



## **A Guide to an in-Home Gathering Place: September 6, 2020**

### **Labor Day!**

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through September 30<sup>th</sup>, but that does not mean you cannot bring elements of the Gathering Place into your own home! This week, we are going to honor all the hard work that Americans do every day! 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!

### **Reminiscing**

1. Labor Day began in 1882. What jobs were common then but are not as common today? (Blacksmith, Switchboard operator, Seamstress making ladies corsets)
2. How many different jobs have you worked?
3. Would you prefer to work indoors or outdoors?
4. How did the jobs you worked differ from your parent's jobs?
5. What would you consider a "Dream" job?

### **Word Games and Art Pages**

Name: \_\_\_\_\_

# Labor Day Celebration Word Search



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

HOLIDAY

LABOR

MONDAY

ORGANIZE

PARADE

PARTY

PULLMAN

RALLY

RIGHTS

STRIKE

TRADE

UNION

VACATION

PICNIC

MCGUIRE

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# LABOR DAY

SALUTE TO YOU — THE AMERICAN WORKER





# Word Search

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

See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2012

- |              |            |              |              |
|--------------|------------|--------------|--------------|
| 1. LABOR     | 5. WORK    | 9. SUMMER    | 13. AMERICAN |
| 2. DAY       | 6. LONG    | 10. NATIONAL | 14. MONDAY   |
| 3. HOLIDAY   | 7. WEEKEND | 11. USA      | 15. DAY      |
| 4. SEPTEMBER | 8. ENDING  | 12. TRAVEL   | 16. OFF      |





## Games

### Labor Day Board Games

Put down the smartphones and break out the checkerboard. If your family has a competitive streak that runs from generation to generation, this could be a great way to bond and create some lasting memories. Dust off the old checkerboard for one-on-one play, or a game of Monopoly for all the family members to take part in the game. Dominoes and Bingo is another fun game to play with a family member. You can also find giant versions of board games for seniors who may have a hard time seeing but would like to still take part in a bit of healthy competition.

### Job Charades

Begin by writing common job titles on individual slips of paper. Place all the papers in a container such as a can or hat. The first player picks one slip of paper out of the container. Their job is to act out the job title written on that slip of paper without speaking any words. They are to use motions only.

Example: “Carpenter” acts out pounding nails with a hammer or sawing wood.

The other players try to guess what job is being acted out. When someone guesses correctly, it is their turn to choose a slip of paper from the container and act it out. Continue until all the job titles have been guessed correctly.

### Patriotic Star Wreath Craft<sup>1</sup>

#### Supplies:

- Paper plate
- Red paper
- Blue paper
- Red, White, & Blue Ribbon
- Glue
- Scissors
- Star cookie cutter as a template for the stars.

#### Directions:

1. Cut center from paper plate. Most paper plate have lines you can cut along.
2. Using paper punch cut out stars from red and blue paper.



3. Glue stars to the paper plate alternating red and blue. If you are doing a craft with a preschooler, you could talk about creating a pattern by alternating the two colors. *(By understanding patterns, children are able to make predictions about what should come next.)*

4. After the kids finish gluing their stars, attach a piece of ribbon to the back of the paper to hang the patriotic wreath.

5. Make a bow from the ribbon and attach to the top of the wreath. *(Our bow is made using 3 different ribbons.)*



## 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!

### 9 to 5<sup>ii</sup>

By Dolly Parton

Tumble outta bed and I stumble to the kitchen  
Pour myself a cup of ambition  
Yawn and stretch and try to come to life  
Jump in the shower and the blood starts pumpin'  
Out on the street the traffic starts jumpin'  
With folks like me on the job from 9 to 5  
Workin' 9 to 5, what a way to make a livin'  
Barely gettin' by, it's all takin' and no givin'  
They just use your mind and they never give you credit  
It's enough to drive you crazy if you let it  
9 to 5, for service and devotion  
You would think that I would deserve a fat promotion  
Want to move ahead but the boss won't seem to let me  
I swear sometimes that man is out to get me!  
They let you dream just to watch 'em shatter  
You're just a step on the boss-man's ladder  
But you got dreams he'll never take away  
You're in the same boat with a lotta your friends  
Waitin' for the day your ship'll come in

An' the tide's gonna turn and it's all gonna roll your way  
Workin' 9 to 5, what a way to make a livin'  
Barely gettin' by, it's all takin' and no givin'  
They just use your mind and you never get the credit  
It's enough to drive you crazy if you let it  
9 to 5, yeah they got you where they want you  
There's a better life, and you dream about it, don't you?  
It's a rich man's game no matter what they call it  
And you spend your life puttin' money in his wallet  
9 to 5, whoa what a way to make a livin'  
Barely gettin' by, it's all takin' and no givin'  
They just use your mind and they never give you credit  
It's enough to drive you crazy if you let it  
9 to 5, yeah they got you where they want you  
There's a better life, and you dream about it, don't you?  
It's a rich man's game no matter what they call it  
And you spend your life puttin' money in his wallet  
9 to 5, working 9 to 5



