



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!

Merry Christmas!



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CHRISTMAS SCRAMBLER



UNSCRAMBLE THE WORDS BELOW.



1. ahrtew

2. tnigergse

3. rmyer

4. oftyrs

5. tayrp

6. ttosneaiip

7. eretalcbe

8. soanse

9. maiyfl

10. ljloy

11. tipisr

12. tiotsemle

13. rete

14. hlaodyi

15. eeirerdn

16. cyinehm

17. elsve

18. aasnt

19. cngtkoiss

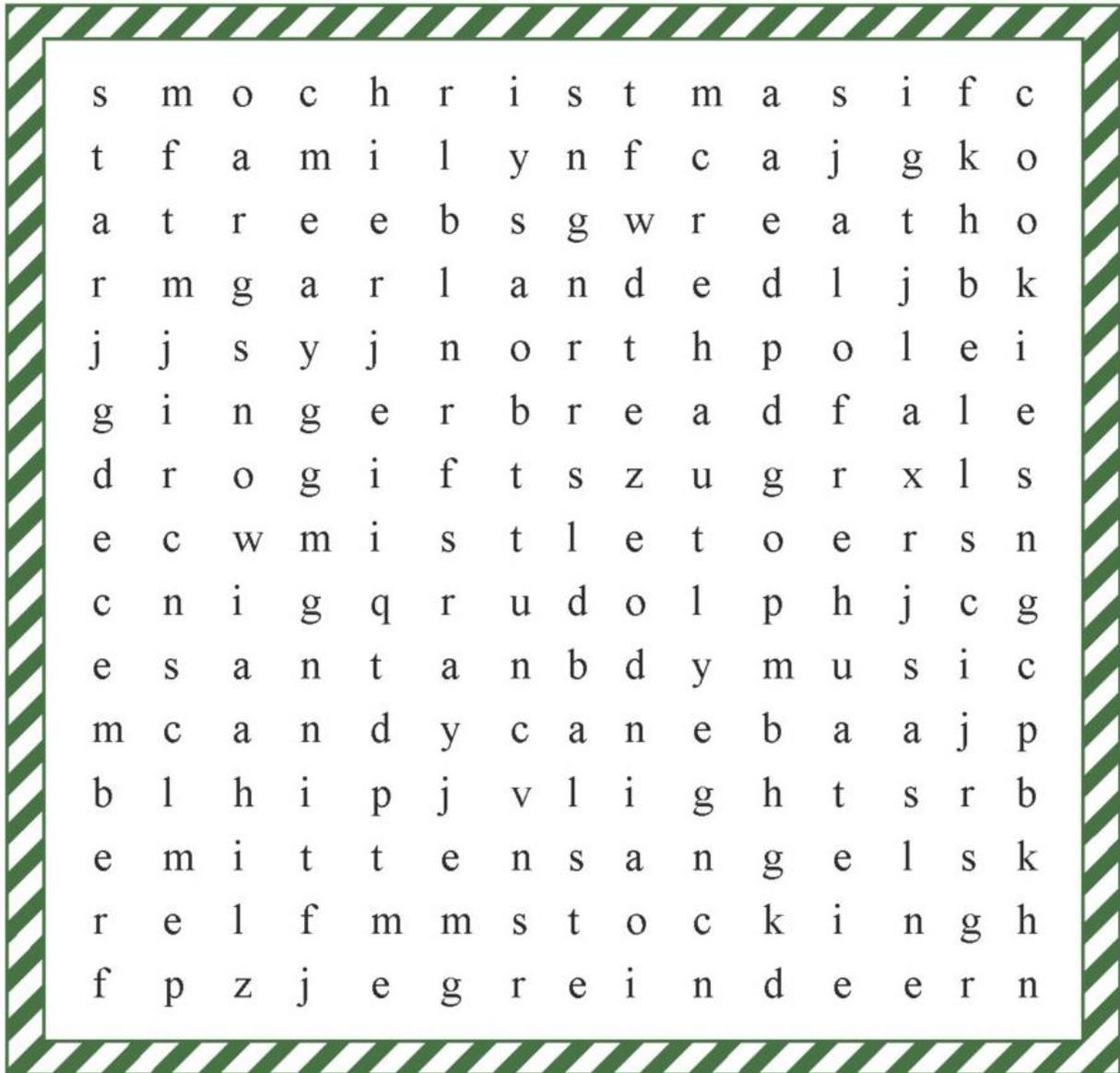
20. sdel



WWW.THRIFTYMMOMMSTIPS.COM



Christmas Word Search



angels
bells
candy cane
Christmas
cookies
December

elf
family
garland
gifts
gingerbread
lights

mistletoe
mittens
music
north pole
reindeer
rudolph

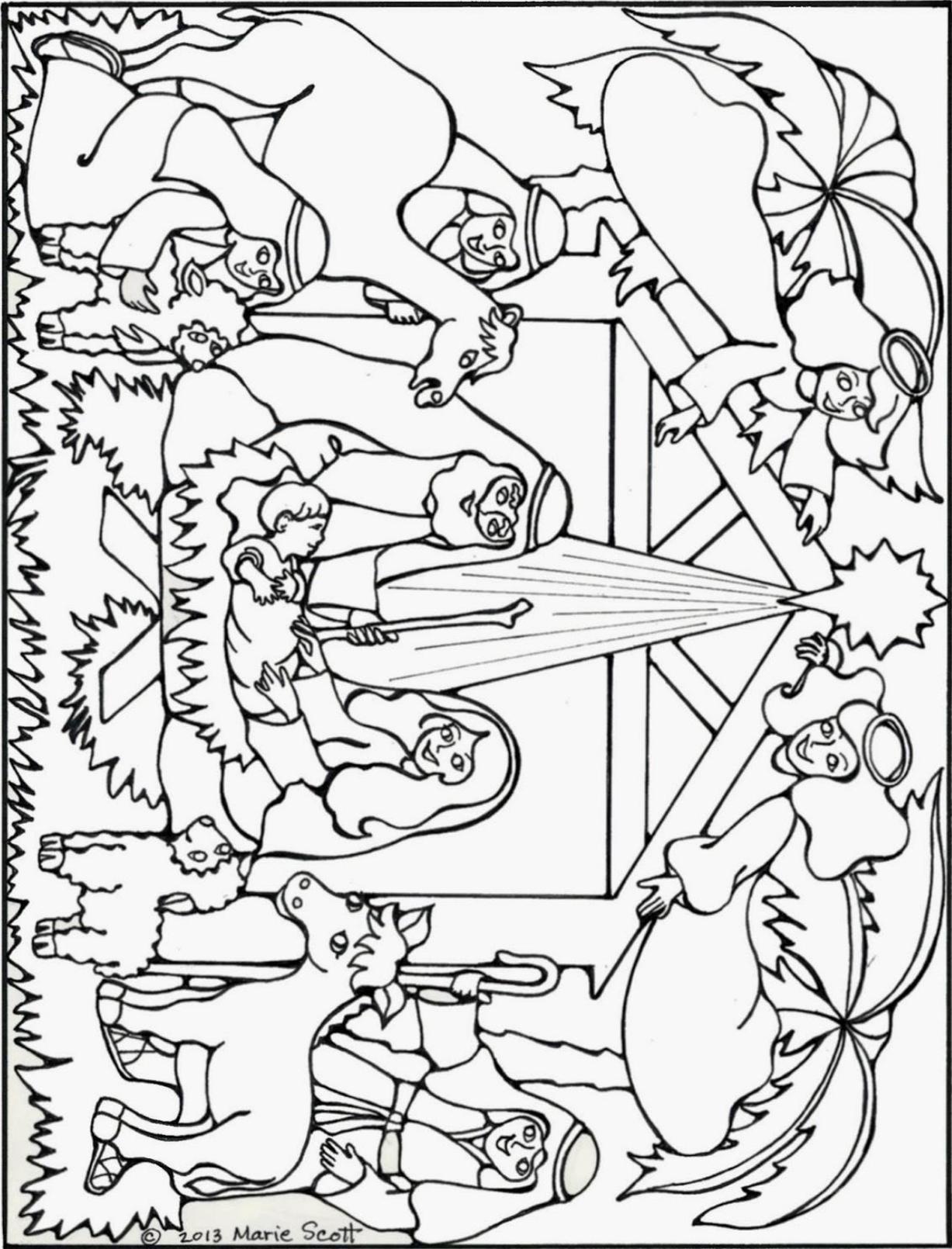
Santa
snow
star
stocking
tree
wreath







COOL2BKIDS.COM





CHRISTMAS GAME:

