

Adult Enrichment

active life day program

AE NEWS & FUN!!

SEPTEMBER 2014



[www.facebook.com/Adult Enrichment Lancaster](http://www.facebook.com/Adult%20Enrichment%20Lancaster)



MONDAY

- 8:00 – 9:15 -----Social Time.
- 9:15 – 10:00-----Current Events.
- 10:00 – 11:30
- ◆ Arts and Crafts
- ◆ Independent Living Skills
- 11:30 – 12:30 -----Lunch.
- 12:30 - 2:00
- ◆ Painting
- ◆ Book Club / World Cultures.
- ◆ 2:00 – 3:00 -----Social time.

TUESDAY

- 8:00 – 9:15 -----Social time.
- 9:15 – 10:00 -----Current Events.
- Outing every 4th Tuesday of the month**
- 10:00 – 10:45
- ◆ Spanish / Keyboarding.
- ◆ Dance & Movement one time a month.
- 10:45 – 11:30 -----Music Appreciation.
- 11:30 – 12:30-----Lunch.
- 12:30 – 2:00 -----3-D Art
- 2:00 – 3:00 -----Social time.

WEDNESDAY

- 8:00 – 9:15 -----Social Time.
- 9:15 – 10:00 -----Current Events.
- Outing every 2nd Wednesday of the month**
- 10:00 – 11:30
- ◆ QEU Movie once a month.
- ◆ Cooking 2 -3 times a month.
- 11:30 – 12:30 -----Lunch.
- 12:30 – 2:00
- ◆ Brain
- ◆ Science / Wildlife
- 2:00 – 3:00 -----Social Time.

THURSDAY

- 8:00 – 9:15 -----Social Time.
- 9:15 – 10:00 -----Current Events/Keyboarding.
- 10:00 – 11:30 -----Chorus / Brain Games.
- 11:30 –12:30 -----Lunch.
- 12:30 – 2:00 -----Newsletter/Computer.
- 1:15 – 2:00 -----German/History.
- 2:00 – 3:00 -----Social Time.

FRIDAY

- 8:00 – 9:15 -----Social Time.
- 9:15 – 9:45 -----Current Events.
- 9:45 – 10:30 ----- Brain Games.
- 10:30 – 11:30 ----- Arts & Crafts/ Trivia
- 11:30 – 12:30 -----Lunch.
- 12:30 – 1:15 -----Special Topics.
- 1:15 – 2:00-----Mental Floss.
- 2:00 – 3:00 -----Social time.

The group that is staying at AE will be bringing their lunches.

Upcoming Event

- ❖ **Outing Wed. Only Group #2**
Loxley's Restaurant 9/10/14
- ❖ **Wacky Hair Day** 9/25/14
(Dress Up Day) 
- ❖ **Staff Meeting** 9/8 & 22
- ❖ **Outing Tues. Only Group #2**
Rachel's Café & Creperie 9/23/14
- ❖ **AE Picnic** 9/11/2014 at Long's Park



Groups for Outing

Tuesday Group #1

Kate, Angela, Chrissy, Dewey, Zach Allison, Kathy, Ernie, Robert C., Matt, Sam

Staff: Amparo, Chelsea (Alisha, Lisa, Jean)

Tuesday Group #2

Lynne, Mac., Robert P, Wilfredo, Dareek, Laura, Marta, Carla, Danielle, Jon R.

Staff: Annette, Beth, (Alisha, Lisa, Jean)

Wednesday Group #1

Jon R., Jon Mac, Leroy, Jon W., Jayann, Susie, Wilfredo, Laura, Dan, Rosie, Robert P., Dareek

Staff: Annette, Rebecca, (Alisha, Lisa, Jean)

Wednesday Group #2

Kate, Steph, Alvin, Chrissy, Angela, Dewey, Sam, Katrina, Jessenia, Robert C., Jamie, Zach

Staff: Amparo, Beth (Alisha, Lisa, Jean)

On **September 11, 2014** Adult Enrichment will be hosting a Friends and Family Picnic. The picnic will be held at Long's Park, Pavilion #2. Participants should arrange their own transportation with family or RRTA and **arrive at the park no earlier than 9am** and pick up time no later than 2:30pm. Remember because we are off site we will not have lifts available for personal care. Please RSVP by 8/27/14 so food assignments can be distributed the first week of September. See you at the park!

