



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. We hope 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 New Year!

Word Games and Art Pages





New Year's Word Search



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

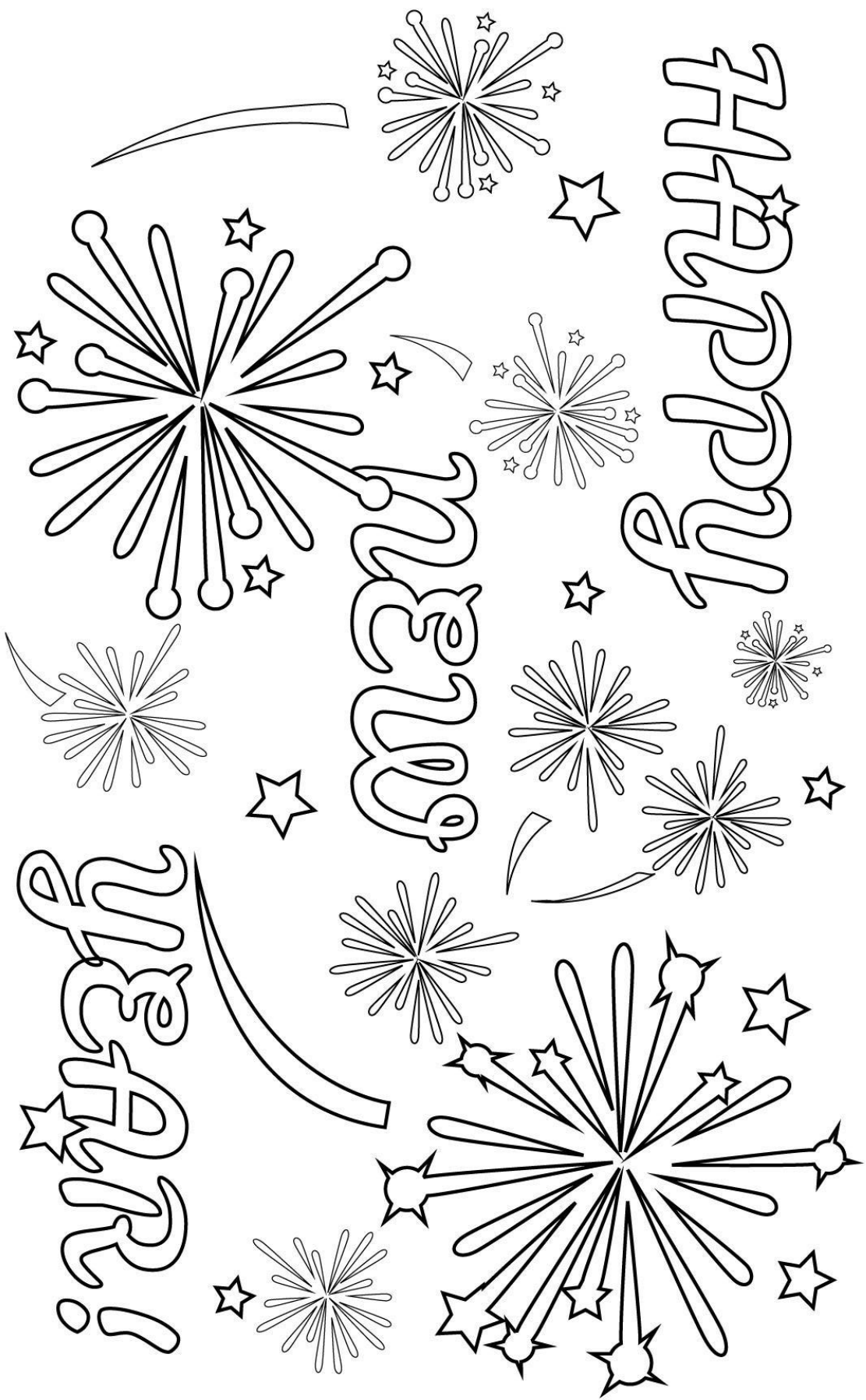
BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

