



A Guide to an in-Home Gathering Place: July 26, 2020

A Trip Down Route 66

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 enjoy exploring Route 66! 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!

Route 66 Reminiscing

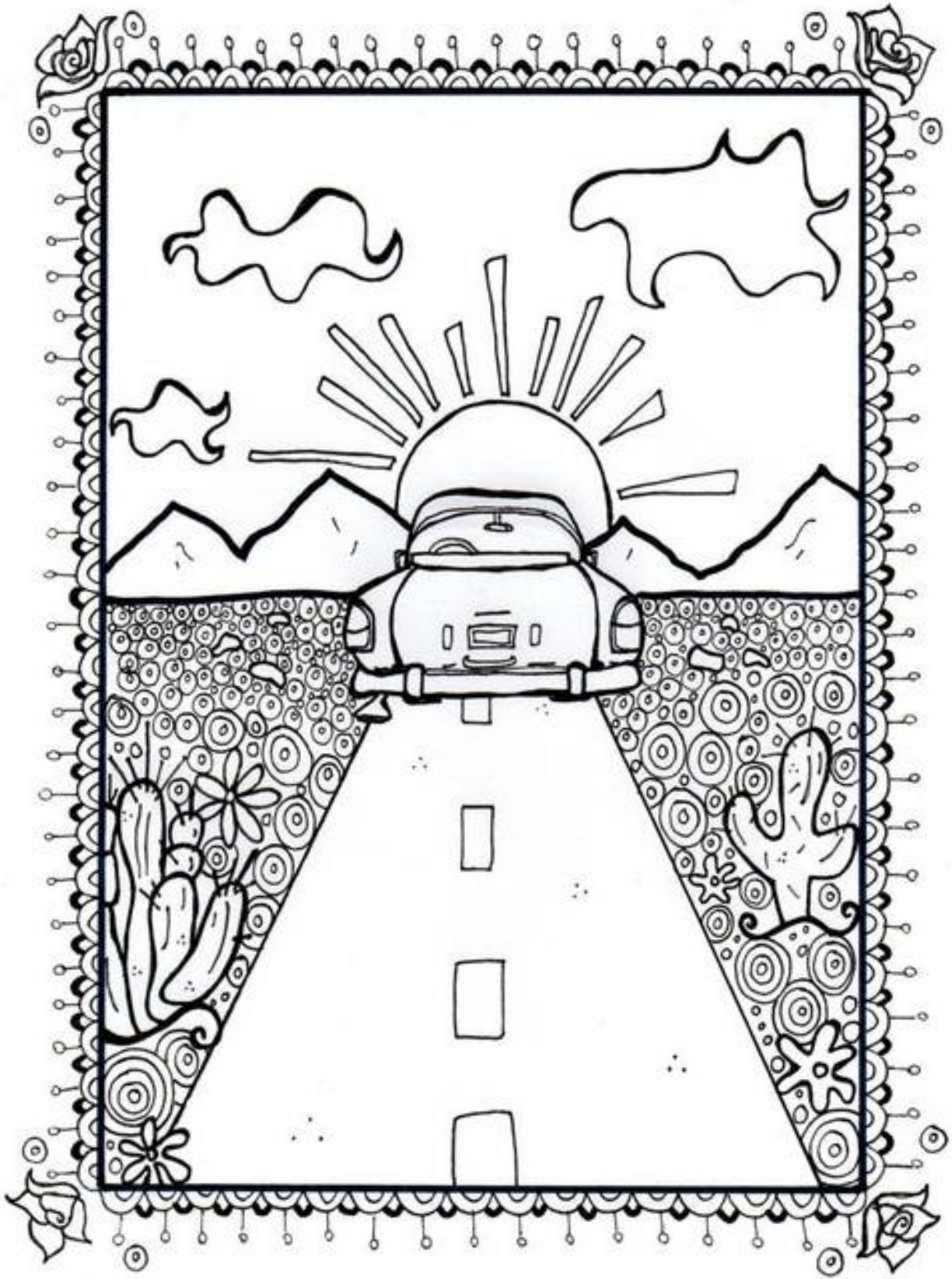
1. *What kinds of vacations and road trips did you take with your family?*
2. *What kind of vehicle did you drive?*
3. *What was your most memorable trip?*
4. *Did you ever drive on Route 66 and see any of the attractions?*
5. *Have you ever driven from coast to coast?*
6. *Would you rather fly on a plane or travel by Train, car or bus?*
7. *What do you think these phrases mean? back seat driver, travel light, road hog, hit the road, pedal to the metal, on the home stretch, pit stop, off the beaten path, fender bender, in the middle of nowhere, heavy foot, a country mile, at a good clip.*

