



# **KEHA Recreation**

***July 2021-June 2022***

***Adventure***

***Awaits***

This booklet has been compiled by the Pennyryle Area (Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, and Trigg Counties) specifically for the Kentucky Extension Homemakers Association.

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# July

**Thought for the Month:** "He who marvels at the beauty of the world in summer will find equal cause for wonder and admiration in winter." ~ John Burroughs

**Roll Call:** What is your favorite memory of July 4<sup>th</sup> celebrations?

**Activity:** July 4<sup>th</sup> Word Search

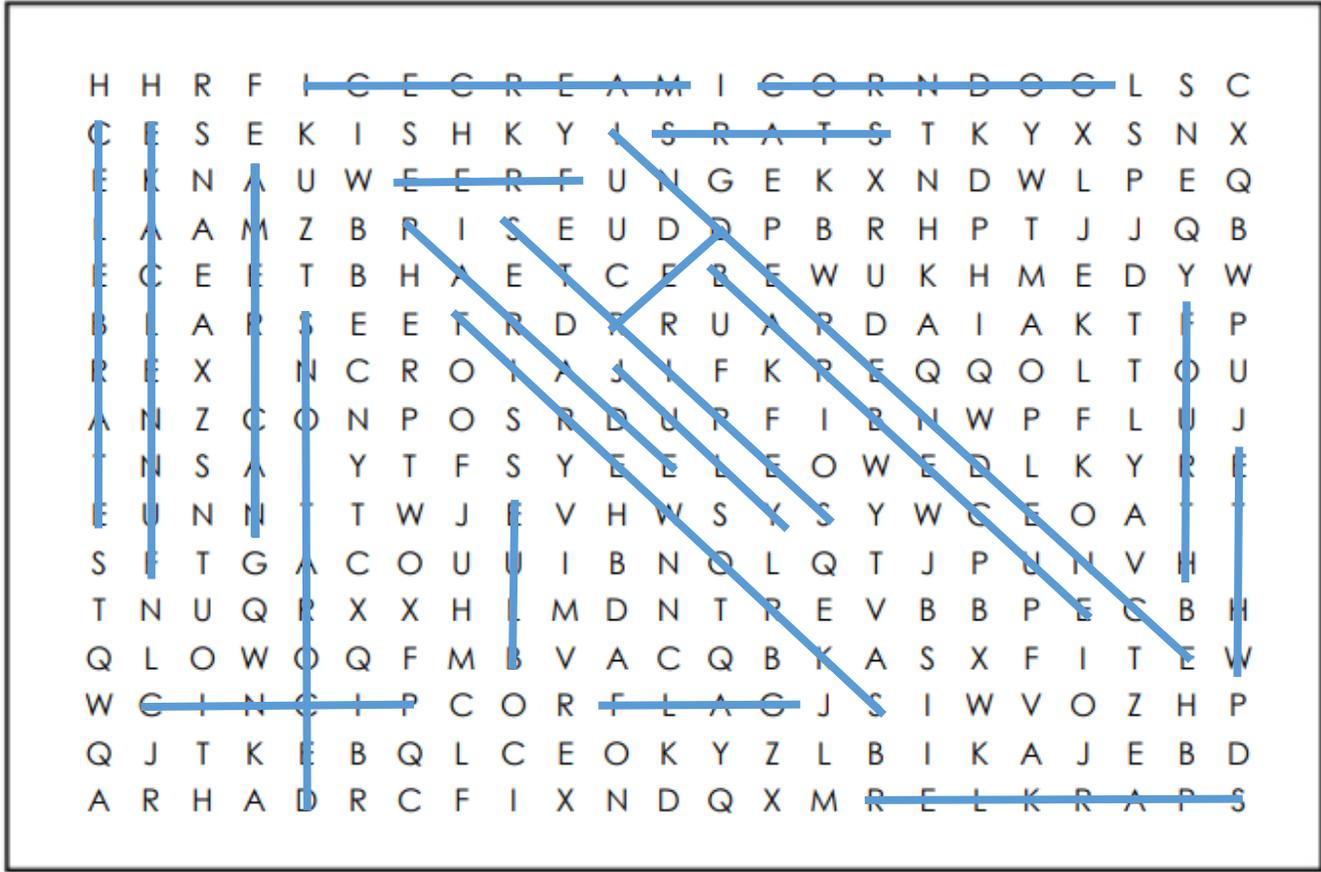


**Find the following words in the puzzle. Words are hidden in all directions.**

- |             |              |          |
|-------------|--------------|----------|
| American    | Fourth       | Red      |
| Barbecue    | Free         | Sparkler |
| Blue        | Funnel Cake  | Stars    |
| Celebrate   | Ice Cream    | Stripes  |
| Corn Dog    | Independence | White    |
| Decorations | July         |          |
| Fireworks   | Parade       |          |
| Flag        | Picnic       |          |

Created using Word Search Generator on Super Teacher Worksheets ([www.superteacherworksheets.com](http://www.superteacherworksheets.com))

Submitted by: Caldwell County Extension Homemakers



# August

**Quote:** "I love borders. August is the border between summer and autumn; it is the most beautiful month I know." ~ Tove Jansson

**Roll Call:** Which season do you prefer summer or autumn? Why?

**Activity:** This or That

In each row, circle the answer that best represents you. Share with the group to learn more about each other!

