



## **A Guide to an in-Home Gathering Place: August 2, 2020**

### **Ice Cream Social**

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through August 31<sup>st</sup>, 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 all that Ice Cream has to offer! 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](mailto: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!

### **Ice Cream Social Reminiscing**

1. What would you expect to see at an ice cream social?
2. Do you have a favorite flavor of ice cream?
3. Do you like to eat one flavor at a time, or do you like several different flavors in your bowl?
4. What is your favorite ice cream topping?
5. Who would you invite to your ice cream social?
6. Do you prefer homemade ice cream or store bought?

## Word Games and Art Pages

### Unscramble the Ice Cream Flavor

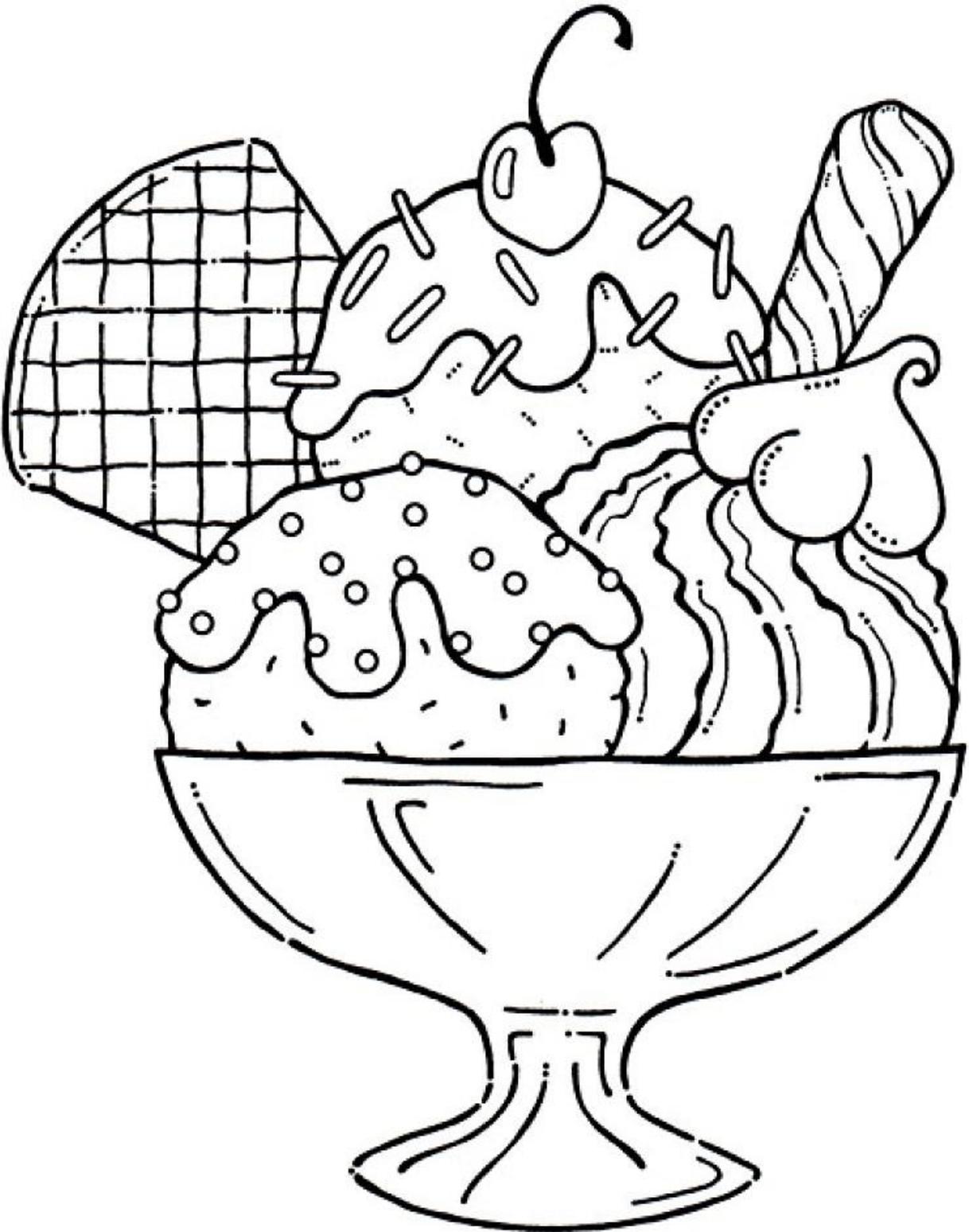
Mnit \_\_\_\_\_  
Cholcotea \_\_\_\_\_  
Rokyc Rdoa \_\_\_\_\_  
Vnalali \_\_\_\_\_  
Cerhry \_\_\_\_\_  
Strwarreby \_\_\_\_\_

