



A Guide to an in-Home Gathering Place

Television Classics

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through the end of May, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, CarePartners is going to do some reminiscing about our favorite TV Shows from days gone by. 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 remembering some of your favorite TV Shows 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

Do you prefer local channels or cable channels?

What were your all-time favorite television show when you were growing up?

What are your favorite television shows today?

How have TV shows changed over the years?

Did you watch the Ed Sullivan show? Who were some of the guests you enjoyed?

Have you ever played along with a game show? What kind of prizes would you like to win?

Try to think of a television show that begins with each letter of the alphabet.

Example: A- Adam 12

B- Bonanza

C- Cheers or Cagney & Lacey

D- Dragnet or Doris Day show

Word Searches and Coloring Pages

OLD TV SHOWS

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

ALL IN THE
FAMILY
BONANZA
GOMER PYLE
LONE RANGER

ANDY GRIFFITH
DICK VAN DYKE
GREEN ACRES
PETTICOAT
JUNCTION

BEVERLY HILLBILLIES
FATHER KNOWS BEST
GUNSMOKE
SUPERMAN

BEWITCHED
FULL HOUSE
I LOVE LUCY

1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY
BARNEY MILLER
BIONIC WOMAN
BONANZA
BRADY BUNCH

CHARLIES ANGELS
EMERGENCY
FANTASY ISLAND
GOOD TIMES
GUNSMOKE

HAPPY DAYS
HOGANS HEROES
LAND OF THE LOST
NIGHT GALLERY
POLICE WOMAN

ROCKFORD FILES
THE JEFFERSONS
THE ODD COUPLE
THE WALTONS
THREES COMPANY

www.WordSearchAddict.com







Game Time

TV Highlights of the 60's.

Choose your answer from the list below.

- _____ 1. What First Lady conducted a television tour of the White House?
- _____ 2. Name the TV show about the mountain family that got rich and moved to California.
- _____ 3. Name TV's first black adventure hero who co-starred with Robert Culp.
- _____ 4. Name the TV comedy led by Dan Rowan and Dick Martin.
- _____ 5. Tiny Tim married Miss Vicki on what TV show?
- _____ 6. What actor starred in TV's highly rated special Mark Twain Tonight?
- _____ 7. What TV show started the fashion rage of wearing capes?
- _____ 8. Which presidential daughter married Patrick Nugent in a televised ceremony?
- _____ 9. Election night returns were interrupted by the shooting of which senator?
- _____ 10. The first televised presidential debates were between John Kennedy and whom?
 - a. Robert Kennedy
 - b. Luci Baines Johnson
 - c. Hal Holbrook
 - d. Jacqueline Kennedy
 - e. Bill Cosby
 - f. Laugh-In
 - g. Batman
 - h. Richard Nixon
 - i. The Beverly Hillbillies
 - j. The Tonight Show

Answers:

1.D 2.I 3.E 4.F 5.J 6.J 7.G 8.B 9.A 10.H

Balloon Tennis

What you need:

- Balloons
- Paper Plates
- Tape (any kind will do)
- Large popsicle sticks or paint stir sticks broken in half

Tape the paper plates to the popsicle sticks or paint sticks, thus creating your paddle.
Blow up the balloons and you have an instant tennis set that's safe to use inside!

Alternative: You can also use the paddles to play a relay race. Carry the balloons from one end of the room to the other on the paddle without letting the balloon fall.

Paper Plate Toss

Before the game, tape down three paper plates on one side of the room, one with a 1, one with a 2, and one with a 3. Then give players five paper plates and standing on the other side of the room, players have to toss the paper plates toward the taped down ones to try and get them to land touching the point plates.

If the plate they toss lands touching a plate with a number on it, they receive that number of points. Count up the total number of points at the end for their total number of points.

Arts and Crafts



Our Family TV¹

Make a vintage TV frame to hold a special family photograph. It makes a great gift for Mother's Day or Father's Day.

What You Need

- 1 empty cereal box
- tape
- glue stick
- 3 sheets tan or brown construction paper
- photocopy of a 4x6 photo
- 2 plastic lids from milk or juice containers
- white craft glue
- pen
- 1 gold chenille stem
- scissors
- brown marker
- zipper sandwich bag filled with rice, beans, or sand

¹ <https://funfamilycrafts.com/our-family-tv/>

How To Make It

1. Place the sandwich bag filled with rice, beans, or sand inside the empty cereal box. Tape the top of the box closed.
2. Use glue stick to completely cover the box with the brown or tan construction paper. Lay the box down on the work surface.
3. Trim around the edge of your photocopied photo, leaving a small white border, and round the corners with your scissors. Use the glue stick to attach the picture to the upper right section of the box.
4. Use white craft glue to attach the two drink lids to the left of the photo for the TV knobs.

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!

The Ballad of Gilligan's Island

by George Wyle and Sherwood Shwartz

Just sit right back and you'll hear a tale,
A tale of a fateful trip
That started from this tropic port
Aboard this tiny ship.

The mate was a mighty sailing man,
The skipper brave and sure.
Five passengers set sail that day
For a three hour tour, a three hour tour.

