



A Guide to an in-Home Gathering Place

Kentucky Derby Week

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through May 10th, but that doesn't mean you can't bring elements of the Gathering Place into your own home! Every year, on the first Saturday in May, the Kentucky Derby is held at Churchill Downs in Louisville, Kentucky. So, in preparation for the most exciting 2 minutes of the year, CarePartners is going to take you on a trip to "The Run for the Roses"! In this packet you will find everything you need to have a fun, joyful, and active Gathering Place in your own home.

We would love to hear back from you with pictures and stories of how you are enjoying your Kentucky Derby this week! If you have pictures or stories you are willing to share, please send them to KJordan@carepartnerstexas.org or call us at 713-682-5995. We miss you terribly and would love to hear from you!

So, enjoy the jokes! Play the games! Sing the songs! And, above all, have fun!

A Time to Reminisce

- Have you ever ridden a horse?
- Have you ever traveled to Kentucky? What do you think it's like there?
- It is traditional to wear hats at the Derby, have you ever worn a fascinator? Or a derby hat? Do you enjoy wearing hats? Do you remember having to wear hats to church?
- Here are some images of some of the more ridiculous Kentucky Derby hats in recent years. What do you think? Which one is your favorite? Which one is the most ridiculous? Do they make you laugh?



Word Searches and Coloring Pages



Kentucky Derby word search puzzle



Did you know...

Nineteen past winners have had names beginning with the letter "S," including Secretariat, the fastest horse in Kentucky Derby history, who completed the 1973 race in just under two minutes.

