



Welcome! This guide is here to help you enjoy a Gathering Place in your 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!

Happy Hanukkah!

Chanukkah, also called Feast of Dedication, Festival of Lights, or Feast of the Maccabees, Jewish festival that begins on Kislev 25 (in December, according to the Gregorian calendar) and is celebrated for eight days. Hanukkah reaffirms the ideals of Judaism and commemorates in particular the rededication of the Second Temple of Jerusalem by the lighting of candles on each day of the festival. Hanukkah is celebrated from Friday, December 11 to Friday, December 18 in 2020.

Word Games and Art Pages

Do You Know Your Hanukkah



Hanukkah is one of the most traditional holidays on the calendar, and, because of that, it is also one of the most interesting. Show off your Hanukkah knowledge, or learn something new with our brief quiz. Answers below...no peeking!

- Which one of these words/phrases is not synonymous with Hanukkah?
A) Festival of Lights
B) New Year
C) Miracle of the container of oil
D) Dedication
- Which month(s) can Hanukkah take place during?
A) November or December
B) December only
C) December or January
D) November, December, or January
- The 9th light on the candelabra is called the...
A) Lighter
B) Shamash
C) Kislev
D) Hanukiah
- In Hebrew, the word Hanukkah means:
A) Salvation
B) Remembrance
C) Dedication
D) Victory
- All of the following are traditional Hanukkah foods except:
A) Potatoes
B) Applesauce
C) Donuts
D) Soda water
- The winning dreidel player traditionally receives a pot of gelt, which is:
A) Chocolate coins wrapped in gold
B) A small package of candy
C) The sum of the money from all other players
D) A year of good luck
- In Jewish history, when the troops returned to purify the temple, how much oil did they find?
A) One day's worth
B) A week's worth
C) Eight day's worth
D) There was no oil at all
- The customary location for the family menorah is:
A) The dinner table
B) The main window
C) The living room or mantle
D) Wherever the family is gathered

Answers

- B. New Year
- A. November or December
- B. Shamash
- C. Dedication
- D. Soda water
- A. Chocolate coins wrapped in gold
- A. One day's worth
- B. The main window