~Alisha





SEPTEMBER BIRTHSTONE SAPPHIRES

Researched by:

Allison Alspach & Danielle Lichty

August 23 - September 22. The Zodiac sign of Virgo

The traditional color associated with the Sapphire is the deep blue color and was strongly favored as a popular gem in jewelry. The meaning of colors through the ages represented many aspects of life. Social, religious, Biblical and Christian symbolism were all reflected in the color blue. The symbolic meaning of the color blue has a Biblical meaning symbolizing heavenly grace. Sapphires can be found in a variety of colors, not just different shades of blue, these include yellow, pink and white. Sapphires with colors other than blue are generally referred to as fancy sapphires. The distinctive blue of the sapphire is due to minute amounts of oxide of iron and titanium in the stone.

September Birth Flower

Researched by

Allison Alspach & Danielle Lichty

ASTER



Meaning of the Aster: The Aster symbolizes love, faith, wisdom and valor. The Aster includes 600 species of star shaped flowering plants. The name is Greek, meaning "star". Most of the species are found in gardens because of their showy flowers and petals. The Aster is unique for it's delicate purple color suggesting a manner in which these core aspects of the Self are brought to a very high spiritual level of expression. The Aster can also be found in a variety of other colors including blue and white.

The Aster is known for its well defined physical structure and strong integrative features. Because of this is it thought that the aster has qualities of strength, immunity and integration. Depending on the exact species, Asters begin growing in the summer and continue growing through the fall.

In order to multiply and continue to grow well, Asters should be transplanted and divided at the root every other year. It is best to do this in early spring, keeping the root wet the day before and after dividing it. Doing this will rejuvenate the plant, help with size control and also give you more of them to add to the garden. Aster's grow best in rich wet soil, and can be grown either in direct sunlight or in the shade.

THE MURAL

Contributed by

Angela Spencer



I thought it was very interesting painting the mural. It was because we used so many different colors in it. I had fun doing it. I was a nice piece of art work. I took several weeks of class to finish it. I'm not sure what we will do with it now that we are done. There are a lot of people in the class. They all helped to paint. I'm glad I helped to paint it and I'm looking forward to our next project.



FALL

Contributed By
Mary Jane Robbins



My favorite thing about fall:

- Football starts
- The Leaves change
- The Weather gets cooler
- Apple cider
- Applesauce
- Fall fairs
- Crunch leaves
- Pumpkins
- Candy and Carmel apples
- Raking leaves
- Warm clothing

Are these are a few of my favorite things.

Walking Club Treat

Contributed By
Jonathan Rodgers



Chelsea made the perfect treat for a hot summer day. The Walking Club set a goal of walking eight miles. It took us awhile to hit the goal but I felt fine when we hit our goal. We had frozen bananas with chocolate and sprinkles on it. It tasted so good. Everyone who walked the eight miles got the reward. Boy was it worth it.



Contributed By
Victor Miller



We watched a video on how the soda bottles and cans were made for Coca Cola. We also learned how bad Coca Cola is for you, we did an experiments with boiling the soda. We boiled all the liquid out of it and what was left was gross. Please research reason reasons why you should stop drinking coca cola.



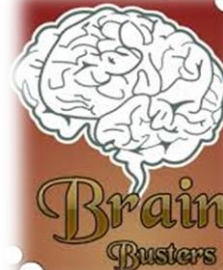
Contributed By
Danielle Lichty

Our vacation was a lot of fun. We went to Georgia. We jumped into the pool while we were there. That was the best thing. We also went on a cruise. We visted and chatted with family. We got family reunion T-Shirts and they were blue, a better color than last years. Aunt Betty & Aunt Rachel did the Limbo. It was so much fun we didn't want to come back. We plan to go back sometime and once more have a lot of fun.



