

# Adult Enrichment AE NEWS & FUNIL





## **DECEMBER 2018**

### 9:15 - 10:00 AM Daily Current Events **MONDAY**

| <b>10:00 – 11:00</b> Arts and Crafts/ Free Time |  |  |
|---|--|--|
| Computer / Independent Living Skills (ILS).     |  |  |
| 11:00 - 12:00Lunch.                             |  |  |
| <b>12:00 – 1:00</b> Newsletter/ Free Time       |  |  |
| Computer/world Culture.                         |  |  |
| 1:00-2:00Creative Expressions/ Free             |  |  |
| Time Computer / Acting.                         |  |  |

### **TUESDAY**

### Outing and Regular classes every 2nd Tuesday of the month

| <b>10:00 – 11:00</b> Health & Wellbeing / Free    |
|---|
| Time Computer / Spanish.                          |
| 11:00 – 12:00Lunch.                               |
| 12:00 – 1:00Virtual Travel/Social Club / Dance.   |
| <b>1:00 -2:00</b> Book Club/ Free Time Computer / |
| Creative Thinking                                 |

#### WEDNESDAY

#### Outing and Regular classes every 4th Wednesday of the month. 10.00-11.00 Mindfulness / Free Time Computer /

| 10:00-11:00Williamless/ Free Time Computer / |
|--|
| Social Club.                                 |
| 11:00-12:00Lunch.                            |
| <b>12:00 - 1:00</b> History / Free Time      |
| Computer / Wildlife.                         |
| 1:00-2:00 Music Appreciation / Science.      |

Dancexercise.

#### THURSDAY

| 10:00 - 11:00Movers & Snakers / Free Time |
|---|
| Computer /Chorus.                         |
| 11:00- 12:00Lunch.                        |
| 12: - 1:00Garden & Nature/ Free Time      |
| Computer / Keyboarding.                   |
| 1:00 - 2:00Brain Buster/ Free Time        |
| Computer /Photography.                    |

### **FRIDAY**

| <b>10:00- 11:00</b> -Arts & Craft | s/ Home Economics.    |
|-----------------------------------|-----------------------|
| 11:0 - 12:00                      | Lunch.                |
| <b>12:00 - 1:00</b> Group         | Games / Movie Club.   |
| 12:00 - 1:00                      | Free Time Computer.   |
| 1:00 - 2:00Photo                  | ography / Movie club. |

Outing every 3rd Friday of the month.

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



### **OUTING GROUPS**

Tuesday

Group 1: Jan, May, Sept Jon R., Donald, Kathy S., Dewey, Allison, Dareek,

Robyn, Destiny, Josh

Staff: Amparo, Lory (John)

Group 2 Feb, June, Oct: Kate, Chrissy, Matt, Gary, Jayln, June, Gretchen,

Mike V., Jordan, Christopher Staff: Beth, Takeisa (Katie)

Group 3 Mar, July, Nov: Lynne, Trista, Marta, Glen, Melissa, Grace,

Stephanie, Joey, Josh B. Staff: Tina, Tania (Katie)

Group 4: April, Aug Carly, Katie, Crystal, Wilfredo, Danielle, Ernie, Loni,

Weston, Keri

Staff: Amparo, Cindy (Rachel)

Wednesday

Group 1: Jan, May, Sept Wilfredo, Bob T., Chrissy, Robert P., Keri, Carlos

Staff: Cindy, Lory (Rachel)

Group 2: Feb, June, Oct Jon R, Jessenia, Jon F, Kathy S., Crystal, Susan Mc.,

Daniel R.

Staff: Tania, Tina (John)

Group 3: Mar, July, Nov Kate, Jayann, Rosie, Mac, Ben M., Jimmy, Destiny

Staff: Beth, Amparo (Rachel)

Group 4: April, Aug Laura S., Dareek, Mike V., Jay, Josh B, Allegra, Josh B.