Name: _____

HANUKKAH WORD SEARCH

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

HANUKKAH

MENORAH

GIFTS

FAMILY

DREIDEL

CANDLES

LATKES

GELT

DECEMBER



gn Watts

Hanukkah Word Search

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

Candle
 Coins
 Dreidel
 Eight

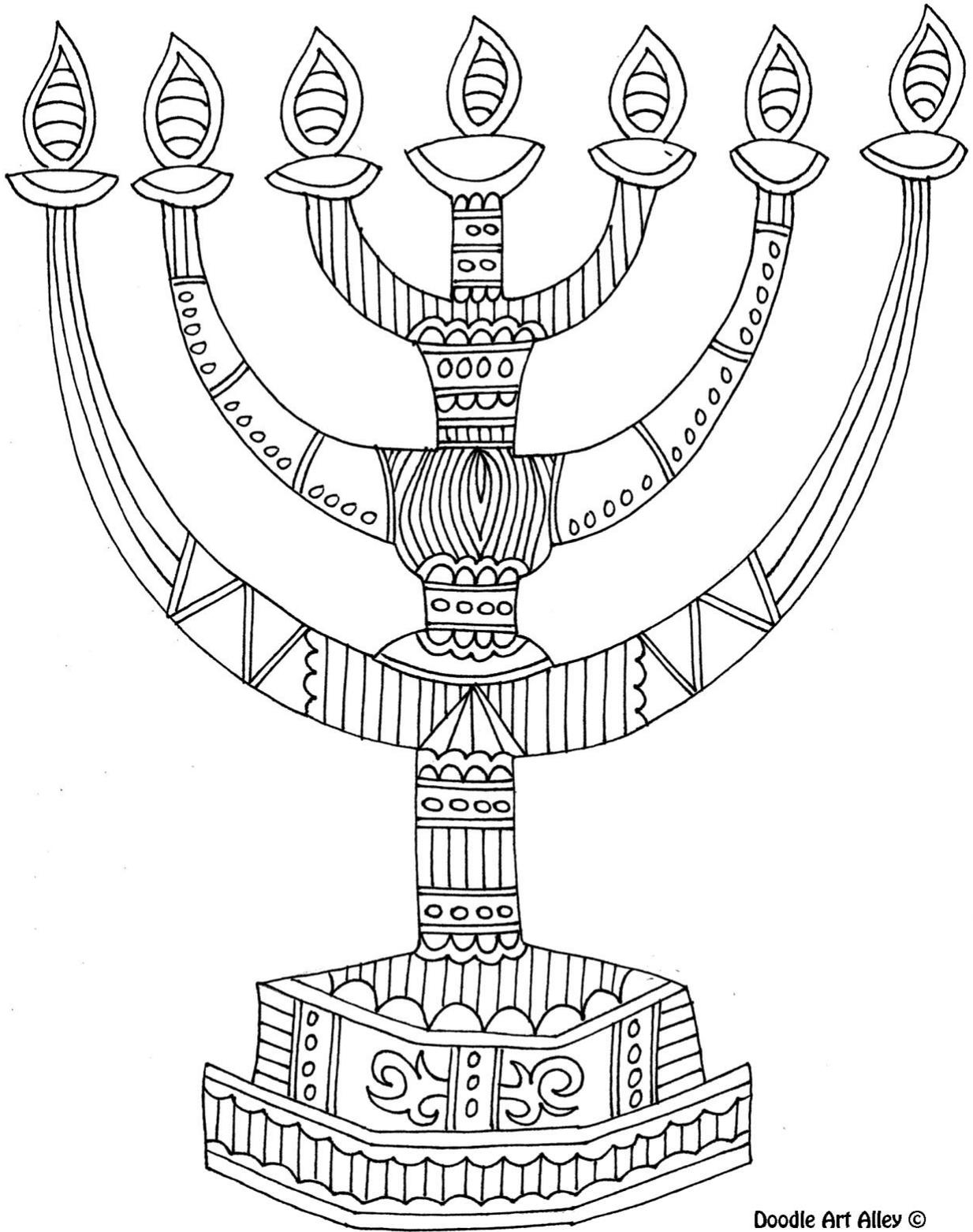
Gimmel
 Hanukkah
 Hay
 Latke

Light
 Maccabee
 Menorah
 Miracle

Nun
 Oil
 Shin
 Temple



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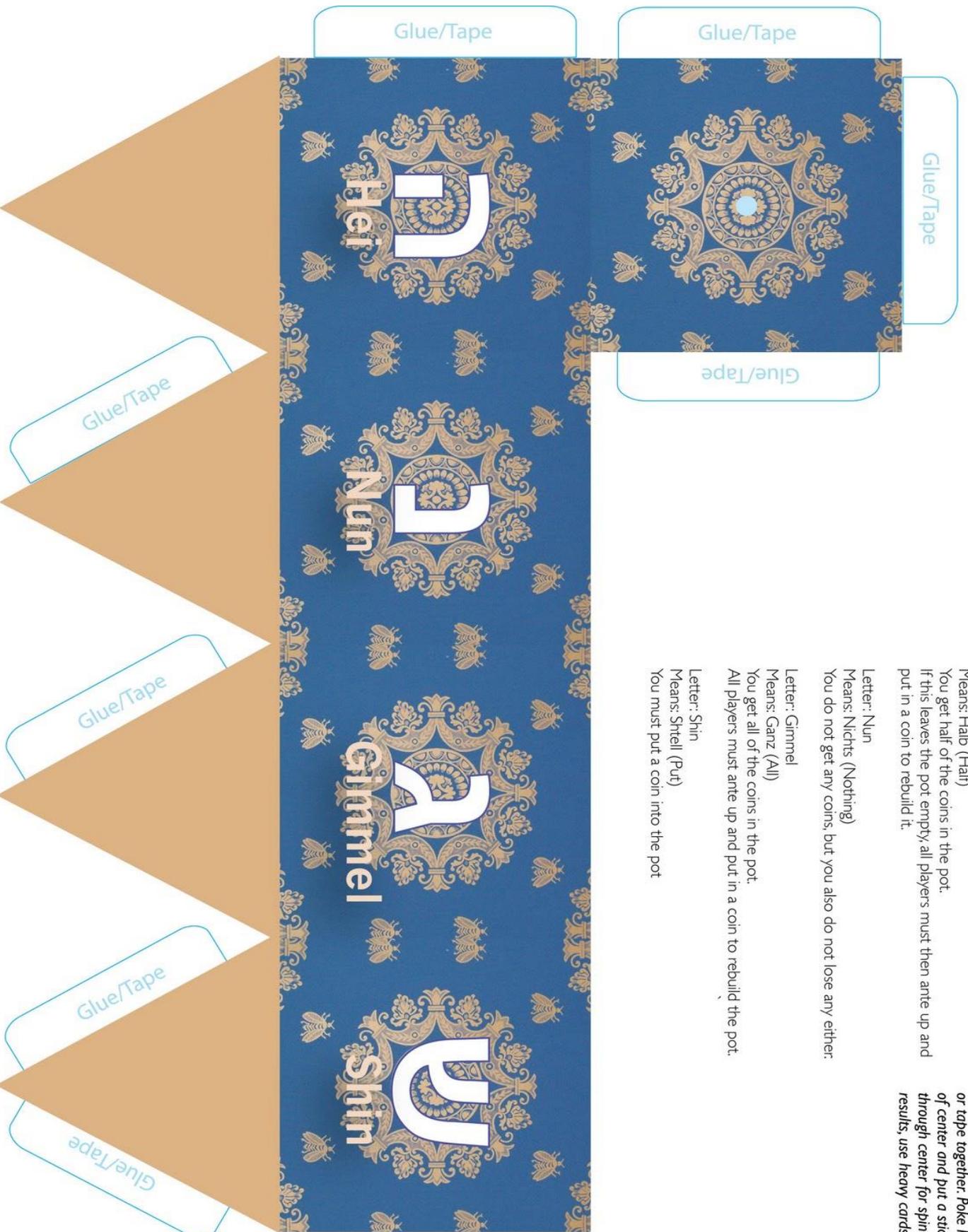
Doodle Art Alley ©



