



A Guide to an in-Home Gathering Place: July 12, 2020

Sailing Away

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through July 31st, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, we are going to go on a boat ride! 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

1. How many kinds of boats have you been on? Sailboat, cruise liner, submarine, john boat, kayak
2. Do you have a favorite boat?
3. Did you ever catch fish off the side of the boat?
4. What other activities did you do on the boat?

Word Games and Art Pages

Name: _____ Date: _____

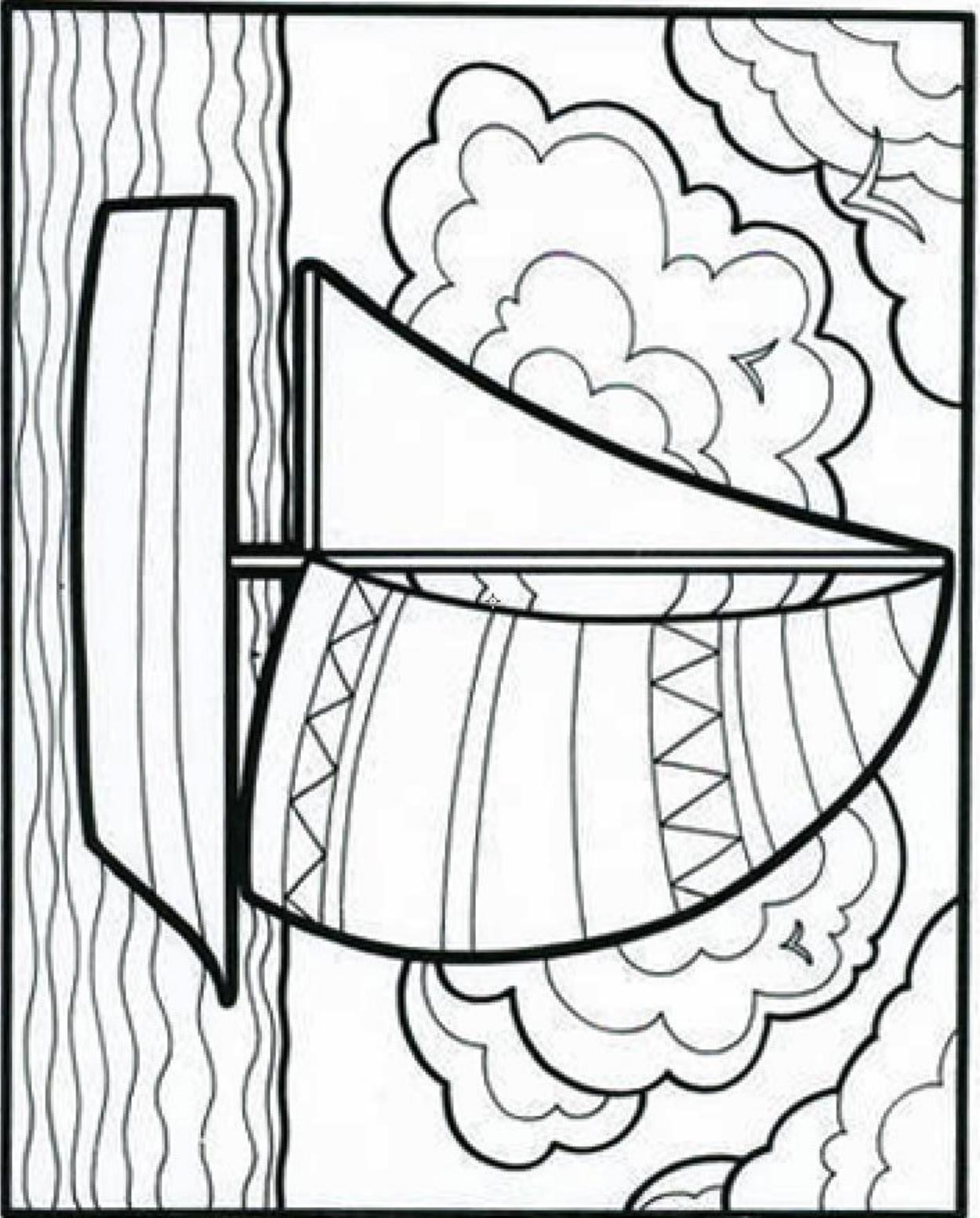
Boats

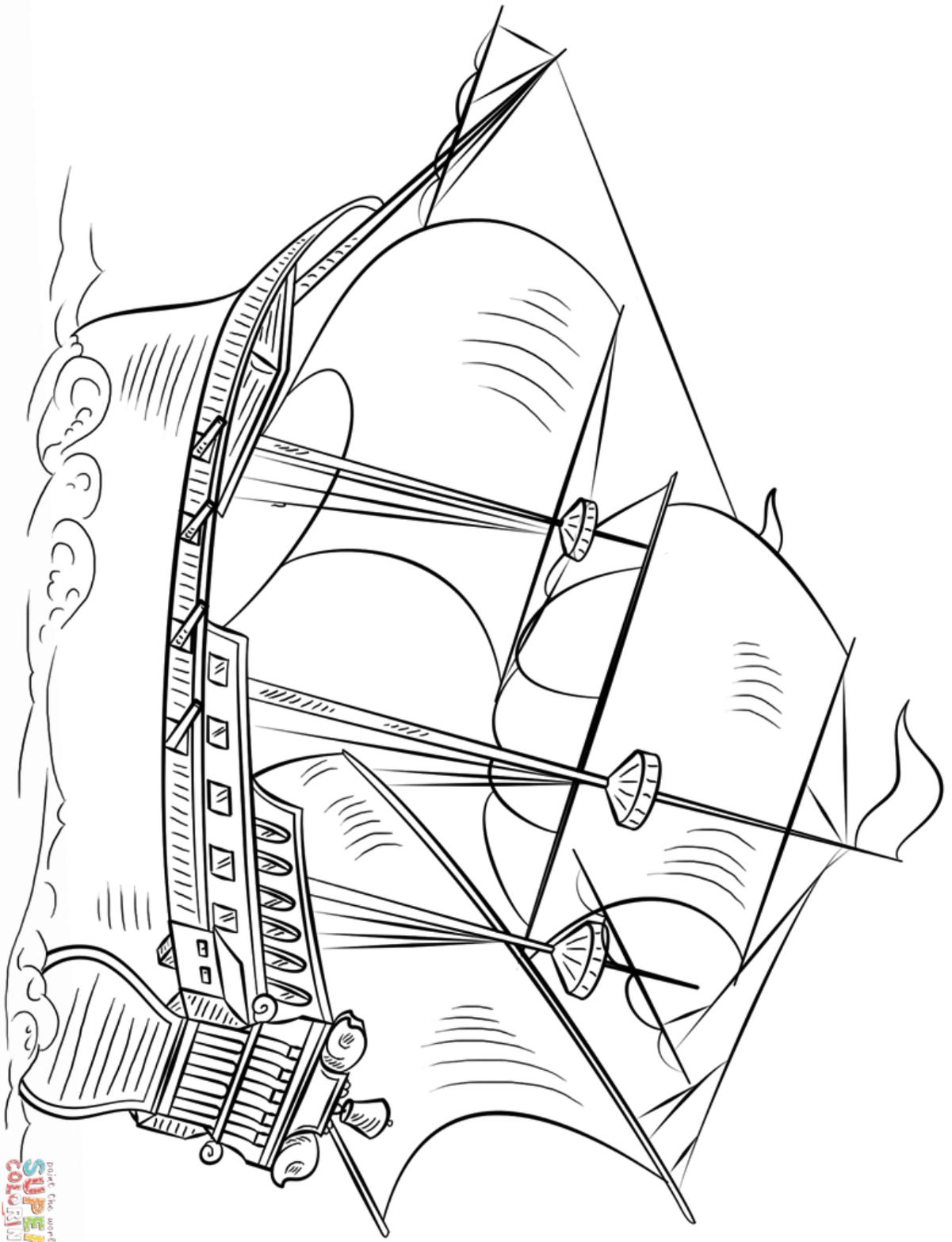


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boat wave dock oar motor sailboat
lake tug bow hull rowboat sail