Optional: Add movement for each option. For example: If you would prefer chocolate, move to the right side of the room. If you prefer vanilla, move to the left side of the room.

Chocolate	Vanilla
Burger	Pizza
Tea	Coffee
Cats	Dogs
Silver	Gold
Sneakers	Dress Shoes
Popcorn	Ice Cream
Beach	Mountains
Singing	Dancing
Comedies	Drama
Books	Television
Driving	Riding
Cooking	Cleaning
Staying In	Going Out
Saving	Spending
Extrovert	Introvert



Submitted by: Christian County Extension Homemakers

# September

**Thought for The Day:** "A grandparent is a little bit parent, a little bit teacher and a little bit best friend." ~ Unknown

**Roll Call:** Name a memory of you and your grandparents.

**Activity:** Matching Game

Match the Grandmother names to their origins.

- |              |             |
|--------------|-------------|
| 1. Nai Nai   | A. French   |
| 2. Grandmere | B. Hawaiian |
| 3. Oma       | C. Hebrew   |
| 4. Tutu      | D. Chinese  |
| 5. Nonna     | E. Japanese |
| 6. Savta     | F. Italian  |
| 7. Oba-Chan  | G. German   |
| 8. Babushka  | H. Spanish  |
| 9. Abuela    | I. Polish   |
| 10. Babcia   | J. Russian  |

Answer Key:  
1. D, 2. A, 3. G, 4. B, 5. F, 6. C, 7. E, 8. J, 9. H, 10. I



# October

**Thought for the month:** "I remember it as October days are always remembered, cloudless, maple-flavored, the air gold and so clean it quivers." ~ Leif Enger, Peace like a River

**Roll Call:** What is your favorite Halloween candy?

**Activity:** Word Maker

How many words can you make from the word

## PUMPKIN

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_



# November

**Thought for the Month:** "Showing gratitude is one of the simplest yet most powerful things humans can do for each other." ~Randy Paush

**Roll Call:** Name a cooking disaster you experienced preparing a Thanksgiving meal.

**Activity:** Fall Word Scramble

1. LEPAPS\_\_\_\_\_

2. NOCRA\_\_\_\_\_

3. QUSASH\_\_\_\_\_

4. REINOBF\_\_\_\_\_

5. FLAE\_\_\_\_\_

6. UNMTUA\_\_\_\_\_

7. OTOBLFAL\_\_\_\_\_

8. ESRET\_\_\_\_\_

9. DEIHYAR\_\_\_\_\_

10. STERHAV\_\_\_\_\_

11. KNPIUPM\_\_\_\_\_

12. NOCR\_\_\_\_\_

13. OALWHLNE\_\_\_\_\_

14. RAOHCDR\_\_\_\_\_

ANSWERS: 1. Apples; 2. Acorn; 3. Squash; 4. Bonfire; 5. Leaf; 6. Autumn; 7. Football; 8. Trees; 9. Hayride; 10. Harvest; 11. Pumpkin; 12. Corn; 13. Halloween; 14. Orchard

Submitted by: Todd County Extension Homemakers

## December

**Thought for the Day:** "May you never be too old to search the skies on Christmas Eve."  
~ Unknown

**Roll Call:** Tell about your fondest memory of snow.

**Activity:** Winter Games

Challenge your club to participate in these winter games. Include one or two that make you get up and get moving. Here are a few you can choose from, or create your own!