THANKSGIVING & CO.



Spin the Dreidel- a popular game for children to play. You can play for coins or chocolate coins wrapped in silver or gold paper. Print out the following page to make your own Dreidel at home.



Letter: Hei
 Means: Halb (Half)
 You get half of the coins in the pot.
 If this leaves the pot empty, all players must then ante up and put in a coin to rebuild it.

Letter: Nun
 Means: Nichts (Nothing)
 You do not get any coins, but you also do not lose any either.

Letter: Gimmel
 Means: Ganz (All)
 You get all of the coins in the pot.
 All players must ante up and put in a coin to rebuild the pot.

Letter: Shin
 Means: Shtell (Put)
 You must put a coin into the pot

Trim printable Dreidel game, glue or tape together. Poke hole on top of center and put a stick or dowel through center for spinning. For best results, use heavy cardstock.

Crafts*i*

STAR SUNCATCHER

NurtureStore



with printable template

These Star of David suncatchers look beautiful displayed in a window, where they can catch the winter sunlight.

Materials needed:

- Star of David suncatcher template (see below)
- scissors
- craft knife (optional)
- contact paper / sticky-backed plastic
- sticky tape
- tissue paper or cellophane in blue, white and/or gold



Cut out the Star of David suncatcher template, using scissors and/or a craft knife. You will also need to cut out the center of the star.

Place the star outline face-down onto a piece of sticky-backed plastic / contact paper.

(Tip: use sticky tape to fasten the sticky-backed plastic / contact paper to your table to hold it still while you put the star in place.)

Use pieces of cellophane or tissue paper to fill the star. Keep going until all the central space is filled. Blue, gold and white are colors often associate with Hanukkah.