color the world
SUPER
COLORING

Games

Sail your Boat

Give everyone who wants to play a piece of construction paper. Each player makes his own paper sailboat from the construction paper. In your swimming pool or use a plastic kiddie pool or even a bathtub filled with water, participants can race their boats. Play several games if you have a small pool and lots of players. Each person places her boat in the water and does what she can, such as blowing on her boat or making waves in the water, without touching the boat. Whoever reaches the end of the pool or the finish line first wins the game.

Memory Game

Find a toy treasure chest or make your own out of a shoe box. Fill it with different kinds of nautical items. Some of the things that you can put in the treasure chest are a toy anchor, nautical flags, a toy sailboat, a cork, a bag of sand, a rope, shells glass beads, life saver candy or a telescope. Have everyone look into the treasure chest for a few seconds. Give each player a piece of paper. Have the players take a minute or two to list as many items as they can remember seeing inside the treasure chest. Whoever lists the greatest number of items correctly wins.

Relay Race

Divide participants into two teams with equal numbers of players. Each team gets a suitcase filled with oversized clothes, such as white pants, a sailor's hat, a striped shirt or sailor shirt, a blue blazer, a red scarf and deck shoes. Have each team line up, side-by-side and place the suitcase several feet away from the first person in line. The first player in line for each team stands in front of the suitcase, puts on all the clothes over his clothes and runs back to the next person in line. The first player removes the clothes he just put on so the second person in line can put them on. The second person then runs to the suitcase, takes off all the clothes, puts the clothes back in the suitcase and runs to the back of the line. The next player in line does the same as the first player, and the game continues until everyone has had a turn putting on the clothes. The first team to have all team members finish wins.

*For an easier version use only the shirt, scarf, and hat.

Pin the Sail on the Boat

Pin the sail on the boat is, of course, a variation of pin the tail on the donkey. Draw a boat on a large piece of paper and tape it to a wall. Give each player a sail (a triangle) cut out from a piece of paper. Place tape at the back of each sail. Players line up and take turns trying to pin the sail on the boat. The player who pins the sail with the best possible positioning on the boat wins.

Arts and Crafts

Soda Can Boat Craft

This is a great way to re-purpose an old can. The supplies you need for this boat is an empty pop can, duct tape, a wooden skewer or a straw, and a paper sail. You will also need tin snips (or a pair of heavy-duty scissors) and a hot glue gun.

Use the tin snips or scissors to cut the can in half. You may want to use gloves, so you don't get cut on sharp edges while you work. Then wrap the entire can in duct tape. This will cover the sharp edges and decorate your boat.



Once the can is wrapped, glue the paper sail onto your skewer or straw. Then using the hot glue gun, drop a pile of glue in the center of the can. Insert the bottom of your skewer and hold it until firm. That's it. It's sea worthy. Head out and have some sailing fun.



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!

Sittin' on The Dock Of The Bay

Sittin' in the morning sun
I'll be sittin' when the evening comes
Watching the ships roll in
Then I watch them roll away again, yeah
I'm sittin' on the dock of the bay
Watchin' the tide roll away, ooh
I'm just sittin' on the dock of the bay
Wastin' time
I left my home in Georgia
Headed for the Frisco Bay
'Cuz I've had nothing to live for
And look like nothing's gonna come my way
So, I'm just gon' sit on the dock of the bay
Watchin' the tide roll away, wooh
I'm sittin' on the dock of the bay
Wastin' time
Looks like nothing's gonna change
Everything still remains the same
I can't do what ten people tell me to do
So I guess I'll remain the same, just
Sittin' here resting my bones
And this loneliness won't leave me alone, listen
Two thousand miles I roam
Just to make this dock my home, now
I'm just gon' sit at the dock of a bay
Watchin' the tide roll away, ooh
Sittin' on the dock of the bay
Wastin' time