1. **Top the Hot Chocolate:** Divide group into pairs and give each pair 10 marshmallows and an empty hot chocolate mug. Have the pairs stand a few feet apart. One person will toss the marshmallows while the other person tries to catch the marshmallows in the mug. The pair that catches the most marshmallows wins.
2. **Sock Guess:** For this game you need thick thermal socks (Holiday socks would be great!). Put all kinds of objects into the socks (ornaments, a candy cane, holly, pinecones, bells, etc.) – best if you put around 20 different items in the sock. Tie a rope or ribbon around the top of the sock (so that no one can see what's inside). Pass the sock around and give each person a small amount of time to feel the sock and make their guesses to what's inside the sock (give them paper and pen to write down their guesses). It would be best if you take two socks and put identical items in each so that more than one person can feel the sock and make their guesses (this will make the game go a bit faster). The people that make the most correct guesses are the winners.
3. **Winter Charades:** Let your members choose an idea of their own to act out or make up words, write it on a slip of paper, and place it in a hat (maybe a winter hat?) as they arrive for your club meeting. The word must be related to winter. Use words such as Santa, snowman, sleigh ride and ice skating. Members will then take turns drawing a slip of paper out of the hat and act it out. Use a time limit such as 3-minutes per person to move the game along.
4. **Snowball Relay:** All you need for this game is a bag of cotton balls, buckets and spoons. Set buckets filled with cotton balls at a starting line and some that are empty several feet away. Members can be divided into teams and will take turns scooping out the cotton balls with spoons then carrying them to the empty buckets. The team who gets the most cotton balls into the buckets is the winner.
5. **Unwrap the Present:** Have 3-4 boxes prewrapped to bring to your club meeting. Also bring the same number of winter mittens or oven mitts. Choose volunteers, or make it a group effort. When the starter says go, the player puts on the gloves and unwraps the present. If doing the game as a group switch players each 15-20 seconds. The first person or team to unwrap the present wins.

Submitted by: Trigg County Extension Homemakers

# January

**Thought for the Day:** "We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives . . . not looking for flaws, but for potential." ~ Ellen Goodman

**Roll Call:** What room in your life has potential?

**Activity:** Would You Rather?

How well do you know your club members? Find out with these fun "would you rather" winter activities. Optional: Add movement for each option. For example: If you would rather build a snowman, move to the right side of the room. If you would rather have a snowball fight, move to the left side of the room.

## Would You Rather?

Build a snowman	OR	Have a snow ball fight
Enjoy the snow from indoors	OR	Play in the snow
Sit by the fireplace	OR	Sit by an outdoor bonfire
Watch a movie on a snowy day	OR	Read a book on a snowy day
Go sledding	OR	Go skiing
Build a gingerbread house	OR	Decorate cookies
Put together a jigsaw puzzle	OR	Play a board game
Eat homemade soup	OR	Eat homemade chili
Learn a new skill	OR	Practice a current skill
Drink hot chocolate	OR	Drink hot cider
Visit a museum	OR	See a play



Submitted by: Caldwell County Extension Homemakers

## February

**Thought for the Day:** "February is short and very sweet." ~ Charmaine J Forde

**Roll Call:** What is your favorite snow day memory?

**Activity:** Short Month, Short Poem

Did you know that February is National Haiku Month? Spend some time writing your own haiku and share it with the group. You can make it into a Valentine's Day card or have a contest and vote on your favorite!

While haiku poems don't rhyme, they do follow this format:

Line 1- 5 syllables

Line 2- 7 syllables

Line 3- 5 syllables

Here is an example to get you started:

*Snowflakes glitter on  
the sidewalk, the sound of cars  
swallowed by snowdrifts*

- Beth Eaglescliffe



Submitted by: Christian County Extension Homemakers

# March

**Thought for The Day:** There are no unimportant acts of kindness.

**Poem:** "I didn't hear a bugle blow when spring arrived today. Instead I heard the trilling sound of song birds everywhere. The gentle breezes, humming bees, the wild geese in the air. I saw rebirth of life in the flowers and trees." ~ Lois Pinkerton Fritz, *Spring's Arrival*

**Roll Call:** Name your favorite outdoor activity in the spring.

**Activity:** Priceless Proverbs

How many can you complete?

1. Pretty is as \_\_\_\_\_
2. No news is \_\_\_\_\_
3. A penny saved is \_\_\_\_\_
4. Two wrongs, don't make \_\_\_\_\_
5. Don't count your chickens before \_\_\_\_\_
6. A fool and his money are soon \_\_\_\_\_
7. A stitch in time, saves \_\_\_\_\_
8. Don't cross your bridge before \_\_\_\_\_
9. Still water \_\_\_\_\_
10. At first you don't succeed \_\_\_\_\_
11. Laugh and the world laughs with you, Cry \_\_\_\_\_
12. An apple a day keeps \_\_\_\_\_

- Answers

  1. Pretty does
  2. Good news
  3. Penny earned
  4. A right
  5. They are hatched
  6. Parted
  7. Nine
  8. You get there
  9. Runs deep
  10. Try, try again
  11. Alone
  12. The doctor away

Submitted by the Challengers Homemakers Club, Crittenden County Extension Homemakers

# April

**Thought for the Month:** "A gush of bird-song, a patter of dew, A cloud, and a rainbow's warning, Suddenly sunshine and perfect blue - An April day in the morning."  
~ Harriet Prescott Spofford, *April*

