

Adult Enrichment

active life day program

AE NEWS & FUN!!

DECEMBER 2015



www.facebook.com/Adult Enrichment Lancaster



MONDAY

9:15 – 10:00 AM Daily Current Events

10:00 – 11:30 ----- Arts and Crafts/ Independent Living Skills

11:30 – 12:30 -----Lunch.

12:30 – 1:15 -----Newsletter/world Culture.

1:15-2:00-----Art/Acting.

TUESDAY

9:15 – 10:00 -----Keyboarding.

Outing and Cooking every 2nd Tuesday of the month

10:00 – 10:45 Keyboard/ Spanish or Dance & Movement one time a month.

10:45 – 11:30-----ILS/ World Culture.

11:30 – 12:30-----Lunch.

12:30 – 1:15 -----Dance/Book Club.

1:15- 2:00-----Virtual Travel / Comic Book.

WEDNESDAY

Outing and Cooking every 4th Wednesday of the month.

10:00-11:00-----Classic Viewing /Newsletter.

11:00-11:30---Sign Language /Health & Beauty

11:00-11:30-----Lunch.

12:30 – 1:15 -----Science / Music Appreciation.

1:15-2:00 -----Wildlife/ Brain Busters.

THURSDAY

9:15 – 10:00 -----Keyboarding.

10:00 – 11:30 -----Chorus.

10:00-10:45 ----- Classic Viewing.

10:45- 11:30 -----Sign Language.

11:30 – 12:30 -----Lunch.

12:30 – 1:15 -----Gardening & Nature/ History or German , Keyboarding

1:15 – 2:00 ----- Music Bio, Photography.

FRIDAY

10:00- 10:45---Arts & Crafts/Cooking Essentials.

10:45 – 11:30 -----Photography/Coloring.

11:30 – 12:30 -----Lunch.

12:30 – 2:00 -----Movie Club.

12:30 – 1:15 -----Computer Basic Skills.

1:15 – 2:00-----Group Games.

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

CHORUS IN THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS 1126 SUNWOOD LANE, LANCASTER THURSDAY DECEMBER 3, 2015 LUNCH PROVIDED!

Upcoming Events

- Dec 3rd-Chorus Concert 1136 Sunwood Lane Lancaster
- Dec 10th-Only Chorus Group, Concert in Park City Mall
- Dec 18th-Christmas Party!
- Dec 31st-New Years Eve Party!

Groups for Outing

TUESDAY

Group 1: (13) Jon R., Lynn, Kathy, Sam, Dewey, Angela, Alli, Marta, Dareek, Debbie, Ralph, Glen, Darla
Staff: Dakota, Tania (Alisha, Jared, D'Andrea)

Group 2: (12) Kate, Carly, Chrissy, Wilfredo, Matt, Danielle, Ernie, Loni, Robert C., James, Katie, Trevor.

Staff: Amparo, Beth, Tina (Alisha, Jared, D'Andrea)

WEDNESDAY

Group 1: (14) Steph., Kate, Jon W., Chrissy, Wilfredo, Ekaterina, Gloria, Rosalie, Robert C., Mackenzie, Dan, Ben M., Michael V., Judy, Debbie.
Staff: Dakota Tina (Alisha, Jared, D'Andrea)

Group 2: (13) Jon R., Leroy, Alvin, Jayann, Susie, Robert P., Jessenia, Sam, Dewey, Laura, Angela, Dareek, Jonathan F. Mike G., Kathy, Jayln.
Staff: Beth, Amparo, Tania (Alisha, Jared, D'Andrea)

From the Directors Desk

Adult Enrichment has several events going on this month to get you in the holiday spirit. Please join us for our winter concert 'Rockin Around Park City Mall' December 3rd at the church or December 10th at Park City Mall.

Our Christmas party and gift exchange will be held December 18th, see the attached flyer for details. It is important you RSVP to this event so we can plan accordingly.