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



horse
jockey
silks
derby

triple crown
churchill downs
Louisville
hats
mint julep

Kentucky
race
roses
winner
stable

Laura Kelly Designs



At the Races

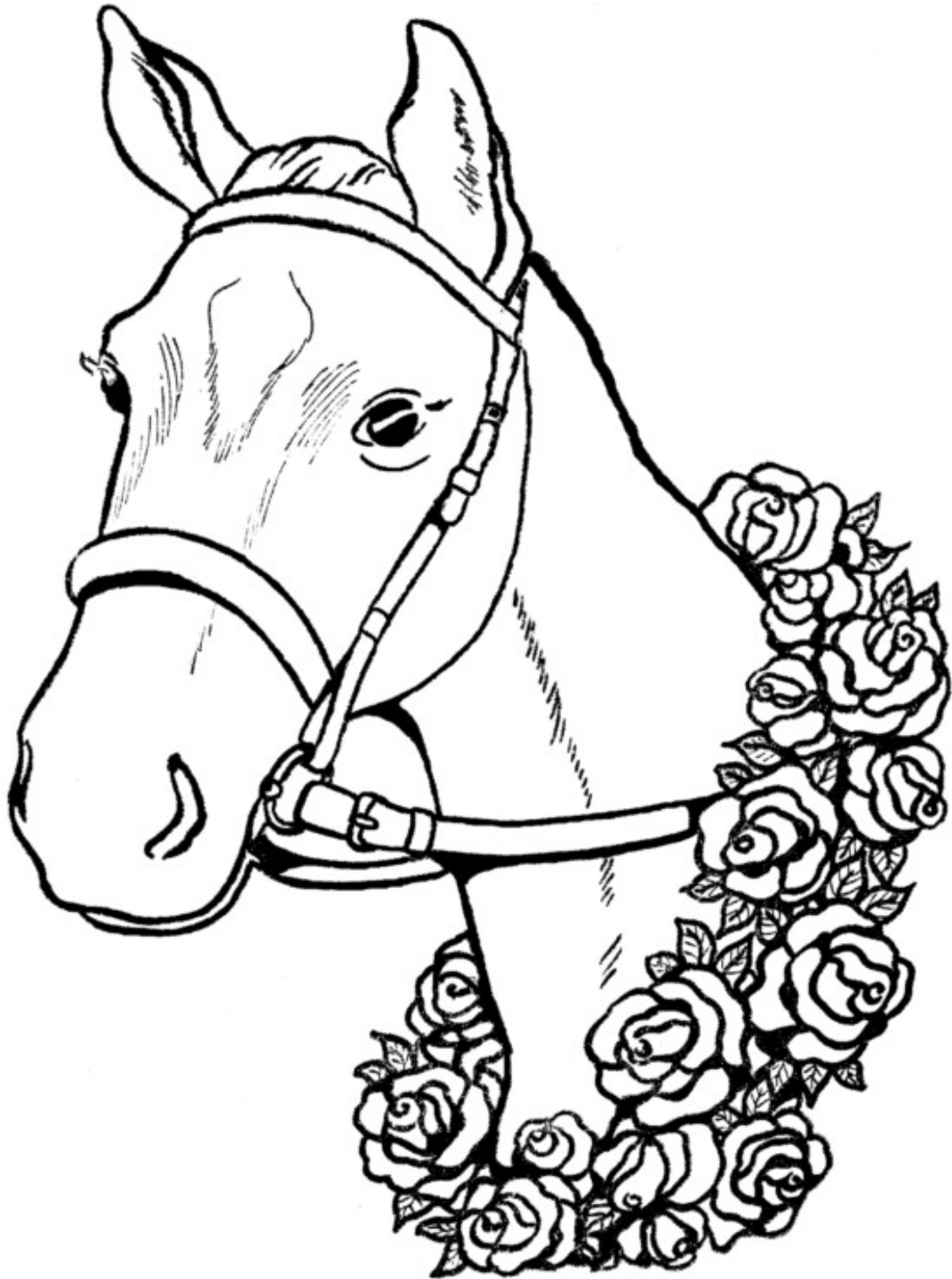
Word Search



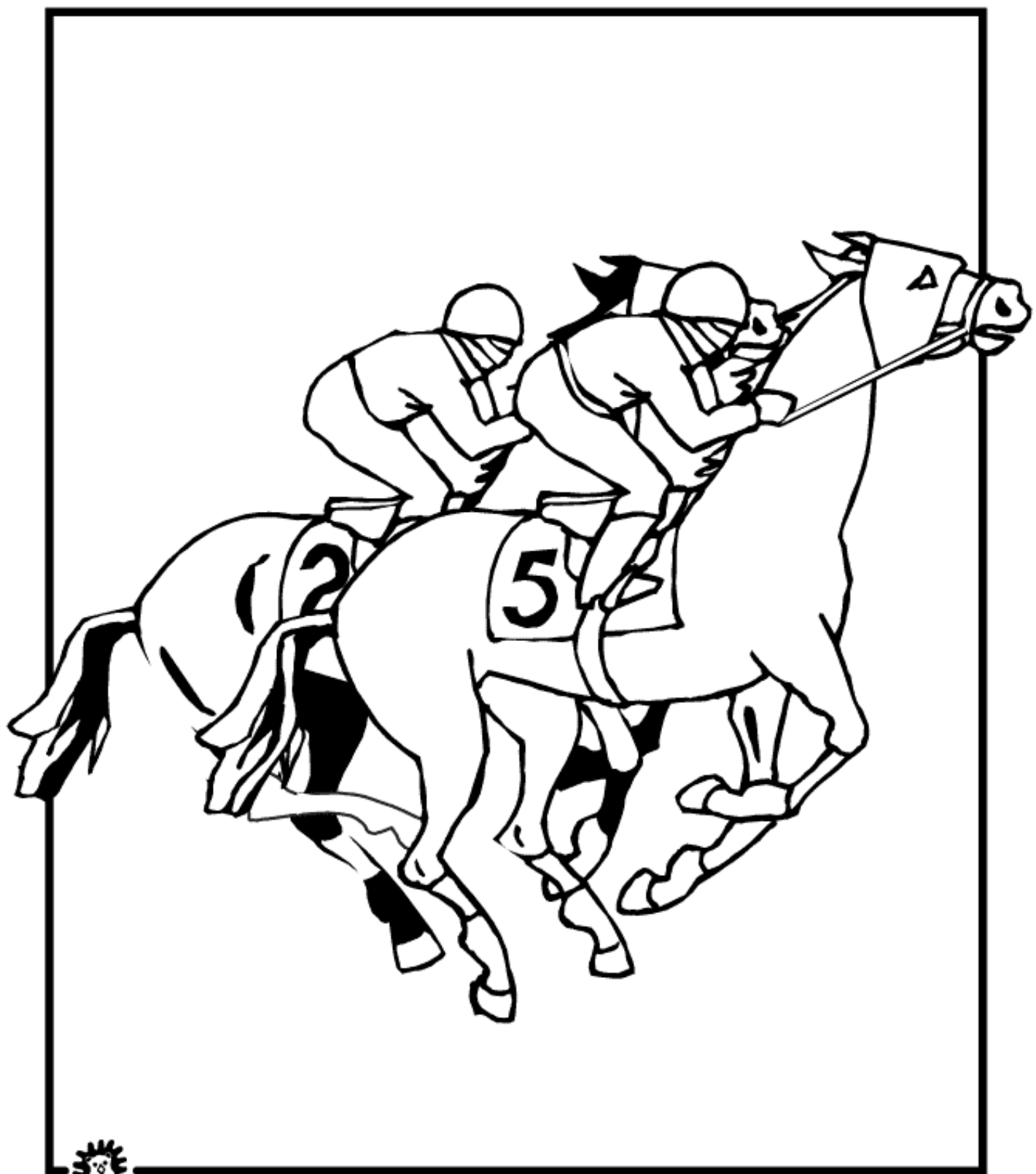
Bet
Blinders
Colt
Derby
Exacta
Favorite
Filly
Furlong
Gallop
Gate
Grandstands
Handicap

