



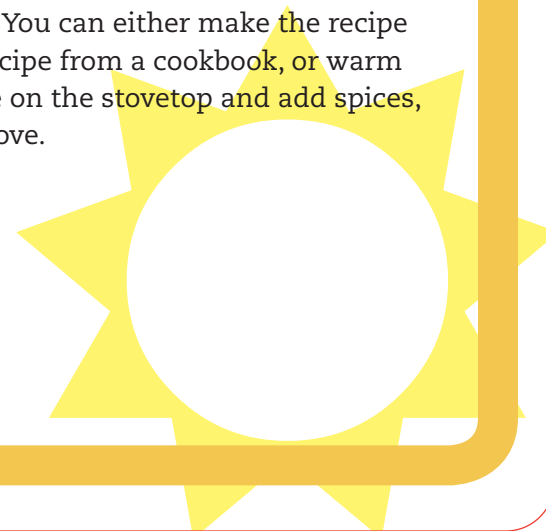
SUMMER FRUITS ARE SWEET AND JUICY

Ideas for Conversation

- Do you have a favorite summer fruit? What is it?
- Did you ever go to a fruit orchard to pick fresh fruit? What kind did you pick?
- What is your favorite dessert to make out of fruit?
- Let's see how many different summer fruits we can name.

Activities to Try

- Make a fresh fruit pie or crisp, using ready-made crust. Use fresh fruits found in summer, such as peaches, plums, or berries. Have your loved one place the fruit in the pie shell or fill minishells and bake according to directions.
- Visit a farmer's market, supermarket, or local orchard, and pick out some favorite fruit.
- Make fresh applesauce. You can either make the recipe from scratch, using a recipe from a cookbook, or warm ready-made applesauce on the stovetop and add spices, such as cinnamon or clove.





RHUBARB BERRY SAUCE

1 quart favorite fresh berries (strawberries, blueberries, raspberries), cleaned and diced

1 pound rhubarb stalks, cleaned and diced

½ cup sugar (a bit more may be needed if the sauce is too tart)

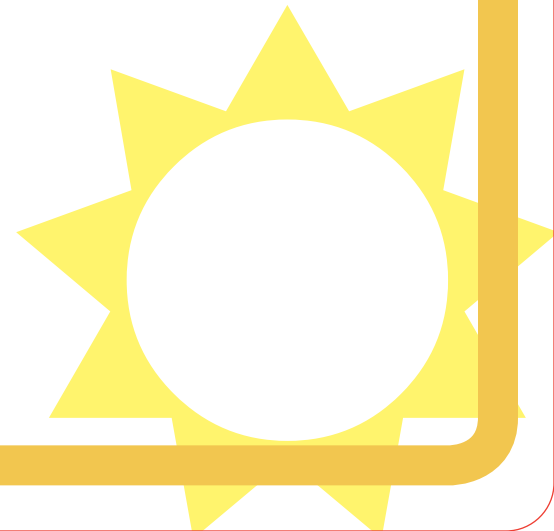
⅓ cup water

½ tablespoon fresh lemon juice

A dash of cinnamon

- Put sugar, water, and rhubarb together in a heavy saucepan over medium heat. Bring to a boil, then reduce to simmer. Let it simmer for 10 minutes.
- Add berries, lemon juice, and cinnamon. Simmer for 5 more minutes.
- Carefully taste the sauce. If it is too tart, add a bit more sugar. More water may be added if the sauce is too thick.
- Remove from heat and let cool.

Make a sauce with rhubarb and a favorite berry, using this recipe. Serve the sauce over vanilla ice cream.





BASEBALL IS FUN TO WATCH AND PLAY

Ideas for Conversation

- Did you play baseball or softball as a child? What position did you play?
- Do you have a favorite baseball team? Which is it? Why?
- Did you ever go to a baseball game? What was it like?
- What kind of foods do they have at baseball games? Which ones do you like?

Activities to Try

- Have a baseball movie night! Watch a baseball-themed movie, such as *Field of Dreams*, *The Natural*, *A League of Their Own*, or *The Bad News Bears*. Serve ballpark favorites, such as hot dogs, pretzels and mustard, peanuts, and Cracker Jack.
- Go to a baseball game together. Many cities have minor league or local teams whose games you can attend for a reasonable price. Or consider going to a local university or high school game.
- Have a gentle game of catch, using a mitt and a softball.
- Read poetry or short stories about baseball together, such as “Casey at the Bat.” You can find anthologies at the library or online at sites such as www.baseball-almanac.com.



PUMPKINS ARE A SIGN OF FALL

Ideas for Conversation

- Did you ever carve a pumpkin on Halloween? What kind of faces did you like to make?
- What is your favorite dish made with pumpkin?
- Have you ever had pumpkin soup?
- What other kinds of squash do you like to eat (for example, acorn, butternut, zucchini, etc)?
- What are your favorite memories of Halloween?