Staff: Cindy, Takeisa (John)

Friday

Group 1: Nov, March, June, Sept. Nik, Joey, Donald, Destiny, Benessia

Staff Tina, Takeisha

Group 2: Jan, April, July. Katie H., Dareek, Jayann, Robyn, Ernie,

Staff: Tina, Lori

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

Staff: Tina, Lori, or Takeisha

## FROM THE DIRECTORS DESK

Adult Enrichment Chorus Concert "My Childhood Christmas"

Thursday December 13th, 11:30 -2:00 Manor Church 530 Central Manor Rd.

Lancaster PA

Lunch provided following the concert

If you are looking for a way to serve, UDS' Gift Wrapping Booth at Park City Center needs to be taken apart Sunday, January 6, at 6:00 pm. Also, we need someone that day to drive a large truck from the mall to the UDS office (preferably with a CDL but not required).

If interested or have questions, contact Larry Aubrey M-F 8-5 at 717-715-8763.

### **Reminders:**

We are Closed December 24th & 25th!!! Be sure to check WGAL.com or channel 8 for weather cancellations!

Happy Holidays!

## What is a Christmas Nativity?



A nativity scene is a representation of the night of Jesus' birth as recorded in the Bible. Nativities usually contain the following characters: the Christ Child in a manger; His mother, Mary; His earthly father, Joseph; shepherds; angels; barn animals; a star; and, sometimes, three wise men with gifts. Often it is set in a stable or cave.

Each person in a traditional nativity scene is a part of the story of Jesus' birth. But, not all of them were together in one place on the night Jesus was born. Mary, Joseph, and Jesus were in a stable that night because Bethlehem was crowded, due to gathering for a census and taxation. The Bible doesn't mention whether or not animals were present. It doesn't mention a stable. When the shepherds were told of Jesus' birth, they left their flocks of sheep in the field and hurried to worship the newborn King. Also, the Bible doesn't tell us how many wise

men there were. It tells us they brought three gifts: gold, frankincense and myrrh. The wise men were also probably not present that first night. It took them a long time to travel from the east. The magi visited Jesus some time later, when He was in a house.

A Christmas nativity scene is a great way to remember what happened the night Jesus was born. Out of love, God sent His Son in human form "to seek and to save the lost". And so, Jesus Christ was born in the town of Bethlehem. Modern Christmas nativity scenes help to proclaim Christ's birth and the true "reason for the season."

## What are the different parts of a Nativity scene?

**Jamie** -Little Baby Jesus in a manger. My Mom bought one and set it on the kitchen counter one year.

**Jon W.** - The shining Star. It is a good symbol of the light that shines down from above.

Kathy -Joseph, Jesus' earthly father. I saw it at Sight and Sound one year.

Linda -Mary, Jesus' mother. Without her Jesus wouldn't have come into being.

Joey - The animals that actually came to see the Savior born. Mary rode on a Donkey.

**Jon R.** -The shepherds saw angels singing. The angels told them to go find the Savior in a manger.

**Jamie** -There was hay in the barn where the animals stayed and where Jesus was born.

**Kathy S.** -Stable or barn where the animals were kept.

**Jon W.** -Sheep and ewes. Also Angels, who told the shepherds to come. Christ was probably actually born around April 29<sup>th</sup>.

## ADULT ENRICHMENT DANCE OFF



























## **Award Winner**

Joey won the competition for designing the UDS Christmas cards for 2018. We asked him about it.

- 1. Do you like drawing?
  Yes, I don't do it very often.
- 2. How long have you been an artist? Since after high school, 14 years.
- 3. Have you ever won anything before? I won a rubber ducky race, once.
- 4. Is any of your artwork hanging up at home?
  My Mom hung nine of my pictures in our second floor Living Room.
- 5. What is your favorite medium to work with?
  I like to draw with pencil the most.
- 6. What was your inspiration?

I was thinking of something for Christmas, and I decided on a Reindeer.



