KEHA Recreation

July 2021-June 2022

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

Printing costs have been paid by the Kentucky Extension Homemakers Association.
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 4th celebrations?

Activity: July 4th Word Search

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

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

Created using Word Search Generator on Super Teacher Worksheets (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.

<table>
<thead>
<tr>
<th>Chocolate</th>
<th>Vanilla</th>
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<tbody>
<tr>
<td>Burger</td>
<td>Pizza</td>
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<td>Tea</td>
<td>Coffee</td>
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<td>Cats</td>
<td>Dogs</td>
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<td>Silver</td>
<td>Gold</td>
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<td>Sneakers</td>
<td>Dress Shoes</td>
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<td>Popcorn</td>
<td>Ice Cream</td>
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<td>Beach</td>
<td>Mountains</td>
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<td>Singing</td>
<td>Dancing</td>
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<td>Comedies</td>
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<td>Books</td>
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<td>Cooking</td>
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<td>Staying In</td>
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<td>Saving</td>
<td>Spending</td>
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<td>Extrovert</td>
<td>Introvert</td>
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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 |

Submitted by the After Hours Homemakers, Crittenden County Extension Homemakers
# 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**

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Submitted by Lyon County Extension Homemakers
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. OTOBFLAL
8. ESRET
9. DEIHYAR
10. STERHAV
11. KNPJUPIPM
12. NOCR
13. OALWHLENE
14. RAOHCDR

Submit 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?

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

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<tbody>
<tr>
<td>1. Pretty does</td>
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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. BBLLUEEL __________
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

Submitted by Lyon County Extension Homemakers
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

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’

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

Submitted by: Trigg County Extension Homemakers