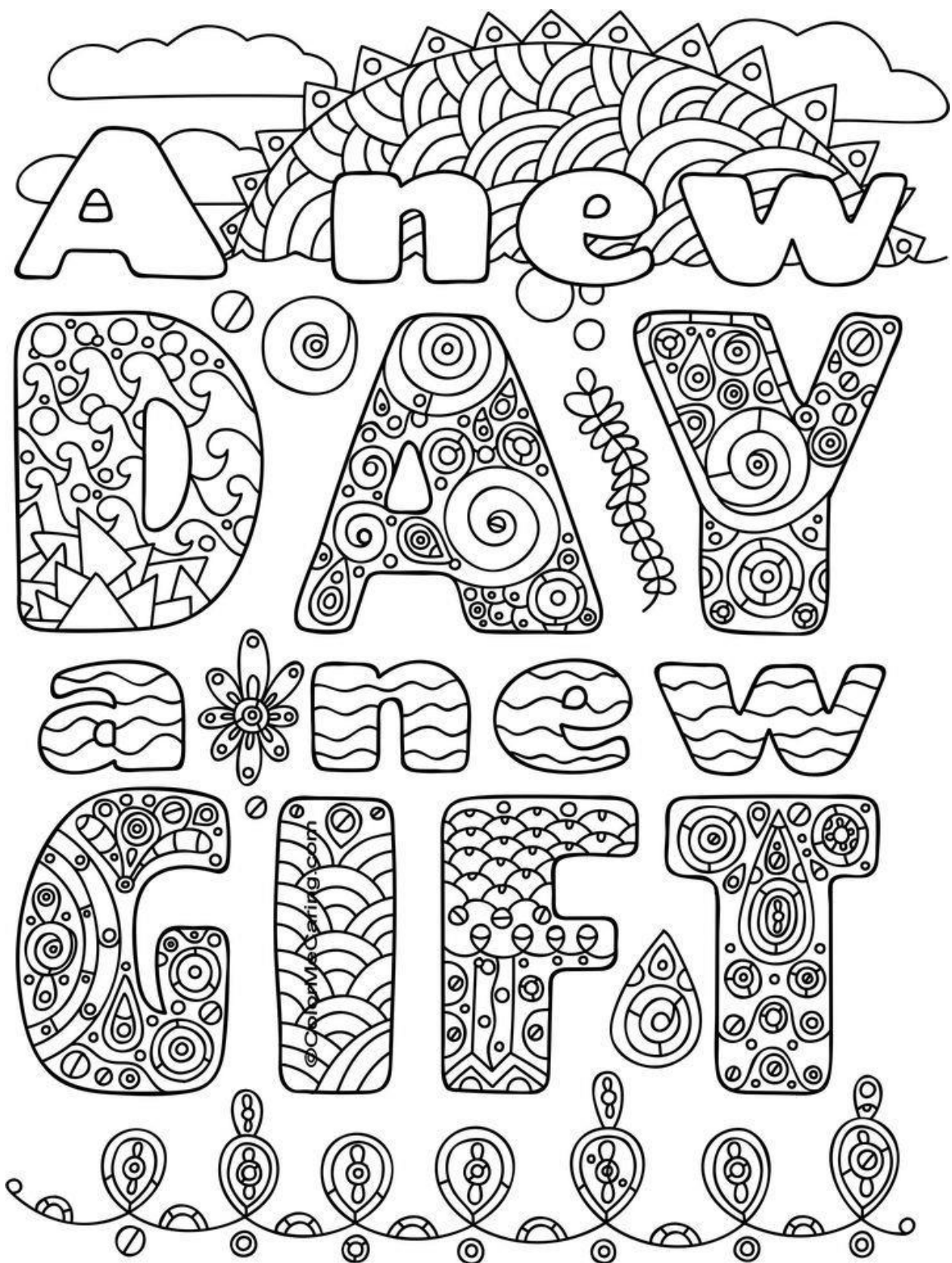
FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST



CRAYONSANDCRAVINGS.COM







New Year's Cotton Ball Toss

For this game you will need a bag of cotton balls and a party hat. If you do not have a hat, have your loved one color the one attached. Cut and fold as directed to make your own! Make a game. Have your loved one hold the hat and try to catch the cotton balls you toss towards them. To make it more complicated, throw them behind you with your back to your loved one so you cannot see where you are tossing. Then, switch and see who can catch more! Of course, you will need a prize for the winner!



