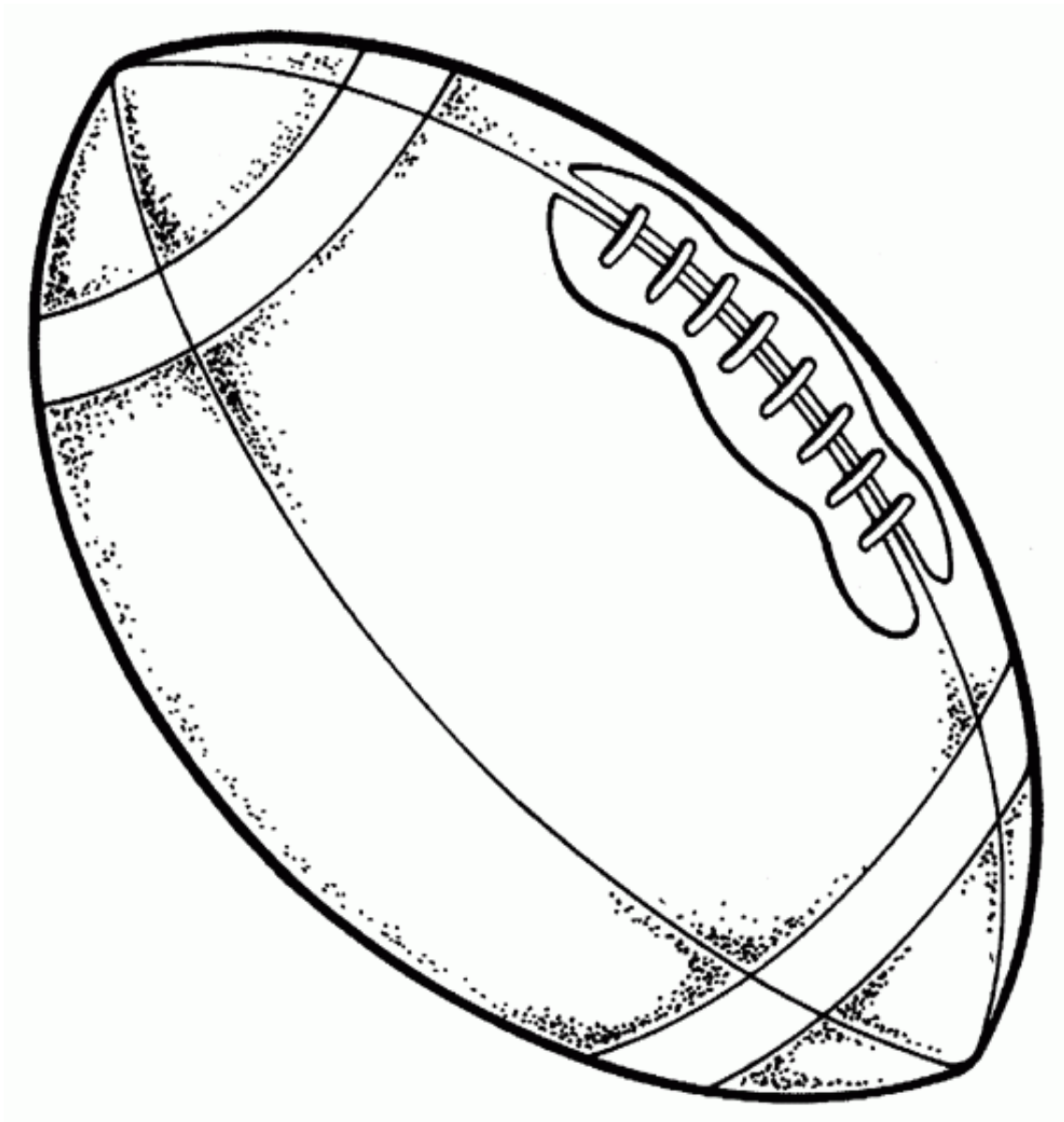




Welcome! This is a guide designed to encourage you to enjoy Gathering Place activities at home. Each Month has a new theme. You can print the document as a whole or only in part. Here you will find everything you need to have a fun, joyful, and active day with your loved one filled with games, crafts, a simple exercise routine, and even a recipe. We hope you enjoy!

Football!