And finally, we will bring 2015 to a close with a New Years Celebration 12/31! More details to come about this event.

I am very excited to announce to caregivers that on December 10th from 5pm-6:30pm AE will be hosting a Discussion Panel about Life Care Planning. Please see flyer the attached flyer for details.
~Alisha



SCRAMBLE

Contributed by Susan
and typed by Debbie

SRTCIMSHRAT
TRSSNEPE
RRRL AOHPEAB
HTMECESIRAVS
ZWNKAA
ENYASEWREVE
EWTINR
NSTAA
INVYTIAT
UHKHAKNA
OSWN
GDSILEON
RTNODCOIEAS
RTEE
VSELE
RGOINLCAL
TWHREA
KNSOGICST
OISECOK
IFMYLA

ANSWER

CHRISTMAS, PRESENTS, PEARL
HARBOR, CHRISTMAS EVE,
KWANZA, NEW YEARS EVE,
WINTER, SANTA, NATIVITY,
HANUKKAH, SNOW, SLEDGING,
DECORATIONS, TREE, ELVES,
CAROLING, WREATH, STOCKINGS,
COOKIES, FAMILY.

CHORUS

Contributed by Darla
and typed by Laura

December is a very exciting month in chorus class. The concert this year we will be performing is 'Rocking around park city' The past few weeks we've been working on songs like come all yea faithful/ 12 days of Christmas the little drummer boy and silent night. We'll also be performing our concert at two venues. The park city mall and the church of Jesus Christ of latter day saints in Lititz. All of the class will be dressed in Christmas colors and we'll have the stage decorated like the park city mall.

Monthly Jokes

Research by
Newsletter Group Class



- 1.Q What do you call a bear with no teeth**
A. A gummy bear
- 2. Q: What do you call a parade of rabbits hopping backwards?**
A: a receding hare-line.
- 3. After a talking sheepdog gets all the sheep in the pen, he reports back to the farmer: "All 40 accounted for."**
"But I only have 36 sheep," says the farmer.
"I know," says the sheepdog. "But I rounded them up."
- 4. Q: What did the Tin Man say when he got run over by a steamroller?**
A. "Curses! Foil again!"
- 5. Q: What do you call a cat sitting on the beach on Christmas Eve?**
A: Sandy Claws.
- 6. Q: What do snowmen like to do on the weekend?**
A : Chill out.
- 7. Q: What do you get if you cross an iPad with a Christmas tree?**
A: A pineapple!
- 8. Q: What do elves do after school?**
A : Their gnome work!
- 9. Q: What did one snowman say to the other snowman?**
A: Do you smell carrots?

CHRISTMAS SHOPPING

Contributed and typed
by Debbie



Christmas shopping is when people go out and shop for gifts for family and friends. I like to go shopping for

Christmas Presents that I buy for family and I like to receive presents from family and get birthday presents from family. The store gets money from the customers when the customers buy something. If the store is busy they get a lot more money. If someone buy more presents for someone else. I would buy games and musical toys.



Contributed by Kathy
and typed by Daniel

One of my favorite memories of Christmas Eve was going to my Grandma's church. We held candles, stood in a circle holding hands, singing "Silent Night." We donated money in a basket being passed around. I have good memories and had a good time. I like the music the church choir sang. The church was decorated so beautifully with ribbons and flowers. After the program, we would talk with friends and family and have cookies and punch.

SCIENCE

Contributed and typed
by Laura

This past month we've had some very interesting science classes. We've had the two lessons we made projects for are the rocket unit and the dry ice unit. For the rocket unit we made little homemade rockets out of matches. The best teacher took matches and cut the ends off of them. After that they were placed in a tin foil template and folded into a cylinder. We then attached fins to the ends and held a flame under the match head. The burned up the match and the explosion of fire shot rocket activities for that unit that the teacher showed us. The teacher started by telling us what dry ice was. Then he showed us how the ice stole oxygen out the candle and as long as the ice was next to it you couldn't relight it, Another activity that we did was to make spooky fog. The teacher started by boiling water and then he took us and the water outside and dumped a block of dry ice into it. The ice can't exist in a liquid form in our atmosphere so the ice went straight from a solid to a gas form when it hit the water. I'm very excited for the next unit in science.