*Answers: Mint, Chocolate, Rocky Road, Vanilla, Cherry, Strawberry*

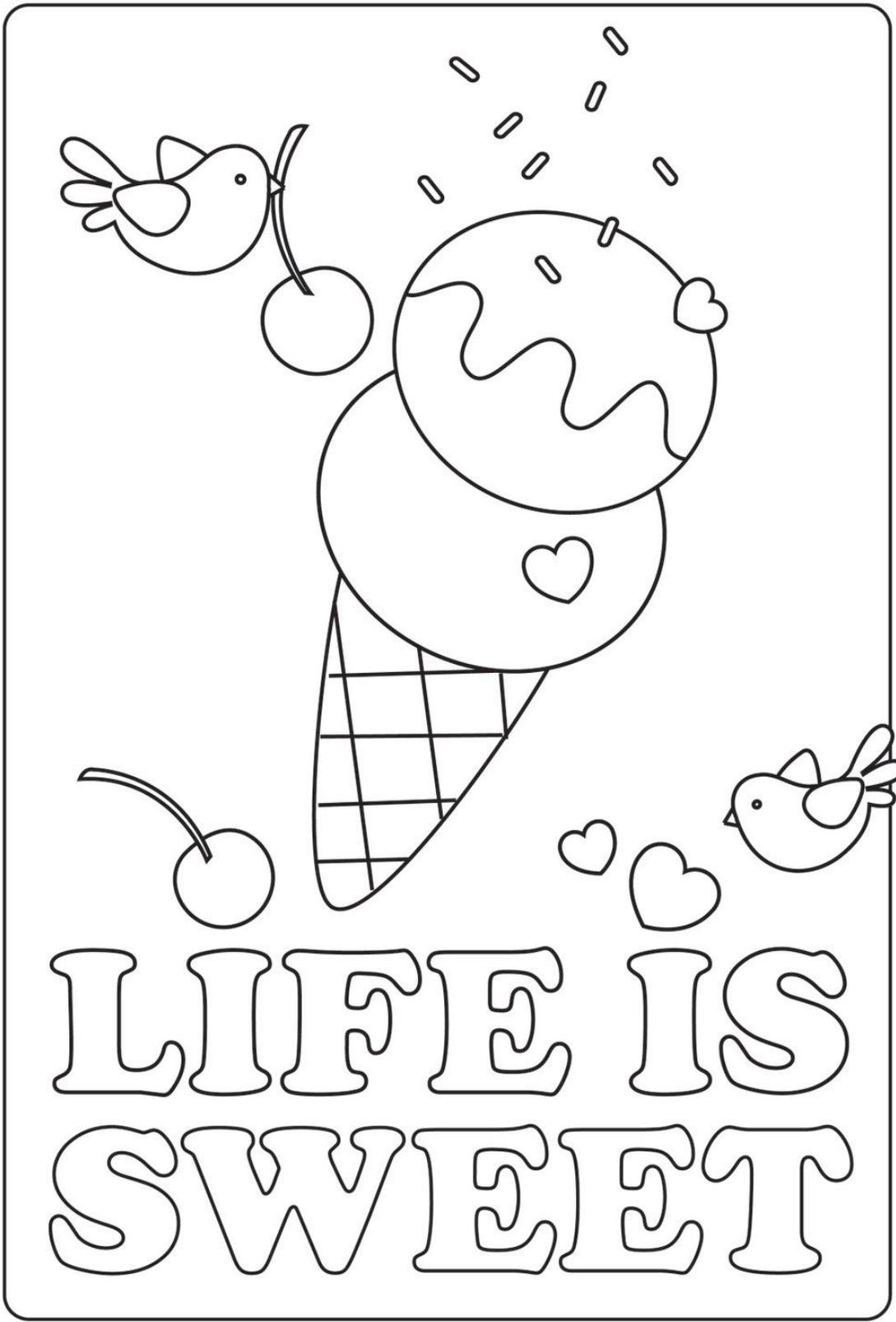
### Guess the Flavor of Ice Cream

The person guessing the flavor must close their eyes. Offer them a small spoonful of ice cream of various flavors, one at a time, and ask them to guess what flavor it is. The one who identifies the most correctly is the winner.

