



A Guide to an in-Home Gathering Place: August 9, 2020

The Wizard of Oz

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through August 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 a classic movie, loved by all, The Wizard of Oz! 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!

Reminiscing

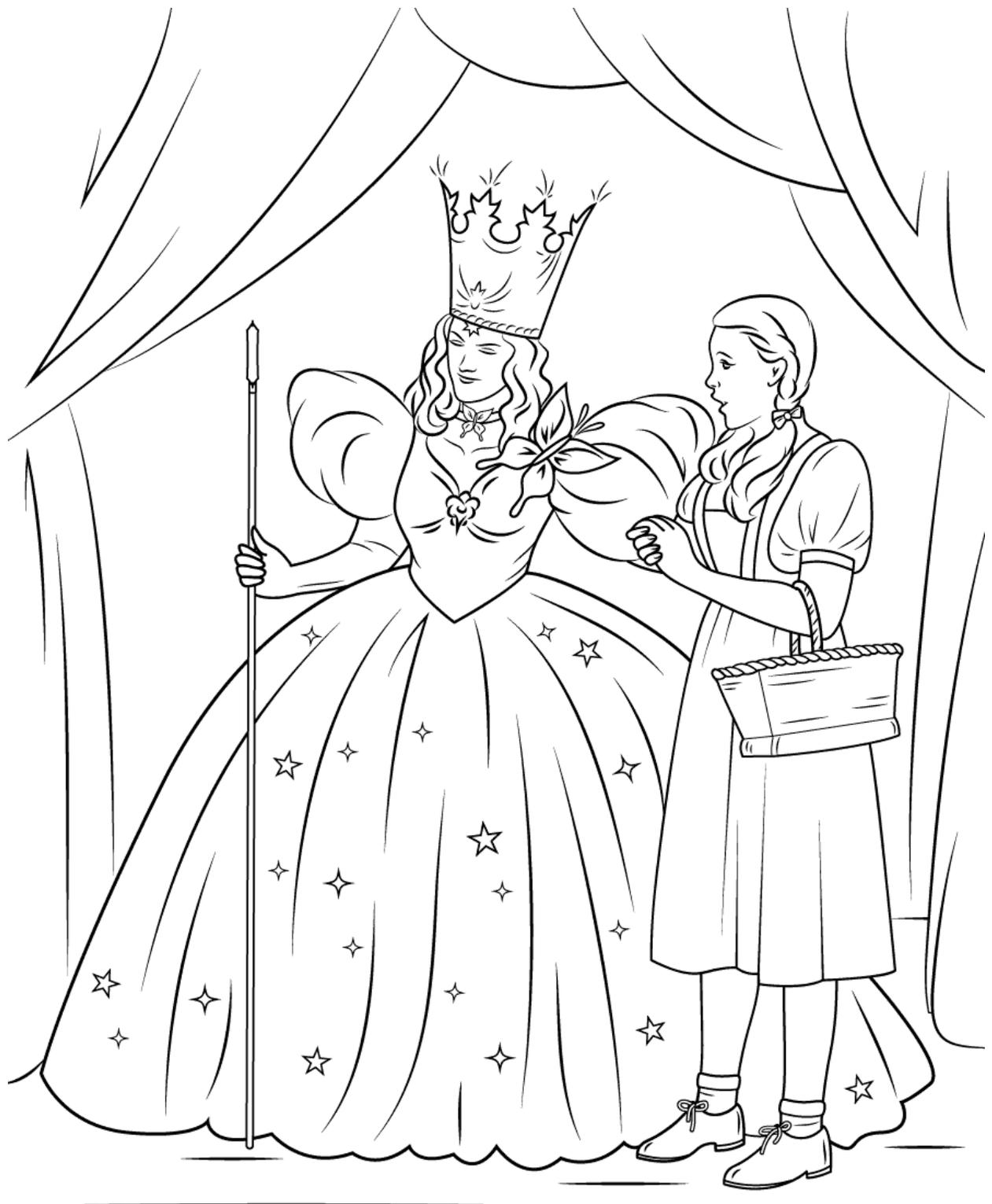
1. How does Dorothy get to the Land of Oz?
2. Why does Dorothy want to go home?
3. Which character would you like to be and why? (Dorothy, Tin Man, Scarecrow, Lion, other)
4. How does Dorothy change from the beginning to the end of the story?
5. Which of Dorothy's companions would you rather have as a friend, the Scarecrow, or the Tin Man?
6. Why does the Wizard keep himself hidden?
7. What is your favorite scene in the movie?
8. Can you think of any quotes from the movie? (Hello, my pretty, Release the flying monkeys, I don't think we're in Kansas anymore)

