



A Guide to an in-Home Gathering Place: June 21, 2020

Gardening!

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through June 30th, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, we are going to enjoy some time in the Garden! 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 activities 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

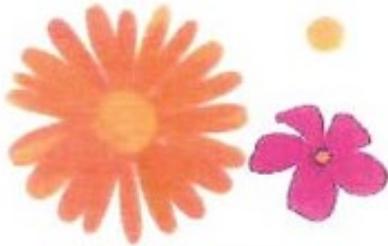
Have you ever planted a flower or vegetable garden?

Have you ever made a butterfly or rock garden?

Who taught you how to grow plants?

What kind of garden tools did you use, such as gloves, or a watering can?

What was the most surprising thing you ever found in your garden?



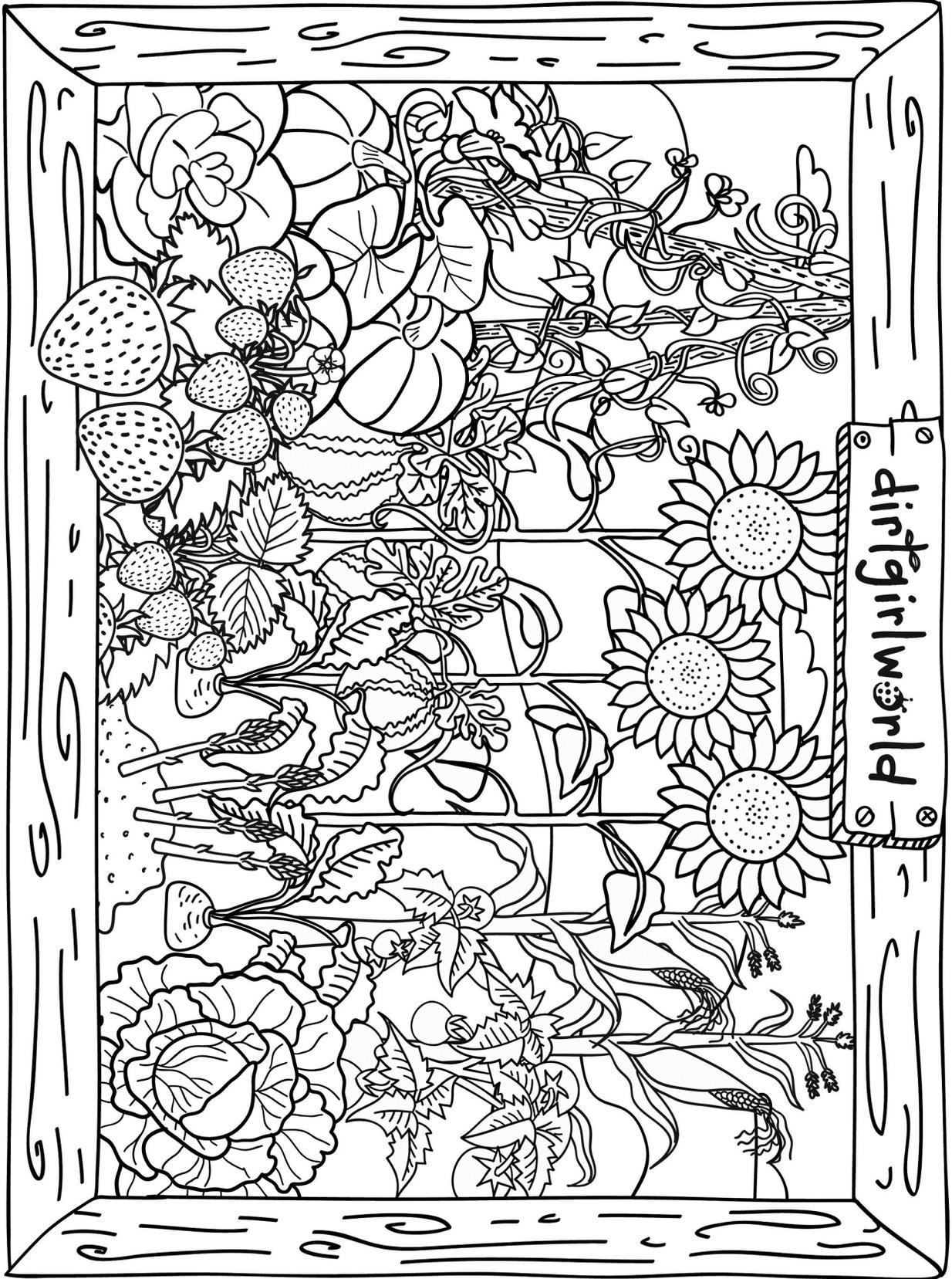
Flower Power



ASTER
CROCUS
DAFFODIL
DAISY
GERANIUM

HONEYSUCKLE
LAVENDER
LILAC
LILY
MARIGOLD

ORCHID
PANSY
SUNFLOWER
TULIP
VIOLET





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Color the Garden Harvest



© Sheri Amsel

www.exploringnature.org

Nature Scavenger Hunt Game

We all adore the wonders found in the great outdoors.

