

Adult Enrichment

active life day program

AE TIME AUGUST 2014



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
◆ Discussion Group
◆ 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 Events

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- ❖ **Outing Wed. Only Group**
Loxley's Restaurant 8/13/14
 - ❖ **Beach day** August 8/27/14
(Dress Up Day)
 - ❖ **Staff Meeting** August 11 & 25
 - ❖ **Outing Tues. Only Group #1**
Rachel's Café & Creperie 8/26/14
 - ❖ **Vote on the first Tuesday and Wednesday of August for Outing**

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)

From the Director's Desk:

Save The Date! September 11, 2014, AE will be hosting our annual Friends and Family Picnic. We will be having the picnic at Longs Park this year. Details and food assignments will be sent home closer to the event.

UDSF Foundation is hosting their annual raffle ticket sale! Tickets are \$25 per ticket or 5 tickets for \$100. The \$5,000 grand prize will be drawn on September 26, 2014. See the attached flyer for details.

Congratulations to the AE Walking Club who have logged in roughly 20,578 steps in the month of July! Walkers enjoyed beautiful weather, encouraging one another and most importantly being active! Way to go walkers!

~Alisha

AUGUST BIRTHSTONE

Researched by:
Allison Alspach

Two birthstones are available for August birthdays: *Peridot* and *Sardonyx*.



PERIDOT

Peridot is said to host magical powers and healing properties to protect against nightmares and to bring the wearer power, influence, and a wonderful year. As peridot is a gemstone that forms deep inside the Earth and brought to the surface by volcanoes, in Hawaii, peridot symbolizes the tears of Pele, the goddess of fire and volcanoes. Today, most of the peridot supply comes from Arizona; other sources are China, Myanmar, and Pakistan. This gemstone comes in several color variations ranging from yellowish green to brown, but most consumers are attracted to the bright lime greens and olive greens. Peridot, in smaller sizes, often is used in beaded necklaces and bracelets.



SARDONY

Sardonyx is a variety of the silica mineral called chalcedony. This sort of mineral contains layers of tiny quartz fibers, which are stacked on top of each other to give a banded appearance. The layers in these stones range from translucent to opaque. The stones vary in color, too. They may be white or gray, ranging to many colorful varieties. Sardonyx stones usually contain flat-banded, white and brownish-red bands. The word Sardonyx is derived from the Greek, Sard meaning "reddish brown," and onyx meaning "veined gem." The best stones are found in India. They are also found in Germany, Czechoslovakia, Brazil, and Uruguay. In the United States, sardonyx can be found in the Lake Superior region and in Oregon.

AUGUST BIRTH FLOWER

Researched By
Allison Alspach



The August flower is the Gladiolus. Glads, as they are often called, are native tropical and South Africa and are any plant of the genus Gladiolus. The phas sword-shaped leaves with one-sided spikes of funnel-shaped, bright flowers.

Discovered in South Africa in the 17th and 18th centuries, the gladiolus was used as a food. In ancient Rome, gladiator battles were fought 'to the death or gladioli' where the victor was buried under gladioli by cheering crowds in celebration for winning the fight.

It was from this history that the glad has also become known as the 'sword lily' and referred to as the flower of the Roman gladiators. The meaning attached to the flower is that of moral character.

The name for the flower is from the Latin word 'gladius' which means sword, a reference to the shape of the plant leaves.

The earliest written reference to the glad is in The Bible in the Book of Matthew (6:28) which states, "And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin."

Hybridization and experimentation started around 1800 in Britain with the earliest known Africa gladiolus grown in Europe dating back to 1680.

Europeans were aware of this flower for centuries as an inhabitant of fields where corn grew around the Mediterranean Sea.



The other August flower is the poppy.



MOTOWN

Contributed By
Angela Spencer

Motown is a record company founded by Berry Gordy, Jr. in 1959 in Detroit. Some of the most well known artists today can trace their roots back to Motown Records. Artists such as Diana Ross and Stevie Wonder are a great inspiration to me. The iconic Motown style was a mix of soul music with a distinct pop influence that became known in the 1960's.

TIGGER

Contributed By
Leroy Poletti

Tigger is my pet cat. He was lost for 2 months. We looked for him but didn't find him. Someone found him and called us to tell us they found our cat. When he came home he wouldn't come to us or let us pet him. He eventually came around and wanted us to pet him. We took him to the vet to get a checkup. Now he sleeps with me and when I do the claw he attacks me and bites me. He associates that with play. I'm glad he's back, he's my favorite cat.