Harness
Jockey
Long shot
Mare
Odds
Owner
Paddock
Place
Post
Purse
Saddle

Sire
Sprint
Stakes
Stallion
Thoroughbred
Tip
Track
Trainer
Triple Crown
Turf
Upset
Win



RaisingOurKids.com





Game Time!

Kentucky Derby Trivia Fun

1. What city hosts the Kentucky Derby?
2. What is the name of the racetrack?
3. In what year was the first derby run?
4. What song is sung before the race begins?
5. What three races make up the triple crown?
6. What is the official cocktail of the derby?
7. What fashion accessory do women wear on the head?
8. What is the official flower of the derby?
9. What age are the horses?
10. What distance do the horses run?

Answers:

1. Louisville 2. Churchill Downs 3. 1875 4. My Old Kentucky Home 5. Kentucky Derby, Preakness Stakes and the Belmont Stakes 6. Mint Julep 7. Hats 8. Roses 9. 3 years old 10. 1.25 miles

Horse and Rider Match Game

1. Paul Revere
2. Dale Evans
3. Gene Autry
4. John Wayne
5. Lone Ranger
6. John Wayne
7. George Washington
8. Will Rogers
9. Tom Mix
10. Robert E. Lee
11. Roy Rogers
12. Elizabeth Taylor

Answers:

*1. Brown Betty 2. Buttermilk 3. Champion 4. Cochise 5. Silver 6. Duke and Dollar
7. Nelson 8. Reddy 9. Tony 10. Traveler 11. Trigger 12. Pie*

Horseshoes:

Indoor or outdoor horseshoe set

Directions- Toss horseshoes at stake 6 feet away from throw line. Each player gets three throws. 1 point for each shoe that rests against or wraps around the stake.

Cowboy Hat Card Toss:

Place several cowboy hats in a line or small area on the floor. Toss playing cards one at a time towards the hats. Player gets two points for every card that lands in the hats that are closest and five points for cards that land in the hats that are farther away. [If you don't have a cowboy hat, ball caps will do)

Arts and Crafts

- *It is impossible to find a horse race related craft! So we included something different this week! The craft can be done with crayons or colored pencils if you do not have paint.*

DIY Geometric Canvas¹

What you need:

- Canvas
- Acrylic paint (any colors that make you happy)
- Paint or foam brush
- Mod Podge
- Glitter (optional)

1. Tape geometric shapes with painter's tape onto a canvas.
2. Paint inside them with acrylic paint with a regular or foam brush
3. For the glitter, use Mod Podge for the base a then add glitter on top.
4. Sit tight for it to dry completely and remove the tape.
5. Paint Mod Podge over the top for a good finish. If you did glitter, use a finishing spray or hairspray will work the same way.



¹ https://pindycrafts.swnex.com/diy-crafts-decoration/Diy_Canvas_1_Tape_Geometric_Shapes_With_Painters_Tape_2_Paint_Inside_Them_With_Acrylic_Paint_3_For_T

Music

Music is a great way to engage different areas of your brain. There are some lyrics to songs below, but if you don't know the tune, you can play your favorite songs on YouTube and search for the lyrics online.

Pro Tip: You can put rice, beans, or something similar inside several of those plastic Easter eggs or an empty water bottle, seal them with some tape, and use them as noise makers for while you are singing!