The weather started getting rough,
The tiny ship was tossed,
If not for the courage of the fearless crew
The Minnow would be lost, the Minnow would be lost.

The ship set ground on the shore of this uncharted desert isle
With Gilligan
The Skipper too,
A millionaire and his wife,
A movie star

The Professor and Mary Ann,*
Here on Gilligan's Isle.

So this is the tale of our castaways,

They're here for a long, long time,
They'll have to make the best of things,
It's an uphill climb.

The first mate and his Skipper too,
Will do their very best,
To make the others comfortable,
In their tropic island nest.

No phone, no lights, no motor car,
Not a single luxury,
Like Robinson Crusoe,
It's primitive as can be.

So join us here each week my friend,
You're sure to get a smile,
From seven stranded castaways,
Here on "Gilligan's Isle."

Happy Days

By: Norman Gimbel, Charles Fox

Happy Days

Sunday, Monday, Happy Days,
Tuesday, Wednesday, Happy Days,
Thursday, Friday, Happy Days,
Saturday, what a day,
Rockin all week with you.

This day is ours

Won't you be mine. (Oh Happy Days)

This day is ours (Oh Happy Days)

Oh please be mine.

Hello sunshine, goodbye rain,

She's wearing my high school ring on her chain.

She's my steady, I'm her man,

I'm gonna love her all I can.

[Chorus]

Gonna cruise her round the town,

Show everybody what I've found
Rock'n'roll with all my friends
Hopin' the music never ends.
These Happy Days are yours and mine (oh Happy Days)
These Happy Days are yours and mine (oh Happy Days)
These Happy Days are yours and mine, Happy Days.

Songwriters: DEREK ALLEN, BOBBY BROWN

Rawhide

By: Frankie Laine

Rollin' rollin' rollin'
Rollin' rollin' rollin'
Rollin' rollin' rollin'
Rollin' rollin' rollin'
Rawhide

Keep rollin', rollin', rollin'
Though the streams are swollen
Keep them dogies rollin', rawhide
Through rain and wind and weather
Hell bent for leather
Wishin' my gal was by my side
All the things I'm missin'
Good vittles, love and kissin'
Are waiting at the end of my ride

Move 'em on, head 'em up
Head 'em up, move 'em on
Move 'em on, head 'em up, rawhide
Cut 'em out, ride 'em in
Ride 'em in, cut 'em out
Cut 'em out, ride 'em in, rawhide

Keep movin', movin', movin'
Though they're disapprovin'
Keep them dogies movin', rawhide
Don't try to understand 'em
Just rope 'em, throw, and brand 'em
Soon we'll be livin' high and wide
My heart's calculatin'
My true love will be waitin'
Be waitin' at the end of my ride

Move 'em on, head 'em up
Head 'em up, move 'em on
Move 'em on, head 'em up, rawhide
Cut 'em out, ride 'em in
Ride 'em in, cut 'em out
Cut 'em out, ride 'em in, rawhide

Rollin' rollin' rollin'
Rollin' rollin' rollin'
Rollin' rollin' rollin'
Rollin' rollin' rollin'
Rawhide
Rawhide

Exercise (an easy workout from Silver Sneakers)²

Chair Exercise #1: Shoulder Rotation

Sit tall in a chair with your feet flat on the floor. Extend both arms straight out to your sides so they're level with your shoulders, palms facing down. Bend your elbows 90 degrees so your fingers point straight ahead, palms still facing the floor.

To initiate the movement, raise your hands until your palms face forward and your arms create a goal post. Slowly lower your hands back down so your palms face the floor. That's one rep. Do 15 to 20 reps total, keeping your upper arms lifted and in line with your shoulders the entire time. It helps to imagine your elbows are glued to an imaginary tabletop—they never raise or lower much as you rotate from your shoulders. Form check: Make sure your shoulders are down and back as you rotate. Don't let them creep up toward your ears.

Chair Exercise #2: Shoulder Raise

Sit tall in a chair with your feet flat on the floor, arms hanging straight down at your sides. Slowly raise both arms out to the sides as high as you can without arching your lower back or letting your shoulders creep up toward your ears.

If you can, try to raise your arms all the way overhead, with fingers pointing toward the ceiling. If that's uncomfortable, simply raise your arms as high as you can, ideally higher than your shoulders.

Slowly lower both arms back down to your sides and repeat. Do 15 to 20 reps total.

If that's too easy: Hold light dumbbells or water bottles as you perform the movement.

Chair Exercise #3: Biceps Curl

Grab a pair of light dumbbells and sit tall at the edge of a chair with your feet flat, hip-width apart. Hold a weight in each hand with arms at your sides and palms facing forward.

Keeping your torso stationary and elbows tucked close to your sides, bend your elbows (not your wrists) to curl the weights up to your shoulders. Pause, then slowly return to starting position. That's one rep.

² <https://www.silversneakers.com/blog/total-body-chair-workout-for-older-adults/>

Do 15 to 20 reps total. If that's too easy: Slow down each rep's lowering phase, counting to four as you lower the dumbbells to your sides.

