

Adult Enrichment

active life day program

AE NEWS & FUN!!

APRIL 2019



Picture by Nik

9:15 – 10:00 AM Daily Current Events MONDAY

10:00 – 11:00-----Arts and Crafts/ Free Time
Computer / Independent Living Skills (ILS).

11:00 – 12:00-----Lunch.

12:00 – 1:00-----Newsletter/ Free Time
Computer/Acting.

1:00-2:00-----Creative Expressions/
World Exploring / Acting.

TUESDAY

Outing and Regular classes every 2nd Tuesday of the month

10:00 – 11:00-----Health & Wellbeing / Free
Time Computer / Spanish.

11:00 – 12:00-----Lunch.

12:00 – 1:00-----Virtual Travel/ Social Club / Dance.

1:00 – 2:00 -----Book Club/ Free Time Computer /
Forces of Nature.

WEDNESDAY

Outing and Regular classes every 4th Wednesday of the month.

10:00-11:00-----Mindfulness / Free Time
Computer / Social Club.

11:00-12:00-----Lunch.

12:00 – 1:00 -----History / Free Time
Computer / Wildlife.

1:00-2:00 -----Music Appreciation/ Science.
Dancercise .

THURSDAY

10:00 – 11:00 -----Movers & Shakers / Free Time
Computer /Chorus.

11:00- 12:00-----Lunch.

12: – 1:00 -----Garden & Nature/ Free Time
Computer / Keyboarding.

1:00 – 2:00 -----Brain Buster/ Free Time
Computer /Photography.

FRIDAY

10:00- 11:00-----Arts & Crafts/ Home Economics.

11:0 – 12:00 -----Lunch.

12:00 – 1:00 -----Group Games / Movie Club.

1:00-2:00 -----Free Time Computer.
Photography / Movie club.

Movie Outing every 3rd Friday of the month.

Daily Social Time 8:00 – 9:15 AM &
2:00 – 3:00 PM



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

Groups for Outings

Tuesday (2nd of the month)

Group 1

Staff- Amparo & Kate E.(John)

Feb, April, June, Aug, Oct, Dec- Stephanie M, Lynn S, Gary W, Jayln W, Grace C,
Melissa G., Caryn H.

Group 2

Staff- Cindy & Lory (John)

Jan, March, May, July, Sep, Nov- Katie H, Marta P, Dewey C, Robyn F, Matt B,
Alondria S.

Wednesday (4th of the month)

Group 1

Staff- Takeisa & Lory (Rachael)

Feb, April, June, Aug, Oct, Dec- Bob T, Kathy S, Jon F. Josh B

Group 2

Staff- Katee & Kate E.(Rachael)

Jan, March, May, July, Sep, Nov- Kate M, Mac C, Ben M, Allegra S.

Friday (3rd of the month)

Group 1

Staff – Ketee & Kate B.

Nov, March, June, Sept. Jesse, Donald, Destiny, Grace C, Benessia.

Group 2

Staff - Tina, Lory

Jan, April, July. Katie H., Dareek, Carlos, Jayann, Robyn, Ernie.

Group 3

Staff - Tina, Kate B.

Group 3: Oct, Feb, May, August. Carly, Marta, Matt, Jordan, David.

FROM THE DIRECTORS DESK

Hello!

I would like to thank everyone who participated in and contributed to our annual fundraiser. Because of your generosity we were able to raise nearly \$3,500.00 dollars that will go directly towards the replacement or repair of our van's wheel chair lift! THANK YOU!!!

Also, for those of you wondering... Candy orders are set to be delivered to Adult Enrichment on Friday, April 12th. Orders will be available for pick and will be sent home starting Monday, April 15th.



Beth – Interview For New Position: Community Participation Supports



1. How many people do you take out each week?

I take 24 people out weekly.

2. Would it be possible to volunteer at a Boys and Girls Club?

It would not work due to the fact that Boys and Girls Club runs during after-school hours and we have to be finished by 2 pm.

3. Do you take people out every day?

I take people every day except on Friday afternoons. I use this as my time to catch up on the week and prepare for next week, make phone calls, etc.

4. What are some favorite outings that people like to go on?

Bowling is the most popular one. We frequently go to Park City and the library too.

5. Do you have ideas of where to go, or do participants give you ideas?

I have a list that I've made and people give me suggestions as well.