Contributed By
Allison Alspach
The, Dec 4/14

"Carolers are coming to town" already started rehearsals as we put together the sound & sights of Victorian England for our next concert.



Brain Buster

Contributed By
Kate Manners

For the first two weeks we studied cats and dogs. We have two teams, Brainy Bunch and Taurus. It was fun challenging, and exciting. It was a close game but by the end Team Taurus won the Brain Buster trophy. Next month we will be studying about whales, dolphins and sharks.

SCRAMBLERS

Contributed by:
Susie Corpman



1. OCLHSO
2. STHRECEA
3. TTDSNUES
4. DGEASR
5. ASLSC
6. LPNEIC
7. LAIPCNRI
8. RRPDOTCAER
9. TASISGNEMNS
- 10.ROMEHWOK
- 11.NSPE
- 12.OKSBO
- 13.YIBLRRA
- 14.CBSTUEJ
- 15.ISNFDRE
- 16.OCTEUDNAI
- 17.TLABEPAH
- 18.BRUNSME
- 19.TRFCIAEFA
- 20.TSLCSASAEM

ANSWER:

SCHOOL, TEACHERS, STUDENTS,
GRADES, CLASS, PENCIAL, REPORT
CARD, ASSIGNMENTS, HOMEWORK,
PENS, BOOKS, LIBRARY, SUBJECT,
FRIENDS, EDUCATION, ALBPHERBT,
NUMBERS, CAFETERIA,
CLASSMATES.

PAINTING CLASS

Contributed By
Wilfredo Rivera



My favorite project so far in painting class was the one I did with a leaf. I used gold, black and white paint. It was an easy project and it came out really nice. I look forward to the Monday class.

WEATHER



Researched by:
Dan Rogusky

September and October will be warmer than normal, with a hurricane threat in mid-September. September temperature 76° (avg.); precipitation 3.5" (1" below avg.); **Sep 1-8:** Sunny, cool; **Sep 9-17:** Scattered t-storms, warm; **Sep 18-22:** Sunny, cool; **Sep 23-30:** Scattered t-storms, warm.

Moon Phases For September 2014



First Quarter Moon-September 2, 7:11 A.M.

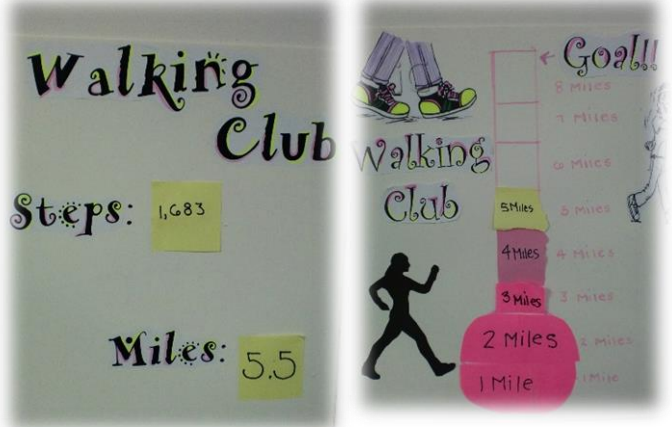
Full Moon – September 2, 7:11 A.M.

Last Quarter Moon- September 15, 10:05 P.M.

New Moon – September 24, 2:14 A.M.

Walking Club

Contributed By
Ernie McClain



At first I did not care for the walking club. My mind was changed about the walking club. Someone in the group told me it was good for me. It is good exercise. You can loose weight and its good for your heart. I can tell that I feel better when I walk. We walked a total of 8 miles. We made a new goal of 16 miles.

LABOR DAY

Contributed By
Dewey Coplin

Labor Day in the United States is a holiday celebrated on the first Monday in September. It is a celebration of the American labor movement and is dedicated to the social and economic achievements of workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of their country.

Labor Day was promoted by the Central Labor Union and the Knights of Labor, who organized the first parade in New York City. After the Haymarket Massacre, which occurred in Chicago on May 4, 1886, U.S. President Grover Cleveland feared that commemorating Labor Day on May 1 could become an opportunity to commemorate the affair. Thus, in 1887, it was established as an official holiday in September to support the Labor Day that the Knights favored.