Activities to Try

- Carve a pumpkin together. Place a battery-operated candle inside for added decoration.
- Make pumpkin cupcakes using a recipe from a cookbook or a prepackaged mix. Decorate them with orange icing and black jellybeans.
- Go to a farmer's market or local supermarket together and purchase several varieties of gourds. Use them as decoration in a location where they can be seen throughout the day.
- Make mashed butternut squash together. Buy precut butternut squash. Steam or roast the squash, then mash it with some butter or margarine. Season with cinnamon and a bit of brown sugar or maple syrup.



PUMPKIN SOUP

Make pumpkin soup using the following recipe:

2 tablespoons butter or margarine	¼ teaspoon ground cinnamon
1 cup white onion, chopped	¼ teaspoon ground ginger
2 cans (14.5 oz) chicken or vegetable broth	¼ teaspoon ground black pepper
1 can (15 oz) pumpkin puree	1 cup low-fat milk (you may substitute whole milk if you prefer)
1 teaspoon salt	

- Sauté onion in butter in medium saucepan until tender.
- Add broth, pumpkin puree, salt, cinnamon, ginger, and black pepper.
- Bring the mixture to a boil, and then reduce heat and cover the pot. Let the soup simmer, stirring occasionally, for approximately 10 minutes.
- Add milk to the soup mixture and stir.
- For a smoother consistency, you may puree the soup with a stick blender.





THE FALL REMINDS ME OF SCHOOL

Ideas for Conversation

- What was your favorite subject in school?
- What was the name of your high school? What do you remember about it?
- Who was your favorite teacher? What subject did he or she teach?
- How did you get to school? Did you walk? Did you ride a bus?
- What sports did you play in school?
- Did you do any special activities in school, such as help with the newspaper or act in a school play?

Activities to Try

- Look at photographs of your loved one from his or her school days. Let the person tell you stories about his or her experiences. If you cannot locate photos of your loved one, find some photographs online to use from the appropriate time period.
- Purchase various school supplies, such as notebooks, pencils, rulers, crayons, markers, erasers, etc, and put them together in small bags to donate to organizations that collect supplies for needy children here or abroad. You can contact your local school board for suggested places to make the donation.
- Make book covers out of brown paper grocery bags and decorate them using school-themed stickers, drawings, etc. You can find directions for making book covers online at www.ehow.com.
- Write a story together based on the topic “What I Did Last Summer.”
- Visit a local school to see a show or hear a concert.



SNOW IS WHITE AND COLD AND MAKES EVERYTHING BEAUTIFUL

Ideas for Conversation

- Did you grow up in a place where there was snow in the winter? If not, when did you first see snow?
- Did you ever skate or ski when you were a child?
- What are some of the things you liked to do in the snow when you were a child? Did you have snowball fights or make angels in the snow?
- Do you like to drink hot chocolate or hot tea when it is snowing?
- What winter sports do you like to watch? Did you ever watch ice hockey or ice skating?

Activities to Try

- Visit a local ice skating rink together to watch the skaters or hockey players.
- Have a winter movie night! Rent movies with a winter theme, such as *Sun Valley Serenade*, *The Snowman*, or *Miracle on 34th Street*. Serve hot chocolate, warm cookies, and other wintertime treats.
- Make snowman cookies using slice-and-bake cookie dough. Cut out 3 circles in different sizes. Take 3 of the different-size circles and arrange them so that the smallest is on top, then the medium-size one, then the largest at the bottom. Overlap the circles by about $\frac{1}{4}$ inch so that they resemble a snowman. Repeat with the remaining circles. Follow directions for cooking from the dough package. When they are done and have cooled, decorate them with white icing. Use chocolate chips or cinnamon dots for the eyes, buttons, and mouth. You can also make a hat using fruit leather by cutting it into triangular pieces.



MAKE A SOCK SNOWMAN

You will need: A clean, white athletic sock, uncooked rice, a rubber band, fabric markers or paint (any colors you prefer), a small rectangular strip of felt or other fabric, colored beads, a glue stick, and string or ribbon.

- Fill the athletic sock three-quarters of the way full with the uncooked rice.
- Place a rubber band tightly around the top of the sock, leaving a few inches at the top. Next, fold down the remaining few inches above the rubber band, creating the snowman's hat. You can then color the hat with fabric marker pens or paint.
- Add a scarf by taking a small strip of colorful felt or fabric cut to a small (about 8 inches) rectangle. Tie it around the sock about a third of the way down from the hat, creating a neck. You can even cut the edges of the fabric, creating a fringe for the scarf.
- Glue colored beads or use fabric markers to create the eyes, nose, and mouth of the sock snowman.
- You can hang the sock snowman by tying a ribbon or string around the neck, tucking it in under the scarf.