Organize a scavenger hunt. Give each person on the walk a small bag to place their found items.

Begin a walk around the block looking for the items on the list. Place items that you want to bring home in the bag and enjoy the beauty of nature. Have fun exploring.

Look for...

Bugs, bark, pinecones, pebbles, dandelions, dried leaves, birds, flowers, a butterfly, sidewalk chalk drawing, child on a bicycle, cloud, cat, a yard sprinkler, pick-up truck, a honeybee, bird nest.

Bonus points can be given for spotting items that are not on the list.

Arts and Crafts

Easy Birdseed Ornaments¹

You will need:

- thin cardboard (such as a cereal box)
- pencil
- template or cookie cutters
- scissors
- peanut butter (or comparable, bird-safe spread)
- birdseed
- small nail or tapestry needle
- floral wire

1. Flatten your cardboard and use a template or cookie cutters to draw any shape you like with a pencil. In the center, draw a circle about 1 1/2-inches in diameter. Cut out the shape and the inside circle. TIP: Adults can pierce the center with the nail or needle to help cut out the center.

2. Use the nail or needle to poke a hole in the top of the shape (adults only). Thread a piece of floral wire through the hole and twist to close.

3. Pour some birdseed in a tray or dish. Spread a thin layer of peanut butter on the shape. Hold the shape over the tray and cover with birdseed. Turn over to remove excess. Place the ornament on a baking tray lined with wax paper to set. If desired, repeat on the other side (optional).

4. Hang outside and wait for the birds!



¹ <https://thedeclaredcookie.com/easy-birdseed-ornaments/>

How to Plant the Perfect Indoor Herb Garden²

(What is great about this is that you can use almost anything as a pot as long as it is deep enough and has enough drainage. And herbs grow quickly so your loved one can enjoy watching their hard work come to life.)

Find the perfect pot

Whether a row of terra cotta pots or a modern planter, a freshly potted herb garden adds natural style to your kitchen. The vessel you choose should be at least 4 inches deep and have proper drainage in the bottom for the plants to thrive.

What to plant

Basil, dill, oregano, thyme, parsley, sage, rosemary and mint are all great options. While they may be grown from seed, we find it a little easier to purchase herb plant starters, which can be found at most garden or grocery stores.

The Soil

Fill your planter with a high-quality potting mix. Heavier “potting soil” can be too sticky and not provide enough drainage. Potting mix is typically lighter and made from mostly organic matter that gives herbs the texture and drainage they need. Once your container is filled, dig holes just large enough for each plant. Gently pull the plants from their starter containers by turning them upside-down and tapping the bottom until they come out. Place the plants in the holes and gently cover with soil, pressing around the edges.

Give them light...

Since your new little plants won't be outside, they will need to be placed in a window that gets lots of natural sunlight. A sunny south-facing window is ideal, but any spot that gets ample light will do. In general, herbs need about 4 to 6 hours of direct sunlight to thrive.

...And a little drink

Herbs like it best when their soil is kept moist, but not soggy. An easy trick to gauge whether or not you need to water is to stick your finger into the first inch of the soil. If you feel moisture, don't water. Keep checking once a day until the soil feels dry. Then, add water until you see the excess start to drain from the pot.

Watch them grow and enjoy!

As the plants start to grow, harvest and use the older leaves first. This will keep new leaves coming. Then, add to your favorite dishes and delight in the freshly picked flavor!

² <https://www.oliveandcocoa.com/how-to-grow-a-windowsill-herb-garden>

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 Garden Song

By Peter, Paul, and Mary

Chorus

Inch by inch, row by row,
Gonna make this garden grow.
Gonna mulch it deep and low,
Gonna make it fertile ground.
Inch by inch, row by row,
Please bless these seeds I sow.
Please keep them safe below
'Til the rain comes tumbling down.

