

### MONDAY

8:15 – 9:15... Social time  
9:15 – 10:00 .... Current Events/  
Money Management  
10:00 – 11:30....Arts and Crafts/  
World Cultures  
11:30-12:30.... Lunch  
12:30 -2:00.... Painting/  
Reaching Out/Service Dogs

### TUESDAY

8:00 -9:15...Social time  
9:15 -10:00. Current Events  
10:00 -10:45  
Spanish/ Dance & Movement  
Music Appreciation/ Keyboarding/  
Outing 4<sup>th</sup> Tuesday of the month  
11:00 – 11:30...Chorus  
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... Currents Events  
Movie once a month/ Outing every  
2<sup>nd</sup> Wednesday of the month.  
11:30-12:30...Lunch  
12:30 – 2:00... Wildlife/ Creative  
Writing/ German/ Science  
Speaker Monthly  
2:00- 3:00... Social time

### THURSDAY

8:00- 9:15..Social time  
9:15- 10:00...Current Events  
10:00- 11:30...Chorus  
11:30-12:30...Lunch  
12:30- 2:00... Newsletter /  
Computers / German  
2:00- 3:00.. Social time

### FRIDAY

8:00-9:15.....Social time  
9:00-10:00... Current Events  
10:00-11:30... Independent Living  
Skills/ Outing once a month  
11:30-12:30... Lunch  
12:30-1:15... Healthy Living  
1:15-2:00... Brain games  
2:00-3:00... Social time

Outing; 2<sup>nd</sup> Wednesday and 4<sup>th</sup>  
Tuesday of the month.

## November 2012



**Adult  
Enrichment**  
*your way of living*

### AE TIMES



### From the Director's Desk:

As we begin to prepare for the upcoming holiday season I wanted to make you aware of some important dates early so you can mark your calendars appropriately. On December 6<sup>th</sup>, the Adult Enrichment chorus will perform "Christmas Morning" at the Church of Jesus Christ of Latter-day Saints. The chorus will also be performing at Park City on December 13<sup>th</sup> in the center court of the mall beside the United Disabilities Services gift wrapping booth. The booth is in need of volunteers to wrap gifts from Black Friday thru Christmas Eve. If any family member or caregiver enjoys wrapping gifts and wants to support UDS, please contact Brenda Longsderff at (717) 285-7322. **Adult Enrichment will be closed the following dates to observe the Thanksgiving, Christmas, and New Year holiday: November 22, December 24-25, and January 1<sup>st</sup>.**

In other program related news, we are happy to announce the addition of some new classes at Adult Enrichment. Every other Monday is Service Dogs Training. The class has been working collaboratively with the UDS Service Dogs Program and is planning an informal meeting at Park City Saturday November 10<sup>th</sup> to help socialize the dogs. On Tuesdays 3-D Art has replaced Wellness. Participants have been working on creating sculptures from found objects. The next project the class will be working on is creating the set for our Holiday Concert! If you are interested in switching a day to experience what these classes have to offer, please contact me.

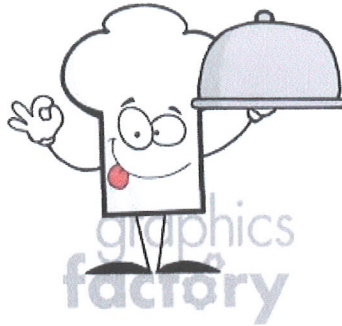
We are asking that all participants have a change of clothes and personal care items, if applicable, available to them at all times while at program. Clothing and personal care items should be placed in a grocery bag marked with the participant's name. We will store them in our personal care room.

~Alisha

## Susie's Scramblers

Contributed By  
Susan Corpsman

- yTkeru
- gSutffin
- Cyebrran cuSae
- sIndina
- sPIgirmi
- ryfMlaowe
- nhTksaigngvi
- wSete taoesotP
- uAtmun
- ipumnkP ieP



## The Kitchen Critic

Contributed by Jon McFarland

### Answers:

- Turkey
- Stuffing
- Cranberry Sauce
- Indians
- Pilgrims
- Mayflower
- Thanksgiving
- Sweet Potatoes
- Autumn
- Pumpkin Pie

In this months edition of The Kitchen Critic, I will talk about my dining experience at The Cafe' Cambelltown, located in Dauphin County between Hershey and Cambelltown in Pa. We got seated to a table fairly quick, the server took our beverage order while we looked at the menu.

I had a Crab cake Sandwich which was really good. The sandwich came with homemade Potato Chips. They were very delicious.