For round two or to break a tie, play the game again using ice cream toppings.









## Ice Cream Wordsearch



banana split

chocolate

cold

cone

ice cream

oyster

sprinkles

sundae

vanilla

wafer



# Ice Cream Flavors

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

- COTTON CANDY
- MAPLE WALNUT
- PECAN
- BANANA
- TIGER TAIL
- MOOSE TRACKS
- COCONUT
- ROCKY ROAD
- GREEN TEA
- FUDGE
- REESES
- CHOCOLATE
- VANILLA

Play this puzzle online at : <http://thewordsearch.com/puzzle/416/>

## Ice Cream Ball and Cone Challenge<sup>1</sup>



Set up 9 or 10 empty ice cream cones close together. You may want to set them in a small tray or box with short sides to keep them from falling over. Gently bounce a small ball such as a golf or ping pong ball toward the cones. The object of this game is to get the ball to land in one of the cones. You may assign points to each cone to increase the challenge.

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<sup>1</sup> <http://adventuresandplay.com/friendship-ice-cream-cone-throw/>

## Sponge Painted Ice Cream Cone<sup>2</sup>

### You will need:

- dish sponges cut to size (think cone shaped)
- paint
- construction paper
- pom poms
- clothespins



### Getting Started

1. To begin your ice cream cone sponge art, introduce the materials and discuss how each item may be used to create an ice cream cone. Choose the “flavors” of ice cream as paint colors are selected and mixed if necessary. We chose to create vanilla, chocolate, and strawberry ice cream. Yum!
2. Carefully dip the triangular cones into the paint and stamp them across your paper. We recommend having an extra paper plate or space for patting off any excess paint.
3. Using the pom pom paintbrushes, dip into the “flavor” of your choice.
4. Continue pom pom painting until all your flavors have been created. Feel free to add sprinkles, chocolate chips, or even a cherry on top!
5. You can even add in some sprinkles if you would like! We chose to use sparkly sequins for ours.



<sup>2</sup> <https://www.fantasticfunandlearning.com/sponge-painted-ice-cream-cone-summer-art-project.html>

## 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!

### **Those Lazy Hazy Crazy Days of Summer** **By Nat King Cole**

Roll out those lazy, hazy, crazy days of summer  
Those days of soda and pretzels and beer  
Roll out those lazy, hazy, crazy days of summer  
Dust off the sun and moon and sing a song of cheer  
Just fill your basket full of sandwiches and weenies  
Then lock the house up, now you're set  
And on the beach you'll see the girls in their bikinis  
As cute as ever but they never get 'em wet  
Roll out those lazy, hazy, crazy days of summer  
Those days of soda and pretzels and beer  
Roll out those lazy, hazy, crazy days of summer  
You'll wish that summer could always be here  
Roll out those lazy, hazy, crazy days of summer  
Those days of soda and pretzels and beer  
Roll out those lazy, hazy, crazy days of summer  
Dust off the sun and moon and sing a song of cheer  
Don't have to tell a girl and fella about a drive-in  
Are some romantic movie scene  
Right from the moment that those lovers start arrivin'  
You'll see more kissin' in the car than on the screen  
Roll out those lazy, hazy, crazy days of summer  
Those days of soda and pretzels and beer  
Roll out those lazy, hazy, crazy days of summer  
You'll wish that summer could always be here  
You'll wish that summer could always be here  
You'll wish that summer could always be here

*Source: LyricFind*

*Songwriters: Charles Tobias / Hans Bradtke / Hans Carste*

*Those Lazy Hazy Crazy Days of Summer lyrics © Downtown Music Publishing, Warner Chappell Music Inc*