Painting Class at Adult Enrichment

Contributed by
Jonathan Whitlock



It's the basic reason I got involved with Adult Enrichment in the first place. Well, years ago, when I first got involved with the painting class on Mondays, our facility was still called 'Choices.' Back then, the instructor, who was also the program manager, was Nanette Longenecker. We'd first learned about Choices through my supports coordinator at UDS. Around 2006, they got me involved the Monday art class, as they'd learned of my interest in expanding my rehabilitation beyond Acadia, my primary facility at the time. Back then, we were still meeting in the old church in downtown Lancaster; and the clients were not altogether the same. The painting class was essentially the same, however, and I still enjoyed the weekly exercise; that hasn't changed.

AE has always provided me with good opportunities to further my pursuits at art, which I consider a lifetime endeavor.





Wilbur Chocolate

Contributed By
Ernie McClain

A group of us from AE went to Wilbur Chocolate Factory. We watched a video about how they made the chocolate and also got to sample it. It was delicious.

We then went to the gift shop to buy some chocolate to take home. There were pictures on the walls about the history of the factory. We watched the workers make the chocolate. It smelled so good. It was a new adventure and we had a great time. I hope to go there again.





Walking Club

Contributed By
Laura Sauder

We started a walking club. We have pedometers on our side to tell how many steps we take. For the prizes we are going to do something fun. We all get to enjoy the prizes. The benefits are seeing how far we went. Also, we get fresh air, exercise and maybe we'll lose some weight. We go out in the morning during current events when its not so hot and less humid. I'm looking forward to doing walking club.



SCHOOL TEACHERS

Contributed By
Jon McFarland

Sardines are packed very tightly in a can

Cougars run fast

Ham is salty

Olives are round

Onions make you cry

Lions are king of the jungle

Tennis is a fast sport

Earth day is April 22nd

Asparagus is a green leafy vegetable

Columbus Day is on October 12

Hamsters are cute

Earthquakes are very destructive

Robins fly south for the winter

Squirrels have long bushy tails

SURPRISE PARTY

Contributed By
Danielle Lichty



I had a surprise party for my 34 Birthday. My family and friends did it for me. We had a cookout with a cake and ice cream. My favorite part was the birthday cards with money. It was a good birthday.

Key Boarding

Contributed by
Mary Jane Robbins



I have been taking key Boarding for a long time. I have been learning by colors on the keys. One of my favorite Songs in Yankee doodle. My favorite part is learning about how to use my five fingers. I really like my teacher.

GERMAN BABY PANCAKES

Contributed By
Jonathan Rodgers

In cooking class we made a special kind of pancake. They were good! There were strawberries in them and they were baked in a cast iron skillet in the oven. They were sticky and more moist than a normal pancake and they were served with strawberry butter. Try the recipe- They were good.

Recipe:

Strawberry Dutch Baby Pancake

4 eggs
1 cup of milk
2/3 cup flour
½ stick of melted butter
3 tablespoons sugar
½ teaspoon vanilla



Preheat oven to 375

Melt the butter in the cast iron skillet in the oven.

Mix ingredients above in the blender
Add 4-5 sliced strawberries to the HOT skillet,
then add the batter on the top.

Bake for 35 minutes,
Dust with powdered sugar and syrup

Irish Eyes Are Smiling



Contributed By
Dan Rogusky

In July of 2001, my family and I took a three weeklong trip to England, Scotland, Wales, and the Republic of Ireland. We took off at 5:05 AM from Washington DC and landed at Heathrow in London at 4:15 PM on the same day. We toured London for about a week before entering Scotland. After Scotland, we drove to Wales for a day right before catching the ferry for a four day excursion to Ireland! Ireland was my favorite part because it was so peaceful and green. On our way back to London, we saw Liverpool, the home of the Beatles. Wow, what a trip.



WEATHER

Researched by:
Jon McFarland

According to the Old Farmers Almanac we will have above normal precipitation and above normal temperatures for the month of August.