The atmosphere was very relaxing with antiques scattered everywhere. This restaurant is open 6 days a week. The only negative remark about Cafe' Cambelltown is that the prices are a little steep.

See you next month for another exciting edition of The Kitchen Critic!



## Birthdays for November

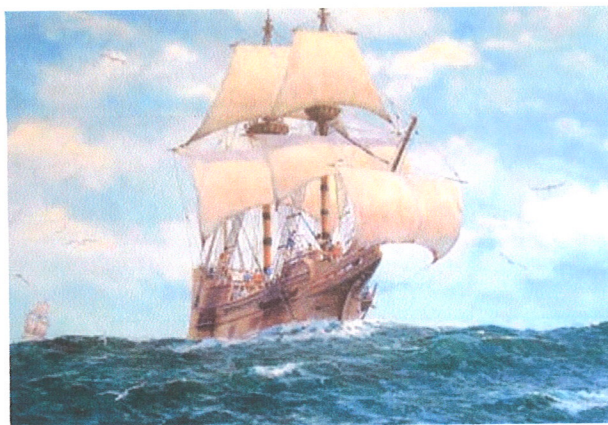
Nov. 5 <sup>th</sup>	Jayann McCue
Nov. 23 <sup>rd</sup>	Lori Colon
Nov. 26 <sup>th</sup>	Amparo Gangora



### **Jon's Poem**

Contributed by Jon McFarland

Mice have long tails  
Astronauts fly to the moon  
Yogurt is good for you  
Frost is common in November  
Lima beans taste delicious  
Olives are salty  
Watermelon is a summer time fruit  
Elephants have long trunks  
Rabbits have long ears  
  
Pirates live on ships  
Igloos are built by Eskimos  
Lions are king of the Jungle  
Geese fly south for the winter  
Raccoons have circles around their eyes  
Indians live in tepees  
Monkeys swing on trees  
Snakes slither in the grass



### **Jon's Weather**

Contributed by Jon McFarland

According to The Old Farmer's Almanac, the month of November will have below normal precipitation and below normal temperatures.

Moon Phases for November:

Last Quarter Moon-November 6

New Moon-November 13

First Quarter Moon-November 20th

Full Moon-November 28th

### **Thanksgiving**

Contributed by Kathy Sherr

When I think of Thanksgiving, it is so nice because it is a time when families get together. You can watch a football game together and eat good food.



**November Birthstone**  
**Contributed by Ben Walker**

**Topaz**

*Topaz* is a gemstone available in a rich rainbow of colors. Prized for several thousand years in antiquity, all yellow gems in antiquity were called *topaz*. Often confused with citrine quartz (yellow) and smoky quartz (brown), quartz and topaz are separate and unrelated mineral species. The most prized color of topaz is called *Imperial topaz* after the Russian Czars of the 1800s and features a magnificent orange body color with pinkish undertones. Topaz also comes in yellow, pink, purple, orange, and the many popular blue tones.



**November Flower**  
**Contributed by Ben Walker**

Red for love, white for truth, yellow for the slightest love, but in general, the Chrysanthemum symbolizes cheerfulness and optimism. The Chrysanthemum blooms in the fall, bringing extra cheer to a colder climate when most flowers take a break. Associated with the dead, this flower has popularity at funerals, or to the bereaved in time of need. From this popularity, it was once thought that bringing the Chrysanthemum indoors meant a wishful death. Originating in China, the Chrysanthemum is considered one of the four noble plants among bamboo, the plum, and the orchid. It was once thought that drinking from a stream that flowed between Chrysanthemums would help a person live to be 100. From this myth came Chrysanthemum tea, wine and medicine to encourage a healthy, long life.

### **Living At Calamus Estates** **Contributed by Mary Jane**

Calamus Estates is a community where you must be 55 years or older to live. We moved from Parksburgh in Jan. 2000. It is very quiet in the neighborhood. They put out monthly calendars so everyone knows what's going on for that month. They hold monthly dinners, luncheons, outings, yard sales twice a year, exercise class, and they have a pool league. But that leaves us out because we don't play. They have a bingo night. They started collecting recycling products, plastics, glass, newspapers, and cardboard. It's nice to know that they are concerned about the planet and doing what we can to keep it clean. Our place sits along side a small creek, and when it rains real hard the creek rises and flows fast down the hill. You can always see how far the water came up on the banks. From our place you can see the hot air balloons in the sky over in Strasburg. We had a humming bird come this summer to the feeder we have hanging on the porch, there were two of them. At Halloween the children come around trick and treating.

