



## **A Guide to the in-Home Gathering Place**

### **Welcome to Springtime!**

Greetings Gathering Place Friends! CarePartners and our Gathering Place's may be on hold through May 10<sup>th</sup>, but that doesn't mean you can't bring elements of the Gathering Place into your own home! CarePartners has adapted the common elements of the Gathering Place for you to follow in your living room, kitchen, back porch, wherever you are most comfortable.

In this guide, we have included ideas for games, exercise, a devotion, word searches, coloring pages, lyrics for Springtime songs that you may know, and directions for a craft. You can break this guide up into individual pieces, use all of it at once, or chose parts of it here and there, whatever works best in your day to day life. We hope that this guide helps to break up your day, stimulate your minds, and get your bodies moving.

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### **Word Searches and Coloring Pages**

In the next 5 pages we have includes some Spring themed adult coloring pages and springtime word searches. Enjoy!







Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Spring Word Search

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

SPRING  
FLOWERS  
SUNSHINE  
BUTTERFLY  
GARDEN

PLANTS  
SEEDS  
SOIL  
GROW  
SPROUT

APRIL  
MAY  
BLOOM  
BUD  
RAIN



# Springtime Word Search

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

ROBIN  
BLOOM  
NATURE  
BUNNY  
UMBRELLA  
SUNSHINE



EGG HUNT  
BASKET  
EARTH DAY  
RAINBOW  
PLANT  
SPRING

## Game Time!

**Beanbag Tic-Tac-Toe** This game offers a gentle physical twist on the old paper and pencil version. You'll need two sets of beanbags in two different colors. Just use sidewalk chalk to draw a 4' x 4' tic-tac-toe board on a driveway or parking lot. Players can take turns tossing their bags into different squares until someone gets three in a row. For an inside game, use stripes of cardboard or removable painters' tape on the floor for the board. If you don't have bean bags, try using balls of socks.

**Marshmallow Toss** Hang a wreath or circle ring (about 6 inches in diameter) from the ceiling or between two chairs with string. Dust several large marshmallows with flour to keep them from getting sticky. Mark a standing line 10 feet from the wreath or circle. Give your loved one 10 marshmallows to try to toss through the wreath or ring. If you do not have marshmallows, play this game with beanbags or any other small object (like your socks from the Beanbag Tic-Tac-Toe). Or, you can use a larger ring for larger objects to toss.

## Arts and Crafts

Doing a craft is a great way to stretch your brain and your hands and work on fine motor skills. Here are a couple easy crafts you can do with items you may have at home.

### Tissue Paper Flowerpot

What you need:

- Terra Cotta Flowerpot
- Glue or Modge Podge (if you use glue, you may need to water it down slightly)
- Tissue paper, of any color
- Scissors
- Small paint brush, although your fingers work too

Step 1: Pour your glue into a paper bowl or cup for easier use.

Step 2: Cut up your tissue paper into small sizes, an inch or so. It does not have to be perfect or even square.

Step 3: Use your finger or paint brush to brush glue onto your pot. Put a piece of tissue paper onto the spot. Repeat until pot is covered. It's best if the tissue papers overlap, creating a mosaic look, so that none of the pot is showing.

Step 4: Once the pot has been covered, put another layer of glue over the entire area. This will help seal it and keep the tissue papers from curling up. Let dry

Side note: If you don't have tissue paper or construction paper, you can use paper napkins with designs on them. I had some thin ribbon and white tissue paper at home, and that worked well.

## Mosaic Easter Egg

What you need:

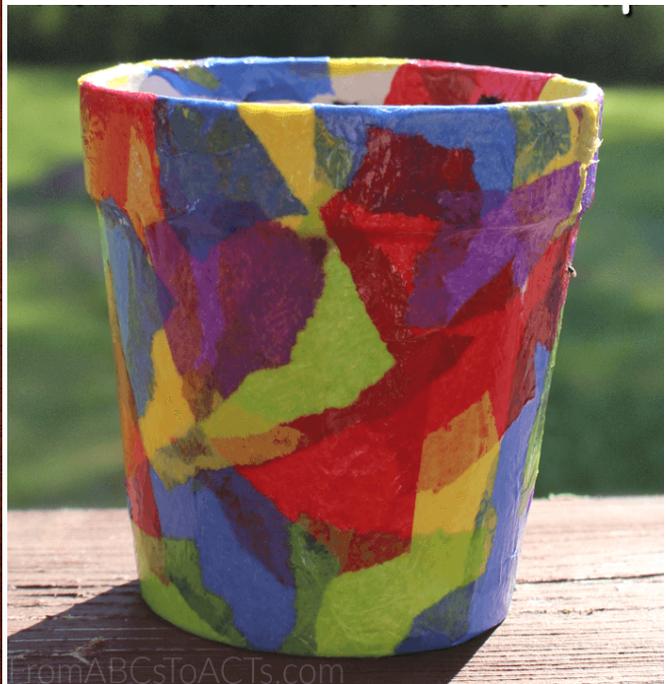
- Egg shape, see below
- Construction paper
- Scissors
- Glue or Modge Podge