Moon Phases For August 2014



First Quarter Moon- August 3rd



Full Moon – August-10th



Last Quarter Moon- august 17th



New Moon – August 25th

SCRAMBLERS

Contributed by:
Susie Corpman

1. AHCBE
2. OHT
3. ETWRA
4. VGIDIN
5. KNNLSORGI
6. LSSAELH
7. GFHISIN
8. ADSA
9. ENSSADCSATL
10. NNSATU

ANSWER:

BEACH, HOT, WATER,
DIVING, SNORKLING, SEA
SHELL, FISHING, SEA
SHELL, FISHING, SAND,
SAND CASTLES, SUNTAN



German Candy

Contributed By
Kate Manners

In German class, we all voted on what type of German chocolate we wanted to try. We voted for the yummy Happy Hippos. It took several weeks for the candy to get here. After the chocolate got here we didn't have German class for a couple of weeks but when we did again, Frau Minnich shared it with us. We tried it and it was delicious. If you haven't tried German chocolate, you should try this. Especially if you are a chocolate lover. They are available at the German food stand at Central market.

Plant Terrariums



In science class we made plant terrariums.

We took small pebbles and put them in a large glass bowl with

a lid. Next we put a layer of potting soil in we put too much soil in at first and had to take some out. After that we put a violet and a small fern plant in the soil.

Then we put a thin layer of colored pebbles on top. We put one cup of water in it to get started and put the lid on top.

We only water it once a month.

I thought it looked good when it was done.

Contributed By
Victor Miller



HAVING BIRTHDAY PARTY

Contributed by
Wilfredo Rivera



My birthday is on
Aug 2nd. I am having

birthday party with family and friends. I will be having cake and ice cream. I will be having my little pony cake with ice cream. I hope we play games.

OCEAN CITY MD. Beach Trip

Contributed By
Jayann McCue

I went to ocean city MD we stayed for 7 days. We ate pizza at Grotto's and went to Vanity Fair. We didn't buy anything there. we rented a house with friends. I had a good time. We went to the boardwalk for the day. We ate at the Dock for dinner and breakfast most mornings. My favorite thing was the shopping we did.

QUESTIONS ASKED BY THE ADULT ENRICHMENT GROUP: In the spotlight Interview to: Ekaterina Gorozhanina



1. What is your favorite color?
Red

2. What is your favorite TV show?
House

3. Why did you move from Russia?
For the heck of it

4. What is your favorite hobby?
Computer

5. What is your favorite Holiday?
New Year

6. What is your favorite games?
No games

7. What is your favorite animals?
Cat

8. What is your favorite food?
Chinese

9. what is your favorite drink?
Root Beer

10. What do you like about living in America?
Cheaper Prices

11. What do you miss about Russia?
I miss living in a big city

12. How long have you lived in a America?
7 Year

13. If you could have a super power what would it be?
Flying

14. What do you want to do for a job?
I like to draw

Jokes Unlimited

Contributed By
Ben Walker and Justin Fisher



1) Q.- What happens when you feed gunpowder to a Chicken?
A.- Egg-spllosion

2) Q.- Why did the Tomato turn Red?
A.- Because it saw the Salad Dressing

3) Q.- What do you call a Cow that won't give Milk?
A.- A milk-dud

4) Q.- What animal has more lives than a Cat?
A.- A frog.(They CROAK every night)

5) Q.- Why did Billy go out with a Prune?
A.- Because he couldn't find a Date!





Healthy Smoothies

COOKING CLASS BY ANNETTE

We made Smoothies for one of our cooking classes. We made a chocolate avocado smoothie and we thought it tasted like chocolate pudding. Spinach with fruit was the favorite of the group. We learned that we can make smoothies with kale or spinach, fruit, milk, honey, yogurt, juice or coconut water. We learned smoothies can taste good and be healthy.



Hawaiian Day



We learned how to do the hula dance and the stories behind the dancing. We learned how to do pronounce Hawaiian the right way. It was neat to learn about the story of Hawaii.