SNOW

Contributed by Gloria
and typed by Daniel



Snow is white. In the snow, some people like to go sledding. Gloria likes making snow angels and throwing snowballs.

Snow, when it falls, is pretty to look at and we can have snowball fights. Also you can make snowmen. You can play in the snow. Kids like to get off school for snow days. In the winter, you can drink lots of hot chocolate to stay warm. Also most people will stay indoors. It can also be difficult to drive in the snow. Some places offer horse drawn sleigh rides. When it snows, some people go skiing in the mountains.

Rockin' Around Park City

Mall!

Contributed and typed
by Daniel

"Rockin' Around Park City Mall at the JC Penney shop;" Oh, sorry, I was just singing to myself; thought I as alone! You see, I can't wait until the AE Christmas Show at the Church of Jesus Christ of Latter-Day Saints church on December 3rd, 2015. We're doing mostly classic Christmas songs with our own script and a few of our own original songs thrown in there. One of my favorites is "Christmas Chaos" conducted by Jon and Dan and conducted by "The Dan." "What happened was I combined "Deck the Halls," "Jolly Olde St. Nicholas," "Upon a Midnight Clear," "Silver Bells," "City Sidewalks" and "Carol of the Bells." " Annette looked at my composition and said something to the effect of "OK, we can work with this; it's original if nothing else!" So, that being said, "...have yourself a merry little Christmas."

Park City Tuesday Outing

Contributed by Jon R.
and typed by Debbie



On our outing to Park City we went to FYE and the toy store. We did some shopping, some got Christmas Gifts and some chose

to go shopping for themselves. We walked in the mall for a bit and sat and watched the people go by. For lunch everybody ate in the food court. Some ate Chinese and some ate at subway and others chose burger king and other places. There are a lot to choose from. After lunch we didn't do any more shopping, we waited for our bus. It was a fun day and a good way to get into the mood for the holidays.



Pro-Football

Contributed by Derek
Typed By: Daniel

My favorite team is the Pittsburgh Steelers. Football season starts In October and they play well into January.

The Super Bowl is the last game of the year. Whatever team wins gets a ring and a trophy. Football can be a rough and tough sport where people can get hurt. They also play in the snow. Games are played on Thursdays, Sundays and Mondays. Thousands of people watch these games. There is also a game on Thanksgiving Day. There are many different teams such as the Giants, Eagles Seahawks, Ravens, and many, many more. I like to support my team by wearing their colors. Their colors are yellow, red and blue. One day I would like to go see a professional game in Pittsburgh.

CHRISTMAS

Contribute by Wilfredo
and typed by Debbie



On Christmas you can be home with family. You can exchange Christmas presents. You

put up a Christmas tree and decorate it. Can have get Together and Christmas Parties. You Can serve cold cut platters, Ham, Turkey, Roast beef, etc. and for dessert ; Cookies, Pies, Cakes, Candy, Ice Cream, etc. also you can drink egg nog, fruit punch. Also there are Christmas sing-alongs. I like to listen to "all I want for Christmas is you" by Mariah Carey and for Santa, you can put out cookies and milk. You can chit chat and play games some people watch football. I like to watch Christmas movies on my tablet: "Charlie brown Christmas" and "my little pony – a very minty Christmas".