6. Would it be possible to go to the Science Factory?

Yes. However, we can only go out for 2 hours a day right now so I'm a bit limited in my time.

7. What is your favorite place to go?

I really like going to the food pantry. I enjoy volunteering. I get tired of doing a lot of shopping.

8. Would it be possible to volunteer at Habitat for Humanity?

Possibly, but it has to be a group that's able to do that. Some things go by the level of abilities of participants. For example, we don't go anywhere that has stairs on Mondays because we have an individual in the group that utilizes a wheelchair that day.

9. Do you get paid for this?

Yes. It's my job. But I get paid in other ways too because I really enjoy what I do.

10. What vehicle do you normally take?

We started out with Big Green, but now we use Pearl. Unfortunately she's not wheelchair-accessible, so we've been borrowing the van from the transition school for Mondays because it has a lift. The candy sale fundraiser is helping raise money to repair the lift on Big Green.

11. Do you miss us here at the program?

Yes. I'm constantly moving around and I like that. I like to stay active. But there are a lot of people I used to see that I don't get to see anymore. I do miss some classes a lot: Brain Busters, Music Appreciation, Group Games (the interactive ones).

12. How is it decided which people go?

It depends on their waiver. Jared gives me a list of people and I go with that list.

Right now the groups that are going out are people that are here a few days a week or more, but there are more people that qualify that aren't here as often. This is kind of a pilot program right now and there are some hiccups that we're still working out. On July 1st we have to make sure we meet the criteria from the program.

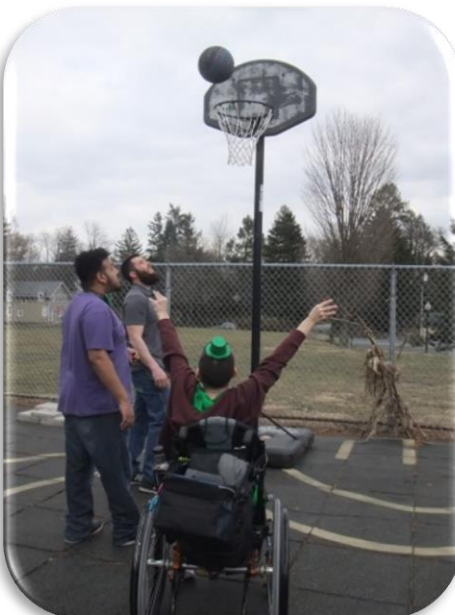
13. When did you start?

January 2nd.



GROUP GAMES

Special thanks to
Cordell for donating
our new basketball
hoop!





ARBOR DAY

Arbor Day will take place on April 26, 2019. Arbor Day is a celebration of trees and tree planting. The first Arbor Day took place in Nebraska in April 1872 and was initiated by J. Sterling Morton. He had recently moved from Michigan to Nebraska, an area with very few trees, and worked to encourage tree planting in his

community to improve the environment and beautify the landscape. Today, many countries all over the world celebrate Arbor Day annually in April or May.

Here are some ideas for how people can celebrate Arbor Day:

- Go on a tree hunt for the biggest or oldest trees in your community.
- Hug a tree.
- Visit an arboretum near you to learn about different kinds of trees. If you are near the Lancaster area, the Tanger Arboretum is located at President James Buchanan's Wheatland, 230 North President Avenue, Lancaster, PA. It is open from dawn until dusk every day and there is no admission fee. A wide variety of trees are on the property and are labeled according to their species.
- Read books about trees and learn to identify the trees in your yard by their leaves, bark and seeds.

SCRAMBLE WORDS

1. XTA YDA
2. ASERET YDNAC
3. NSUBINE
4. AKSEBT
5. GEG UTHN
6. PRIGNS
7. ALPIR OFLOS
8. APREDA
9. MLPA SDYUNA
10. RUEETIRSRNOC

TAX DAY, EASTER CANDY, BUNNIES,
BASKET, EGG HUNT, SPRING, APRIL
FOOLS, PARADE, PALM SUNDAY,
RESURRECTION

Meet Jacob & James!