### **On the Sunny Side of the Street** **By Frank Sinatra**

Walked with no one and talked with no one  
And I had nothing but shadows  
Then one morning you passed  
And I brightened at last  
Now I greet the day and complete the day  
With the sun in my heart  
All my worry blew away  
When you taught me how to say  
Grab your coat and get your hat  
Leave your worry on the doorstep  
Just direct your feet  
To the sunny side of the street  
Can't you hear a pitter-pat?  
And that happy tune is your step  
Life can be so sweet  
On the sunny side of the street  
I used to walk in the shade  
With those blues on parade  
But I'm not afraid  
This Rover crossed over  
If I never have a cent  
I'd be rich as Rockefeller  
Gold dust at my feet  
On the sunny side of the street  
Grab your street

*Songwriters: Dorothy Fields / Jimmy McHugh  
On the Sunny Side of the Street lyrics ©  
Sony/ATV Music Publishing LLC, Reservoir Media  
Management Inc*

**Summer Wind  
By Frank Sinatra**

The summer wind came blowin' in from across  
the sea  
It lingered there, to touch your hair and walk  
with me  
All summer long we sang a song and then we  
strolled that golden sand  
Two sweethearts and the summer wind  
Like painted kites, those days and nights they  
went flyin' by  
The world was new beneath a blue umbrella  
sky  
Then softer than a piper man, one day it called  
to you  
I lost you, I lost you to the summer wind  
The autumn wind, and the winter winds they  
have come and gone  
And still the days, those lonely days, they go on  
and on  
And guess who sighs his lullabies through nights  
that never end  
My fickle friend, the summer wind  
The summer wind  
Warm summer wind  
The summer wind

*Source: LyricFind  
Songwriters: Hans Bradtke / Henry Mayer /  
Johnny Mercer  
Summer Wind lyrics © Warner Chappell Music,  
Inc, Warner Chappell Music Inc*

**A Summer Song  
By Chad & Jeremy**

Trees swayin' in the summer breeze  
Showin' off their silver leaves  
As we walked by  
Soft kisses on a summer's day  
Laughing all our cares away  
Just you and I  
Sweet sleepy warmth of summer nights  
Gazing at the distant lights  
In the starry sky  
They say that all good things must end some  
day  
Autumn leaves must fall  
But don't you know that it hurts me so  
To say goodbye to you  
Wish you didn't have to go  
No, no, no, no  
And when the rain  
Beats against my windowpane  
I'll think of summer days again  
And dream of you  
They say that all good things must end some...  
*Source: LyricFind*

## Chair Exercises

Please check with your physician before starting any type of exercise program.

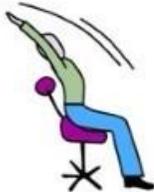
Stretching (flexibility) exercises help prevent joint and muscle stiffness and keep your body limber. Stretching helps loosen you up and produces a sense of well-being and enthusiasm for the day's events. When done at the end of a day, you will feel relaxed and less stressful.

Strengthening exercises make the muscles stronger. Weight-lifting comes to mind when thinking of strength, but you don't have to lift hundreds of pounds to develop strong muscles. "Strength" in this context refers to the ability of a muscle to perform work, not to the size or bulk of a muscle.

### Exercises on the chair



**1. Neck**  
In a seated position, straighten your back then extend your neck muscles and move them in a big circular motion.



**2. Back/Stomach**  
In a seated position, raise both your arms; then while lowering and raising your chin, bend your chest backwards.



**3. Shoulders**  
In a seated position, lightly bend your elbows and very smoothly rotate your shoulders.



**4. Arms**  
In a seated position, loosen up your arms and hands; then shake, rotating from front to rear and side to side.



**5. Chest**  
In a seated position, bend your back against the chair and expand your chest upwards, then straighten out your arms downwards. After that, continue the motion by bending your upper body forward.



**6. Ankles**  
In a seated position, put your feet together lightly and pull your toes towards yourself, and then release.



**7. Knees**  
While holding onto the desk with both hands, place your neck between your arms and while straightening out your back, shoulders, and waist; slowly, squeeze your body downwards. Then, continue the motion by straightening out your body and bending backwards.



**8. Waist**  
While holding onto the desk with one hand, twist your arm and waist to one direction and straighten out coming back. You should then change directions while keeping your eyes on the hand in motion.

Healthy  
**hio**  
The State of Living Well.