*Songwriters: Otis Redding / Steve Cropper
Sittin'on The Dock Of The Bay Lyrics © Cotillion
Music Inc., East Memphis Music Corp., Cinabass
Music, Emi Jemaxal Music Inc, Irving Music, Inc.
E.m.*

Row Row Row Your Boat

Row, row, row your boat
Gently down the stream
Merrily merrily, merrily, merrily
Life is but a dream
Row, row, row your boat
Gently down the stream
Merrily merrily, merrily, merrily
Life is but a dream
Row, row, row your boat
Gently down the stream
Merrily merrily, merrily, merrily
Life is but a dream
Row, row, row your boat
Gently down the stream
Merrily merrily, merrily, merrily
Life is but a dream

*Songwriters: Traditional
Row Row Row Your Boat Lyrics © Songtrust Ave*

Beyond the Sea

Somewhere beyond the sea
Somewhere waiting for me
My lover stands on golden sands
And watches the ships that go sailin'

Somewhere beyond the sea
She's there watching for me
If I could fly like birds on high
Then straight to her arms
I'd go sailing

It's far beyond the stars
It's near beyond the moon
I know beyond a doubt

My heart will lead me there soon

We'll meet beyond the shore
We'll kiss just as before
Happy we'll be beyond the sea
And never again I'll go sailing

I know beyond a doubt, ah
My heart will lead me there soon
We'll meet (I know we'll meet) beyond the
shore
We'll kiss just as before
Happy we'll be beyond the sea
And never again I'll go sailing

No more sailing
So long sailing
Bye bye sailing
Sung by: Bobby Darin
*Writer/s: Albert Lasry, Charles Trenet, Jack
Lawrence*

A Sailboat in the Moonlight

A sailboat in the moonlight and you
Wouldn't that be heaven
A heaven just for two
A soft breeze on a June night and you
What a perfect setting
For letting dreams come true

A chance to sail away
To Sweetheart Bay
Beneath the stars that shine
A chance to drift
For you to lift
Your tender lips to mine
Some things dear
That I long for are few
Just give me a sailboat
In the moonlight and you
A chance to sail away
To Sweetheart Bay
Beneath the stars that shine
A chance to drift
For you to lift
Your tender lips to mine
Some things dear
That I long for are few
Just give me a sailboat
In the moonlight and you

Sung by: Billie Holiday
Source: [LyricFind](#)
*Songwriters: Carmen Lombardo / John Jacob
Loeb*
*A Sailboat in the Moonlight lyrics © BMG Rights
Management US, LLC*

Exercise¹

Seated Exercises for Seniors

Seated exercises are perfect for seniors with limited mobility or difficulties with balance.

Knee Lifts or Marching

- Sit up straight toward the front edge of a chair.
- Alternate lifting knees as if marching in place.
- Try to march for at least 20 seconds.
- Increase the time as you are able.

Benefit: Improves cardiovascular fitness, coordination, lower body muscular strength and endurance, abdominal strength and endurance and seated balance.



Seated Jumping Jacks

- Sit toward the front edge of a chair.
- Take both arms and both legs out to the sides and back in.
- Tighten abdominal muscles to maintain balance.
- Try to do seated jumping jacks like that for 10 seconds.
- Increase the time as you are able.

Benefit: Improves cardiovascular fitness, coordination, lower body muscular strength and endurance, upper body muscular strength and endurance, abdominal strength and endurance, and seated balance.



¹ <https://www.actsretirement.org/get-started/retirement-resources/senior-exercises/>

Shoulder Rolls

- Slowly move shoulders in a circle backwards.
- Do 10-15 repetitions (avoid circling the shoulders forward).