Questions By: AE
Newsletter Group



Jacob

1. Do you enjoy coming to AE? Yes.

2. Do you enjoy watching movies? Yes.

3. What is your favorite color? Red.

4. Do you have any pets? Yes, two dogs.

5. Are they big or small dogs? Big dogs.

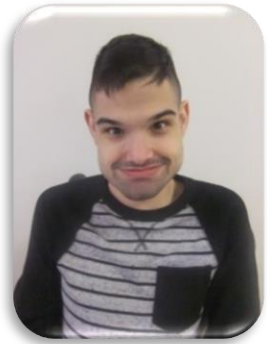
6. Do you like doing arts and crafts? Yes.

7. How many people live at your house? Four people.

8. Where do you live? Fruitville Pike in Lititz.

9. Do you have any hobbies? I play with my dogs.

10. Do you like to use the computer? Yes, to play games and listen to music.



Jimmy

1. How old are you? 27.

2. Do you like to read? A little bit.

3. Do you like music? Yes.

4. Do you like sports? Yes.

5. Do you enjoy group games at AE? Yes.

6. Do you have any pets? If so, how many? Yes. Two small dogs.

7. Where do you live? I live in Lititz.

8. Do you like to play cards? Yes, sometimes.

9. Do you have any other siblings that don't attend AE? Two younger brothers.

10. Do you like coffee? Yes.

11. Do you like coming here? Yes, sure.

12. What is your favorite food? Chocolate.



FLOWERS OF THE MONTH

The two flowers for the month of April are daisies and sweet peas. There are 43 kinds of daisies, of which one of the most common kinds is the Shasta daisy. Shasta daisies have a yellow center and white petals. Daisy seeds may be purchased at your local hardware or

gardening store and can be planted in fall, winter, or spring. Daisies grow well in full sunlight and moderately fertile soil which is kept moist.

Sweet peas come in various shades of purple, pink, and blue as well as white. They are grown by gardeners for private enjoyment or exhibition and have a sweet smell. Sweet peas thrive in cooler temperatures, so it's important to plant them in early spring before the summer heat knocks them out. The sweet typically reach heights of 1-2 meters with the flowers appearing in midsummer and continuing for many weeks if regularly deadheaded.



April Fool's Day

Contributed by

MJ, Jon W, Jamie S, Kathy S, Victor M,
Derek, Brittany, Gretchen



On this day, people typically make up practical jokes, pranks, or hoaxes to play on their friends and family. People playing April Fool's jokes often shout "April fool's" at the victim when they're ready to expose the prank. We think that some funny pranks would be:

Tracing an outline of a bug on dark paper, then cutting it out and gluing it onto the inside of a lampshade. Turn on the light and your friend will be freaked out!

Attaching an air horn onto the bottom of your coworker's chair so it honks when they sit down.

Making an endless circle of shopping carts around your friend's car in the grocery store parking lot.

In the past, Amparo has been known to hot glue quarters to the floor and put Vaseline on microwave doors and door handles at AE. Watch out!!

Linda: On April Fool's Day my sister tells me that my shoes are untied so it gets me to look down at my shoes, even though my shoes are actually tied.

For April Fools, we used Bingo balls and make believe that they are gumballs.

In the second Picture, we wrapped stones for candy.



Picture by Aaron

International Fun at Work Day



Picture By Caryn



Picture By Caryn

International Fun at Work Day takes place on April 1st every year, coinciding with April Fool's Day and kicking off National Humor Month. No one really knows who created this holiday, but in most instances it is appreciated by both employees and management. This is because most people know that allowing workers to have a little fun at work every once in a while increases productivity, leads to higher employee retention, and makes a more positive work environment. However, you need to clear it with management before you make any plans for Fun at Work Day in order to avoid getting in trouble. Some ideas for how to have fun at work are: bringing in food and drinks for coworkers, starting a dance party on your lunch break, watching funny TV shows or movies, telling jokes, pulling silly pranks on your coworkers, throwing contests, having parties, and wearing wacky outfits or colors.

Spring Cleaning



Picture by Aaron



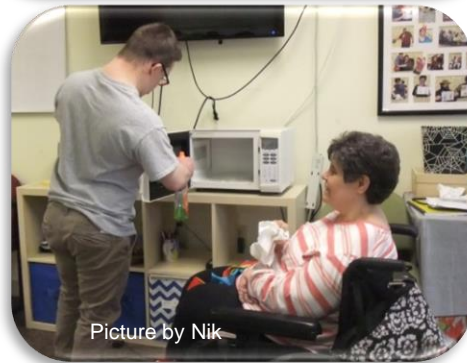
Picture by Jon R.