### **Special Olympics Bowling** **Contributed by Colin Sellard**

The first week I didn't do anything because I had a BBQ to run. The second week I had a great time bowling here are my scores; my first game was 91 the second game was 100 leaving my grand average 95. The third week I had a great time bowling my score was 115 for the first game and 80 for the second leaving my grand average at 96. The fourth week I had an even better week my score came to 88 the first game and the second ended with 126 raising my grand average to 100. The fifth week was not too bad my first game was 106 and the second was 78 leaving my grand average at 98.

### **The construction of West Willow United Methodist Church** **Contributed by Colin Sellard**

I went over yesterday and talked to the crew doing the construction and they said they will pave the whole lot but yesterday they were just getting the lot ready to pave. They had to cut a couple cracks out they were using the bob cat to dig it up were they had to cut. Then they had a sweeper attached to it and swept the whole parking lot to get out the debris. Then today they started eight o'clock am to black top the parking lot and connecting drive ways and back behind the church. So far today they had to use three truckloads of black top and it is still not finished they also told Bob and I that they will be there till Wednesday.



**JOURNEY'S GREAT ESCAPE**  
**Contributed by Dan Rogusky**

In the early 80's, the band Journey was growing in popularity and in mid-summer 1981 they ruled the music world. They had yet to top the charts, but come July/August their eighth album entitled "Escape" hit number one. The album was supported on two different fronts; first, they had radio support for the singles "Who's Crying Now?", "Don't Stop Believing", and "Open Arms", and secondly, they had a concert tour that lasted nearly two years. By 1982, if you hadn't heard of the band Journey, there was something seriously wrong with you!



**Herb Garden**  
**Contributed by Leroy Poletti**

I'm growing dill and basil, parsley, and cilantro. The dill and basil are actually growing, and the others are coming along as well. I honestly thought that it wasn't going to work, because I don't have a "green thumb". I started because it was a project for Science class. I'm going to try to grow some garlic as well, wish me luck.



## **My Experience Playing a Trumpet**

**Contributed by Shaun Whitehead**

I was in Middle School when I started playing the trumpet. I was in a band at school, and I played it for 3 years. I practice a lot at home. About 2 years ago I started playing my trumpet for Adult Enrichment in the musicals we do. This year for the Christmas concert, I will be playing; "Up on the Housetop" on my trumpet.

## **Fun Facts That Happen Every 60 Seconds**

**Contributed by Jayann McCue**

Baseballs are manufactured at the rate of 13 balls per minute. Up until 1974 baseballs were made with horse hides. Now cow hides are used due to the decrease in supply of horse hides. Now the manufacturing of baseballs is now highly regulated. It has a cork core, 2 rubber layers, 121 yards (110.6 meters) of 4 ply yarn, 45 yards (41.1 meters) of 3 ply yarn. An additional 53 yards (48.5 meters) of polyester cotton blend yarn, 2 pieces of figure 8 shaped cow hide, and 88 inches (2.2 meters) of red cotton thread through 216 raised stitches to hold it all together. Each major league baseball team in America buys 18,000 baseballs a year. Since there are 30 major league teams, the total number of baseballs bought is 540,000

## Jon and Ash go to Vegas

### Contributed by Jonathan Whitlock

Early that evening, after they'd taken a few hours to wake up, they then looked at what there was to do at the place. When they saw there was a swimming pool, Ashley said, "Surf's up! C'mon, let's go.."

Jonathan said, "Uh, did I bring a swimsuit?"

"Yeah, I made sure ya did." Jonathan thought how he was willing to only assume Ash remembered hers.

Ash then grabbed her suit and went into the bathroom, while Jonathan frantically dug through the suitcase.

After they each changed, Ash met Jon in the main room.

"Holy mackerel," Jonathan stammered. Ashley was standing before Jonathan in a string bikini.

"Why thank you," Ashley calmly said. After a little bit, she said, "C'mon. We better go down. Lemme just grab some towels."

Then, Jonathan slowly said, "Uh, okay," and soon followed Ashley, down the hall to the pool.

When they entered the pool room, they looked around. The only others in the room were two little kids with their mom, in the kiddie pool.

Jonathan and Ashley approached the stairwell leading into the pool. They put their towels and glasses on a table, and moved over to the edge.

"You know Ash," said Jonathan, "You're cute in a bathing suit..."

"Why thank you," she said. She then donned a seductive stance and slowly said, "C'mere..." while beckoning with her finger.