The equivalent holiday in Canada, Labor Days also celebrated on the first Monday of September. In many other countries (more than 80 worldwide), "Labor Day" is synonymous with, or linked with, International Workers' Day.



Contributed By
Jonathan Rodgers

For August outing we went to Loxley's. A few of the **AE** favorites of the menu.

- Angus Burger
- Chicken sandwich
- Turkey sandwich
- Asian chicken salad

We feel it was worth the money for the portion sizes. We ate outside under the tree house and it was a nice cool day. We enjoyed the koi fish while waiting for the tables. We would recommended this to everyone.

Is coffee good for you?

Contributed By
Susan Corpman



I read a section in the newspaper that was about (coffee). I learned that Hawaii is the only coffee producing state in the U.S. Coffee trees love the dense sunshine, plentiful rain, and the rich volcanic soil of these island. Besides the fact that much of the world does not function in the morning without it does coffee contain any redeeming nutritional value?

Why, yes it does! A recent study at John Hopkins University found that 200 milligrams of caffeine (what we might get in the morning in 8 to 12 ounces of brewed coffee) helped people to remember details. However, if you you're drinking too much coffee it can cause tremors and sleeping problems. Store coffee in airtight containers away from direct sunlight. Never put coffee in the refrigerator. If it's good coffee, you should not need cream or sugar.

"Labor Day"

Contributed By
Victor Miller



I enjoy sleeping in on Labor Day! I love going to picnics and seeing my family. I love the food at the picnic. My favorite foods are hot dogs, corn on the cob, Baked beans, potato salad, apple pie with vanilla ice cream, and an ice cold Miller light Beer. I really like having the day off from A.E.

What I Would Do If I Had A Horse

Contributed By
Jessenia Santana



If I had a horse I would ride it everywhere. I would ride it to AE, restaurants, the beach, through the city, and on walks with my dog. Her name would be Tinker Bell and she would be used as a race horse and a pet. I would keep her in a stable in my backyard when she isn't traveling to races. It would be hard though, I would have to keep her stall clean at all times and make sure her hooves are cleaned after every ride. She would also need constant baths to keep her happy and in racing condition. She would need a lot of oats and apple to keep her full and happy.

Foot ball Season

Contributed By

Kate Manner, Angela Spencer, Jayann McCue, Ernie MC Clean



As we get ready for football season to start we have reasons why we love it.

Kate says she is very excited for her team the Steeler to play.

Angela stated that it give her something to watch on TV. She also likes buying Dallas cowboy hems.

Ernie looks forward to attending some Football games.

These are just a few of our favorite reasons why we love Football Season.



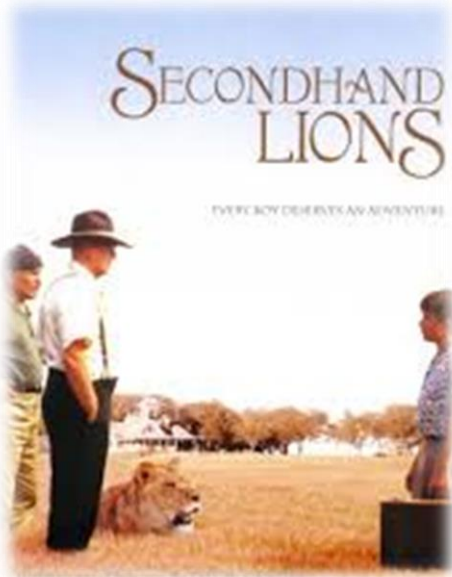
**KEEP
CALM**

IT'S

**FOOTBALL
SEASON**

Second Hand Lions

Contributed By
Jayann McCue



Second Hand Lions is a good movie. It's about a boy who went to live with his uncles for a short time. He got to take care of a lion and it protected him from someone who wanted to hurt him. He learned to love his uncles. They were a good influence on him and they taught him a lot of good things. If you want to watch a movie you should watch Second Hand Lions. It's a good movie.