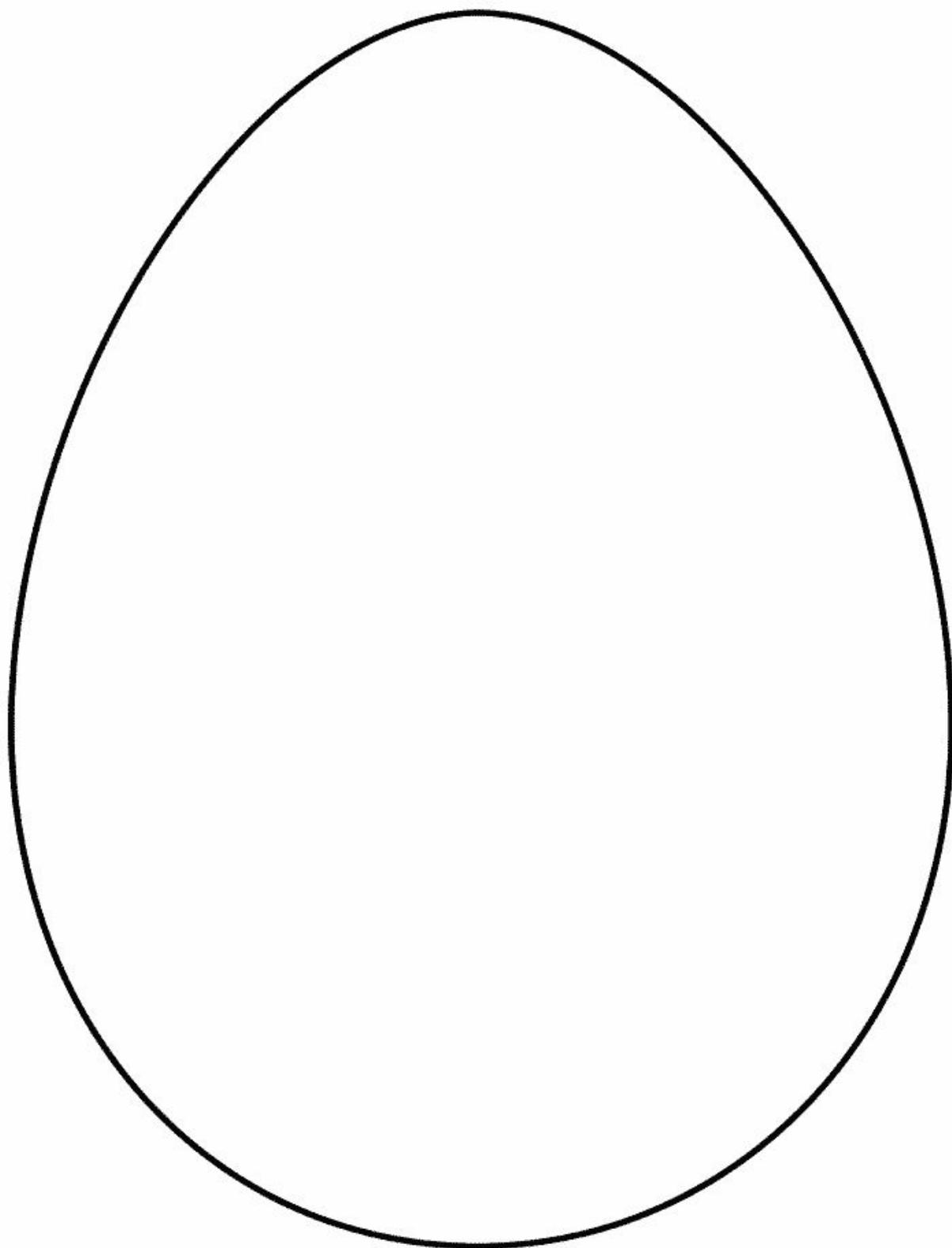
Step 1: Print out the egg shape on the next page but don't cut it out

Step 2: Cut out "tiles" from the construction paper. They can be of any shape, but about ½ inch in size works.

Step 3: Put glue down on the egg and place the tiles on the egg. It will not matter if paper gets put outside of the line. You can either keep a space in between the tiles, or overlap them, whatever makes you happy.

