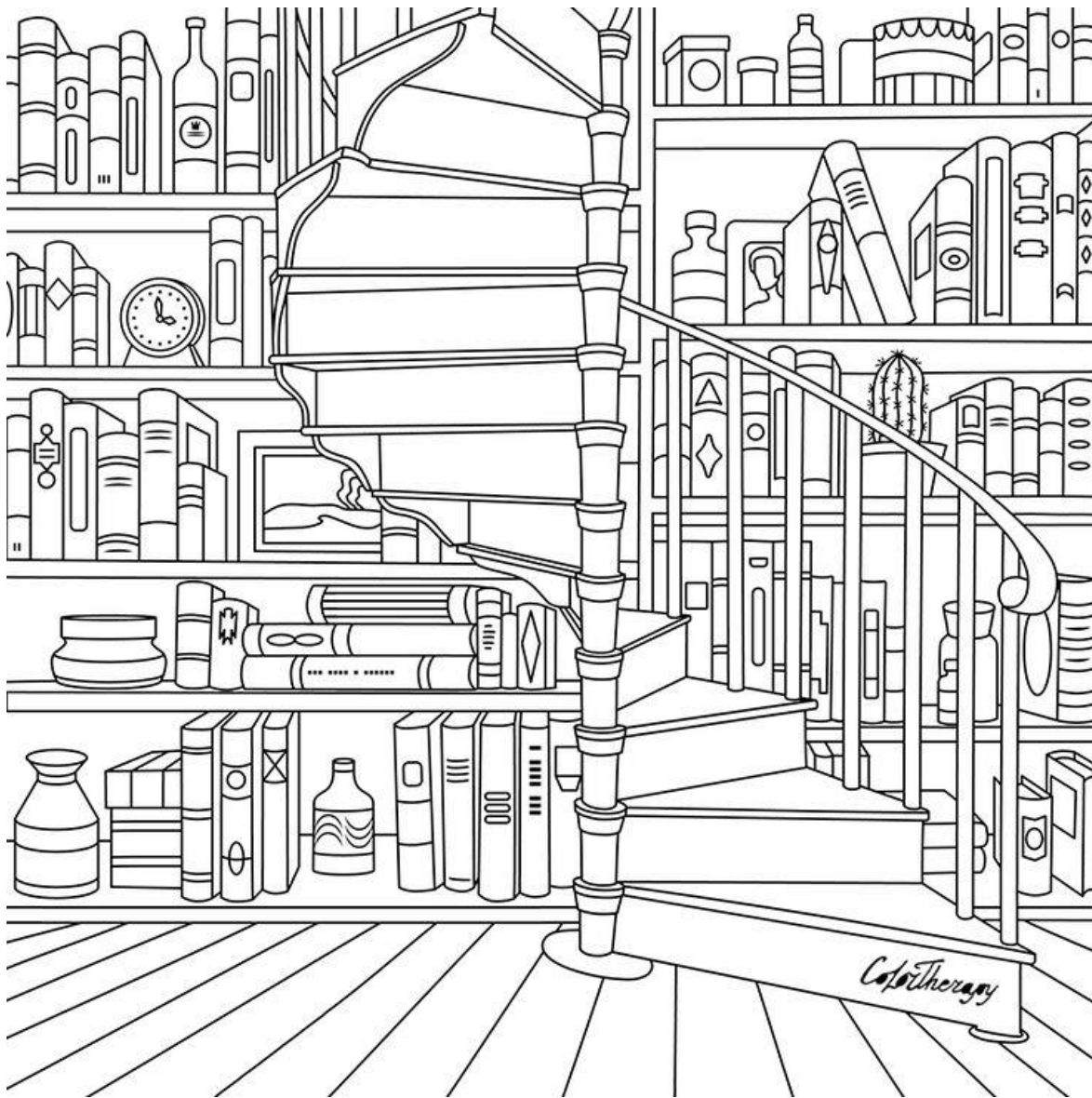




Welcome! This guide is here to help you enjoy a Gathering Place in your home. Each Month has a new theme. You can print the document as a whole or only in part. Here you will find everything you need to have a fun, joyful, and active day with your loved one filled with games, crafts, a simple exercise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

For the Love of a Good Book!