She lifted Jonathan up for an embrace. Then, when he was standing up, she proceed to throw him in. After a shriek and a splash, he threw some water at her.

"Oh, that was WRONG!" he shouted, smiling. Ashley then jumped in, shouting, "Cannonball!"

The mom and her kids then walked out of the room.

Jonathan then splashed Ashley, and said, "C'mon. Lets go over to the deep end."

"Uh," Ashley then said, "You can swim, right?"

Jonathan replied, "Well, I'm really good at the dead man's float," smiling.

When she began to reply, Jon splashed her and said, "Of course I can, ya goomba. C'mon."

Suddenly, his expression changed to thoughtful, as he said, "Uh... actually, ya know how long it's been since I..."

Now, before he had a chance to continue, Ashley jumped up and landed on Jon, dunking him. After he threw her off, the two just wrestled, taking turns at dunking the other.

After some time, Ashley helped Jonathan walk over to the hot tub, where the two just sat, chatting.

"I'm kinda surprised you can get around like that, in the pool," said Ashley.

"...oh ye of little faith..." replied Jonathan, as he sunk down in the hot tub. Then he asked, "Uh, what time we got?"

Ashley quickly ran to the table where their watches were, and replied, "Why, five-thirty, Jon."

"Ah, what time ya wanna get dinner?"

She then slid back in, next to Jon, and closed her eyes while she thought.

When she slid even further, Jonathan shouted, "Ashley!" and after putting his arm around her, hoisted her back up. He said, "Ya tryin' to kill yourself? Maybe we better get dinner now... That'll give you a reason to stick around."

Ashley sat up a little, and smiling, rested her head on Jonathan's shoulder. Jonathan thought for a second. She seemed so peaceful. Content. So the two stayed put for a bit longer.

After about twenty or so minutes, Ashley aroused herself and Jonathan.

"So c'mon. Ya hungry?"

Ashley then helped Jonathan into his chair, and said, "Awright. Lets go change and get some grub."

Jonathan blinked and said, "Yep..."



## Freestyle Apple Tart

Contributed by Leroy Poletti



### What You Need

- 1 ready-to-use refrigerated pie crust (1/2 of 14.1-oz. pkg.)
- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, softened
- 3 red and/or green apples (1-1/4 lb.), thinly sliced
- 1/4 cup granulated sugar
- 2 Tbsp. flour
- 1 tsp. cinnamon sugar
- 1 cup thawed COOL WHIP Whipped Topping

**HEAT** oven to 450°F.

**LINE** 9-inch pie plate with crust. Carefully spread cream cheese into 6-inch circle in center.

**TOSS** apples with granulated sugar and flour; spoon over cream cheese.

**FOLD** crust partially over apples; sprinkle with cinnamon sugar. Bake 25 min., covering loosely with foil the last 5 min. Cool. Serve topped with COOL WHIP. Refrigerate leftovers.

### Nutritional info per serving

Calories 260   Total fat 14 g   Saturated fat 7 g   Cholesterol 20 mg   Sodium 200 mg  
Carbohydrate 31 g   Dietary fiber 2 g   Sugars 17 g   Protein 3 g   Vitamin A 4 %DV  
Vitamin C 2 %DV   Calcium 0 %DV   Iron 4 %DV

## Keyboarding

Contributed by Kathy Sherr

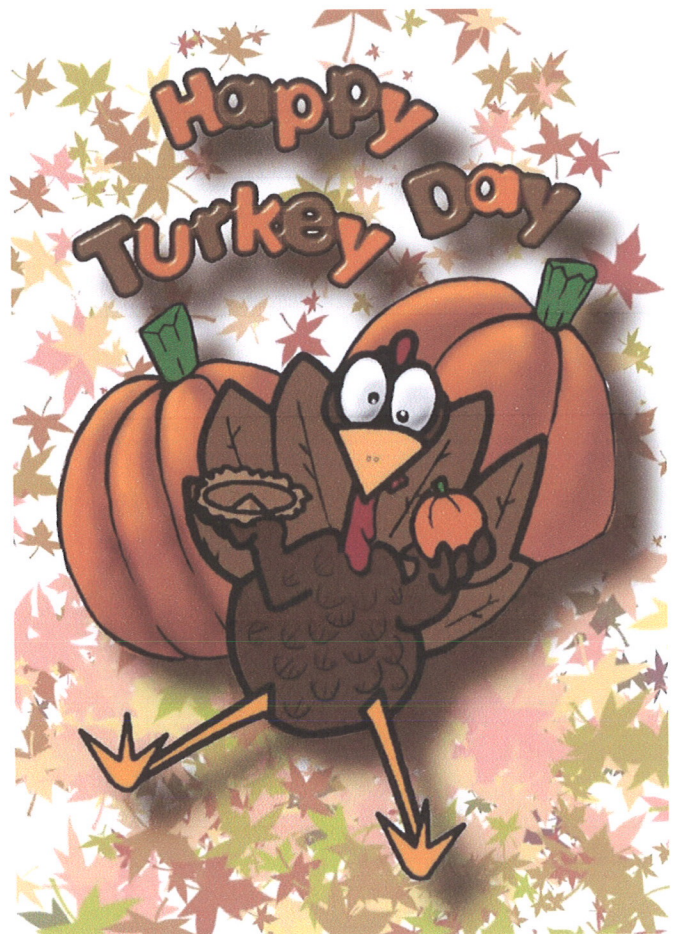
I am learning to play the keyboard in the Adult Enrichment Program. I'm getting experience playing. It's good for your hands. Annette teaches the class. There is a rhythm it's like writing music. I know we can do it. It's like playing piano. And making a note.