### **Get a Job<sup>iii</sup>**

#### **By the Silhouettes**

Yip yip yip yip yip yip yip yip  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Yip yip yip yip yip yip yip yip  
Mum mum mum mum mum mum  
Get a job, sha na na na, sha na na na na  
Ev'ry morning about this time  
She get me out of my bed  
A-crying, get a job  
After breakfast ev'ry nay  
She throws the want ads right my way  
And never fails to say  
Get a job, sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Yip yip yip yip yip yip yip yip  
Mum mum mum mum mum mum  
Get a job, sha na na na, sha na na na na  
And when I get the paper  
I read it through and through  
And my girl never fails to say  
If there is any work for me  
And when I go back to the house  
I hear the woman's mouth  
Preaching and a-crying  
Tell me that I'm lying  
'Bout a job that I never could find  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Yip yip yip yip yip yip yip yip  
Mum mum mum mum mum mum  
Get a job, sha na na na  
And when I get the paper  
I read it through and through  
And my girl never fails to say

If there is any work for me  
And when I go back to the house  
I hear the woman's mouth  
Preaching and a-crying  
Tell me that I'm lying  
'Bout a job that I never could find  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Yip yip yip yip yip yip yip yip  
Mum mum mum mum mum mum  
Get a job, sha na na na, sha na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na  
Sha na na na, sha na na na na

### **Sixteen Tons<sup>iv</sup>**

#### **By Tennessee Ernie Ford**

Some people say a man is made outta mud  
A poor man's made outta muscle and blood  
Muscle and blood and skin and bones  
A mind that's a-weak and a back that's strong  
You load sixteen tons, what do you get?  
Another day older and deeper in debt  
Saint Peter don't you call me 'cause I can't go  
I owe my soul to the company store  
I was born one mornin' when the sun didn't  
shine  
I picked up my shovel and I walked to the mine  
I loaded sixteen tons of number nine coal  
And the straw boss said "Well, a-bless my soul"  
You load sixteen tons, what do you get?  
Another day older and deeper in debt  
Saint Peter don't you call me 'cause I can't go  
I owe my soul to the company store  
I was born one mornin', it was drizzlin' rain  
Fightin' and trouble are my middle name  
I was raised...

## **At Home Mini-Workout**

*Can be done in a chair or standing*

### **Needed:**

- **Optional: 2 water bottles to use as weights**

### **Warm-Up Routine**

- Raise your right arm above your head and lean to the left side, stretching your arm out. Repeat the same with the left arm reaching to the right. Repeat 3 times on each side.
- Lean your head to one side, reaching your ear to your shoulder. Bring it back to center and do the same on the other side. Repeat 3 times.
- Touch your chin to your chest, stretching the back of your neck, and bring back to the center. Point your chin up to the ceiling and bring back to center. Repeat this 3 times.
- Bring your knee up and hold it in place. Slowly bring it down. Lift the other knee, pause, and bring it back down. Repeat 3 times on each side.
- Take a deep breath and march in place at your own pace for 1 minute

### **Workout Routine**

- Sit up with your back straight and feet flat on the floor. Touch your right toes to the right side, with your knee still bent, and then bring your leg back to center. Do the same with your left leg. Repeat 5 times on each side.
- Keep your back straight and put your hands above your head and reach your right elbow to your left knee. Only go as far as you are comfortable. Repeat the same move with the left elbow to the right knee.
- Rest for 30 seconds.
- Pick up a water bottle in each hand (optional) and rest them on your knees, palms up. Curl your hands up to your shoulders. Rotate between your right arm and left, doing this 5 times with each arm.
- Bring your bottles up to your chest and slowly punch out with each arm, repeating the punch 5 times with each arm.
- Repeat the same moves but raise your bottles above your shoulders. (It's important not to do this if you feel pain or discomfort)
- Rest for 30 seconds.
- Then, bringing your bottles back to your chest, cross one arm to the opposite side, crossing your body. Repeat 5 times with each arm.
- Still holding your bottles, raise your elbows to shoulder level, with hand pointing up. Touch your elbows to each other in front of your chest and then open them to the sides, stretching your chest muscles. Repeat 5 times.
- Resting your arms, do 5 leg lifts on each side, pointing your toes up into the air as far as you can lift.

### **Cool-Down Routine**

- Take a deep breath in and out. Bring your arms straight up from your knees to your shoulder level and up. Hold. Take a deep breath, in and out. Bend at the elbows and bring your arms to the side, stretching your chest. Breath in and out. Bring your elbows back down to your size. Repeat 2 times.
- While breathing deeply, touch your hands to your shoulders, lean to the left, back to center, and to the right. Do this slowly as your breath returns to normal. Great job!