QUESTIONS ASKED BY THE ADULT ENRICHMENT GROUP: In the spotlight Interview to: Dewey Coplin



1. What kind of music?
50-60 music
2. What kind of weather in Texas?
6 months wet and 6 month dry.
3. What is your favorite about AE?
Being able to pick classes.
4. What do in your spare time?
Netflix or tapes
5. If you could pick a job what would it be?
Wal-Mart.
6. Do you like horses?
No
7. Do you have any pets?
1 cat ragdoll he is all white. Black on head and he has a black tail
8. Do you have hobbies?
Collect old coins and bills
9. What kind games do you like?
Ds games, card games, videos and board games
10. What is your favorite food?
Pizza or pasta
11. What is your favorite color?
Blue or green
12. What is your favorite sport?
Baseball
13. What is your favorite holiday?
Christmas or 4 of July
14. If you could meet one person who would it be?
Elvis
15. What is your favorite to show?
Quantum Leap
16. Do have and brothers or sisters?
One Sister
17. What is your favorite book?
The Lion The Witch and Wardrobe
18. What is your favorite place to eat?
CiCi's Pizza

Jokes Unlimited

Contributed By
Justin Fisher and Ben Walker



1. Q. What do you call a chicken who crosses the road, rolls in dirt and comes back?
A. A dirty double crosser
2. Q. What do you call a fake noodle?
A. An Impasta
3. Q. Did you hear about the race between the lettuce and the tomato?
A. The lettuce was a "head" and the tomato was trying to "ketchup".
4. Q. Did you heard a bout the new broom?
A. It's sweeping the nation.
5. Q. If your American in the kitchen, Japanese in the living room, what are you in the bathroom?
A. European
6. Q. Did you hear about the Italian chef that died?
A. He pasta way.