Word Games and Art Pages



Football Word Search

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

FOOTBALL

TOUCHDOWN

DEFENSE

OFFENSE

HUDDLE

PUNT

REFEREE

TACKLE

PENALTY

YARDS

QUARTERBACK

FUMBLE

FIELD

HALFTIME

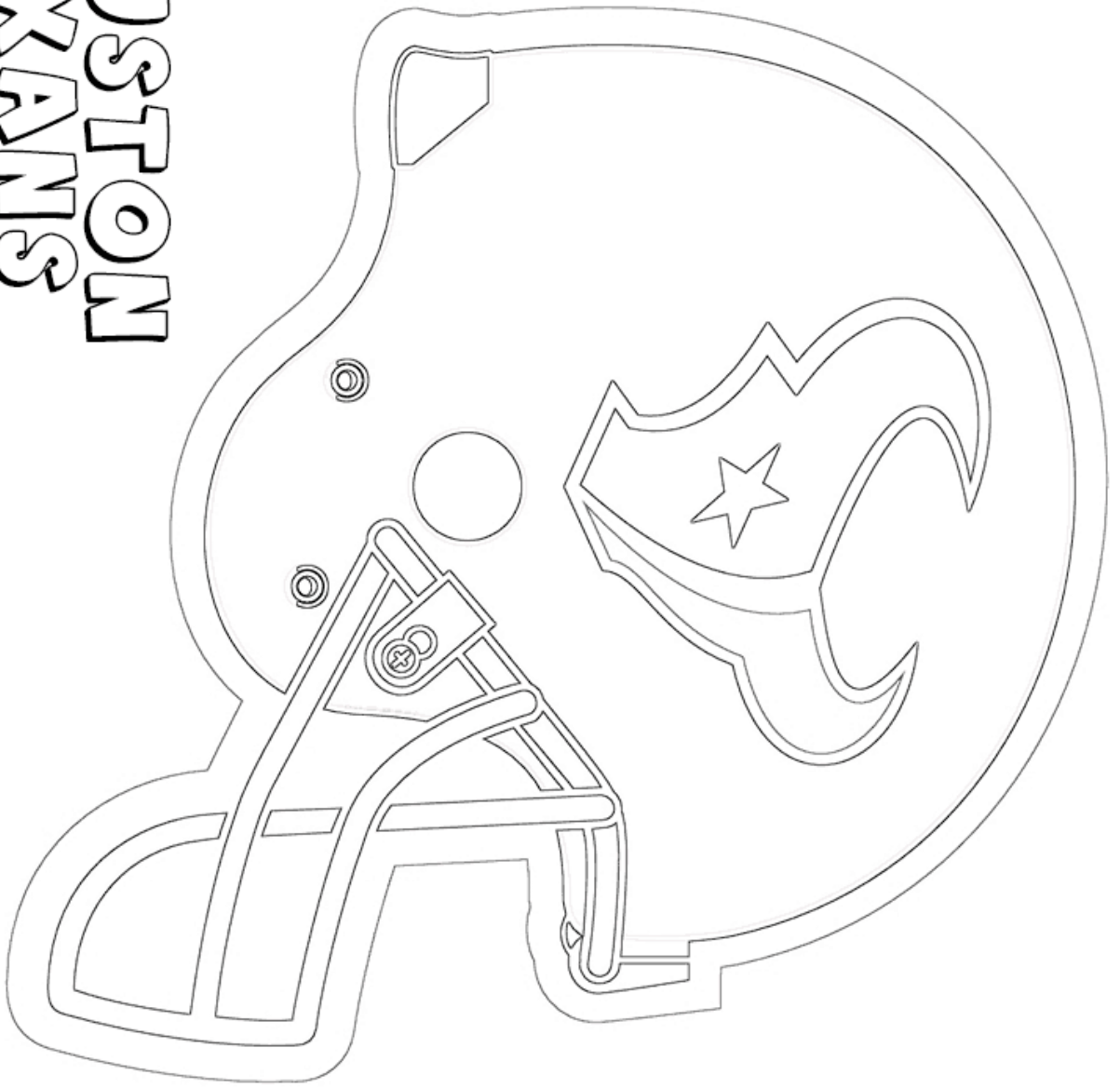
LINEBACKER



Created by SUPERHEROESANDTEACUPS.COM /Graphics from MYCUTEGRAPHICS.COM

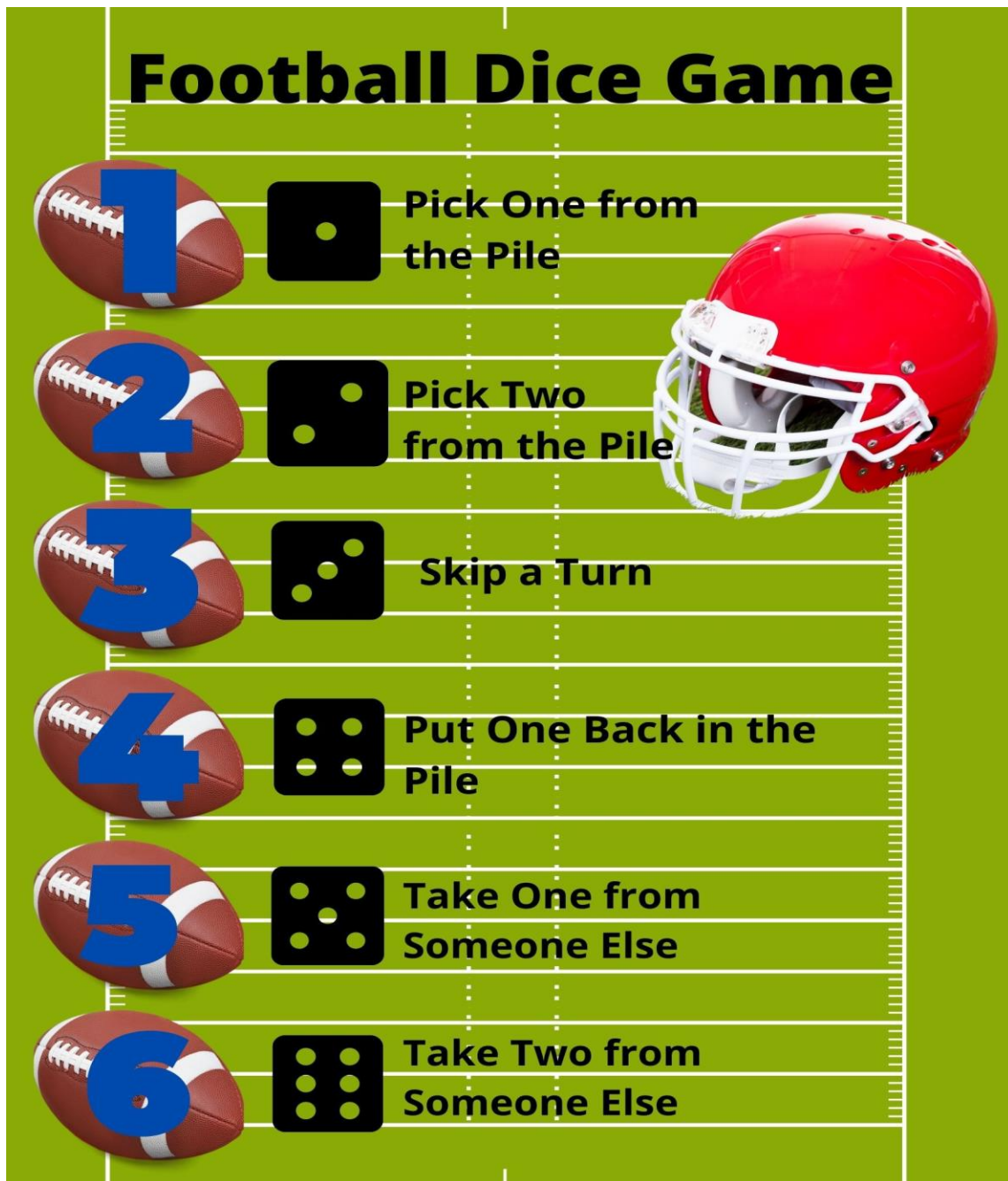


HOUSTON TEXANS



Football Dice Game

For this game, you will need some snacks. You can use Goldfish or Oyster crackers, candy like M&Ms, coins or buttons will work also if you are careful about choking hazards. Start each player off with 10 of these items and place 10 more in a pile in the middle. Take turns rolling the dice and follow the instructions below. Whoever has most of the items at the end of the game wins! You can roll 10 times, or as many as you like!