-Travel Word Search-

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

- BILLBOARD
- BOAT
- BRIDGE
- BUS
- CAR WASH
- GAS STATION
- HOTEL
- MOTORCYCLE
- PLANE
- POLICE CAR
- REST STOP
- ROAD WORK
- SPORTS CAR
- STATE LINE
- STOP SIGN
- TAXI CAB
- TOW TRUCK
- TRAIN
- YIELD SIGN







Games

Get your kicks on Route 66 is a phrase that captures the spirit of the great outdoors, as well as a cross-country drive. Getting out of the house, feeling the sun on our face and taking a walk or a drive has always been a favorite past time. Whether we take a car ride, a walk or sit outside, we can still have fun playing games together and enjoying each other's company. Here are a few fun games to try.

I Spy

To play I Spy, one person will choose an object around them. This game can be played inside the home, outside, or while traveling in a car. He or she gives the other people or person a clue by saying: "I spy with my little eye, something....." He or she then will state the object's color, give the first letter of the name of the object, or offer another clue.

Encourage players to choose an object that will be easily seen by all. If traveling in a vehicle, choose something that is inside the car. The person who guesses the object correctly is the next person to spy a new item.

Banana Game

If you're looking for a fun game, try the Banana Game. Observation is the only skill required. Look for vehicles that are yellow. These are the bananas we are looking for. The first person who spots a passing yellow vehicle gets points. You can award points based on the size or make of the car. For instance, a yellow school bus might be worth five points, and a yellow Cadillac or sports car might be worth two points.

Another way to heighten the competition is to put a limit on the time you have to spot bananas. For example, the winner of the game could be the person who spots the most bananas in 10 minutes.

Team Storytelling

Get the creative juices flowing by composing a story. One person starts by creating the first line of the story. You can start with a simple "Once upon a time, there lived a princess" or come up with something more unconventional like, "Joey the frog always had blue spots." Next, each person adds a line, and the story builds and builds. Depending on your group's storytelling stamina, you could go on for a few minutes or a few hours. This game is fun with two people or a group.

20 Questions

Whoever goes first thinks of, well, anything. The first question asked is always, "Animal, vegetable, or mineral?" After that, the players can ask pointed questions to try and guess the item. Allow each person to ask for clues such as, "Does it bark?" or "Can you peel it?" However, the answer to any question asked can only be yes or no. If you reach the 20th question without a winner, everyone has one last chance to figure it out before the "thing" is revealed and another person starts a fresh round.

Travel Picture Frame¹

You will need:

- An inexpensive small picture frame,
- A colorful map (*there is a map image at the end of the document if you don't have any maps at home*)
- Elmer's glue and/or Mod Podge
- Small foam brush

Tear or cut strips of the map and arranged them to fit around the frame,

Paint the back of each strip with Elmer's glue or mod podge and press on to the frame.

Use your fingers or a small foam paint brush to get the strips to lay flat and get all the air bubbles out from under the paper strips.

Let them dry completely for several minutes.

Paint over the top liberally with Elmer's glue or Mod Podge to seal the map and give it a finished look.

Add your favorite travel photo.



¹ DiyJoy.com

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!

On The Road Again

By Willie Nelson

On the road again
I just can't wait to get on the road again
The life I love is makin' music with my
friends
And I can't wait to get on the road again
On the road again
Goin' places that I've never been
Seein' things that I may never see again
And I can't wait to get on the road again
Here we go, on the road again
Like a band of Gypsies we go down the
highway
We're the best of friends
Insisting that the world keep turnin' our
way
And our way is on the...

Source: [LyricFind](#)

Route 66

By Nat King Cole

If you ever plan to motor west
Travel my way, take the highway that is
best
Get your kicks on Route sixty-six
It winds from Chicago to LA
More than two thousand miles all the way
Get your kicks on Route sixty-six
Now you go through Saint Looney
Joplin, Missouri
and Oklahoma City is mighty pretty
You see Amarillo
Gallup, New Mexico
Flagstaff, Arizona
Don't forget Winona
Kingman, Barstow, San Bernardino
Won't you get hip to this timely tip
When you make that California...

Source: [LyricFind](#)

Take It Easy
By The Eagles

Well, I'm a-runnin' down the road, tryin' to
loosen my load
I've got seven women on my mind
Four that want to own me, two that want to
stone me
One said she's a friend of mine
Take it easy, take it easy
Don't let the sound of your own wheels
drive you crazy
Lighten up while you still can
Don't even try to understand
Just find a place to make your stand
Take it easy
Now I'm a-standin' on the corner in
Winslow, Arizona
With such a fine sight to see
It's a girl, my Lord, in a flatbed Ford
Slowin' down to have a look at me
Come on, baby, don't say maybe
I've got to know if your sweet love is gonna
save me
We may lose and we may win
But we will never be here again
Open up, I'm climbin' in to take it easy
Well, I'm a-runnin' down...