In the Spotlight



QUESTIONS ASKED BY THE ADULT ENRICHMENT GROUP:

In the spotlight Interview to:

← DARLA & JONATHAN F. →



Typed by Debbie

1. What's your favorite Holiday?
Easter
2. What's your favorite sport?
Baseball (Phillies)
3. Do you have any hobbies?
Scrapbooking
4. Do you have any brothers and sisters?
One Brother and 1 Sister
5. What's your favorite flower?
Tulip
6. What's your favorite food?
Pizza
7. What's your favorite Restaurant?
Country kitchen
8. What's your favorite color?
Pink
9. What's your favorite music?
Gospel
10. What's your favorite TV show?
Price is right
11. Do you like bacon?
No
12. What do you like to do?
Listen to music
13. Do you like to go shopping?
Yes

1. What is your favorite music?
Rock and roll, Beatles
2. What is your favorite food?
Cheese pizza
3. What school did you attend?
Manheim Township
4. What is your favorite sport?
Baseball, NY Yankees
5. Do you have any pets?
I had one but he passed away
6. What is your favorite class at AE?
Science
7. What is your favorite movie?
Snow white and the seven dwarfs
8. What is your favorite restaurant?
Caruso's
9. What is your favorite color?
Orange
10. What is your favorite flavor of ice cream?
Chocolate
11. What is your favorite TV show?
Boys meet world
12. What is your favorite subject in school?
Science
13. What do you do in your free time?
Read books - magic treehouse
14. What is your favorite place to go on vacation?
Nashville Tenn.

DECEMBER BIRTHDAYS



December 6th
Judy Reading



December 20th
Michael Geib



December 31st
Victor Miller



Classic Viewing

by Dewey and
typed by Jonathan W.

For this newsletter article I wanted to talk about my Classic Viewing class that I'm in. The Classic Viewing Class offered at AE is about watching old television shows and discussing them each week. Lately, we've begun watching *Green Acres* which is about a farmer who moves his family out to the frontier to start a new life. We've also started watching *I Dream of Genie*. It's about an astronaut who finds a bottle at Coco Beach, FL, that has a magic genie inside that grants him wishes. We also started watching *The A Team*, an action show about five ex-military men who escape a military facility, then travel the world helping people solve crimes. The last show we watched was *Knightrider*. It's about a man who gets injured while on his job as a cop. He then gets a new identity and then gets a car named The N

Impossible Coconut custard Pie

Contributed by Cooking class
typed by Debbie

½ Cup Bisquik
¾ Cup Sugar
4 eggs
2 Cups Milk
1(3 ½ oz.) flaked Coconut
1 Tsp. Vanilla
1 Tbsp. Butter Softened



Directions:

Combine all ingredients and pour into 9" buttered pie pan.

Bake at 400 degrees for 25 – 30 minutes until custard sets.

Like magic it layers into crust, custard, and coconut topping. Cool!!



Merry
Christmas
and
Happy Boxing Day!

Contributed and typed
by Jonathan W.

For starters, Boxing Day is known as 'Day of Goodwill' in South Africa. Similarly, it's also known as 'St. Steven's Day' in the Roman Catholic liturgical calendar. So what is the true meaning of this obscure holiday?

Well, there are several theories as to it's origin. The Oxford English Dictionary defines it as 'the first week-day after Christmas-day, observed as a holiday on which post-men, errand-boys, and servants of various kinds expect to receive a Christmas-box.'

Thus we see it as a day of remembrance, honoring those charitable elves that enable the execution of our giving efforts of the season. It is a day of obligation on the common citizens' part to honor this who work to make the exchange of Christmas boxes. Not surprisingly, it's celebrated on *December 26th* of each year



ALL YOU NEED TO KNOW ABOUT **KWANZAA**

Contributed by Mary Jane
typed by Jonathan W.

This year, Kwanzaa starts Saturday, December 26th, through Friday, January 1st. The founder of Kwanzaa is named Dr. Maulana Karenga. It is celebrated by the African community. It lasts for seven days, and is represented by two principles.