Step 4: Once the glue has dried, cut out the egg shape. You can even hang your egg on a window. Happy Spring!





## Music

Here are some of our favorite Springtime songs. If you need the music to go along with it, check out [www.YouTube.com](http://www.YouTube.com) and search for the song title

### April Showers

Life is not a highway strewn with flowers  
Still it holds a goodly share of bliss  
When the sun gives way to April showers  
Here is the point you should never miss

Though April showers may come your way  
They bring the flowers that bloom in May  
So if it's raining have no regrets  
Because it isn't raining rain you know, it's raining violets  
And where you see clouds upon the hills  
You soon will see crowds of daffodils  
So keep on looking for a blue bird  
And list'ning for his song  
Whenever April showers come along

And where you see clouds upon the hills  
You soon will see crowds of daffodils  
So keep on looking for a blue bird  
And list'ning for his song  
Whenever April showers come along

Songwriters: Louis Silvers, B.G. Desylva

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### Blue Skies

Blue skies  
Smiling at me  
Nothing but blue skies  
Do I see

Bluebirds  
Singing a song  
Nothing but bluebirds  
All day long

Never saw the sun shining so bright  
Never saw things going so right  
Noticing the days hurrying by  
When you're in love, my how they fly

Blue days  
All of them gone  
Nothing but blue skies  
From now on

I never saw the sun shining so bright  
Never saw things going oh-so right  
Noticing the days hurrying by  
When you're in love, my how they fly

Blue days  
All of them gone  
Nothing but blue skies  
From now on

Songwriters: Irving Berlin

© Songtrust Ave

### **Tiptoe Through The Tulips**

By Tiny Tim

Tiptoe through the window  
By the window, that is where I'll be  
Come tiptoe through the tulips with me

Oh, tiptoe from the garden  
By the garden of the willow tree  
And tiptoe through the tulips with me

Knee deep in flowers we'll stray  
We'll keep the showers away  
And if I kiss you in the garden, in the moonlight  
Will you pardon me?  
And tiptoe through the tulips with me

Maybe it's flowers you stray will be the showers of life  
And when I kiss you in the garden in the moonlight  
Will you pardon me and tiptoe through the tulips with me

### **Singin' in the Rain**

(Doo-doo-doot doo)

I'm singin' in the rain  
Just singin' in the rain  
What a glorious feeling  
I'm happy again

I'm laughin' at clouds  
So dark up above  
The sun's in my heart  
And I'm ready for love  
Let the stormy clouds chase  
Everyone from the place  
Come on with the rain  
I've a smile on my face  
I'll walk down the lane  
With a happy refrain  
Just singin'  
Singin' in the rain

Dancin' in the rain  
Da da da da da da  
I'm happy again

I'm singin' and dancin' in the rain

I'm dancin' and singin' in the rain

Songwriters: Arthur Freed, Nacio Herb Brown

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## **Exercise**

Simple at home exercise included in the next page.



## 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**

## Bingo

Bingo can be a bit challenging with only two people to play. So here is what we suggest. Click here to view Circus Bingo. There are 10 cards and a card with all of the pictures. Cut out the pictures and turn them upside down on the table. Have your loved one choose one at a time and place a marker on the picture if either of you have it. You can use goldfish, beans, coin...etc. to mark the box. First person to get 5 in a row wins!

Bingo cards created by [www.artsyfartsymama.com](http://www.artsyfartsymama.com)

## Devotion

### The Daffodils by William Wordsworth

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

Continuous as the stars that shine  
And twinkle in the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.

The waves beside them danced; but they  
Outdid the sparkling waves in glee;  
A poet could not but be gay,  
In such a jocund company;  
I gazed – and gazed – but little thought  
What wealth the show to me had brought:

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.

I find comfort in this poem, by William Wordsworth. This is a difficult time for all of us, especially when we are caring for another person in our isolation. More and more lately, when I am feeling down or discouraged, I will step onto my back porch with my coffee or computer and watch the wind blow through the trees and the grass turn impossibly green. That little piece of creation around me has

remained a constant in the chaos. The news is overwhelming. I miss my family. Even though I'm an introvert, I miss the freedom of choosing to be around my friends when I want to be.

However, we are not really alone. I remind myself of that daily. We are all in this together and we are saving lives in our isolation. I would encourage you, as Spring rolls it's way into your area, to step outside. Breathe in the fresh air. Watch the breeze waft through the plants around you. Listen for the birds around you. Maybe go for a short walk if you can. And remember that there are new and beautiful things arriving every day. There is hope in the creation all around you. And maybe even consider dancing with the daffodils.

-Katelin Jordan