Source: [Musixmatch](#)

Homeward Bound
By Simon & Garfunkel

I'm sittin' in the railway station
Got a ticket to my destination
On a tour of one-night stands
My suitcase and guitar in hand
And every stop is neatly planned
For a poet and a one-man band

Homeward bound
I wish I was
Homeward bound
Home where my thought's escapin'
Home where my music's playin'
Home where my love lies waitin'
Silently for me
Every day's an endless stream
Of cigarettes and magazines
And each town looks the same to me
The movies and the factories
And every stranger's face I see
Reminds me that I long to be
Homeward bound
I wish I was
Homeward bound
Home where my thought's escapin'
Home where my music's playin'
Home where my love lies waitin'
Silently for me
Tonight I'll sing my songs again...

Source: [LyricFind](#)

Exercise²

Chair Stretches for maintaining or improving flexibility

The stretching exercises below reveal the different ways the body parts can normally move for everyday tasks and activities. The actual position in each photo may not be exactly what you can do. You have your own level of flexibility (Range of Motion).

Instructions:

- Move to a position that comfortably stretches muscle
- Avoid discomfort/pain
- Hold the position for 30-60 seconds.



Did you gently move into the approximate position shown? *Yes/no*
Did the position you attempted create a feeling of stretch while avoiding discomfort/pain? *Yes/no*
Did you hold the stretch for 30-60 seconds? *Yes/no*

² www.yesnofitness.com

Traveling Mercies³

By: Julius Medenblik

“I am with you and will watch over you wherever you go ...” Genesis 28:15

I am old enough to remember a practice that my family and many others have taken up at the beginning of a long trip. It was a prayer in the driveway in which we asked God to provide “traveling mercies.”

Ultimately it was a request that God would protect us along the way and return us safely home.

We live in an age of safety requirements. Safety belts and air bags are required in every automobile. Tires have to meet safety standards. Windows are made of safety glass. Rear doors have child-safety locks. But only God can keep us truly safe.

In the midst of his lonely escape from a brother plotting to kill him, Jacob meets God. In a sleep-induced dream, Jacob sees that God is with him, and he hears God make a promise of protection.

God will go with Jacob and watch over him. In this journey, God will ensure a safe return. God promises that he will never leave Jacob. And Jacob the schemer finds that God is the planner and provider. Jacob is learning the lesson God shared with Abraham: traveling mercies are about traveling with God.

Traveling mercies mark our movements as pilgrims along God’s pathway. God wants us to come home. The destination isn’t a matter of geography. Home is being with God – wherever we are.

Prayer

Dear God, many of us wander. We never seem to be settled. Please guide us and make us pilgrims walking with you, day by day. Amen.

³ <https://today.reframemedia.com/devotions/traveling-mercies-2006-08-23>

Blackberry Corn Muffins⁴

- 1 ½ Cup All-purpose flour
- 1 ½ Cup Yellow cornmeal
- ½ Cup Sugar, plus extra for sprinkling
- 1 Tbsp Baking powder
- ½ tsp Salt
- 1 Whole large egg
- 1 ¼ Cup Buttermilk
- 8 Tbsp Unsalted butter, melted
- 1 tsp Vanilla extract
- ½ - 1 Cup Blackberries

Preheat oven to 375 degrees

1. Line twelve ½-cup muffin cups with paper liners. Whisk the flour with the cornmeal, sugar, baking powder, and salt in a medium bowl. In another medium bowl, lightly whisk the egg, then whisk in the buttermilk, butter, and vanilla.

2. Quickly fold the buttermilk mixture into the flour mixture with a rubber spatula. Just before the batter comes together, fold in the blackberries. The batter will be slightly lumpy, and that's fine – don't beat it too much or the muffins will be tough. Divide the batter evenly among the muffin cups and sprinkle the tops with sugar. Bake until golden and a wooden toothpick inserted in the centers comes out clean, about 20 minutes. Turn muffins out of the cups and cool on a baking rack.

⁴ *Food Network Kitchens Cookbook*

Lemonade

- 1½ cups sugar
- 2 lemons-sliced thin, seeds & ends discarded
- 2 cups lemon juice (12 lemons)
- 7 cups cold water

-Mash sugar & half of lemon slices in large bowl until sugar is completely wet, about 1 minute.

-Add water & lemon juice and whisk until sugar is completely dissolved, about 1 minute. Strain mixture through fine-mesh strainer set over pitcher, pressing on solids to extract as much juice as possible. Discard solids.

-Add remaining lemon slices and chill for 1 hour. Serve over ice. Serves 6-8