It's time to  
"Fall Back!"  
Daylight Savings Time  
Ends Sunday at 2am

[ZingerBug.com](http://ZingerBug.com)

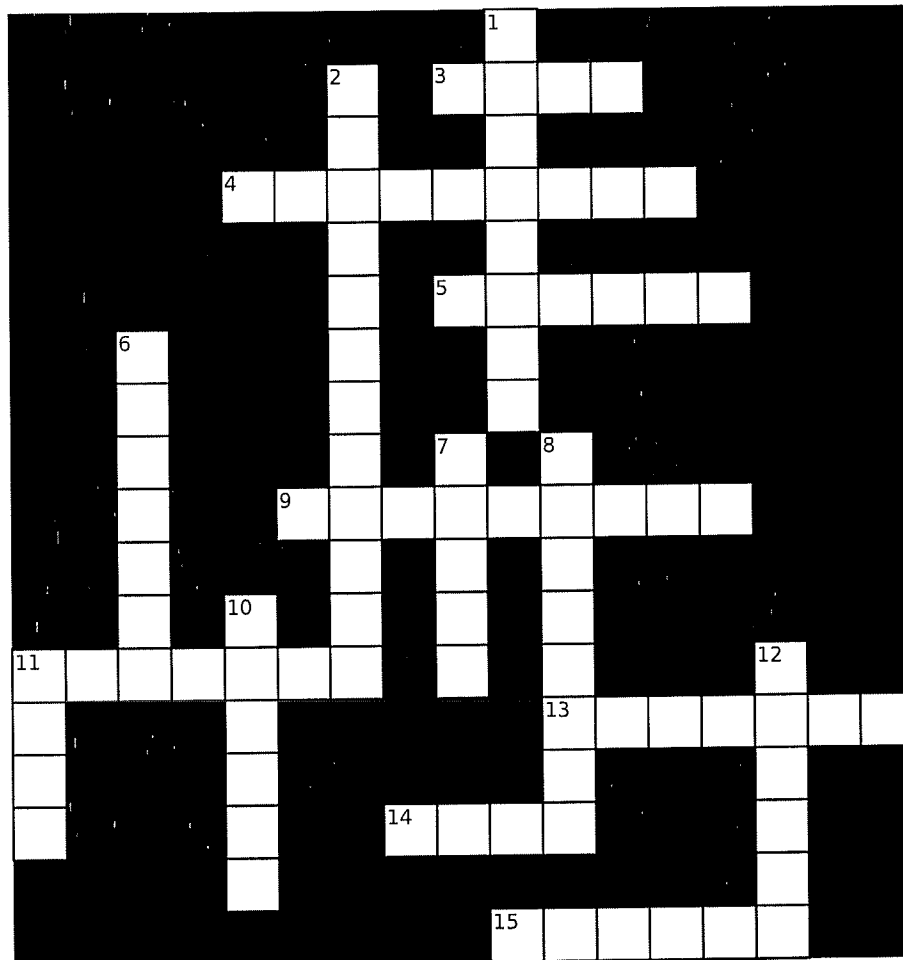
**ROCK  
THE  
VOTE**



# Thankful Puzzle

by Jonathan Whitlock

THANKS for answering me!