- 1) Unity- to define ourselves, name ourselves, create ourselves, and speak for ourselves.
- 2) Collective work and responsibility (Ujamaa)- to build and maintain our community together and make our brothers' and sisters' problems our problems and to solve them together.
- 3) Cooperative Economics (Ujamaa)- to build and maintain our own stores, shops, and other businesses and to profit from them together.
- 4) Purpose (Nia)- to make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.
- 5) Self-determination (Kujichagulia)- to define ourselves, create for ourselves, and speak for ourselves.
- 6) Creativity (Kuumba)- to always do as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.
- 7) Faith (Imani)- to believe with all our heart in our people, our teachers, our leaders, and the righteousness and victory of our struggle.



ARTS & CRAFTS

Contributed by Mike V. and
typed by Debbie



Arts and crafts is weekly class offered at Adult Enrichment. The class is taught by Amparo. It's a perfect class for people who want to work on their painting and drawing skills. We work on different project each month so we never get bored doing the same things over and over. The class starts each week with the teacher talking about the project we will work on, and showing the class and example. I enjoy the class because I get a chance to express myself. You could be having a rough day but once class starts, you can just forget your problems and work on art. It's also a great time to see friends and socialize. When the projects are finished we get to hang them up at program or sell them at the bazar.

Christmas Trees

Contributed by
Leroy and
typed by Daniel.



Christmas trees come in all shapes and sizes. This year I will have a fibrotic tree. We will decorate the tree with Christmas bulbs, popcorn strings, tinsel, bows and lights. At the top of my tree there will be a star although some use an angel. There are a lot of different ways to decorate a Christmas tree. Did you know?

- Christmas trees grow in all 50 states including Alaska and Hawaii
 - Germany is credited with starting the Christmas tree tradition in the 16th century
- Some things I like about Christmas trees are fibrotic pretty lights. It makes it feel like Christmas when there are presents under the tree. It's nice to sit by the tree and drink egg nog telling holiday stories and watch children open their gifts from under the tree. Even the cat likes the tree. They play with the balls on the bottom branches. Christmas trees are for all ages; you don't have to be a kid to enjoy a tree. Every year I look forward to setting up my Christmas tree and all the joys that come with it.

PHOTOGRAPHY

Contributed by Robert P. and
Typed by by Sam

Adult Enrichment offers a large amount of interesting and stimulating classes, one of these classes is photography, in that class we have different projects that we get to work on in class and at home, we're bring our own cameras if we have them, but if we don't we use the program's camera.



Contributed by
Kathy, Robert P., Jayln,
Michael V., Derek
and typed by Wilfredo

Winter weather is the coldest time of the year the animals have a hard time eating in the winter. Some animals have homes and their owners feed them. Winter is the time of year for holidays also. A great winter holiday is one that most of us celebrate and that would be Christmas. The birds and the deer like to hibernate in the winter.

Merry Christmas

DECEMBER 2015

Contributed by Kathy and
typed by Ekaterine

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

JACK FROST
 KRIS KRINGLE
 LIGHTS
 MINCE PIE
 NICE
 SAINT NICHOLUS
 RED

SANTA
 JESUS BIRTH
 CHRISTMAS TREE
 COOKIES
 GREEN
 CHRISTMAS CARD
 WREATH

RUDOLPH
 BALLS
 LITTLE DRUMMER BOY
 MANGER
 DECORATIONS
 GIFTS
 STOCKINGS



MACY'S THANKGIVEING DAY PARADE

Contributed and typed by Sam



My Family and I watch the parade every thanksgiving we love to see the floats, bands, and balloons. They show different famous

people singing Christmas songs and people singing songs and stunts from Broadway musicals. Some of the floats and balloons shows are favorite things. It was on NBC. At end of the parade we saw Santa Claus himself, watching the parade is fun, after the parade we sometimes watch the dog show to see some cute dogs, if everybody loves watching the parade you should watch it on TV on thanksgiving.