The Wizard of Oz

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

- WIZARD
- MONKEYS
- MUNCHKINS
- UNCLE HENRY
- GLINDA
- TOTO
- SLIPPERS
- GALE
- DOROTHY
- WICKED WITCH
- WATER
- GARLAND
- NIKKO
- JUDY
- AUNT EM
- MELTING
- RUBY
- TIN MAN

Play this puzzle online at : <http://thewordsearch.com/puzzle/147/>







The Name Game

Write the names of each character on a piece of paper. Each participant draws a name and keeps it a secret. To play the game each person tries to guess which character you chose by asking you a Yes or No question. For example, they could ask questions like "Do I have magic powers?" Each player gets to ask one question and make one guess, if they do not guess the right character, the next player gets to ask a question and make a guess. Continue until the correct character name is revealed. Once the correct answer is identified, the group begins taking turns asking another participant questions about their secret character.

Characters from The Wizard of Oz:

Dorothy, Scarecrow, Tin Man, Cowardly Lion, Wicked Witch of the West, Glinda the Good Witch of the North, Wizard of Oz, Auntie Em, Toto, Munchkin Mayor, Winged Monkeys,

Follow the Yellow Brick Road Game

For this game you will need a ball of yellow yarn. Create a path using the yellow yarn that the players can follow - the longer the better. You can go around things and through different rooms or in and out of doors. Basically, follow the yarn wherever it leads. Have a prize waiting for them at the end - maybe some green emerald city cupcakes!

Glenda the Good Witch Bubble Challenge

Hang a hula-hoop from a tree outside - it should be about six feet off the ground. Provide each participant with a bottle of bubbles and let them take the challenge. Challenge each person to see how many bubbles he or she can get through the hoop in one minute's time.

Crafts (see next page)

In the Wizard of Oz, Dorothy sings about visiting "somewhere over the rainbow." So, we thought that bringing your own rainbow into your home would be a lovely touch for our Gathering Place at Home this week.

On the next pages, you will see 2 versions of a similar Mason Jar Rainbow craft. Chose the one you would like to do based on the supplies you may have at home and whether an easier or more challenging craft would be appropriate for you and your loved one.

Most importantly though, have fun (and don't be afraid to make a bit of a mess)!

(Simple Version) Mason Jar Rainbow Salt Craft¹

You will need:

- Salt
- 6 Ziploc Sandwich Bags
- Measuring Spoons
- Food coloring (red, yellow, green, blue)
- 8 oz. Jars (plastic or glass, anything left over from the groceries).
- Funnel

Instructions

1) Measure 2 1/2 Tablespoons of salt into each of the 6 sandwich bags, so that you will have one bag for each color of the rainbow.

2) Add food coloring to the bags to make each color one by one. After adding in the color, immediately mix well until the salt is evenly colored.

- Red – 10 drops red food coloring
- Orange – 5 drops red food coloring and 5 drops yellow
- Yellow – 10 drops yellow food coloring
- Green – 10 drops green food coloring
- Blue – 10 drops blue food coloring
- Indigo Violet – 8 drops blue food coloring and 2 drops red

3) Open up each bag and set aside for an hour or more, so that the colored salt will dry.

4) Use the funnel to add the dry salt to the jar in rainbow color order – red, orange, yellow, green, blue, and indigo violet. After each layer, gently tap the bottom of the jar on your work surface to even it out.

5) If desired, top off the jar with additional salt to completely fill it. Be careful not to shake the jar since that will mix up the layers. It can still be pretty, but the layers won't be as distinct.

5) Screw the lid onto the jar and put on display.



¹ <https://mamalikesthis.com/mason-jar-rainbow-salt/>

(More Advanced) Mason Jar Rainbow Cotton Ball Craft²

You will need:

- Large Quart mason jar (You can use any jar you will just have to change the measurements to match your jar. See adjustment directions towards the beginning of this post)
- Water based paint (red, orange, yellow, green, blue, purple)
- Large craft stick, popsicle stick or utensil
- Approx. 120+ Cotton balls
- Water
- 6 cups for mixing in (Shallow cups will be easier to mix in)
- 1/2 c. measuring cup
- 1 tsp. measuring spoon
- Optional: Washi tape-affiliate
- Optional: Glitter (Clear, iridescent, and/or silver)



Instructions

1. Fill each cup with 1/2 c. water. There should be 6 total cups.
2. For each color, add 1 tsp of acrylic paint to each cup and stir in the color. (red, orange, yellow, green, blue, purple)
3. Divide your cotton balls into 6 piles of 20 cotton balls.
4. Start with the first pile, pull each cotton ball apart a little bit and place in the jar. We used 15-25 cotton balls per layer. You want the cotton balls to absorb the liquid to show each color in the jar.
5. Use the popsicle stick to gently push the cotton balls down.
6. (Optional) Sprinkle glitter on top of the cotton balls.
7. Slowly pour the first color of paint on top of the cotton balls in the middle, starting with purple.
8. Use the popsicle stick to gently move the cotton balls around until they absorb all the paint. You can add more cotton balls as needed, but make sure not to add too many that parts of the cotton balls are left white. If that happens just mix up a little more paint and water mixture and pour it in.
9. Repeat the layers in this order: (purple, blue, green, yellow, orange, red) 15-25 separated cotton balls gently pressed down with a popsicle stick
10. Secure the lid on the mason jar.
11. Optional: Add washi tape around the rim of the lid. Now you can enjoy a rainbow without a cloudy day :).