Word Games and Art Pages



Name: _____

Parts of a Book Word Search



SPINE
TITLE
CONTENTS
COVER
APPENDIX

GLOSSARY
BARCODE
AUTHOR
COPYRIGHT
DEDICATION

PUBLISHING DATE
SLEEVE
PAGES
ILLUSTRATION
BLURB

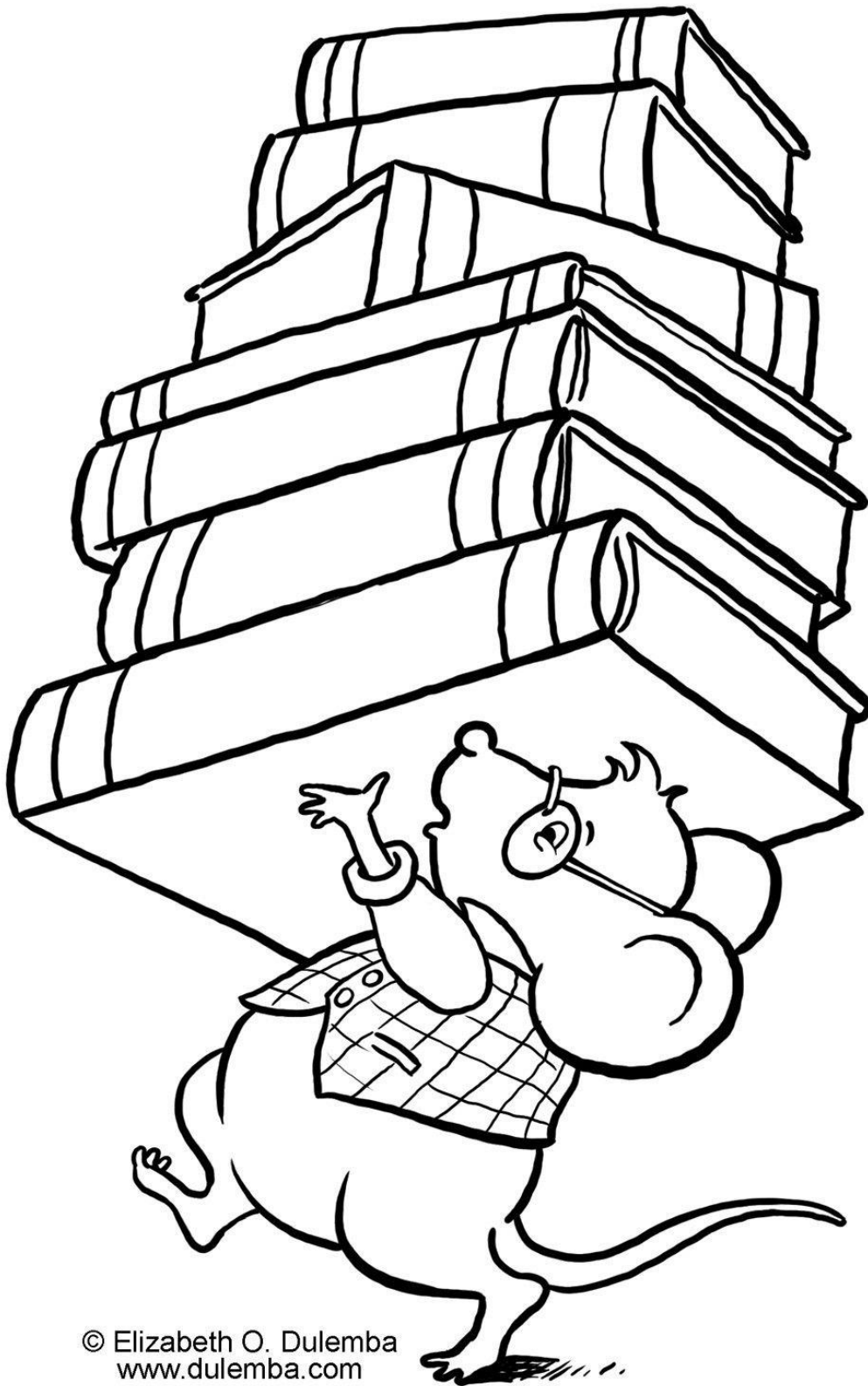
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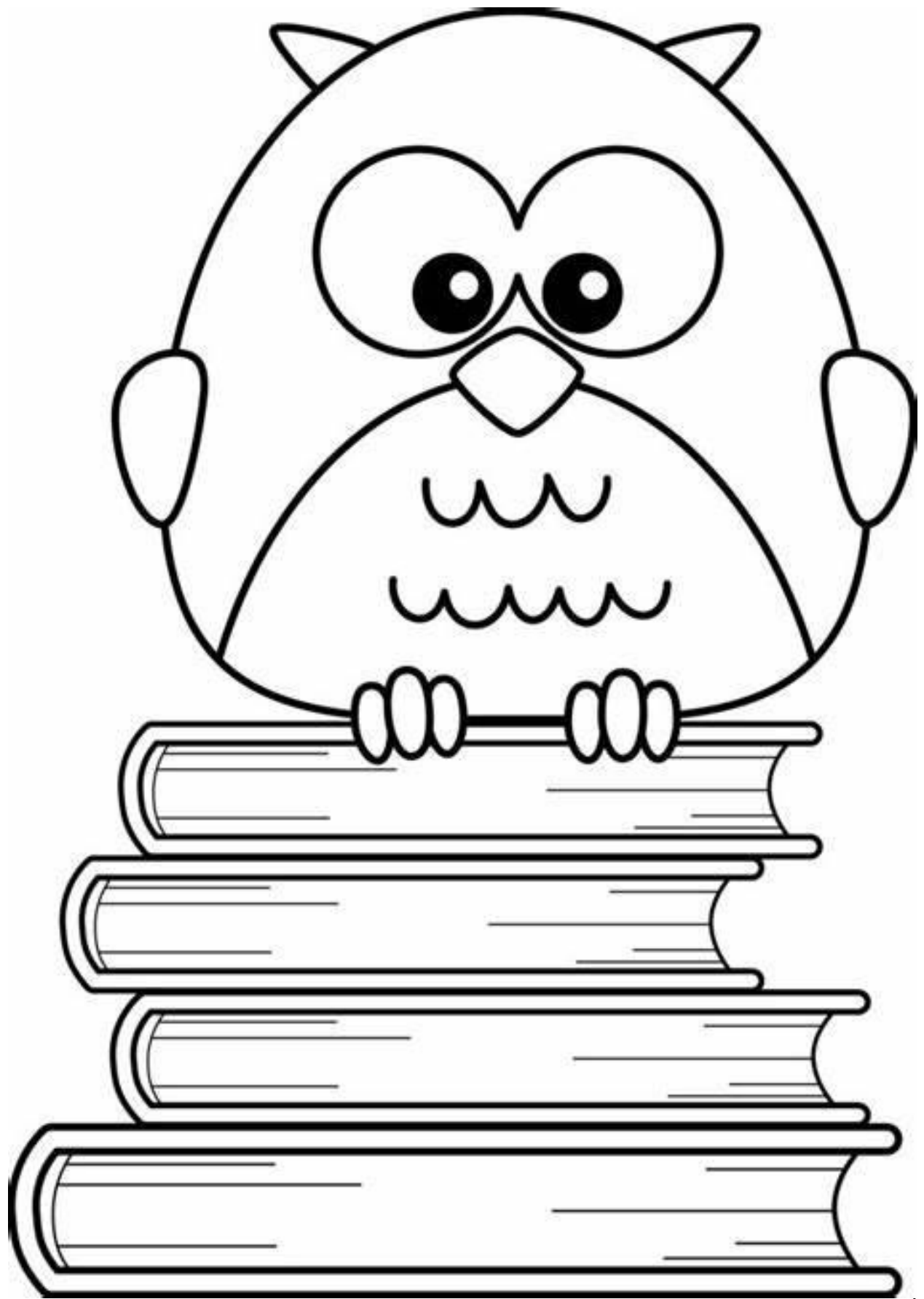
World Book Day Characters