CHRISTMAS MUSIC

Contributed by Susan
and typed by Debbie



Some Christmas music I like are :

1. "Let there be peace on earth"
2. "Silent night"
3. "Silver Bells"
4. "Mary did you know"
5. "Joy to the world"
6. "O come all ye faithful"
7. "O little town of Bethlehem"
8. "The little drummer boy"
9. "Deck the halls"
10. "Let it snow"
11. "Jingle bells"
12. "12 days of Christmas"
13. "White Christmas"
14. "Santa Coming to Town"
15. "Jolly old saint Nicklaus"
16. "We wish you a merry Christmas"
17. "Grandma got run over by a reindeer"
18. "Rudolph the red nose reindeer"

When I listen to Christmas music it makes me cry and I get emotionally because it's so beautiful. Also Christmas music brings back memories.

WELCOME TO ADULT ENRICHMENT



Jared Berry, BA
Program Specialist
Typed by Debbie

1. **What is your favorite basketball Team?**
Boston Celtics
2. **What did you do before you came here?**
I was a volunteer coordinator for another non -profit organization
3. **What is your favorite food?**
Chicken Parmesan
4. **What is your favorite hobby?**
Basketball
5. **How long have you lived in PA?**
23 years
6. **What is your favorite restaurant?**
Roma pizza
8. **What is your favorite holiday?**
Thanksgiving
9. **What is your favorite movie?**
What's eating gilbert grape
10. **What made you want to work here?**
I like serving with people who have disabilities, I wanted to make a difference
11. **What is your favorite color?**
Gray

New Year's Traditions



Contributed by Angie
and typed by Jon W.

New Year's Eve is on December 31st. We're celebrating the start of a new year. Some people celebrate it by having parties. Some people have church services. Some babies are born on the first of the year; these babies are called 'New Year's Babies.' Some people drink sparkling grape juice and others drink wine, after the ball drops. They are toasting the old year out, and the new year in.

In New York City, the ball drops at midnight. Many of us stay up to see the new year arrive. They blow horns, throw confetti, toast the New Year, set off fireworks, exclaim "Happy New Year!" and some smooch. Some people like to wear glasses with the new year and party hats. Throughout the evening, party food is eaten. If your birthday is on New Year's, you may eat cake. Pork & sour kroust are traditional New Year's foods. These foods bring good luck throughout the next year.

Some people make new year's resolutions, goals you set to improve yourself. Not everybody likes to do this because they frequently get broken. This is a fun holiday and one many look forward to.



HOLIDAY TRADITIONS

Contributed by Stephanie
typed by Debbie

The holidays are always an exciting time of the year. From November to January we have thanksgiving, Christmas and New Year to celebrate. During those

times families have a chance to get together and celebrate. After talking with a lot of people at I came up with a list of ways that different families celebrate their holiday brake . I'll start by saying that during the holiday my siblings all come home to eat dinner as a family. Susie C. celebrates the holiday by driving with her mom to the Poconos to eat dinner with her cousins and exchange gifts. Mike V. likes to bake cookies with his parents and watch the Charlie Brown Christmas special Rebecca R. watches the story with her family on Christmas Eve. Dakota H. watches the trans-Siberian Orchestral movie while he decorates the tree everybody celebrates the holidays in different ways, it can be unique to the different families I know that I can't wait for the holidays to start, and the rest of the folks at AE agree.



*December 17, 2015
8:00AM - 4:00PM
1325 Elm Ave, Lancaster PA*

*Featuring handmade items by Adult Enrichment Participants
Jewelry, Art, Hair Accessories, Scarves, Photography,
Decoupage Wine Bottles, Air Freshener, etc.
All proceeds benefit Adult Enrichment*



**Adult
Enrichment**



active life day program

ADULT ENRICHMENT

HOLIDAY PARTY

Friday, December 18th
RSVP by: December 11th

What's Happening:
Ugly Holiday Sweater Contest
Gift Exchange (1 gift per person. \$10.00 limit)

What to expect:

Games
Prizes

Crafts
Snacks

Name: _____

_____ I will be attending

_____ I will not be attending

(Please detach and return this section by the above RSVP date.)



DECEMBER 2015