SEPTEMBER 2014

Contributed By
Kathy Sherr



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

FALL
 LABORDAY
 LEAVES
 AUTUMN
 FALL FEST
 FOOTBALL
 COLOR

COOL
 SCHOOL
 GRILLING
 STEAK
 HAMBURGER
 PARTY
 COATS

CAMPING
 WINDOW
 STUDENTS
 TEACHERS
 PRINCIPAL
 SOCCER
 FIELDHOCKEY



❖ **Vote on the first Tuesday and Wednesday of September for Outing**

SEPTEMBER 2014

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<ul style="list-style-type: none"> •Current Events •Arts & Crafts (A&C) •Independent Living Skills (ILS) •Painting •Book Club •World Cultures 	<ul style="list-style-type: none"> •Current Events •Keyboarding / Spanish /Dance & Movement. •Music Appreciation •3-D Art •Outing 	<ul style="list-style-type: none"> •Current Events •Cooking/ QEU Movie once a month. •Brain Busters • Science / Wildlife •Outing every 2nd Wednesday 	<ul style="list-style-type: none"> •Current Events / Keyboarding •Chorus/ Brain Games •Newsletter / Computers •German/History 	<ul style="list-style-type: none"> •Current Events •Trivia /Arts & Crafts (A&C) •Special Topics •Mural Painting •Mental Floss
<p>1</p> <p>Labor Day</p> 	<p>2</p> <ul style="list-style-type: none"> • Keyboarding/ Spanish: Bingo • Music App: 50's #1 / Man bands • Lunch • 3-D Art: Butterfly Beaded <p>Group 1 Glass Etching / Group 2</p>	<p>3</p> <ul style="list-style-type: none"> • Cooking Tortellini salad By Chelsea • Lunch • Brain Busters • Science: Finger Printing / Wildlife: Kangaroos 	<p>4</p> <ul style="list-style-type: none"> • Keyboarding • Chorus: / Brain Games • Lunch • Computer & Newsletter / German: Essen and Trinken 	<p>5</p> <ul style="list-style-type: none"> • Trivia: 1950's Music • A&C: Yarn bowl • Lunch • Movie
<p>8</p> <ul style="list-style-type: none"> • A&C: Beads from string or yarn • ILS: Online comparison shopping • Lunch • Painting: No look painting <p>/ Book Club: Benji</p> <ul style="list-style-type: none"> • World Culture: Life of a Samuri 	<p>9</p> <ul style="list-style-type: none"> • Keyboarding/ Spanish: La Familia (The Family) • Music App: 50's #2 / Man bands • Lunch • 3-D Art: <p>Group 1 / Lava lamp Group 2 Glass Etching</p>	<p>10 Outing Group #2 Loxley's Restaurant</p> <p>Kate, Steph, Alvin, Holly, Chrissy, Angela, Dewey, Sam, Katrina, Jessenia, Robert C., Jamie, Zach</p> <p>Staff: Amparo, Beth (Alisha, Lisa, Jean)</p>	<p>11</p> <p>AE PICNIC IN THE LONG'S PARK</p> 	<p>12</p> <ul style="list-style-type: none"> • Trivia: Fables & Fairy Tales • A&C: Make Cards for AE • Lunch • Special Topics: National Butterscotch Pudding • Mural Painting: Touch up lockers • Mental Floss
<p>15</p> <ul style="list-style-type: none"> • A&C: Jewelry (Beads from string or yarn) • ILS: Home packing own lunch • Lunch • Painting: Landscape <p>/ Book Club: Benji</p> <ul style="list-style-type: none"> • World Culture: Elephants 	<p>16</p> <ul style="list-style-type: none"> • Keyboarding/ Spanish: Matching Games • Music App: Hodge Podge • Lunch • 3-D Art: Lava Lamp <p>Group 1 / Glass Etching Group 2 Lava lamp</p>	<p>17</p> <ul style="list-style-type: none"> • Cooking Donut muffins By Beth • Lunch • Brain Busters • Science: Sodium Chart / Wildlife: Smallest Animals 	<p>18</p> <ul style="list-style-type: none"> • Keyboarding • Chorus: Script input • Brain Games • Lunch • Computer & Newsletter / German: Review Games 	<p>19</p> <ul style="list-style-type: none"> • Trivia: US History • A&C: Recycle Christmas cards • Lunch • Special Topics: Johnny Apple Seed • Mural Painting: Birds on a wire • Mental Floss
<p>22</p> <ul style="list-style-type: none"> • A&C: Watercolor & Crayon / • ILS: Soda \$ • Lunch • Painting: Landscape <p>/ Book Club: Lassie</p> <ul style="list-style-type: none"> • World Culture: Monks 	<p>23 Outing Group #2</p> <p>Rachel's Café & Creperie</p> <p>Lynne, Mac., Robert P, Wilfredo, Dareek, Laura, Marta, Carla, Danielle, Jon R.</p> <p>Staff: Annette, Beth, (Alisha, Lisa, Jean)</p>	<p>24</p> <p>QUE MOVIE</p> <p>Spiderman II/ The Other Side Of The Mountain</p> <ul style="list-style-type: none"> • Lunch • Brain Busters: Tournament 'Three's Company' 	<p>25 Crazy Hair Day</p>  <ul style="list-style-type: none"> • Keyboarding • Chorus: / Brain Games • Lunch • Computer & Newsletter / German: Ben Teaching Class 	<p>26</p> <ul style="list-style-type: none"> • Trivia: Muppets • A&C: Recycle Christmas cards • Lunch • Special Topics: World Gratitude Day • Mural Painting: Bird on a wire • Mental Floss
<p>29</p> <ul style="list-style-type: none"> • A&C: Jewelry / • ILS: Getting out of comfort Zone • Lunch • Painting: Landscape <p>/ Book Club: Lassie</p> <ul style="list-style-type: none"> • World Culture: Medieval Times 	<p>30</p> <ul style="list-style-type: none"> • Keyboarding/ Dance & Movement • Music App: 60's #2 / Steel Drums • Lunch • 3-D Art: <p>Group 1 Clothespin Magnets / Group 2 Lilly pad</p>	 <p>September 18th Beth Minnich</p> 		