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

- | | | | |
|------------------------------|-----------------|--------------------|-------------------|
| Batman | Captain America | Cat in the hat | Dennis the menace |
| Harry Potter | Horrid Henry | Ironman | Jack Sparrow |
| Matilda | Paddington bear | Spiderman | superman |
| Where the wild things
are | Where's wally | Winnie the
pooh | |



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Games

White Board Word Games are a tool we use at the Gathering Place to keep our minds active and engaged. One of our favorites is a guessing game. You pick a word that fits with the theme for the day. Any word will work. For this week, words like Reading, Book, Fall, Pumpkin, Leaf...etc. would work. You start by writing down the word vertically on a sheet of paper.

R

E

A

D

I

N

G

You then prompt your loved on to come up with all of the words they can think of that starts with that letter. R= read, right, red, robin, rooster...etc. See how many words you can come up with for each letter.

A more advanced way to play is on the image below. Instead of discovering words that simply start with that character, give those words a theme also. For example, animals/food/places that start with R. The theme can be anything you chose. This one uses Animals, Foods, and Flowers.



ANIMALS
BIRDS & REPTILES



FOODS
FRUITS & VEGETABLES



FLOWERS
PLANTS & TREES

<p>F FALCON FOX, FLY FAWN, FLEA FIREFLY, FROG FLAMINGO</p>	<p>FIGS, FRUITCAKE FLOUNDER, FORTUNE COOKIE FRANKFURTER FRIED CHICKEN</p>	<p>FORSYTHIA FERN FIG TREE FIR TREE FREESIA</p>
<p>A APE, ANT ANTELOPE ALLIGATOR ANTEATER AARDVARK</p>	<p>APPLES, APRICOTS ARTICHOKES, ASPARAGUS ANCHOVIES ANTIPASTO AVOCADO</p>	<p>AZALEA AFRICAN VIOLET ALOE APPLE TREE</p>
<p>L LION LAMB LEOPARD LLAMA, LOCUST LIZARD, LARK LABRADOR RETRIEVER</p>	<p>LEMON, LIME LETTUCE LAMB CHOPS LASAGNE LICORICE</p>	<p>LAVENDER LILAC LILY - OF THE VALLEY</p>
<p>L LOBSTER LADYBUG LHASA APSO</p>	<p>LIVERWURST LIMA BEANS LENTILS LEMONADE</p>	<p>LOTUS LARKSPUR EASTER LILY</p>

How to Make a Book Page Bunting, aka Banner Made with Old Book Pages:ⁱ

1. Gather your supplies.

You will need:

- Book pages
- Scrap paper to make a template
- Twine, yarn or other string
- Scissors
- Glue stick
- Scotch Tape
- Washi tape or other method to hang your bunting
- A paper cutter (optional) —

2. Cut the book pages into desired bunting shape.

I decided to do a flag shape for my book page bunting. I cut the book pages into 4×6-inch rectangles using my paper cutter, and then cut a notch into the bottom of each one with scissors.

I first made a template out of a plain sheet of white paper. Once it looked perfect, I used it to cut several book page rectangles at the same time into the notched flag shape.



3. Fold the top of the book page flag over.

Fold the top of each flag over, about 1/4-1/2 inch. This is where your twine will lay.



4. Put a line of glue in the crease you just folded and lay the twine down.

5. Secure the folded flap, over the twine, with clear tape.

Fold the flap back down, and tape it down.

The bunting could probably be made without the #4 glue step, but then the flags might slide around on the twine. Using the glue first and then taping the folded flap down, helps anchor the flags to the twine.



6. Repeat with each flag, leaving desired space between the flags.

At first, I thought I would need to leave a big gap between each flag. But I quickly realized it looks way better with less space between the flags.

It's somewhat a matter of preference, but I ended up using a distance of 3-3.5 inches between each flag. I used the length of the book page flag as a guide, and went a bit less than that, for the space between each one.