Picture By Aaron



Picture by Mike



Picture by Nik



Picture by Aaron

Spring cleaning is the practice of thoroughly cleaning your house in the springtime in order to freshen things up after the winter. In North America and northern Europe, the custom was particularly useful due to those regions' continental and wet climates. During the 19th century in America, prior to the advent of the vacuum cleaner, spring was often the best time for dusting because it was getting warm enough to open windows and doors (but not warm enough for insects to be a problem), and the high winds could carry the dust out of the house. This time of year is also when coal furnaces wouldn't run and you could wash all the soot from the walls and furniture left by the furnace.

Here are a few tips to make things easier for your spring cleaning!

To clean your microwave, fill a large microwave-safe bowl with 1 cup of water and a chopped-up lemon, lime, or orange or several tablespoons of vinegar inside. Turn the microwave on high for several minutes or until the solution boils and the window is steamy, then let it sit to cool for 15 minutes before opening the door. Remove and wipe out the inside and outside with a sponge.

To clean stained cutting boards, run the cut side of a lemon over the board to remove food stains and smells. For extra cleaning power, sprinkle it with salt or baking soda first.

Use your oven's self-cleaning function to remove stubborn, baked-on grime. If your oven doesn't have one, place a hot, wet cloth on top of burned spots to help soften the gunk. Then scrub with a heavy-duty pad and wipe dry.

Declutter your home! Start small and pick your stash spot. Empty it out and suck up dust with your vacuum's nozzle. Toss or relocate any items you no longer need or that don't belong there. Everything else goes back, but this time in an organized manner.

A tip from Marie Kondo, who runs an organizing business and stars in the Netflix series *Tidying Up With Marie Kondo*: only keep things in your home that spark joy. Donate gently used items that you do not want or need anymore to secondhand stores.



April 1^{er} Mackenzie C.



April 9th Jaime S.



April 15th Jessenia S.



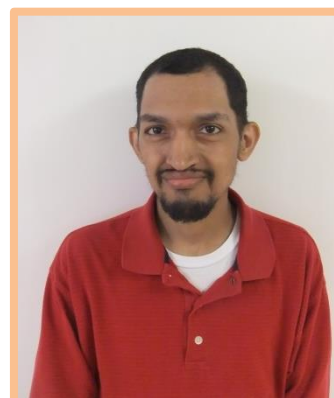
April 24th Tina G.



April 17th Alvin M.



April 22nd Jonathan R.



April 23^{er} Carlos N.



EASTER

Easter is a Christian holiday which occurs in March or April of every year and celebrates the resurrection of Jesus. Some symbols associated with Easter are bunnies, eggs, and chicks, all of which symbolize fertility or new life. Some candy that we see around Eastertime are marshmallow peeps, Cadbury mini eggs, and Cadbury crème eggs. Easter egg hunts are held for children at this time of year as well. Easter parades are

held in some locations on Easter Sunday, including New York City and Philadelphia. NYC also has a bonnet festival on this day. Travelers from around the world come out to participate in the festivities. All are invited to come out dressed in costumes or your Sunday best and have fun promenading through the streets of Philadelphia or NYC!

Easter Traditions of AE Participants:

Derek: I stay home. I eat candy and watch the parade.

Brittany: I go to church on Easter and then go to my family's house to eat lunch.

Victor: I color Easter eggs.

Mary Jane: I eat ham and sweet potatoes.

Jamie: Nothing special since my family is gone.

Gretchen: Eat a meal with my roommate and hang out together. We eat ham.

Kathy S.: I eat ham with my family and watch the Easter parade on TV.

Jon W.: I used to do Easter egg hunts with family. My family from Maryland often comes to visit.

Linda: When my sister's youngest daughter was living in Danville, we used to get together and go to church and go to my brother-in-law's mother's place. When there were little kids around, we would hide plastic eggs filled with candy and money and let them look for them.



Picture by Chris

Favorite AE Classes

Jon W. – My favorite class is Creative Expressions. It gives me an excuse to make a creative mess.

Jon R. – My favorite class is chorus. I like the tryouts and I have fun singing.

Gretchen – I like free period because I like listening to music.

MJ – My favorite class is arts and crafts. I like doing watercolor painting. I feel happy when I am doing arts and crafts.

