prayer / A Thought

A Meditation

Visualize God as a kind and caring parent
(male or female)
Now picture yourself and your loved one.
See God coming to each of you and holding
you close as a parent would do.
Imagine all of you
in one big hug
with God's love encircling you.

A Prayer

Dear God,
Your love is strong and enduring.
You would never deliberately harm us,
or bring us grief and heartache.
You desire only good for us.
Like a loving parent, you daily offer us
reassurance, strength, and support.
As we walk this path
filled with challenges and struggles,
your love will sustain us.
You will always be there for us.
You will forever hold us close to your heart.
Thank you for embracing us with your love.

A Thought

For today, I will draw comfort
from God's strong and enduring love.

Source: May I Walk You Home? By Joyce Hutchinson and Joyce Rupp

Alice's Chocolate Sauce

Makes 1 $\frac{3}{4}$ cups

10 oz bittersweet or semisweet chocolate, finely chopped

$\frac{1}{2}$ - 1 Cup half-and-half, or heavy cream

2 Tbsp unsalted butter

$\frac{1}{2}$ tsp pure vanilla extract

Pinch of salt

Put the chocolate and $\frac{1}{2}$ of the cream in a large heatproof bowl set in a wide skillet of barely simmering water and stir frequently until the chocolate is melted and smooth. If the sauce is too thick or looks curdled, add more cream.

Taste the sauce, and if you like, tone down the flavor intensity by adding some or all of the butter, bit by bit. Remove the bowl of sauce from the water and stir in the vanilla and salt.

The sauce will keep in a tightly closed container for several days in the refrigerator, and it can be frozen for up to 3 months.

Recipe from Bittersweet, from Chef Alice Medrich

ⁱ <https://www.coffeecupsandcrayons.com/marshmallow-shooters-diy-kids-craft/>