What's in the Bag?

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www.giftofcuriosity.com



To play the Christmas-themed version of *What's in the bag?* gather up several Christmas-themed items from around your house.

Suggestions include:

- A Santa hat
- A pine cone
- A bow
- A mini Christmas tree
- An ornament
- A bell



Next, you will need bags for each of the items you've selected (brown paper bags work). Place one Christmas object inside each bag.

Note: For those who are more advanced in their memory loss, we would suggest displaying the items and discussing what each is called *before* putting the items into the bags.



One by one, present your loved one with a bag. Have him or her reach a hand inside to feel the object.

The goal is for your loved to guess what the object is without using their eyes. You can prompt them to guess by giving them clues or asking them what it feels or smells like.

Offer a prize for all of the correct guesses!

No-Sew Sock Snowman Craftⁱⁱ

by Easy Peasy and Fun

NO-SEW SOCK SNOWMAN CRAFT



What you need:

- 1 white sock
- 1 sock in color for the hat
- rice
- rubber bands (or thread)
- colorful buttons
- ribbons
- glue gun
- markers or paint
- orange pom poms

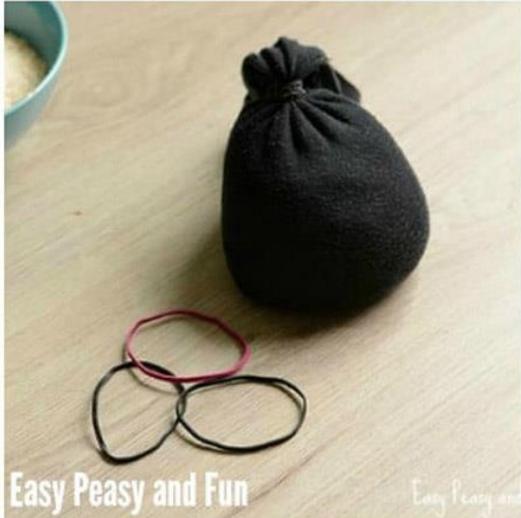
The first few pictures show a black sock – you need to use a white one – the black sock is from another sock craft tutorial we have – the procedure is the same.



Start by filling your white sock with rice. You will need a hefty amount.



Once you are happy with the amount (and size) of your sock snowman tie the top with the rubber band.



Take another rubber band and place in the middle – more to the upper side – of the rice filled sock to form the head shape.



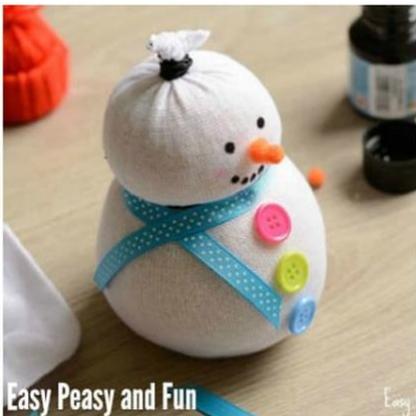
Now glue the buttons to the bottom side by using a glue gun (glue dots do a fairly good job too).



Draw the mouth and eyes with a black marker or with black paint.



We also added pink cheeks (Crayola washable paints were great for the job). We made the nose out of two orange pom poms – turned out amazing.



Add a ribbon for the scarf – we found that glue dots and glue gun work best for ribbons, while other glues kind of fail miserably. You can cut off excess white sock (or you can tuck it in the hat we will be making next).