## God and Ice Cream<sup>3</sup>

By: Rob Shiflet

*“You are good and do only good; teach me your principles” (Psalm 119:68).*

Lee stood at the ice-cream counter with his dad and Pastor Martin. His dad and the pastor were good friends, and Lee liked it when they invited him to do things with them.

“What flavor ice cream would you like, Lee?” the pastor asked. “It’s my treat.”

Pastor Martin and Dad argued in a friendly way for a few moments, but Pastor won the argument and repeated his question to Lee.

“Chocolate, please,” he said, smiling in anticipation.

A few moments later they each had an ice-cream cone. They walked outside, crossed the street, and sat on a bench in the small park across the street from the ice-cream parlor.

After a few moments of conversation between him and Dad, Pastor Martin turned to Lee. “You know, Lee,” he said, “I think I can guess your favorite ice-cream flavor.” Lee smiled and raised his shirt sleeve to wipe the chocolate from around his mouth. “It’s chocolate, isn’t it?” Pastor Martin said.

Lee nodded. “You knew because I’m eating chocolate ice cream now,” he said matter-of-factly.

Pastor Martin nodded. “That’s part of it, yes,” he admitted. “But I’ve noticed something every time I’ve seen you order ice cream. You always order chocolate! Did you know that’s the same way I can tell what God likes?”

Lee’s forehead wrinkled, and he flashed a puzzled look at the pastor. “You know what flavor God likes?” Pastor and Dad laughed together. “No,” Pastor said. “But I can tell the things he does like by paying attention to the ‘orders’ he gives.”

Lee said nothing, but his expression revealed that he didn’t understand what the pastor meant.

“When you order chocolate ice cream,” Pastor said, “it shows me that you like chocolate ice cream. Well, when God tells his people to love each other ...”

“It shows that he likes love!” Lee said, finishing the pastor’s sentence.

“That’s right!” Pastor answered. “And when God tells us to forgive each other...”

“It shows that God likes forgiveness!”

“Exactly. Now do you see what I mean?”

Lee nodded. He licked his cone. “I think God likes chocolate ice cream too,” he said.

Pastor Martin laughed. “He probably does, Lee. He probably does.”

TO DISCUSS: What’s your favorite flavor of ice cream? Can you figure out other things God likes (in addition to love and forgiveness) by remembering the commands he has given?

TO PRAY: “Almighty God, as we learn more about you, we learn more of your likes and dislikes. Thank you for these private glimpses of you.”

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<sup>3</sup> <https://www.josh.org/daily-devo/god-and-ice-cream-7/>

## Easy Ice Cream Treats

Prep time: 15 minutes

Freezer time: 1 hour

Servings: 16

### Ingredients

16 full size ice cream sandwiches

1 (16 oz.) container frozen non-dairy whipped topping

1 (12 oz.) jar chocolate fudge topping, room temperature

1 (15 oz) candy bar, grated or chopped (Health Bars / Dark Chocolate Bar)

### Directions

1. Place 8 of the ice cream sandwiches side by side in a 9 x 13-inch baking dish. Spread evenly with half of the hot fudge topping, then half of the whipped topping. Repeat with the remaining sandwiches and toppings. Sprinkle with grated or chopped chocolate bar.

2. Cover and freeze for at least one hour before serving. Keep unused portion covered and frozen.

Think outside of the box – use a caramel topping, strawberry ice cream sandwiches, peanut butter, or Nutella instead of fudge topping.

*-Nanci Engle*

## An Ice Cream Poem<sup>4</sup>

By Tydus Talbut

I got the cookie dough  
I wanna say hello  
Mint chocolate chip  
Watch me do the dip  
Let's get strawberry  
I love it with a cherry  
Taste buds explode  
When I eat the rocky road  
My day is lookin' up  
After peanut butter cup  
I want a waffle cone  
Watchin' Game of Thrones  
When I need a snack  
Gimme moose tracks!  
Snow cones, Gelatos

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<sup>4</sup> <https://www.famousbirthdays.com/people/tydus-talbott.html>

Oreos, I got those  
Double scoop, I'm on that  
Let's chill out and play that!

**[chorus]**

Ice cream, ice cream  
I be sellin' ice cream  
I be makin' ice cream  
Icy, icy, ice cream  
Ice cream, ice cream  
I be sellin' ice cream  
I be makin' ice cream  
Icy, icy, ice cream