Benefit: Improves upper body mobility for reaching. Improves rounded shoulder posture often attributed to using computers, tablets or texting posture. Improves upper body circulation, and possibly reduces muscular tension in neck and shoulders associated with stress.



Seated Row

- Sit with elbows bent at sides.
- Bend slightly forward at hips
- Straighten arms toward the floor.
- Pull arms along the side of the body as you squeeze shoulder blades together.
- Try to do 10-15 repetitions.

Benefit: Improves upper body strength and endurance for lifting and carrying, opening doors and drawers. Improves rounded shoulder posture often attributed to using computers, tablets or texting.



Trunk Rotation

- Sit with hands on hips.
- Rotate slowly to the right and to the left.
- Try to do 10-15 repetitions.

Benefit: Improves torso strength and endurance to maintain balance while reaching, twisting and walking.



Knee Extension

- Sit up straight.
- Keep the left foot on the floor.
- Extend the right leg.
- Repeat with the left leg.
- Try to do 10-15 repetitions.

Benefit: Improves lower body strength and endurance to get out of a chair, climb stairs and walk. Improves balance and ability to recover from loss of balance.



Toe Taps

- Sit with both feet flat on the floor.
- Lift heels while keeping toes on the floor.
- Return to flat foot.
- Lift toes while keeping heels on floor.
- Return to flat foot.
- Try to do 10-15 repetitions.

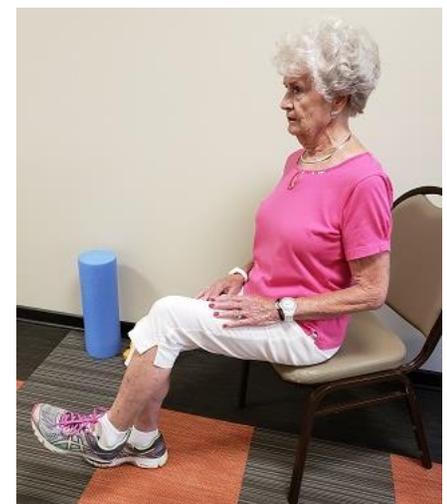
Benefit: Improves ankle strength, endurance and mobility, which is necessary for walking, balance, recovering from a loss of balance. Also improves lower extremity circulation.



Ankle Circles

- Slowly make a circle with your foot.
- Reverse directions.
- Repeat with opposite foot.
- Try to do 10-15 repetitions.

Benefit: Improves ankle strength, endurance and mobility, which is necessary for walking, balance, recovering from a loss of balance. Also improves lower extremity circulation.



Devotion

Are You in the Same Boat?²

Have you ever felt like you have been going nowhere fast? You find yourself feeling trapped with the same old life, day after day. How do you break free? Let me paint you a picture to clarify. You see a beautiful sunny day with a cool breeze blowing. You are thinking about your little old rowboat that you often take to a small lake to get away to stop by the shore line to read, maybe fish or just relax.

If you take that same boat with your oars, go down to the beach, put it in the ocean and begin paddling, before long your arms tire. After going some distance, you wish you had not ventured so far from your original destination. You need a different boat.

There is always room for change and new ventures in life. It is time to set your sails. If you were going to venture out into the ocean you may need a motorboat or a sailboat to go new places, see and experience new things. Life does not have to be so hum drum day after day; but only you can make the choices to change your circumstances.

Like having the right boat or changing your normal routine from getting in a rowboat in a lake or taking a sail on the ocean, we can change our situations by the way we respond to life's difficulties. How can we do this? By the words we speak. They play a key role. Pay attention to what people say and see what kind of life they have. Often they make their own problems if they are constantly negative. If people say, "God is bringing me through this and I am looking to Him and trusting Him," their situations often turn around a lot quicker.