² <https://alittlepinchofperfect.com/how-to-make-a-rainbow-jar-kids-craft/>

Notes

- Don't press down so hard with the popsicle stick that the paint squeezes out of the cotton balls because the colors will mix and look muddy.
- Use a funnel to help pour the paint in.
- If there is space left at the top you can add a layer of white cotton balls for clouds or add in another layer of paint and water mixture.
- Keep the jar fairly still after assembled to keep the colors separate.
- Eventually the colors will mix. Just like a real rainbow, they don't last forever but are certainly enjoyed while they do.

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!

Somewhere over the Rainbow

By Judy Garland

Somewhere over the rainbow, way up high
There's a land that I heard of once in a lullaby
Somewhere over the rainbow, Skies are blue,
And the dreams that you dare to dream, really
do come true...
Someday I'll wish upon a star
And wake up where the clouds are far behind
me
Where troubles melt like lemon drops
Away above the chimney tops, that's where
you'll find me
Somewhere over the rainbow, blue birds fly
Birds fly over the rainbow, why then, oh why
can't I?
If happy little blue birds fly beyond the rainbow
Why, oh why can't I?

Source: Musixmatch

Songwriters: Various

Follow the Yellow Brick Road

By Harold Arlen

Follow the yellow brick road, follow the yellow
brick road
Follow, follow, follow, follow, follow the yellow-
brick road
Follow the yellow-brick, follow the yellow-brick
Follow the yellow-brick road
You're off to see the Wizard, the Wonderful
Wizard of Oz
You'll find he is a Whiz of a Wiz is ever a Wiz
there was
If ever, oh ever, a Wiz there was the Wizard of
Oz is one because
Because, because, because, because, because
Because of the wonderful things he does
You're off to see the wizard, the Wonderful
Wizard of Oz!

Source: Musixmatch

Songwriters: Harold Arlen / E Harburg

If I Only Had a Brain

I could while away the hours
Conferrin' with the flowers,
Consulting with the rain;
And my head I'd be a scratchin'
While my thoughts are busy hatchin'
If I only had a brain.
I'd unravel ev'ry riddle for my
Individdle
In trouble or in pain
With the thoughts that you'll be thinkin'
You could be another Lincoln
If you only had a brain.
Oh, I, could tell you why
The oceans near the shore
I could think of things I'd never
Thunk before,
And then I'd sit down and think some more.
I would not be just a muffin',
My head all full of stuffin',
My heart all full of pain;
And perhaps I'd deserve you and be
Even worthy even you
If I only had a brain.

Source: LyricFind

Songwriters: Harold Arlen / Yip Harburg

Ding-Dong! the Witch Is Dead

By Harold Arlen, Yip Harburg

Once there was a wicked witch in the lovely
land of Oz
And a wickeder, wickeder, wickeder witch there
never, never was
She filled the folks in Munchkin land with terror
and with dread
'Till one fine day from Kansas way a cyclone
caught a house
That brought the wicked, wicked witch her
doom
As she was flying on her broom
For the house fell on her head and the coroner
pronounced her dead
And thru the town the joyous news was spread
Ding-dong, the witch is dead! Which old witch?
The wicked witch
Ding-dong, the wicked witch is dead
Wake up, you sleepy head, rub your eyes, get
out of bed
Wake up, the wicked witch is dead!
She's gone where the goblins go below, below,
below, yo ho
Let's open up and sing, and ring the bells out
Ding-dong! the merry-o sing it high, sing it low
Let them know the wicked witch is dead
Ding-dong, the witch is dead! Which old witch?
The wicked witch
Ding-dong, the wicked witch is dead
Wake up, you sleepy head, rub your eyes, get
out of bed
Wake up, the wicked witch is dead!
She's gone where the goblins go below, below,
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Let them know the wicked witch is dead

Source: LyricFind

Songwriters: E Harburg / E.Y. Harburg / Harold Arlen

Exercise

Use "Over the Rainbow" song from the Wizard of Oz for stretching and relaxing and any of your favorite music.

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!

Follow the Yellow Brick Roads³

by Laura MacCorkle, Crosswalk.com Senior Editor

In his heart a man plans his course, but the LORD determines his steps.

Proverbs 16:9

In my office, it's been all about *The Wizard of Oz* this month.