LIGHTS MAKE THE HOLIDAYS FESTIVE AND BRIGHT

Ideas for Conversation

- What kind of lights do you use for the holidays (stringed lights, candles, etc)? Where do you put them?
- Does your family have special holiday traditions? What are they?
- Do you have a favorite holiday dish? What is it? How is it made?
- What are some of your favorite holiday memories from when you were a child?
- Do you have a favorite holiday movie or play? What is it? Can you tell me about it?
- Can you name some favorite holiday gifts that you got as a child?

Activities to Try

- Have a holiday sing-along. Play holiday music and sing together with the tunes. Complete the festivities with hot chocolate, peppermint sticks, holiday cookies, and other holiday-themed treats.
- Visit a toy store and spend some time together looking at the different toys. Make sure to take a look at some of the old-fashioned toys, such as building blocks, puzzles, wooden log kits, etc, as well as some of the newer toys on display.



MAKE HOLIDAY PHOTO DECORATIONS

You will need: Small photographs of family members (wallet-size school portraits are perfect for this project), small-size holiday or winter-themed craft objects, foam pieces or stickers, thin ribbon in holiday-themed colors, glue, and clear adhesive tape.

- Take your photograph and cut out a 2" to 3" circle around the face or faces in the photo.
- Glue or stick the craft objects, foam pieces, or stickers around the edge of the circle-shaped photo, creating a wreath around the photograph.
- When the glue is dry, tape a piece of ribbon to the back of the photograph so that it can be hung from a tree, mantel, door, or bulletin board.



SPRING FLOWERS ARE LOVELY TO SEE AND SMELL

Ideas for Conversation

- Do you have any favorite flowers? What are they?
- Have you ever visited a special flower garden? Where?
- Did you have a flower garden when you were a child? What do you remember about it?
- Did you ever grow your own vegetables? What kinds?
- Butterflies are a special part of a flower garden. Can you name different kinds of butterflies? Do you have a favorite butterfly?

Activities to Try

- Plant spring bulbs you can enjoy either in an outdoor garden or in a pot. You can force spring bulbs, such as paperwhites, to enjoy in wintertime as well. You can find advice on planting bulbs and planting materials at your local garden center, or purchase preplanted bulbs at many locations, including your local supermarket.
- Volunteer together to help at a local flower or vegetable garden a few hours a week.
- Visit a local garden or park together, talking about the different flowers and plantings that you see.
- Play Flower Seed Packet Concentration. Take 10 seed packets, purchasing 2 of each kind, so that you have 5 “pairs” of packets. Carefully cut out the front of each packet and glue it to a blank white index card, so that you have a “deck” of flower seed packet pictures. To play, turn all the cards face down, then work together turning over 2 at a time, trying to find a match. Leave the matching cards you find face up.



MAKE SACHETS OUT OF DRIED FLOWERS

These are wonderful to place with clothing in drawers or to give as gifts

You will need: Dried flower mix, floral-scented oils, small sachet bags, thin ribbon, scissors, a large mixing bowl, and a wooden mixing spoon (most of which you can easily purchase at a crafts store).

- Place the dried flower mix in a large mixing bowl. Let your loved one smell the different floral-scented oils and choose one for the sachets. Sprinkle the mix with a few drops of the floral-scented oil and have your loved one stir it gently, using a wooden spoon.
- Open one of the sachet bags and fill it with the dried flower mix, up to about 2 inches below the top of the bag.
- Cinch the sachet bag together using a piece of ribbon, then tie a decorative bow with the ribbon.





RAIN MAKES THE AIR SMELL FRESH AND CLEAN

Ideas for Conversation

- Name some things to do on a rainy day.
- Did you ever play games in the rain as a child? What were they?
- Have you ever been caught in a big rainstorm? What was it like?
- Let's talk about some of the things that happen when it rains (for example, the gutters bring the water down from the roof, the sidewalks can puddle, the flowers get watered, etc).

Activities to Try

- Take a walk together in the rain (wait for a day when the rain is gentle or just misting). Talk about the different smells and sights that you experience because of the rain.
- Make a Rainy Day Jar. Take an empty glass or plastic container and put it out to collect the rain. Use the rain you collect to experience the rain more closely by smelling, touching, and looking at the collected rain together. Use the rain you've collected to water plants (do not drink or use the rainwater with food).
- Spend some time together looking at maps, following the major waterways, rivers, and lakes.
- Talk about times in history when water has played a major part, such as the 1930s Dust Bowl, the Ohio River floods of 1937, Hurricane Katrina, etc. Look at photographs and news stories of those events.





MAKE A RAIN PAINTING

Let the rain be your assistant in creating a work of art

You will need: Construction paper, tempera paints in different colors, and paintbrushes.

- Paint the construction paper using the different paint colors and brushes. Let dry.
- Place the painted page out in the rain. After the rain has stopped, bring your painting inside and let it dry.