Blue Moon of Kentucky by Patsy Kline

Blue moon of Kentucky keep on shining
Shine on the one that's gone and proved untrue
Blue moon of Kentucky keep on shining
Shine on the one that's gone and left me blue

It was on a moonlight night
The stars were shining bright
When they whispered from on high
Your love has said good-bye

Blue moon of Kentucky keep on shining
Shine on the one that's gone and said good-bye

Kentucky Rain by Elvis

Seven lonely days
And a dozen towns ago
I reached out one night and you were gone
Don't know why you'd run
What you're running to or from
All I know is I want to bring you home

So I'm walking in the rain
Thumbing for a ride
On this lonely Kentucky back road
I've loved you much too long
My love's too strong
To let you go, never knowing
What went wrong
Kentucky rain keeps pouring down
And up ahead's another town that I'll go walking through

With the rain in my shoes (rain in my shoes)
Searchin' for you
In the cold Kentucky rain
In the cold Kentucky rain

Showed your photograph
To some old gray-bearded men
Sitting on a bench outside a gen'ral store
They said "yes, she's been here"
But their memory wasn't clear
Was it yesterday?
No, wait, the day before?

Finally got a ride
With a preacher man who asked
"Where you bound on such a cold dark afternoon?"
As we drove on through the rain
As he listened, I explained
And he left me with a prayer
That I'd find you

Kentucky rain keeps pouring down
And up ahead's another town that I'll go walking through
With the rain in my shoes (rain in my shoes)
Searchin' for you
In the cold Kentucky rain
In the cold Kentucky rain
In the cold Kentucky rain
In the cold Kentucky rain

Kentucky Woman by Neil Diamond

She shines with her own kind of light
She'd look at you once
And a day that's all wrong
Looks all right
And I love her
God knows, I love her

Kentucky woman
If she get to know you
She goin' to own you
Kentucky woman

Well, she ain't the kind
Makes heads turn at the drop of her name
But something inside
That she's got turn you on just the same
And she loves me
God knows, she loves me

Kentucky woman
If she get to know you
She goin' to own you
Kentucky woman

I don't want much
The good Lord's earth beneath my feet
A gentle touch
From that one girl, and life is
Sweet and good
Ain't no doubt
I'm talkin' about

Kentucky woman
If she get to know you
She goin' to own you
Kentucky woman

Exercise

At Home Mini-Workout – CHAIR or STANDING EXERCISES

Needed: • 2 cans of soup | 1 kitchen towel | Water

Warm-Up Routine Shoulder Shrugs X 5 Arms Above Head X 5 (hands clap above or in front of head)
Arms To Side Circles X 5 (small circles, medium circles, big circles) Leg/Knee Lifts X 5 Leg/Knee Lifts to
Side X 5 (alternate and knee hit palm)

Workout Routine 30 Seconds – Straight Leg Lifts (alternate legs) 15 Second Break 30 Seconds – Front
Toe Tap (alternate legs) 15 Second Break 30 Seconds – Side to Side Toe Tap (alternate legs) BREAK 1
minute Grab cans of soup and hold soup in palm of hand with palm 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 and begin to raise arms above head, slowly lower 2 X Repeat 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 X, then slowly lower hands Drop the towel Place right hand behind back, slowly move
hands up back and down 3 X Place left hand behind back, slowly move hands up back and down 3 X
Place hands on lap Breathe in through your nose and out through your mouth 3 X

FINISHED

Devotion

Five Life Lessons you can Learn from a Horse²

By: Emily Fought, September 14, 2018

Horses live life for the moment. They enjoy grass when it's available, sleep when they need to, and form meaningful relationships with those around them. Sounds like they got life all figured out! It seems people could learn a little bit by just watching a horse. Don't be surprised if you learn these life lessons while at the barn!

- 1. Get dirty:** Let your hair loose and get some mud under your fingernails. Horses enjoy a good roll and are not afraid of getting a little muddy. You shouldn't be either!
- 2. Cherish each meal:** Take time to enjoy the food you eat. Slow down and taste it! Your horse is all about their food. They live to eat. I've never seen a happier horse than one that has been let out on spring grass for the first time that year. Everything is just so yummy!
- 3. Know where you fit in:** Your horse knows their place in the herd. They may test the waters and throw their weight around every once in a while, but life is too short to be in a constant power struggle. It's okay to be a follower, unless you were born to be a leader. Find your place in the world and be content.
- 4. Learn to say no:** When your horse is uncertain of something, they put the breaks on. If it's too much too soon, your horse isn't afraid to refuse. Even if you have to let people down, it's okay to stand up for yourself by saying no.
- 5. Make friends for life:** Horses depend on each other. They put their lives in the hands of the herd. By trusting one another, they get to relax and enjoy their surroundings more. Don't be afraid to make meaningful relationships!