No, I'm not having a movie-watching marathon session of this popular musical. I'm just inspired by the "vintage musicals" calendar that's hanging on my bulletin board and how this month's selected musical is *The Wizard of Oz*.

I have loved watching the 1939 movie version with Judy Garland as Dorothy, Ray Bolger as The Scarecrow, Bert Lahr as The Cowardly Lion and Jack Haley as The Tin Man. Their mission was simple: follow the yellow brick road to the Wizard so that he could help Dorothy get back home to Kansas again.

Along the way, there were some obstacles: life-like trees that weren't just there to "hug," flying monkeys that weren't just kidding around and scary individuals (a green-skinned Wicked Witch of the East ... yikes!). But there were also some helpful friends (Glinda the Good Witch, The Munchkins) who encouraged Dorothy to stay focused and be brave on her journey.

So, hurrah for Dorothy. She had a clearly defined path (highlighted in yellow, nonetheless) to follow. And follow it she did.

But what about the rest of us? We don't always have *one*, clearly defined path down which to travel in life. Sometimes, there are *multiple* yellow brick roads. And then what are we supposed to do? There you are, standing at the crossroads and wondering which way to go. Each road seems like it could be viable and just as promising as the next. But there is hesitation. There is no clear direction. And so, you wait.

So how should you bide your time until the Lord reveals which way he wants you to go? It is so easy to let the flesh reign supreme in times like this. But take it from me: impatience, frustration and taking matters into your own hands will get you nowhere fast. It's best to wait on the Lord and his timing.

"Commit to the LORD whatever you do, and your plans will succeed," **Proverbs 16:3** says. Have you done that today? Have you given to God whatever potential plans or apparent roads are in front of you?

"The heart of the discerning acquires knowledge; the ears of the wise seek it out," **Proverbs 18:15** says. Have you sought advice or know-how from those who may have gone down various roads that you are now contemplating? What words of wisdom have they shared with you that may shed some light or help to point you in the right direction?

³ <https://www.crosswalk.com/devotionals/crosswalk-devo/crosswalk-the-devotional-march-26-2010-11627932.html>

"A man's steps are directed by the LORD. How then can anyone understand his own way?" Proverbs 20:24 says. Even though you may not see what is going on or what might lie ahead, are you trusting that God is in control and has a plan that is best for you?

"If the LORD delights in a man's way, he makes his steps firm; though he stumble, he will not fall, for the LORD upholds him with his hand," Psalms 37:23-24 says. Have you committed to serve the Lord first in your life, no matter what? And do you believe that he will carry you, no matter which road he takes you down and no matter what may trip you up along the way?

If you stand at a crossroads today and wonder which way to go, know that this decision is not all up to you. Bigger and better than any earthly wizard, our God is leading each of us on a pilgrimage to closer relationship with him as we get nearer and nearer to our eternal home.

Intersecting Faith & Life: "There's no place like home. There's no place like home." That's what Dorothy repeated to herself when she wanted to get back to Kansas. And similar thinking goes for us, too. Are we eternally-minded in our daily living here on earth? Are we seeking to serve the Father rather than follow our own interests? No matter what pathways are set before us today, let us look to our heavenly Father to change our hearts and order our steps.

Double-Chocolate Zucchini Bread⁴

Yield: 2 loaves

2 ½ Cup All-purpose flour
¼ Cup Unsweetened natural cocoa (not Dutch process)
1 tsp Baking soda
½ tsp Ground cinnamon
Pinch Ground cloves
1 Cup Unsalted butter, softened
1 ½ Cup Sugar
¼ Cup Vegetable oil
2 Large eggs, at room temperature
1 tsp Vanilla extract
½ Cup Buttermilk, at room temperature
2 Cup Shredded unpeeled zucchini (about 8 oz.)
4 oz Bittersweet chocolate, finely chopped

1. Position rack in the center of the oven and preheat to 350 degrees. Butter and flour two 9x5x3-inch loaf pans.
2. Whisk the flour with the cocoa, baking soda, cinnamon, and cloves in a medium bowl.
3. Beat the butter and sugar in a medium bowl with an electric mixer on medium-high speed until light and fluffy, about 4 minutes. While mixing, drizzle in the oil and beat until incorporated. Add the eggs, once at a time, beating well after each addition.
4. Add the vanilla to the buttermilk. Slowly mix the flour mixture into the beaten butter mixture in three additions, alternating with the buttermilk in two parts, beginning and ending with the flour mixture. Scrape the sides of the bowl between additions, if needed. Fold the zucchini and chocolate into the batter.
5. Divide the batter between prepared pans and bake until a toothpick inserted into the center comes out clean, about 55 minutes. Cool in pans on a rack before unmolding and slicing.

⁴ *Food Network Kitchen Cookbook*