Pullin' weeds and pickin' stones,
We are made of dreams and bones
Need a spot to call my own
Cause the time is close at hand.

Grain for grain, sun, and rain
I'll find my way in nature's chain
Tune my body and my brain
To the music of the land.

Chorus

Plant your rows straight and long,
Season them with prayer and son
Mother earth will keep you strong
If you give her love and care.
Old crow watching from a tree
Has his hungry eyes on me
In my garden I'm as free
As that feathered thief up there.

Chorus

Music & Lyrics by Dave Mallett

ROSE GARDEN

I beg your pardon
I never promised you a rose garden
Along with the sunshine
There's gotta be a little rain some time
When you take you gotta give so live and let live
Or let go oh-whoa-whoa-whoa
I beg your pardon
I never promised you a rose garden
I could promise you things like big diamond
rings
But you don't find roses growin' on stalks of
clover
So you better think it over
Well if sweet-talkin' you could make it come
true
I would give you the world right now on a silver
platter
But what would it matter
So smile for a while and let's be jolly
Love shouldn't be so melancholy
Come along and share the good times while we
can
I beg your pardon
I never promised you a rose garden
Along with the sunshine
There's gotta be a little rain some time
I beg your pardon
I never promised you a rose garden
I could sing you a tune and promise you the
moon
But if that's what it takes to hold you
I'd just as soon let you go
But there's one thing I want you to know

You better look before you leap, still waters run deep
And there won't always be someone there to pull you out
And you know what I'm talkin' about
So smile for a while and let's be jolly
Love shouldn't be so melancholy
Come along and share the good times while we can
I beg your pardon
I never promised you a rose garden
Along with the sunshine
There's gotta be a little rain some time

Source: LyricFind
Songwriters: Joe South

IN THE GARDEN

I come to the garden alone while the dew is still on the roses,
And the voice I hear falling on my ear,
The Son of God discloses
And He walks with me and He talks with me,
And He tells me I am his own;
And the joy we share as we tarry there,
None other has ever known
2.He speaks, and the sound of his voice is so sweet
The birds hush their singing,
And the melody that He give to me
Within my heart is to ringing.
And He walks with me and He talks with me,
And He tells me I am his own;
And the joy we share as we tarry there,
None other has ever known
I stay in the garden with Him,
Though the night around me is falling.
But He bids me go; through the voice of woe
His voice to me is calling.
And He walk with me and He talks with me,
And He tells me I am His own;
And the joy we share as we tarry there,
None other has ever known.

Source: Musixmatch
Songwriters: Williams June Deniece / Miles C Austin
I Come to the Garden Alone lyrics © Black Eye Music, Word Music, Llc

A GARDEN IN THE RAIN

Twas just a garden in the rain
Close to a little leafy lane
A touch of color 'neath stars of gray
The raindrops kissed the flower beds
The blossoms raised their leafy heads
A perfumed thank you
They seemed to say
Surely here was charm beyond
Compare to view
Maybe it was just that
I was there with you
Twat just a garden in the rain
But then the sun came out again
And sent us happily on our way

Source: Musixmatch

Songwriters: Carroll Gibbons / James Dyrenforth

Garden in the Rain lyrics © Campbell Connelly And Co. Ltd., Campbell Connelly And Co.ltd.

Chair Exercises

(Use Beach Boys Music or other music of the era you enjoy the most.)

WARM UP: 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.

MARCHING: Continue in chair and march in place for a minute.

LEGS AND FEET: 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 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.

Now 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. Now 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. Now do the same rotations with your other ankle. Circle each ankle about 30 seconds.

Back to marching in place for a minute.

ARMS: Reach arms above head, one at a time, reaching for the ceiling.

Now reach each arm side to side, moving your torso with each movement-right to left.

Reach each arm low, on each side as if you were trying to touch the floor, moving your body along with your reaches.

COOL DOWN: Stretch your arms above your head, take a deep breath. Bring your arms down and stretch them again above your head and breathe out. Now 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. You're done! Great job!

Devotion: Planted in God's Garden

by Don Byker

A Scripture Reading — Genesis 2:4-15

The Lord God took the man and put him in the Garden of Eden to work it and take care of it. — Genesis 2:15

I notice the subject of gardening sprouting up everywhere. The cultivation and care for living, growing things is grounded deeply in the soul of who we are as created beings in God's garden.