August 2014

Contributed By
Kathy Sherr

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

COOL DRINK

BASEBALL

RAIN

THUNDERSTORM

HOT

RAINBOW

FLOWERS

BARBEQUE

LEAVES

KITES

TENNIS

VACATION

SOCCER

SCHOOL

BOOKBAG

SCHOOL BUS

HEAT

MOWGRASS

ROSES



PARTY

CONCERT



AUGUST 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 •Discussion Group • Science / Wildlife •Outing 	<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

 <p>Happy Birthday!</p>	<p>August 2nd Wilfredo Rivera August 4th Chelsea Farrell August 8th Rebecca Rinehard August 9th Zachary Fesko August 19th Dan Rogusky August 30th Alisha Norman</p>	 <p><i>May gentle Moments be Yours today.</i> Happy Birthday</p>	<p>1</p> <ul style="list-style-type: none"> • Trivia: Looney Tunes <p>A&C: Fruit stamping</p> <ul style="list-style-type: none"> • Lunch • Movie
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<p>4</p> <ul style="list-style-type: none"> • A&C: Recycle crafts / ILS: Finish Budget city • Lunch • Painting: Computer art lessons • Book Club: • World Culture: Travel Brochure 	<p>5</p> <ul style="list-style-type: none"> • Keyboarding/ Spanish: Bingo • Music App: Mash up genres/ Reggae Steel Drum • Lunch • 3-D Art: Group 1 Bead Butterfly/ Group 2 Bracelets 	<p>6</p> <p style="text-align: center;">Cooking By Amparo</p> <p style="text-align: center;">"Veggie Pizza Faces"</p> <ul style="list-style-type: none"> • Lunch • Discussion Group: • Science: Sodium Chart • Wildlife: Kangaroos 	<p>7</p> <ul style="list-style-type: none"> • Keyboarding • Chorus: / Brain Games • Lunch • Computer & Newsletter / German: Essen & Trinken
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<p>11</p> <ul style="list-style-type: none"> • A&C: Recycle crafts / ILS: Social skills • Lunch • Painting: Spray Paint art • Book Club: • World Culture: Travel Brochure 	<p>12</p> <ul style="list-style-type: none"> • Keyboarding/ Spanish: Matching Games • Music App: Jazz/Reggae steel drums • Lunch • 3-D Art: Group 1 Bead Butterfly/ Group 2 Bracelets 	<p>13</p> <p style="text-align: center;">Outing Group #1 Loxley's Restaurant</p> <p>Jon R., Jon Mac, Leroy, Jon W., Jayann, Susie, Wilfredo, Laura, Dan, Rosie, Robert P., Dareek</p> <p>Staff: Annette, Rebecca, (Alisha, Lisa, Jean)</p>	<p>14</p> <ul style="list-style-type: none"> • Keyboarding • Chorus: /Brain Game • Lunch • Computer & Newsletter / History: John Quincy Adams
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<p>18</p> <ul style="list-style-type: none"> • A&C: Place Mats/ ILS: Math • Lunch • Painting: Spray Paint art • Book Club: • World Culture: Travel Brochure 	<p>19</p> <ul style="list-style-type: none"> • Keyboarding / Dance & Movement. • Music App.: Finish Jazz/ unusual instruments. • Lunch • 3 -D Art: Group 1 Christmas Glass Etching / Group 2 Lilly Pad 	<p>20</p> <p style="text-align: center;">COOKING By Rebecca</p> <p style="text-align: center;">"Blueberry Cobbler & Blackberry Lemonade"</p> <ul style="list-style-type: none"> • Lunch • Brain Busters • Science: Finger Printing • Wildlife: Smallest Animals 	<p>21</p> <ul style="list-style-type: none"> • Keyboarding • Chorus: /Brain Games • Lunch • Computer & Newsletter /German: Review games
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<p>25</p> <ul style="list-style-type: none"> • A&C: Bottle cap jewelry/ ILS: Acquiring important document • Lunch • Painting: Word Painting / • Book Club: • World Culture: King Tut's Tomb 	<p>26</p> <p style="text-align: center;">Outing Group #1 Rachel's Café & Creperie</p> <p>Kate, Angela, Holly Chrissy, Zach, Allison, Kathy, Ernie, Robert C, Matt, Sam, Dewey,</p> <p>Staff: Amparo, Chelsea (Alisha, Lisa, Jean)</p>	<p>27</p> <p style="text-align: center;">"Beach day" Dress Up</p>  <p style="text-align: center;">QUE MOVIE The Secret Life of Walter Mitty/The Other Side of the Mountain</p> <ul style="list-style-type: none"> • Lunch • Brain Busters Tournament 	<p>28</p> <ul style="list-style-type: none"> • Keyboarding • Chorus: /Brain Games • Lunch • Computer & Newsletter History: Abandoned America
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			<p>29</p> <ul style="list-style-type: none"> • Trivia: Celebrities / • A&C: Jewelry • Lunch • Special Topics: Trail Mix / Mural Painting: Pop Art
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