## HARBOR REMEMBER

When Is Pearl Harbor Remembrance Day 2018? Dec 7, 2018

### **Quick Facts**

National Pearl Harbor Remembrance Day, which is annually on December 7, commemorates

the attack on Pearl Harbor, in Hawaii, during World War II. Many American service men and

women lost their lives or were injured on December 7, 1941. National Pearl Harbor

Remembrance Day is also referred to as Pearl Harbor Remembrance Day or Pearl Harbor

## Day. What Do People Do?

On the direction of the President, the flag of the United States of America should be displayed

on the homes of Americans, the White House and all United States government buildings. The flag should be flown at half-mast to honor those who died in the attack on Pearl Harbor. Many associations, especially those linked with Pearl Harbor survivors or those who died from the attack, participate in special services to commemorate the event. Memorial services are held at venues such as the USS *Arizona* Memorial in Pearl Harbor. Other activities include: wreath-laying ceremonies; keynote speeches by those associated with the event; luncheons; media stories on survivors' recollections of the Pearl Harbor attack; and school activities to educate students about the attack on Pearl Harbor in relation to World War II history.



## Meet Joshua & Nickolas!

## Questions By: AE Newsletter Group

- 1. Where did you attend school?

  Lititz
- 2. Favorite TV show? SpongeBob
- 3. Any brothers or sisters?
  One brother named Seth
- 4. Favorite color?
  Green
- **5. Favorite movie?**ET the extraterrestrial
- **6. Favorite music?**Rock and roll especially Katy Perry and Michael Jackson
- 7. Any pets?
  A dog named Kasey
- 8. Any hobbies? like to read
- 9. What is your favorite food? Spaghetti and meatballs
- 10. What is your favorite time of year?
  Summer



## **Nick**

- What schools have you gone to? Garden Spot and CDC
- 2. What is your favorite color? Black
- 3. What is your favorite movie? The Leggo Movie
- **4. Do you like to swim, play basketball or football?** I like baseball. I play for Special Olympics.
- 5. Who is your favorite sports team? The Phillys
- **6. Do you have any hobbies?** Video games and drawing
- 7. What is your favorite food?

  Anything except mashed potatoes
- 8. Favorite TV show? Walking Dead
- 9. Do you like to read, what is your favorite book? Yes, The Lord of the Flies
- 10. Who do you live with at home?Do you have any pets?I live in a group home. We have no pets.



## WINTER



Winter starts on Friday December 21st, 2018. 4 days before Christmas. In winter it's freezing cold and dark. In winter you can cozy up to a fire in the fireplace



with someone special drinking hot cocoa while listening to Christmas music. In winter due to all the snow, one can go skiing or make a snowman, or have a snowball fight. Winter is a time where you can go ice skating, sledding, snowboarding, riding snow mobile. Winter is a time for doing more indoor activities such as; watching TV, reading a good book, video games, board games, knitting, using a treadmill for exercise due to bad weather outside. Also for eating comfort food like; soups, chili, stews, oatmeal, hot cocoa or tea. Wearing warm clothing like fleece, flannel, robes, fluffy slippers, hoodies, turtleneck sweaters, etc. Whatever you like to do in winter, make sure you stay cozy and warm doing it.



## **CHRISTMAS**

During Christmas most people spend time with family, open Christmas presents, eat delicious foods, ham, baked macaroni, turkey, stuffing, mashed potatoes and gravy, sweet potatoes, cranberry sauce, rolls, apple pie (which is Victor's favorite) and pumpkin pie carrot cakes, some bake

cookies. And put up Decorations on the tree and star on top of the tree and around the house.

There are Christmas parties, celebrations which are held in most parts around the world. Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world.

Date: December 25, 2018 Tuesday

Significance: Commemoration of the Nativity of Jesus

Celebrations: Gift-giving, family and other social gatherings, symbolic

decoration, feasting etc

Also called: Noël, Nativity, Xmas, Yule

**Observances:** