



# **KEHA Recreation**

***July 2020 - June 2021***

*This booklet has been compiled by the Green Mammoth Cave Area (Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson and Warren Counties) specifically for the Kentucky Extension Homemakers Association.*

*Printing costs have been paid by the Kentucky Extension Homemakers Association.*

*June 2020*

# JULY

**Thought for the Month:** "Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take, but as for me, give me liberty or give me death!" – Patrick Henry

**Roll Call:** Please share a favorite Fourth of July tradition or memory

## Fourth of July Trivia Quiz

- When were fireworks first used in an official Fourth of July celebration?
  - 1877
  - 1777
  - 1977
  - 1807
- What historical event do Americans celebrate on the Fourth of July?
  - The first signature on the Declaration of Independence
  - Thomas Jefferson's birthday
  - The Boston Tea Party
  - Formal adoption of the Declaration of Independence
- Who was the first person to sign the Declaration of Independence?
  - John Adams
  - Thomas Jefferson
  - John Hancock
  - James Madison
- Which newspaper first printed the Declaration of Independence?
  - Philadelphia Eagle
  - New York Times
  - Pennsylvania Evening Post
  - Boston Globe
- Which U.S. president was born on Independence Day?
  - Calvin Coolidge
  - Franklin Roosevelt
  - Lyndon B. Johnson
  - Ronald Reagan
- How many people were living in the United States of America on July 4, 1776?
  - 1.3 million
  - 2.5 million
  - 4.8 million
  - 12 million
- When did the Fourth of July become a federal holiday?
  - 1786
  - 1844
  - 1870
  - 1916
- Approximately how much money do Americans spend on fireworks each year?
  - \$10 million
  - \$75 million
  - \$600 million
  - \$1 billion

Adapted from:

AARP *How Much Do You Know About the Fourth of July?* [<https://www.aarp.org/politics-society/history/info-07-2012/fourth-of-july-history-quiz.html#quest9>]

Good Housekeeping *17 Facts You Never Knew About Independence Day* by Amina Lake Abdelrahman [<https://www.goodhousekeeping.com/holidays/g22022801/4th-of-july-trivia/>]

(Answers on the following page)

## Answers

1. 1777  
Congress authorized using fireworks to help mark the first anniversary of the Declaration of Independence. The celebration, which took place in Philadelphia, also included bonfires and bells.
2. Formal adoption of the Declaration of Independence  
On July 2, 1776, the Continental Congress voted to approve a motion by Virginia to Separate from Great Britain. Two days later, the declaration proclaiming the Independence of the United States of American from Great Britain and its king was formally adopted by 12 colonies.
3. John Hancock  
His signature was penned near the center and is the largest on the document. The bold signature led to the coining of the phrase "put your John Hancock" when referring to signing your name.
4. The Pennsylvania Evening Post  
After John Dunlap of Philadelphia printed copies of the Declaration for the Continental Congress on July 4, 1776, printers throughout the Colonies produced their own versions. The one from the Pennsylvania Evening Post came out on July 6, 1776.
5. Calvin Coolidge  
The 30<sup>th</sup> president was born on July 4, 1872, in Plymouth North, VT. He is the only president born on Independence Day.
6. 2.5 million [Estimate from the United State Census Bureau]
7. 1870  
Congress reaffirmed the holiday in 1938 and mandated full pay for federal employees.
8. \$1 billion  
This estimate from the American Pyrotechnics Association indicates that numbers to continue to increase each year. The biggest single fireworks celebration is the Macy's 4<sup>th</sup> of July Fireworks show which take more than 8,000 hours to prepare.

# August

## Thought for the Month:

As a child many have memories of hot summer days spent going on family fishing trips, attending the local and state fairs, harvesting crops, preserving fruits and vegetables from the garden, sharing stories under the shade tree, and family picnics on the farm or at the local park. The event at which the family was together didn't matter. What was important was the time spent together making memories.

August is National Picnic Month. A family picnic at a local park or in your back yard will cost very little and only take a very small portion of your day but will make childhood memories that will last a life time.

**Roll Call:** Name your favorite picnic location or family childhood memory.

## Activity:

### ***Bean Bag Toss***

This activity can be played with a cornhole board or with large bowls.

### **Corn Hole Board**

Boards are placed at a distance that is comfortable but challenging for the participants. When players land the bag in the hole they are awarded 3 points or if it lands on the board they are given 1 point. The first team to reach a set score wins.

### **Bowl Toss**

Three bowls of varying sizes are assigned point values of 10, 20 and 25 points. They are then placed in a triangle at a comfortable but challenging distance from the players. Players are awarded points based upon the point value of the bowl the bean bag lands in. The first team to reach a set score wins.

# September

September traditionally marks transition between seasons, it is often one of the most temperate weather-wise. (Almanac.com)

## Thought for the Month:

September is a time to refocus our energies as we transition to fall. It is a time to reap and store for the upcoming winter.

September is National Sexual Health Month, National Alzheimer's Month and National Chicken Month.

**Roll Call:** In honor of September 24, National Good Neighbor Day, name one nice thing a neighbor has done for you!

**Activity:** How did the 12 months get their names?

January \_\_\_\_\_

February\_\_\_\_\_

March\_\_\_\_\_

April\_\_\_\_\_

May\_\_\_\_\_

June\_\_\_\_\_

July\_\_\_\_\_

August\_\_\_\_\_

September through December\_\_\_\_\_

## Answers:

1. January—god Janus (protector of gates)
  2. February—februa...meaning time cleanse (a time of purification)
  3. March—god Mars (god of war)
  4. April—aperia meaning to open...buds opening in spring
  5. May—goddess Maia who oversaw growth of plants
  6. June—goddess Juno, patron of marriage
  7. July—renamed after Julius Caesar
  8. August—renamed after Augustus Caesar
- September through December are from Latin for numbers 9-12 as they were those numbered months in the original Roman calendar

Submitted by Edmonson County

# October

## Thought for the Month:

The end of summer is not the end of the world because there is October.

**Roll Call:** Name your favorite place to visit in October.

**Activity:** Lucky Dip Bag

Fill a bag with a variety of sensory and reminiscent items that can be touched and felt safely. One person at a time reaches in and pulls out an object and tells a happy memory about that object.

# November

## Thought for the Month:

*All the seeds for all the flowers of tomorrow, are in all the flowers of today.*

~Unknown

**Roll Call:** Answer with your best turkey gobble.

## Activity:

### *Thankful Tablecloth*

Provide a tablecloth for your event. You can use a plastic tablecloth, paper tablecloth, or a fabric tablecloth and permanent markers. When individuals arrive, ask them to write on the tablecloth what they are thankful for, add the date and sign it. Display the tablecloth every year at your gathering and enjoy the memories of years past.

# December

## Thought for the Day:

"It is December, and nobody asked if I was ready." — Sarah Kay

**Roll Call:** Name your favorite December activity or event

## Activity:

### *Winter Construction*

Group may be divided into teams or play individually, depending upon size of group.

Give each player/team an equal supply of the following 'construction materials':

- small pretzel sticks
- spaghetti (uncooked)
- large marshmallows
- miniature marshmallows (optional)

For example, give each player/team 30 small pretzels, 25 strands of spaghetti, 15 large marshmallows (and 20 miniature marshmallows, optional) Amounts of materials may vary, depending on the size of the group and supply of materials; however, each player/team must receive an equal amount as others.

Give the group 3-5 minutes to construct a "winter scene" using the materials they were given. Have judges to choose a winning scene or do so by popular vote.

\*\*This game may also be adapted to use as a leadership development tool by dividing into teams for construction, then asking reflection questions at the end:

- Did one or two persons in your team do all the work or did you all work together?
- Did one person come up with the idea and then delegated jobs?
- Did anyone in your group choose to just observe and not really participate?
- Consider how your group interacted and what part you played.
- Consider how you might improve your own participation in group activities.



# January

## Thought for the Month:

"The Everyday Enchantment of Music" by Mark Strand

"A rough sound was polished until it became a smoother sound, which was polished until it became music. Then the music was polished until it became the memory of a night in Venice when tears of the sea fell from the Bridge of Sighs, which in turn was polished until it ceased to be and in its place stood the empty home of a heart in trouble. Then suddenly there was sun and the music came back and traffic was moving and off in the distance, at the edge of the city, a long line of clouds appeared, and there was thunder, which, however menacing, would become music, and the memory of what happened after Venice would begin, and what happened after the home of the troubled heart broke in two would also begin."

Retrieved 8/22/2019 from <https://bookriot.com/2019/03/07/poems-about-music/>

## Roll Call:

Answer with the name of your favorite song or band from the 1950's/60s.

## Game:

Using the list below, note the artist who sang each of the following songs.

1. Johnny B. Goode \_\_\_\_\_
2. Tutti Frutti \_\_\_\_\_
3. Money Honey \_\_\_\_\_
4. Peggy Sue \_\_\_\_\_
5. Blueberry Hill \_\_\_\_\_
6. I Walk the Line \_\_\_\_\_
7. Only You \_\_\_\_\_
8. Summertime Blues \_\_\_\_\_
9. Wake Up Little Susie \_\_\_\_\_
10. Chantilly Lace \_\_\_\_\_
11. Crying in the Chapel \_\_\_\_\_
12. Susie Q. \_\_\_\_\_
13. In the Still of the Night \_\_\_\_\_
14. Shake Rattle and Roll \_\_\_\_\_

## Artists:

Buddy Holly

Johnny Cash

Dale Hawkins

Fats Domino

Eddie Cochran

The Platters

Chuck Berry

Sonny Til and the Orioles

Big Bopper

The Everly Brothers

Big Joe Turner

The Five Satins

Little Richard

The Drifters

*Answers on the following page.*

## Answer Key

<u>Song titles</u>	<u>Artists</u>
1. Johnny B. Goode	<u>Chuck Berry</u>
2. Tutti Frutti	<u>Little Richard</u>
3. Money Honey	<u>The Drifters</u>
4. Peggy Sue	<u>Buddy Holly</u>
5. Blueberry Hill	<u>Fats Domino</u>
6. I Walk the Line	<u>Johnny Cash</u>
7. Only You	<u>The Platters</u>
8. Summertime Blues	<u>Eddie Cochran</u>
9. Wake Up Little Susie	<u>The Everly Brothers</u>
10. Chantilly Lace	<u>Big Bopper</u>
11. Crying in the Chapel	<u>Sonny Til and the Orioles</u>
12. Susie Q	<u>Dale Hawkins</u>
13. In the Still of the Night	<u>The Five Satins</u>
14. Shake Rattle and Roll	<u>Big Joe Turner</u>

### Reference:

This quiz is based on but not identical to a quiz retrieved electronically 8/2019, from:  
<https://www.goldencarers.com/match-songs-with-artists-quiz-4-1950s/4760/>

# February

## History of the "Valentine" Card

By the early 1600s, handmade Valentine's Day cards were customarily sent from admirers to sweethearts. Around the year 1800, the first commercial cards appeared. Cards were usually sent anonymously.

As early as 1822, an English official reported having to hire extra postal workers on this Valentine's Day. In 1849, Esther Howland of Worcester, Massachusetts, started selling quality valentines so popular that she was called "Mother of the American Valentine."

The industrial revolution ushered in factory-made cards. In 1913, Hallmark Cards of Kansas City, Mo., began mass producing valentines and it has been a popular card-giving (and chocolate-indulging!) holiday ever since.

## Thought for the Month:

"Love is our true destiny. We do not find the meaning of life by ourselves alone-we find it with another." Thomas Merton

**Roll Call:** Name the last good book you've read

## Game:

### Purse Scavenger Hunt

Lipstick

Mascara

Nail File

Baby Photo

Scissors

Nail polish

A postage stamp

Toothbrush

Business card

A toy

A permanent marker

The craziest thing in the purse (This one will need to be judged.)

Tape

Candy

A cell phone (Bonus points if it rings when they hand it over.)

A paper clip

This list is meant to get your imagination rolling. Good luck and have fun with this purse game!



# March

## Thought for the Day:

"Blessed are the flexible, for they shall not be bent out of shape." ~ Dr. Michael McGriffy

**Roll Call:** Name your favorite 'something green'

## Activity:

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Find words from left to right, top to bottom. Words can go horizontally, vertically or diagonally in all eight directions.

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

## Word List

Clover  
Fairy  
Gold  
Green  
Irish  
Leprechaun  
Lucky  
March  
Parade  
Pinch  
Rainbow  
Shamrock  
Tricky  
Vanish

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(See answer on the next page.)

Submitted by Simpson County

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

CLOVER

FAIRY

GOLD

GREEN

IRISH

LEPRECHAUN

LUCKY

MARCH

PARADE

PINCH

RAINBOW

SHAMROCK

TRICKY

VANISH

wearing of the green  
 and luck  
 of the Irish

# April

To recognize Child Abuse Awareness Month, we ask recreational leaders to display and play old childhood games at your meeting and encourage your members to share with youth in your county.

## Thought for the month:

"There are only two lasting bequests we can hope to give our children. One of them is roots and the other is wings. ~ *Hodding Carter*

**Roll Call:** What was your favorite childhood game?

## Game:

Make a copy of the phrases listed below for each member. Set a time limit and see how many can guess the most correct. Answers are names to games we have probably all played as a child. We suggest giving the winner one of the games as a prize.

1. Give me a hint
2. Lemon lime soft drink
3. To apologize
4. Well known pizza franchise
5. He was Jill's partner
6. She has lost her....
7. Old single lady
8. The farmer had a dog
9. Surgical procedure
10. Chubby's last name
11. A weather related movie
12. A bunny's favorite tape
13. Double dutch
14. Hawaiian basketball

Answers:

1. Clue
2. 7 up
3. Sorry
4. Dominos
5. Jacks
6. Marbles
7. Old Maid
8. Bingo
9. Operation
10. Checkers
11. Twister
12. Hopscotch
13. Jump Rope
14. Hula Hoop

Submitted by Monroe County

# May

## Thought for the Day:

You are as welcome as the flower in May ~Charles Macklin

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

## May Superstitions:

- The month of May was considered an unlucky month for getting married - - "Marry in May and You'll rue the day".
- Being born in May was thought to produce a sickly child.
- Never buy a broom in May or wash blankets. ("Wash a blanket in May, wash a dear one away.")
- "Those who bathe in May will soon be laid in clay."

## Game – May Trivia

1. May has \_\_\_\_\_ days.
2. May is the \_\_\_\_\_ month of the year.
3. May is the last month of the season of \_\_\_\_\_.
4. May is named after the Roman goddess \_\_\_\_\_.
5. \_\_\_\_\_ is the birthstone of May.
6. \_\_\_\_\_ and \_\_\_\_\_ are the Zodiac signs for May.
7. The \_\_\_\_\_ \_\_\_\_\_ building was officially opened on May 1, 1931.
8. The \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ is the birth flower of May.
9. \_\_\_\_\_ \_\_\_\_\_ is celebrated on the 3<sup>rd</sup> Saturday of May.
10. \_\_\_\_\_ \_\_\_\_\_ is celebrated on the 2<sup>nd</sup> Sunday of May.
11. \_\_\_\_\_ \_\_\_\_\_ is celebrated on the last Monday in May.
12. The \_\_\_\_\_ \_\_\_\_\_ occurs the 1<sup>st</sup> Saturday in May.
13. The \_\_\_\_\_ \_\_\_\_\_ is the famous car race that is held in May.

**Answers:** 1. Thirty one; 2. fifth; 3. Spring; 4. Maia; 5. Emerald; 6. Taurus & Gemini; 7. Empire State; 8. Lily of the Valley; 9. Armed Forces Day; 10. Mother's Day; 11. Memorial Day; 12. Kentucky Derby; 13. Indianapolis 500.

# June

## June Is for Lovers

A lover is defined as a person in a romantic relationship with someone, or a person who likes or enjoys something specified, for example, sports, reading, hobbies, animals, being with friends or family, etc.

June is a month for weddings, Father's Day, graduations, vacations, and many little known holidays.

## Thought for the Month:

"The way to love anything is to realize it may be lost." - Gilbert K. Chesterton

**Roll Call:** What is your favorite person to see, place to visit, thing, or activity to do in June?

## Each Day Is A "Holiday"

June has several "holidays" and special day designations for the things we love. Can you name these holidays?

1. Two favorite animals with special days in June.
2. A global day dedicated to this type of exercise.
3. Special days in June honor these two Kentucky drinks.
4. Two dairy products celebrated with special days in June.
5. The bird because of its long life, great strength, and majestic look?
6. June is National Candy Month and National Fudge Day is June 16<sup>th</sup>. On average, how many pounds does an American eat per year?
7. This Disney character celebrates his birthday in June.
8. June 13<sup>th</sup> celebrates an invention that is widely used today for repairs and creative expression?
9. Homemakers are continually working to do their part to save the earth. Name the world holiday celebrated June 5<sup>th</sup>.
10. The holiday to remind us all to eat healthy.
11. Flag Day, June 14<sup>th</sup>, was established in what year?
12. This June flower denotes love and is associated with the Greek goddess Aphrodite.

**Answers:**

1. Cat & Dog. Hug your cat day (June 4), Ugliest Dog Day (June 20)
2. Global Running Day (June 7)
3. Moonshine (June 5) & Bourbon (June 14)
4. Cheese (June 4) & Chocolate Ice Cream (June 7)
5. Bald Eagle chosen as our national emblem June 20, 1782
6. 22 pounds of candy per year per person.
7. Donald Duck celebrates his debut and birthday on June 9.
8. Sewing Machine (June 13)
9. World Environment Day (June 5)
10. National Eat Your Vegetables Day (June 17)
11. 1777, but officially established by President Wilson in 1916.
12. Rose

Source: National Today, the website devoted to gather special holidays and moments from around the world - <https://nationaltoday.com/>.