If you say, "I can't stand my life, it is boring," or "I always have troubles, I have no money, no friends, etc.," what are the odds that this is the boat you will be stuck in? We know the odds are that you have exactly what you are proclaiming over your life. If you speak God's word over all your problems, His word will not return void. God says it will accomplish what it is set out to do.

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ([Philippians 4:8](#))

I try to live each day to the fullest and I thank God for giving me opportunities. I actually have a fruitful life. Maybe at times it is too full, where I need to drop an activity or two; but I change my situations, making the best out of some unavoidable ones. It usually works out. I do different things, so there are no ruts. I take mini-vacations and find quiet moments to get refreshed by venturing out and enjoying all the benefits of God's kingdom. But most of all, I decree and declare good things over my life, family, and friends.

I realize we have trials. They come in seasons because we are not promised those sunny and cool breezes every day, sailing along without a care. We are promised that Jesus will hold our hand and walk with us when the sunshine turns to rain, when instead of feeling good we are in pain. He will carry you in His arms.

² From CBN By Cathy Irvin <https://www1.cbn.com/devotions/are-you-in-the-same-boat>

Praise the Lord; praise God our savior! For each day he carries us in his arms. ([Psalm 68:19](#), NLT)

The only thing we can do in difficult moments is ask the Lord for His help, go to His Word and begin to speak life into what seems to be a hopeless situation. You can chase those clouds off your mind and set sail for a different journey. If you're in the same boat day after day, purpose to do something different. Speak good things from God's word over your life and expect a turnaround.

Meditation & Sailing³

Finding and maintaining balance during meditation resembles sailing in several ways.

The first and most important is balance. Trimming the sails and constantly adjusting to the wind is very similar to the self-awareness between relaxation and alertness that clarity in meditation requires.

A second similarity is focus. Balancing a sailboat, as well as the mind in meditation, requires ongoing, consistent focus. This does not have to be work, but it is vigilance and witnessing.

A third shared aspect is strength, particularly endurance. In meditation, as in sailing, is the nature of your practice and the structure that it provides for both balance and growth.

Both learning to sail and learning to meditate require practice, which is a fourth similarity. Both competence and confidence grow with practice.

Having the right type of practice makes a huge difference in mastering meditation. It allows you to find and maintain balance, develop and stay focused, develop and maintain endurance, and then to generalize these skills into your everyday mind so that you sail the waters of life with joy and confidence, no matter how turbulent they may be :)

It can be very powerful to join these 2 activities together. A sailor can benefit from starting and developing a consistent meditation practice because he will also feel the benefits in his sailing performance: more focus, presence on the moment, calm, equanimity.

The aim is not to formally meditate while sailing. The formal practice is done in quietness (like when you work out you go to the gym). 10/15 minutes a day is all it takes. And, of course, sailing is a great informal practice of meditation.

³ Manuela <https://ancora-retreats.com/en/blog/124/meditation-and-sailing>

Bacon-Wrapped Corn on the Cob

Prep time: 15 minutes

Total time: 40 minutes

Makes: 6 servings

- ¼ cup honey
- ¼ teaspoon cayenne pepper
- 6 ears of corn, shucked and halved
- ¼ cup vegetable oil
- 1½ teaspoons kosher salt
- Freshly ground black pepper to taste
- 12 slices bacon

1. Preheat the oven to 425 degrees. Line a rimmed baking sheet with parchment paper. Combine the honey and cayenne in a small bowl and set aside.
2. Toss the corn in a large bowl with the vegetable oil, salt, and black pepper. Wrap each piece of corn with a slice of bacon, starting at one end and spiraling around the cob, overlapping the bacon slightly. Tuck the end of the bacon under itself to secure it. The bacon will not cover the entire cob.
3. Place the corn seam-side down on the prepared baking sheet. Brush the bacon with the spicy honey. Roast, turning the corn over halfway through, until the corn is tender, and the bacon is browned and crispy, about 25 minutes.

Recipe from Ree Drummond, The Pioneer Woman