- Across
- 3 Seasonal temperature change.
  - 4 Something shown, at this time.
  - 5 Macy's Thanksgiving production.
  - 9 Holiday guests of honor.
  - 11 Source of hominess, albeit risky.
  - 13 Greatful hosts, meeting the pilgrims.
  - 14 Sweet potatoes.
  - 15 He who is definitely NOT looking forward to the feast!

- Down
- 1 On TV; reason to vegetate after the meal.
  - 2 Poplar holiday hosts.
  - 6 Where we get the feast's dessert.
  - 7 Foundation you decorate, at this time.
  - 8 Wanderers, in this case, from England.
  - 10 Found on the table, as well as in the earth's crust.
  - 11 Thanksgiving veggie.
  - 12 Together, at this time.



## Word Search

The words in the list below have been hidden in the word search.  
Try to find them.

daylightsavingtime	nativeamericans	mashedpotatoes	thanksgiving
indiansummer	creamedcorn	veteransday	pumpkinpie
superbowl	pilgrims	ballot	squash
family	voting	turkey	gravy
fruit	salad	feast	cold
peas			

nqxtcatzmjranqnznapi t l d i t i  
tyszogjayadsnaret ev t g d s v m l  
j u y m u y d u s q l b a l l o t m g v h b q x p z  
q p r o t z g e z i x b j r u v i v o t i n g q p z  
w u s k b g h j m y f y e t n k j f a m i l y o x x  
m h x i e g r a a y t k i b i i r j a z m i a j q r  
p j n h h y i t i u r f p v b g j j y x t k a t u a  
s u p e r b o w l m c s n b a n q s y w l v w o d j  
i j y l g x u s n r s y i d k i g t i p g t a u k r  
u w y o k z x k e u h p k q l v m m w g t y n i v v  
m b z d q p s a x f d q p d c i b d n g r a i f i x  
z e v j q q m w j n o g m l g g e m v t q x k p g w  
p w q p u e a i c k w s u o w s g u w e c a e u g j  
c g j a d f t g r k m n p c t k p m w k t a e r s w  
t z s c v n t o a u q w u v f n z u u g s q q g m g  
n h o c w l a l i y b h j t e a e b v y n s g t k i  
e r u f t j w i m a r q r j n h s r r d b g j s b n  
n t n x i q f p d e r q j g o t w s m i r g l i p x  
v b e m i t g n i v a s t h g i l y a d d a w r d d  
u u o v z z h r z l i s o t a t o p d e h s a m v a  
f e a s t k g c r p g a v a c h x i n w q z n y f n  
u r g x s y j k c p d i z u k b g x t l k l g r b h  
x n c u y a k f u r j i q w r e m m u s n a i d n i  
q b f j a d s i u w c o k c s c n a z r f m p m z q  
n s s n a c a r e m a e v i t a n w r j j j a g k p  
r s t d f w s h o l g v w j v d a l a s w k c j e h

# NOVEMBER 2012

## UDS- Adult Enrichment

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Current Events Money Mmgt Arts & Crafts/World Cultures World Cultures Painting Reaching Out/ Service Dogs	Current Events Keyboarding Spanish 3-D Art Outing	Current Events Cooking Wildlife/Creative Writing German/ Science Outing	Current Events Chorus Newsletter Computers German	Independent Living Skills Brain Games Healthy Living
			1 Chorus Newsletter Video German	2 Time Management Chair Exercise Brain Games
5 Count Soda Money Yarn Balls Video Service dogs Apple Prints	6 Keyboarding Lottery Game Christmas Set designs Pet Therapy	7 Cooking Gather info about Roses Puffin Birds Story about Christmas	8 Practice Christmas piece/ Chorus Newsletter Newsletter article	9 Time Management Yoga Brain Games
12 Budget City game Christmas Ornaments Baltic States Making Christmas cards Leaf Rubbings	13 Keyboarding Music Songs Christmas Set designs	14 Outing Park City	15 Keyboards Chorus Newsletter Computers German	16 ILS Outing
19 Budget City game Christmas Centerpiece Baltic States Service dogs Harvest Corn paintings	20 Keyboarding Folk Dance Christmas Set designs	21 QEU movie Speaker: Jonathan Whitlock German Write Stories	22 Thanksgiving Program closed	23 Money Management Healthy Living Brain Games
26 Budget City game Scrapbooking Video Finish making cards Winter Landscaping Painting	27 Outing Bowling	28 Chips and Dips Reindeer Worksheets Gather Pinecones (weather permitting)	29 Keyboards Chorus Dance rehearsal Computers Newsletter	30 Money Management Living Longer Brain Games.