**Roll Call:** What is the spring flower you are most excited to see after a long winter?

**Activity:** Unscramble Favorite Flowers:

1. BBLUEEL    \_ \_ \_ \_ \_
2. EROS        \_ \_ \_ \_
3. LTUPI        \_ \_ \_ \_ \_
4. SIAYD        \_ \_ \_ \_ \_
5. FSNUWRELO    \_ \_ \_ \_ \_
6. CRDIOH      \_ \_ \_ \_ \_
7. CUORCS      \_ \_ \_ \_ \_
8. CYINHTHA    \_ \_ \_ \_ \_
9. SPNAY        \_ \_ \_ \_ \_
- 10.DDFFAOLI    \_ \_ \_ \_ \_



KEY:  
1. Bluebell  
2. Rose  
3. Tulip  
4. Daisy  
5. Sunflower  
6. Orchid  
7. Crocus  
8. Hyacinth  
9. Pansy  
10. Daffodil

# May

**Thought for the Day:** "All you need is love. But a little chocolate now and then doesn't hurt." ~Charles M. Schultz

**Roll Call:** National Chocolate Chip Day is celebrated May 15. What have you used chocolate chips to make other than cookies?

**Activity:** Match Chocolate Chip Facts

1. \_\_\_\_ Made the first Chocolate Chip Cookie
2. \_\_\_\_ Location where first Chocolate Chip Cookie was served
3. \_\_\_\_ Year first Chocolate Chip Cookie was made
4. \_\_\_\_ First Name of Chocolate Chip Cookie
5. \_\_\_\_ Another name for Chocolate Chip Cookie
6. \_\_\_\_ Original size of Chocolate Chip Cookie
7. \_\_\_\_ This Company bought the recipe for the Chocolate Chip Cookie
8. \_\_\_\_ The cost of the recipe for the Chocolate Chip Cookie
9. \_\_\_\_ Year Chocolate morsels were invented by Nestle
10. \_\_\_\_ 40,000 pounds with diameter of 101 feet
11. \_\_\_\_ Nestle prints this recipe on each package of chocolate morsels

**Fill in each blank with the letter for your answer selected from the list below.**

- A. 1939
- B. Butterdrop Do Cookies
- C. Toll House Chocolate Chip Cookies
- D. Toll House Inn, Whitman, Massachusetts
- E. World's largest Chocolate Chip Cookie
- F. Nestle
- G. Chocolate Crunch Cookie
- H. Ruth Wakefield
- I. Quarter
- J. A lifetime supply of chocolate
- K. 1937

1. H-Ruth Wakefield 2. D-Toll House Inn, Whitman, Massachusetts 3. K-1937 4. B-Butterdrop Do Cookie 5. G-Chocolate Crunch Cookie 6. I-Quarter 7. F-Nestle 8. J-A lifetime supply of chocolate 9. A-1939 10. E-World's largest Chocolate Chip Cookie 11. C-Toll House Chocolate Chip Cookie

Submitted by: Todd County Extension Homemakers

# June

**Thought for the Day:** "It is the month of June, The month of leaves and roses, When pleasant sights salute the eyes and pleasant scents the noses." ~Nathaniel Parker West

**Roll Call:** What is your favorite summer flower?

**Activity:** Songs of Summer

Complete the lines from these songs about summer.

1. \_\_\_\_\_ in the Summertime.
2. Under the \_\_\_\_\_ down by the sea.
3. 'Cause there ain't no cure for the \_\_\_\_\_.
4. Summertime, and the living is \_\_\_\_\_.
5. The \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ Days of Summer.
6. Summer \_\_\_\_\_ makes me feel fine.
7. June is \_\_\_\_\_ out all over.
8. In the \_\_\_\_\_ Summertime.
9. June comes \_\_\_\_\_ every year.
10. The summer \_\_\_\_\_ came blowin' in from across the sea.
11. Summer \_\_\_\_\_ happened so fast.
12. No \_\_\_\_\_, No \_\_\_\_\_, No problem.
13. Come on let's \_\_\_\_\_ again like we did last summer.
14. Summer's here and the time is right for \_\_\_\_\_ in the streets.

## Choose From:

Shirt; shoes  
Summertime blues  
Dancin'  
Easy  
Hot fun  
Loving  
Around  
Bustin'  
Boardwalk  
Wind  
Breeze  
Lazy; hazy; crazy  
Twist  
Good ol'

14. Dancin'
13. Twist
12. Shirt; shoes
11. Loving
10. Wind
9. Around
8. Good Ol'
7. Bustin'
6. Breeze
5. Lazy, hazy, crazy
4. Easy
3. Summertime Blues
2. Boardwalk
1. Hot Fun
<b>Answers</b>