You can make them closer together if you like that look better. Once you've attached a few, you can hold the garland up and see how it looks. If you think they need adjusting, you can slide them around if needed before the glue dries.

7. Continue adding flags to the book page bunting until you've reached your desired length for the book page banner.

Keep going until your book page garland is as long as you want it to be!

You're almost done!



8. Hang up your book page garland and enjoy!



At Home Mini-Workout

Can be done in a chair or standing

Needed:

- **1 ball, about 6-9 inches in diameter. It can be firm or soft texture.**

Warm-Up Routine

- If you are able, start your warmup with a slow march in place to get your heart rate going.
- Lift your arms above your head and breathe deeply.
- Slowly rotate your shoulders to the front, around in a circle. Do this 5 times. Then rotate them to the back, around in a circle. Repeat 5 times.

- With your back straight, lean your head to the left, reaching your ear to your shoulder. Bring it back to center and do the same with your head on the right side. Repeat 5 times.

Workout Routine

- Pick up your ball. (To make this workout more challenging, march in place while doing the ball exercise routine)
- Place the ball on your knees with your hands holding it on either side, arms straight.
- Keeping the ball in your hands, raise your arms up to shoulder level, pause, and lower them back to your knees. Repeat this 5 times.
- Bring the ball to your chest, extend it out and front of you and bring it back to your chest. Repeat 5 times.
- Lift the ball from your chest to above your shoulders (as far as you can go without pain) and back to your chest. Repeat 5 times.
- Bring the ball back to your knees and take a deep breath. Rest 30 seconds.
- Bring the ball back to your chest. Gently squeeze the ball. Then twist with your back straight to the right side. Return to the center and do the same towards the left side. Repeat 5 times on each side.
- Extend your arms out to each side, with the ball in one hand. Reach out in front of you and move the ball to the other hand and extend your arms out again. Switch the ball back and forth between your hands 5 times.
- Move the ball back to your knees. With one hand, lift the ball above your head. Bring it back down and repeat with the opposite arm.
- Put the ball on the floor and take a deep breath. Rest 30 seconds

Cool-Down Routine

- While seated, move one heel out in front of you and lean forward gently. With back straight, sit back up, switch heels and repeat. Do this one more time.
- While your heel is still out in front of you, press your toes down to the floor and raise them back up. Repeat 5 times and then do the same with your other leg.
- Rotate your head in gentle circles to the left, and then to the right.
- Raise your arms above you and take a deep breath in. As you lower them, breathe out. Repeat this 3 times.

Finished

A Meditation / A Prayer / A Thoughtⁱⁱ

Source: *May I Walk You Home?* By Joyce Hutchison and Joyce Rupp

Meditation

Close your eyes and picture God being there with you and your loved one.
See the look of love on God's face.
Let yourself feel the love God has for you and your loved one.

A Prayer

Joy-filled Presence,
there are many days
when the last thing I want to do
is smile or have a good laugh.
This caring for my loved one
is tough.
It takes its toll on the human spirit.
Help me to find moments
in the day
when I can smile.
Help my loved one and me
to laugh together,
to find the little joys of life
that sustain and uplift us.
Remind us often
that we are not alone.

A Thought

I'll let my eyes smile even if my face can't.
I'll listen closely to see if there are a few things
we can enjoy together

Meal-in-a-Bowl Chicken Soup

Quick and easy – makes 2 qts.

Ingredients:

- 6 Cups chicken broth
- 1 Cup each, diagonally sliced carrots and celery
- 1 Cup each, frozen green peas and corn
- 2 Cups shredded cooked chicken
- 1 Cup cooked, drained macaroni twists, shells, or elbows
- Freshly ground black pepper to taste.
- 2 Tbsp minced parsley (optional)

1. Bring broth to a boil in a 4 qt. saucepan. Add carrots and celery. Reduce heat; cover and simmer 10 minutes, or until vegetables are crisp tender.

2. Stir in peas, corn, and chicken; cover and simmer about 6 minutes longer, or until vegetables are tender. Stir in macaroni, heat through.

Woman's Day Magazine – March 1985

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