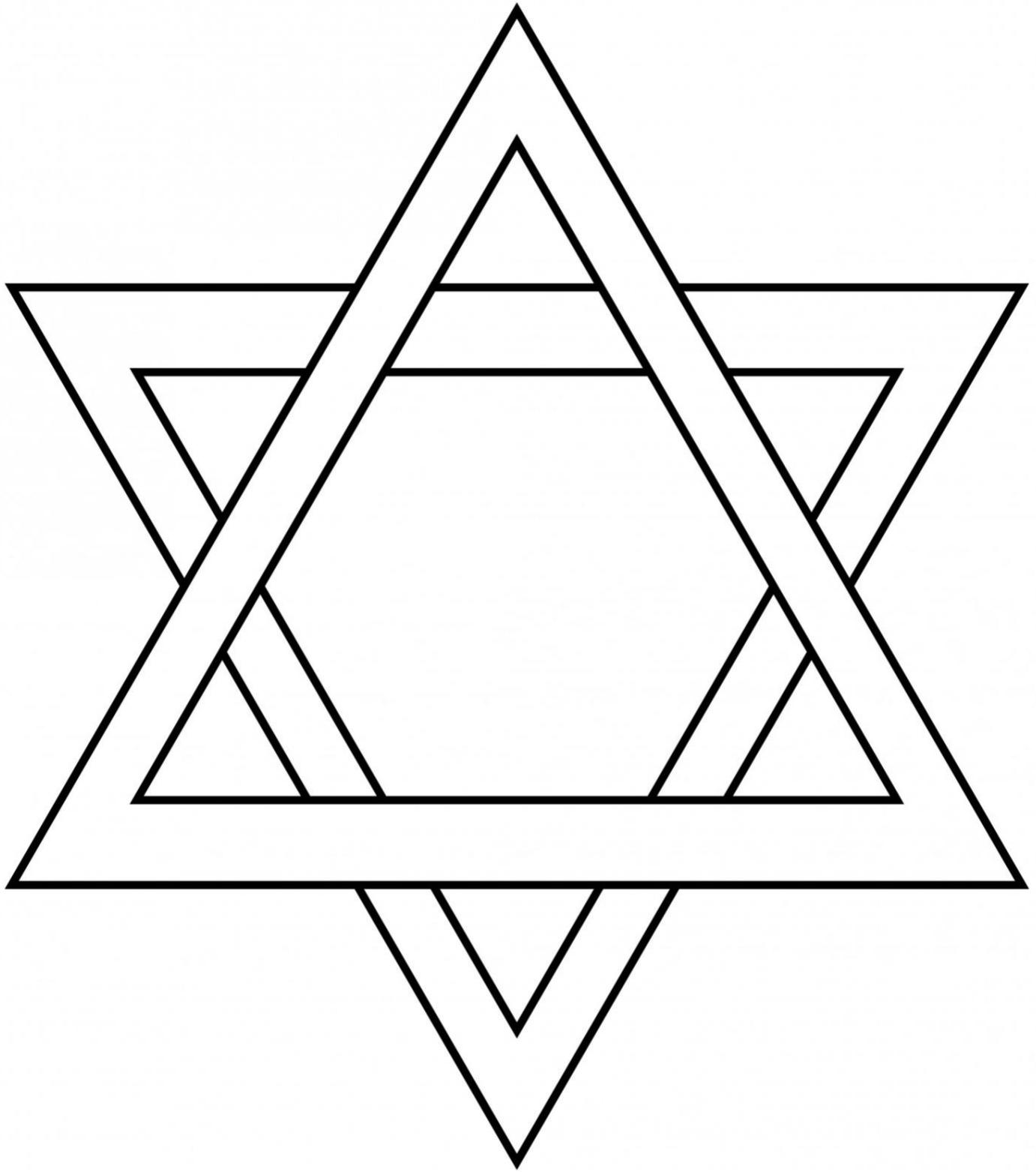


Then place a second sheet of sticky-backed plastic / contact paper over the star to sandwich-in all the pieces of cellophane / tissue paper.

Trim around the outside of the star to cut off any excess sticky-backed plastic / contact paper.

Hang up your Star of David in the window so the cellophane / tissue paper is lit up by the sunshine.





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 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

Blessings and Prayers for Caregivers

Jewish Blessing

May the One who blessed our ancestors be present
to those who provide help for the ill and troubled.

May they be filled with fortitude and courage,
endowed with sympathy and compassion,
as they give strength to those at their side.

May they fight against despair,
and continue to find within themselves
the will to reach out to those in need.

And in their love of others,
may they know the blessing of community,
and the blessings of renewed faith.

A Blessing for Caregivers

May you see with tender eyes
the wounds of those before you.
May you hear with well-tuned ears
the unspoken needs of those whose voices are muted.
May you hold with gentle hands
the bodies and the spirits of those you care for.

May the beauty of soul,
the strength of spirit,
the wholeness of being
lead you, inspire you
and let you know your own
beauty of soul,
strength of spirit and
wholeness of being.

A Caregivers Prayer

Heavenly Father, I love _____.
I have committed my life to caring for _____.
Yet I know the task is greater than my abilities.
As I seek to help another,
I ask for strength to shoulder the burdens before me.
Yet I also ask for the wisdom to know what is mine to carry.
I ask for the courage to admit my failures and make amends.
I thank you for your grace and mercy,

and ask that you help me daily apply it
to myself and extend it to others.
As I walk through this long valley of the shadow of death,
I ask for a deeper awareness of your
presence to calm my fears.
As I glance backwards, may I only see your provision.
As I look forward, may my eyes see your guidance.
May I reflect you as I minister to my loved one.
Peter Rosenberger

Potato Latkes

Yield: 12 latkes

3 large potatoes, peeled and shredded

1 small onion, shredded

3 large eggs

1 tsp salt

2 Tbsp all-purpose flour, or as needed

½ Cup vegetable or peanut oil

1. Place the potatoes and onion into a bowl. Stir in eggs, salt, and flour as needed to make the mixture hold together. With wet hands, scoop up about 1/3 C of the mixture per patty, and form into flat round or oval shapes.
2. Heat the oil in a large skillet over medium heat until it shimmers, and gently place the patties into the hot oil. Fry until the bottoms are golden brown and crisp, 5-8 minutes, then flip with a spatula and fry the other side until golden.
3. Line a colander or strainer with paper towels and drain the cooked latkes in the colander. Serve hot.

Sour cream and applesauce are traditionally served on the side.