The image is a vertical instruction card for a game titled "Football Dice Game". The background is a green field with white yard lines. At the top, the title "Football Dice Game" is written in large, bold, black letters. Below the title, there are six rows, each representing a dice roll. Each row contains a football with a large blue number on it, a black square representing a die face with white dots, and a text instruction. To the right of these rows is a red football helmet with a white face mask. The instructions are as follows:

Roll	Die Face	Instruction
1	1 dot	Pick One from the Pile
2	2 dots	Pick Two from the Pile
3	3 dots	Skip a Turn
4	4 dots	Put One Back in the Pile
5	5 dots	Take One from Someone Else
6	6 dots	Take Two from Someone Else

Tissue Paper Pom Poms¹

(Because everyone needs pom poms to cheer on their favorite team!)

Supplies for Pom Poms:

- **tissue paper** in your favorite team colors
- **scissors**
- **tape**

How To Make Tissue Paper Pom Poms

- Take two sheets of tissue paper in your team colors and fold in half lengthwise.
- Cut the long rectangle in half down the width (short ways) to make two smaller rectangles.
- Keeping the two pieces of tissue paper folded together, start cutting thin strips starting at open end and stopping about an inch or two before the fold.
- Tightly roll the tissue paper together at the folded end and secure with tape.
- Fluff up your pom poms and get ready to cheer for your team!



Whether you are cheering for a pro, college, or peewee level football team, this craft is a fun way to get the loved ones involved in showing their team spirit!

Exercise

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

Prayers for Caregivers

From: the Hedge People – how I kept my sanity and sense of humor as an Alzheimer’s caregiver by Louise Carey

Dear God, there are times when handling the logistics of an outing with my loved one seems as cumbersome as lugging a double mattress around with me – some doors are just not made for both of us. Please give me foresight in planning and creativity in contingencies. Thank you that I can count on you to give me an extra spark of inspiration when I need it most, and on your loving watch-care to preside over every situation I face.

Dear God, your plan of having generations live together on the earth is good. Thank you that the liveliness of youth can bless and encourage the aged – and that young people can learn from the elderly, even those with dementia.

Dear God, I desperately need your help. It’s so easy to become frustrated and angry when my loved one is up and down in the night. I get so tired and say things that I really regret. In the midnight hours, give wisdom to my foggy brain and patience to my weary heart. And, Lord, please help us get a good night’s rest tonight.

Dear God, you are the author of life. As I face the uncertainty and frustrations of each day, keep my focus on you and the role you have for me – not a harried, hopeless individual but a person of faith who finds strength, joy, and peace in you.

Dear God, it’s me – calling in! Thank you that you offer wise counsel when I don’t know what to do, comfort when I’m sad, and peace when I’m frustrated. In this job of caregiving, I’m never alone. You’re my ever-present help. Thank you for your open invitation to call on you anytime, night or day.

Dear God, thank you for the Good Samaritans who have reached out to me to lighten my load and brighten my days. Protect my heart from being judgmental or bitter toward those who are too busy or blind to see my need. Give me humility and grace to accept the love and help offered by those who do. Help me live fully in the neighborhood you’ve placed me in – reaching out as a good neighbor and gratefully receiving the neighborliness of others.

Cheese Straws

Makes roughly 2 dozen

Preheat oven to 350 degrees

¼ lb. coarsely grated extra-sharp Cheddar (1 ½ C)

1 Cup all-purpose flour

¾ stick cold, unsalted butter, cut into tablespoons

½ tsp salt

1/8 tsp cayenne, rounded

1 ½ Tbsp milk

1. Pulse cheese, flour, butter, salt & cayenne in a food processor until mixture resembles coarse meal. Add milk and pulse until dough forms a ball.
2. Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 12x10 inch rectangle (1/8 inch thick). Cut dough with lightly floured pizza wheel or lightly floured sharp knife into 1/3-inch-wide strips. Carefully transfer to 2 ungreased baking sheets, arranging strips ¼ inch apart.
3. Bake, switching position of sheet trays halfway through baking, until pale golden, 15-18 minutes. Cool completely on baking sheets on racks about 15 minutes.

Note: Cheese straws can be made up to 2 days ahead and kept in an airtight container at room temperature.

Recipe from *Gourmet Magazine*

ⁱ <https://typicallysimple.com/tissue-paper-pom-poms/>