In the beginning God planted us human beings in his perfect garden. Previous verses from the creation story make clear that God is the original gardener. He created the vegetation—seed-bearing plants, trees that have fruit with seeds, shrubs, and all kinds of trees. From the beginning, God intended this first garden to produce food for all kinds of creatures and humankind year after year.

Genesis 2:15 shows that God planted people in that first garden “to work it and take care of it.” This suits us because we are from God—created in his image to be like him—and we are also from the ground. We might even say that gardening—working and caring for growing things—is in our bones. Cultivating the gifts of God for the glory of God is what we are meant for.

Gardening involves cultivating, planting, watering, pruning, protecting, harvesting, and much more. When we are drawn to the world of soil, plants, and trees, it is no coincidence. We're designed to care for the earth, other creatures, and each other. Cultivation is rooted in our beginning and continual thriving in God's garden.

Prayer

Lord, thank you for this vision of the garden you planted in paradise for us to work and care for with you. Recreate us in Christ back to your purpose for our lives. Amen.

Recipe: Green Goddess Potato Salad

By Nanci Engle

- 2lbs. small red potatoes (about 12), halved or quartered (skin on)
- 1 ½ tsp kosher salt, plus more for the water
- 4 oz. snap peas, trimmed
- 3 stalks celery, chopped, plus ½ C celery leaves
- ½ Cup mayonnaise
- ½ Cup fresh parsley, plus chopped parsley for top
- ¼ Cup buttermilk
- ¼ Cup chopped fresh chives, plus more for topping
- 2 Tbsp fresh lemon juice
- 2 Tbsp chopped fresh tarragon
- 2 anchovy fillets (optional)
- 2 medium shallots, roughly chopped
- 1 small, ripe avocado

1. Place potatoes in a large pot and add enough water to cover by 1". Season w/salt. Bring to boil over high heat and cook until potatoes are fork-tender, about 10 minutes. Remove the potatoes with a slotted spoon and place them in a large bowl.

2. Add the snap peas to the boiling water and cook until just crisp-tender, about 1 minute. Drain, then thinly slice on an angle. Add to the bowl with the potatoes; add the chopped celery.

3. Meanwhile, make the dressing: Combine the mayonnaise, parsley, buttermilk, chives, lemon juice, tarragon, anchovies, shallots, avocado, celery leaves and 1 t salt in a blender and blend until smooth.

4. Once the potatoes have cooled slightly, pour the dressing over the vegetables, season with the remaining ½ t of salt and a few grinds of black pepper and toss well. Cover and refrigerate until chilled, at least one hour or overnight. Toss the potato salad again and top with more parsley and chives before serving.

BONUS

Our Garden

By Bernard Price

Happy in our garden, with such a fine display.
The joy in all I see, helps to chase the blues away.
I know each flower by name, having planted through the years.
To make this yard so special, the envy of my peers.
My mother taught me well, the results are very clear.
She always loved our garden, spent time there every day.
I'll keep it as she planned, no matter come what may.
Though no longer with me, hope she's watching from afar.
Her inspiration I hold dear, my bright and shining star.
I plan to teach my children, just as mother did for me,
And keep our garden lovely as she wanted it to be.

Favorite Flowers Quiz

1. This flower's name begins with the name of a vehicle.
2. You may eat the first part of this flower's name on your toast.
3. This flower describes a sewing notion of a single man.
4. This flower's name is a lovely purple color.
5. This flower's name sounds as though you could eat it.
6. Despite its name this flower is not fierce.
7. This flower has a precious metal in its name.
8. This flower has a time of day in its name.
9. This early blooming flower has a fruit in its name
10. This flower has a season in its name.

Answers:

1. Carnation
2. Butter cup
3. Bachelor's button
4. Violet
5. Sweet pea
6. Tiger Lilly
7. Goldenrod
8. Morning glory
9. Grape hyacinth
10. Spring beauty

Famous Garden Quiz

1. One of the seven ancient wonders of the world, these gardens on the Euphrates River were supposedly built in 600 B.C. by King Nebuchadnezzar.
2. The state of New Jersey is known as the _____
3. This garden is depicted in the book of Genesis as the location where Adam & Eve ate an apple from the tree of knowledge.
4. This magazine debuted in 1924 to bring articles and information about home décor and gardening.
5. Rather than using lots of greenery, this type of garden uses stones for decoration.

Answers:

1. Hanging gardens of Babylon
2. The Garden State
3. Garden of Eden
4. Better Homes and Gardens
5. Rock garden