Katelin's Reflection: I am not familiar with horses. I never grew up on a farm and have only ever managed to just fall off horses. Riding was never my thing. But I've always thought that they were beautiful, majestic, and powerful creatures. But, I have enjoyed learning this week some neat facts about Horses. Horses are family oriented. They get as attached to their people as much as their people get to them. And they prefer to be in relationship with other horses or goats. They also enjoy play! They love to romp and play in a field of grass or the snow. I've also seen some really cute videos of horses playing fetch!

I think that there must be so many more surprising things out there, just waiting for us to find them. Experiencing the beauty of the creation around us will always bring with it that sense of wonder that I, at least, have for horses. As we move into the 6th week of social distancing, I would encourage you to spend some time *wondering* about the creation around you. Wonder about your own remarkable creation. I would even encourage you to be like a horse, reach out

² <https://cowgirlmagazine.com/life-lessons-horse/>

to your people and make any connection you can. And maybe even consider using this Gathering Place at Home to play!

-Katelin Jordan

Kentucky Derby Recipes

Bourbon Meatballs

What you need

- 1 jar of apricot preserves (about a cup)
- ¼ cup of brown sugar
- 2 Tbsp hot chili sauce (use less if you don't like it spicy)
- ½ cup bourbon
- ½ cup barbecue sauce
- 1 Tbsp molasses
- ¼ cup of water
- Homemade or frozen meatballs
- Cooked rice

1. Start with homemade meatballs or a bag of premade meatballs.
2. Brown meat balls on all sides.
3. Mix ingredients for bourbon sauce (apricot preserves, brown sugar, chili sauce, bourbon, barbecue sauce, molasses, and water) in a deep skillet and simmer on low for 6-8 minutes until it begins to thicken
4. When sauce begins to thicken add meatballs and warm through. Serve meatballs on toothpicks or over rice.

Kentucky Derby Pie ³

What you need:

- 4 large eggs
- 1 cup Sugar (1/2 White, 1/2 Brown) (It 'S not, of the world If you only have one kind of sugar, but I've found this to be the best sugar ratio)
- 1 cup Semi-Sweet Chocolate Chips
- 6 ounces Pecan Halves (or Pieces, halves are prettier, but I usually go with pieces because it's easier to slice through)
- 1 cup Corn Syrup
- 1 stick Melted Butter
- 1 teaspoon Vanilla Extract
- ¼ teaspoon Salt

³ Recipe by Becky Villareal

- 2 Frozen Pie Shells (I use deep dish, so there's no chance of spilling over into the oven)

Directions:

1. Mix sugar & flour.
2. Add other ingredients and mix well.
3. Pour into an unbaked 9" pie crust and bake at 325 degrees for 1 hr.

BONUS

Cowboy Wisdom

- Always drink upstream from the herd.
- Always take a good look at what you're about to eat. It's not so important to know what it is, but it's critical to know what it was.
- Don't worry about bitin' off more'n you can chew; your mouth is probably a whole lot bigger'n you think.
- If you find yourself in a hole, the first thing to do is stop digging.
- It's better to keep your mouth shut and look stupid than open it and prove it.
- If it doesn't seem to be worth the effort it probably isn't.
- Just 'cause trouble comes visiting doesn't mean you have to offer it a place to sit down.
- Lettin' the cat outta the bag is a whole lot easier than puttin' it back.
- Nature gave us all something to fall back on, and sooner or later we all land flat on it.
- The quickest way to double your money is to fold it over and put it back into your pocket
- The only good reason to ride a bull is to meet a nurse.
- Treat a woman like a racehorse, and she'll never be a nag.
- Don't squat with your spurs on.
- Don't let your yearnings get ahead of your earnings.
- Don't dig for water under the outhouse.
- Don't go in if you don't know the way out.
- Don't mess with something that ain't bothering you.
- Never drive black cattle in the dark.
- Never approach a bull from the front, a horse from the rear or a fool from any direction.
- Never ask a barber if you need a haircut.
- Never slap a man who's chewing tobacco.