New Year's Eve Noise Makers from Recycled Water Bottles

Post author: Melissa

Add some colorful sparkle to your old water bottles, place some noise makers inside, and seal the lid to make some fun noise makers this New Year's Eve! It's easy to do. Here's How:



You'll Need:

- Mop & Glo (or other multi-purpose floor cleaner) – this works as a glue for the glitter to adhere to the surface, but it's easier to distribute than glue, as it's liquid
- EXTRA FINE GLITTER – Various Bright Colors
- Empty Plastic water bottles with lids
- Small rocks, rice, tiny bells, or glass beads

Now, On to The Craft:

1. Over the sink or a large bowl, pour some Mop & Glo into the water bottle.
2. Put the lid on, and swirl the cleaner around the inside of the bottle to cover the entire inside surface including the top of the lids
3. Remove the lids and shake a good amount of glitter into the water bottle, and turn the bottle around shaking the glitter all over the Mop & Glo
4. If you want, you can put the lids back on to get some glitter on the inside of the lid tops
5. You can let the glitter dry to side for a bit (a few minutes)
6. Add your noise makers to the inside of the glittered water bottle
7. Seal the lid to the bottle – Voila' You're Done! Love the easy peasy fun stuff!

Exercise

At Home Mini-Workout Part Three

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 workout 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

Encouraging Words for Caregivers

“There are only four kinds of people in the world.
Those who have been caregivers.
Those who are currently caregivers.
Those who will be caregivers,
and those who will need a caregiver.”
Rosalyn Carter

Don’t get me wrong, it can be fulfilling.
You will, no doubt, have moments where you
will feel uplifted. Compassionate. Fulfilled.
Followed by moments when you feel
discouraged. Inadequate. Irritable.
I hope the following quotes are inspiring to you.

“It’s not the load that breaks you down.
It’s the way you carry it.”
Lena Horne

“Too often we underestimate the power of a touch,
a smile, a kind word, a listening ear, an honest
compliment, or the smallest act of caring:
All of which have the potential to turn a life around.”
Leo Buscaglia

“And it is still true, no matter how old you are,
when you go out into the world
it is best to hold hands and stick together.”
Robert Fulghum

“To know even one life has breathed easier
because you have lived.
That is to have succeeded.”
Ralph Waldo Emerson

“It’s not how much we give,
but how much love
we put into giving.”
Mother Theresa

“Worry never robs tomorrow of its sorrow,
it only robs today of its joy.”

Leo Buscaglia

Quotes compiled by Christie Hawkes

Black-Eyed Peas with Bacon, Onions, and Garlic

Yield: 4-6 servings

- 5 C frozen shelled black-eyed peas, or 2 C (1 lb.) dried black-eyed peas
 - 4 slices bacon, chopped (Apple smoked preferred)
 - yellow onion, chopped
 - stalks celery, diced
 - red bell pepper, seeded, deveined, and diced
 - jalapeno pepper, seeded and minced
 - cloves garlic, minced
 - 5-6 C water or chicken stock
 - 2 t kosher salt
 - dashes Tabasco sauce
 - 1 t baking soda
 - 1/4 C chopped green onion tops
 - 1 t white vinegar
1. If using frozen black-eyed peas, put them in a colander and run warm water over them for a few minutes. (This will separate them; it is not necessary to defrost them fully.) For dried peas, follow the package directions for soaking, then drain and cook as directed below.
 2. In a large, heavy pot, fry the bacon over medium-high heat for 3-4 minutes, until cooked but not crisp. Add the onion, celery, bell pepper, jalapeno, and garlic. Reduce the heat to medium and sauté the vegetables until they are soft but not browned, about 5 minutes. Add the water or stock, salt, Tabasco, peas and baking soda. Increase the heat to high and bring to a boil. Reduce the heat to a simmer and cook uncovered until the beans are tender, about 1 hour. Stir in the green onion tops and vinegar immediately before serving or let cool and refrigerate for up to three days.

Chef Rebecca Rather

ⁱ [Make Your Own Noise Makers For New Years Eve \(kidfriendlythingstodo.com\)](http://kidfriendlythingstodo.com)