Derek – I like arts and crafts. It makes me happy to be able to do it by myself.

Kathy S. – I like gardening and nature class. I enjoy working in the soil, watching things grow, as well as helping to carry things around.

Jamie – I like free period. I like to be able to listen to music, especially pop music.



Picture by Stefanus

APRIL 2019 WORDS SEARCH



Picture By James Mc

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

DAFFODIL

EASTER EGGS

GREEN GRASS

PASSOVER

PUDDLES

TAXES DAY

BONNET

DAISY

GARDEN

GROWTH

PETER RABBIT

ROBIN

TULIP

BUNNY

DIAMOND

GOOD FRIDAY

HOLY WEEK

PLANTING

SHOWERS

APRIL 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <ul style="list-style-type: none"> •Current Events: <u>Katee & Keisha</u> • Arts & Crafts (A&C): <u>Amparo</u> • Independent Living Skills (ILS) <u>Keisha</u> • Newsletter: <u>Amparo</u> • World Exploring: <u>Tina</u> • Creative Expression • & Acting: <u>Cindy</u> | <ul style="list-style-type: none"> • Current Events: <u>Cindy & Tina</u> • Spanish: <u>Amparo</u> • Health & Wellbeing: <u>Katee</u> •Dance: <u>Keisha</u> • Virtual Travel: <u>Cindy</u> •Social Club: <u>Tina</u> • Book Club: <u>Katee</u> •Forces of Nature: <u>Tina</u> •Outing | <ul style="list-style-type: none"> •Current Events: <u>Cindy & Tina</u> •Mindfulness: <u>Tina</u> •Social Club: <u>Cindy</u> •Wildlife: <u>Katee</u> •History: <u>Katee</u> •Science: <u>Cindy</u> •Music Appreciation: <u>Keisha</u> •Dancercise: <u>Keisha</u> •Outing | <ul style="list-style-type: none"> • Current Events: <u>Tina & Keisha</u> • Chorus: <u>Brittany</u> • Movers & Shakers: <u>Amparo</u> •Garden & Nature: <u>Cindy</u> •Keyboard: <u>Brittany</u> • Bain Buster: <u>Keisha</u> •Photography: <u>Amparo</u> | <ul style="list-style-type: none"> •Current Events: <u>Katee & Cindy</u> •Arts & Crafts: <u>Amparo</u> •Home Economics: <u>Tina</u> •Group Games: <u>Amparo/Katee</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u> •Outing |
| <p>1</p> <ul style="list-style-type: none"> • A&C: Q-Tip Painted / ILS: • Lunch • Newsletter: / World Exploring: <u>Solar System</u> • Creative Expression: the <u>Greatest Showman</u> / Acting: <u>The Greatest Showman</u> | <p>2</p> <ul style="list-style-type: none"> •Spanish: <u>Review and colors</u> / H&WB: •Lunch •Dance: / Virtual Travel: <u>Limo</u> / Social Club: <u>Easter Decorations</u> • Force of Nature: <u>Thunder Storms</u> / Book Club: <u>Harry Potter</u> | <p>3</p> <ul style="list-style-type: none"> •Mindfulness: <u>Stress Balls</u> /Social Club: <u>Washington Irving</u> •Lunch •History: / Dancercise •Music App: / Science: <u>Easter Terrarium</u> / Wildlife | <p>4</p> <ul style="list-style-type: none"> • Movers & Shakers / Chorus • Lunch •Garden & Nature: <u>Easter Terrarium</u> / Keyboard: • Brain Buster: / Photography: <u>Take pictures for newsletter articles.</u> | <p>5</p> <ul style="list-style-type: none"> •A&C: <u>Q-Tip Painted/ Home Economics: Guest Speaker</u> •Lunch •A-Group Games: <u>Bingo/ B-Group Games: Noodle Balloon Bash</u> •Movie Club: <u>Movie of the week</u> / Photography: <u>Take pictures for newsletter articles.</u> |