Chair Exercise #4: March

Sit at the front of your chair with knees bent and feet flat, holding onto the sides for balance. Brace your core and lift your right knee about six inches off the floor or as high as you can without rounding your back. Pause, and then lower and repeat with your left leg. That's one rep. Continue alternating for 15 to 20 reps total. If that's too easy: Try doing this exercise with your eyes closed for a balance challenge.

Chair Exercise #5: Heel Tap

Sit tall in a chair with feet flat on the ground, holding the sides of the seat for support. Engage your core. Lift your right foot and extend the leg in front of you and slightly to the side, at about a 45-degree angle. Tap your right heel on the floor, then bring the right foot back to the starting position. Repeat the movement with your left foot. That's one rep. Continue alternating for 15 to 20 reps total. If that's too easy: Let go of the chair to challenge your core.

A Different Type of Devotion

From Nanci Engle, CarePartners Coordinator



The photo above shows how I am keeping my hands and my heart busy in the evenings. Each link bears the name of a care partner, caregiver, volunteer, friend (including the 4-legged variety) or family member. As I pen the name, I say a prayer and add the link to the chain.

My prayer chain will not win a prize for DIY interior decoration, but it makes me happy, and it makes me feel strong. I keep wondering, what does this moment ask of each of us that has never been asked before?

Stepping up the practice of gratitude and the practice of making contact seems to be my answer – phone calls, e-mails, sending cards through the mail. Phone calls in particular are a gift to both the

recipient and the caller. Letting others know that we are keeping them in our hearts even though we cannot meet with them right now is what we are called to do, and I find new opportunities every day.

Borrowing the words of Rabbi Oren Hayon of Congregation Emanu El, “Though our doors may be closed, our hearts remain open to all of you.”

We invite you this week to consider making your own prayer chain. You don't even have to be a spiritual person to send well wishes and thoughts to another person you care about. It is a way to practice both gratitude and love in a time of social distancing. And, if you are up for it, we would love to see pictures of your prayer chain too!

Recipes

Two Ingredient Bagels³

Ingredients:

1 C Non-fat Plain Greek Yogurt

1 C Self-rising Flour

Optional: 1 egg to use as wash

Toppings: Kosher Salt, Everything Bagel Seasoning, Sesame Seeds, etc.

Directions:

- Preheat oven to 350 degrees
- Combine yogurt and flour in a bowl and blend until dough has formed
- Place dough on floured work surface
- Shape and form the dough into four equal pieces
- Shape bagels either by rolling dough into a log or forming a ball, flattening and creating a hole in the middle
- Brush with egg wash and add desired toppings
- Bake for 30 minutes on a parchment lined sheet tray



BONUS

³ Recipe favorite from CarePartners Coordinator, Nanci Engle

Television Quotes-famous lines from famous stars⁴

Good night, Mrs. Calabash, wherever you are.	Jimmy Durante
Heeeeeere's Johnny!	Ed McMahon (The Tonight Show)
Well, Golly	Jim Nabors as Gomer Pyle
Lucy, you got some 'splainin' to do.	Desi Arnaz as Ricky Ricardo
And a one, and a two....	Lawrence Welk
Good night, and may God bless.	Red Skelton
We're going to have a really good "Shew."	Ed Sullivan
One of these days Alice...	Jackie Gleason as Ralph Kramden
Hi-yo Silver, Away!	The Lone Ranger
Just the facts, Ma'am	Jack Webb as SGT. Joe Friday
Yabba dabba do	Fred Flintstone
Say goodnight, Gracie.	George Burns
I don't get no respect.	Rodney Dangerfield
Goodnight, David... Good night Chet	David Brinkley & Chet Huntley
Wonderful, Wonderful	Lawrence Welk
Come on down	Bob Barker on the Price is Right
This is your life	Ralph Edwards
Happy trails to you, until we meet again.....	Dale Evans & Roy Rogers

⁴ Strengthen your Mind by Einberger & Sellick. C 2007by Health Professions Press, Inc.

TV Titles

Who remembers watching a black and white television? Do you remember the circular test pattern or laughing while watching Milton Burl with your family? Here are a few other TV shows that might be familiar. See if you can match the beginning of the program title on the left with the ending on the right.

- | | |
|----------------------|------------------|
| _____ 1. Mr. | A. Lucy |
| _____ 2. The Beverly | B. Bride |
| _____ 3. Captain | C. Berle Show |
| _____ 4. I love | D. Skelton Show |
| _____ 5. The Jack | E. Kangaroo |
| _____ 6. Leave It | F. Cassidy |
| _____ 7. The Mickey | G. The Menace |
| _____ 8. The Milton | H. Ed |
| _____ 9. The Ed | I. Knows Best |
| _____ 10. December | J. Benny Program |
| _____ 11. The Howdy | K. Mouse Club |
| _____ 12. The Red | L. Sullivan Show |
| _____ 13. Father | M. Hillbillies |
| _____ 14. Dennis | N. Doody Show |
| _____ 15. Hopalong | O. to Beaver |

Answers:

1-H 2-M 3-E 4-A 5-J 6-O 7-K 8-C 9-L 10-B 11-N 12-D 13-I 14-G 15-F