Cut the colored sock (we cut the foot part, without heel). Roll it a bit and place it on the head of your snowman. You can leave it as it is, or you can secure it with some glue.

Exercise

At Home Mini-Workout Part Two

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

Amazing Peace: A Christmas Poem

By Dr. Maya Angelou

Thunder rumbles in the mountain passes
And lightning rattles the eaves of our houses.
Flood waters await us in our avenues.

Snow falls upon snow, falls upon snow to avalanche
Over unprotected villages.
The sky slips low and grey and threatening.

We question ourselves.
What have we done to so affront nature?
We worry God.
Are you there? Are you there really?
Does the covenant you made with us still hold?

Into this climate of fear and apprehension, Christmas enters,
Streaming lights of joy, ringing bells of hope
And singing carols of forgiveness high up in the bright air.
The world is encouraged to come away from rancor,
Come the way of friendship.

It is the Glad Season.
Thunder ebbs to silence and lightning sleeps quietly in the corner.
Flood waters recede into memory.
Snow becomes a yielding cushion to aid us
As we make our way to higher ground.

Hope is born again in the faces of children
It rides on the shoulders of our aged as they walk into their sunsets.
Hope spreads around the earth. Brightening all things,
Even hate which crouches breeding in dark corridors.

In our joy, we think we hear a whisper.
At first it is too soft. Then only half heard.
We listen carefully as it gathers strength.
We hear a sweetness.
The word is Peace.
It is loud now. It is louder.
Louder than the explosion of bombs.

We tremble at the sound. We are thrilled by its presence.
It is what we have hungered for.
Not just the absence of war. But, true Peace.
A harmony of spirit, a comfort of courtesies.
Security for our beloveds and their beloveds.

We clap hands and welcome the Peace of Christmas.
We beckon this good season to wait a while with us.
We, Baptist and Buddhist, Methodist and Muslim, say come.
Peace.
Come and fill us and our world with your majesty.
We, the Jew and the Jainist, the Catholic and the Confucian,
Implore you, to stay a while with us.
So we may learn by your shimmering light
How to look beyond complexion and see community.

It is Christmas time, a halting of hate time.

On this platform of peace, we can create a language
To translate ourselves to ourselves and to each other.

We jubilate the precious advent of trust.
We shout with glorious tongues at the coming of hope.
All the earth's tribes loosen their voices
To celebrate the promise of Peace.

We, Angels and Mortal's, Believers and Non-Believers,
Look heavenward and speak the word aloud.
Peace. We look at our world and speak the word aloud.
Peace. We look at each other, then into ourselves
And we say without shyness or apology or hesitation.

Peace

Eva's Christmas Squash

Yield: 4-6 servings

- 2 large acorn squash, halved and seeded
- 2 large eggs, slightly beaten
- 1 T vanilla extract
- ½ C sugar
- ½ C unsalted butter, melted
- 2 T all-purpose flour
- 1 T baking powder
- 1 t kosher salt
- Freshly grated nutmeg to taste

Pre-heat the oven to 375 degrees.

1. Grease an 8-cup baking dish with butter or cooking spray. Place the squash halves, cut side down, in a roasting pan. Put the pan in the oven and add water to reach ¼ inch up the sides of the pan. Bake for 1 hour, or until the squash is tender.
2. Remove the squash from the pan and let it cool for about 15 minutes before scooping the flesh out of the skin. In a medium bowl, combine the squash, eggs, vanilla, sugar, and butter. Using an electric mixer fitted with a paddle attachment, beat the squash mixture on medium until well blended.
In a small bowl, combine the flour, salt, and baking powder. Add the flour mixture to the squash and beat on medium speed until combined.
3. Spoon into the prepared dish and top with a sprinkling of nutmeg. Bake for 30 to 45 minutes, until golden brown. Serve hot.

Eva Kirkpatrick Parsons

ⁱ [30 Perfect Christmas Games for Families That Will Bring You Cheer \(themilitarywifeandmom.com\)](http://themilitarywifeandmom.com)

ⁱⁱ [No-Sew Sock Snowman Craft - Easy Peasy and Fun](#)