### **Finished**

## Labor Day Rest<sup>v</sup>

By: Rachel Olsen

*"And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." Genesis 2:3 (NIV)*

In 1882 U.S. cabinet maker Peter McGuire introduced his idea for a new holiday saying, "Let us have a festive day during which a parade through the streets of the city would permit public tribute to American Industry." A dozen years later President Cleveland signed a bill into law designating the first Monday in September "Labor Day." For many Americans today is a day off from work, a chance to cook-out and hang-out in the lingering warm weather of summer.

A day off from labor, however, was not a new concept when McGuire suggested his holiday. The concept of a day of rest was first declared by the Lord in Genesis. In illustration, God rested the seventh day after creating the world and He deemed the day of rest holy (Gen. 2:2-3). He didn't call it Labor Day - He called it the Sabbath.

Sabbath is a not a day of tribute to workers, it's a day of tribute to their Maker. It's a day to rest your body while renewing your mind by making the focus of the day your Maker and your relationship with Him. In the Jewish tradition, the Sabbath is the focal point of the week - not just a day of laundry or list-making to gear back up for the week ahead. The Jewish people spent three days preparing for Sabbath, and three days reflecting on what they had learned or encountered of God during the Sabbath. They were a Sabbath-focused people, and therefore a God-focused people.

Keri Wyatt Kent, author of *Breathe*, writes, "This creates a rhythm of life that puts our focus not on our stuff or our schedule but on the opportunity to meet with God." Kent reveals:

"We are created in the image of God, and he modeled for us a way of life that makes sense for how we are created. Here's how to dance the dance of life, he said: work, be creative, use your imagination, throw yourself into it, whether you are washing dishes, reading to your kids and running a household, or trading stocks, reading corporate reports, and running a business. ...At the end of each day, stop. Take a rest, eat a good meal, get enough sleep, and refresh yourself. Take time to think about your day, to notice where God was in it and where you were blessed, and to say, "It's good." Then go back at it the next day. And after six days, take a whole day off. And say, "It's really good." Spend a whole day just pausing, just reflecting on how really good it is, and then start the dance again, at a sustainable pace."

That sounds really good to me. Whether you are here with me in the United States today, or someplace else on God's green earth, may this Labor Day mark the day that you and I decide to rest and become God-focused people.

## Salted Caramel Nuts

-Ina Garten

Makes 8 cups

- 1 Cup each whole roasted salted cashews, whole pecan halves, whole unsalted almonds, and walnut halves
- 1 ½ Cup sugar
- ¼ Cup water
- 2 tsp pure vanilla extract
- 2 tsp kosher salt
- 1 tsp fleur de sel (sea salt)

Preheat oven to 350 degrees.

1. Combine the nuts on a sheet pan, spread them out, and roast them for 7 minutes until they become fragrant. Set aside to cool.

2. After the nuts have cooled, place the sugar and ¼ C of water in a medium (10 inch) sauté pan and mix with a fork until all of the sugar is moistened. Cook over medium-high heat until the sugar melts – from this point on, don't stir the caramel, swirl the pan! Don't worry – the mixture may look as if it is crystallizing. Continue to cook for 5-10 minutes, until the mixture becomes a clear golden brown, whirling the pan constantly near the end. (Careful – the caramel is VERY hot! Off the heat, quickly add the vanilla (it will bubble up) and swirl the pan to combine. Working quickly (as the caramel will continue to cook in the pan), add the nuts and the kosher salt and toss with two large spoons until the nuts are completely coated.

3. Pour the nuts and any extra caramel in the pan onto a sheet tray lined with parchment paper. Spread the nuts out in one layer, pulling them apart with two forks. Sprinkle with the fleur de sel and set aside to cool. When they're completely cooled, carefully break the nuts into large clusters with your hands, trying not to break the nuts too much.

Don't expect these to last very long – they're irresistible!

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<sup>i</sup> <https://www.theresourcefulmama.com/patriotic-wreath-craft-for-kids/>

<sup>ii</sup> Source: [LyricFind](#), Songwriters: Dolly Parton, 9 to 5 lyrics © Sony/ATV Music Publishing LLC, DistroKid

<sup>iii</sup> Source: [LyricFind](#), Songwriters: Earl Beal / Raymond Edwards / William Horton / Richard Lewis Get A Job lyrics © Sony/ATV Music Publishing LLC, <https://www.youtube.com/watch?v=nbGthv-dJp4>

<sup>iv</sup> Source: [LyricFind](#), <https://www.youtube.com/watch?v=RRh0QiXyZSk>

<sup>v</sup> Proverbs 31 Ministries <https://proverbs31.org/read/devotions/full-post/2010/09/06/labor-day-rest>