| <p>8</p> <ul style="list-style-type: none"> • A&C: <u>Easter Eggs Ornaments</u> / ILS: • Lunch • Newsletter: / World Exploring: <u>Sun</u> • Creative Expression: <u>Million Dreams</u> / Acting: <u>The Greatest Showman</u> | <p>9 OUTING- <u>Park City Mall</u> Staff- <u>Amparo & Kate E.</u> <u>Stephanie, Lynn, Gary, Grace Jayln, Melissa.</u></p> <ul style="list-style-type: none"> •Spanish: <u>Review & Bingo/ H&WB:</u> •Lunch •Dance: / Virtual Travel: <u>Disney Cruise</u> •Social Club: <u>Collages</u> •Force of Nature: <u>Tornadoes</u> / Book Club: <u>Harry Potter</u> | <p>10</p> <ul style="list-style-type: none"> •Mindfulness: <u>Toxic People</u> /Social Club: <u>Kindness</u> •Lunch •History: / Dancercise •Music App: / Science: <u>Water Flush Direction/ Wildlife</u> | <p>11</p> <ul style="list-style-type: none"> • Movers & Shakers / Chorus • Lunch •Garden & Nature: <u>Fairy Garden</u> / Keyboard: • Brain Buster: •Photography: <u>Take pictures for newsletter articles.</u> | <p>12</p> <ul style="list-style-type: none"> •A&C: <u>Easter Eggs Ornaments</u> /Home Economics: <u>Epson Salt Jars</u> •Lunch •A-Group Games: <u>Hot Potato/ B-Group Games: Basketball</u> •Movie Club: <u>Movie of the week</u> •National Grilled Cheese Day |
| <p>15</p> <ul style="list-style-type: none"> • A&C: <u>Paper Chick Ornaments</u> / ILS: • Lunch • Newsletter: / World Exploring: <u>Mercury</u> • Creative Expression: <u>Easter Sheep</u> / Acting: <u>Jerusalem Report</u> | <p>16</p> <ul style="list-style-type: none"> •Spanish: <u>Numbers & Math/ H&WB:</u> •Lunch •Dance: / Virtual Travel: <u>Tractor</u> / Social Club: <u>Origami's</u> • Force of Nature: <u>Lightning</u> / Book Club: <u>Harry Potter</u> | <p>17</p> <ul style="list-style-type: none"> •Mindfulness: <u>Felt Pillows</u> /Social Club: <u>Easter Hangman</u> •Lunch •History: / Dancercise •Music App: / Science: <u>Bunnies</u> / Wildlife | <p>18</p> <ul style="list-style-type: none"> • Movers & Shakers / Chorus • Lunch •Garden & Nature: <u>Pumpkin Seeds/ Keyboard:</u> • Brain Buster: / Photography: <u>Take pictures for newsletter articles.</u> | <h2>EASTER PARTY</h2> |
| <p>22</p> <ul style="list-style-type: none"> • A&C: <u>Concert Centerpieces</u> / ILS: • Lunch • Newsletter: / World Exploring: <u>Venus</u> • Creative Expression: <u>Never Enough</u> / Acting: : <u>Dog Jog Adventure</u> | <p>23</p> <ul style="list-style-type: none"> •Spanish: <u>Games</u> / H&WB: •Lunch •Dance: / Virtual Travel: <u>Horses</u> • Social Club: <u>BINGO</u> • Force of Nature: <u>Movie Volcano</u> / Book Club: <u>Harry Potter</u> | <p>24 OUTING- Staff- <u>Takeisa & Lory</u> <u>Bob T, Kathy S, Jon F, Josh B.</u></p> <ul style="list-style-type: none"> •Mindfulness: <u>Enlightenment</u> / Social Club: <u>Bocce</u> •Lunch •History: / Dancercise •Music App: / Science: <u>Chicks/ Wildlife</u> | <p>25</p> <ul style="list-style-type: none"> • Movers & Shakers / Chorus • Lunch •Garden & Nature: <u>Composting</u> / Keyboard: • Brain Buster: / Photography: <u>Take pictures for newsletter articles.</u> | |
| <p>29</p> <ul style="list-style-type: none"> • A&C: <u>Make Triangle banner</u> / ILS: • Lunch • Newsletter: / World Exploring: <u>Mars</u> • Creative Expression: <u>This Is Me</u> / Acting: <u>This Little Piggy</u> | <p>30</p> <ul style="list-style-type: none"> •Spanish: <u>Food, Activities & Animals/ H&WB:</u> •Lunch •Dance: / Virtual Travel: <u>Jet Pack</u> • Social Club: <u>Horse Trivia</u> • Force of Nature: <u>Tropical Cyclone</u> / Book Club: <u>Harry Potter</u> | | | |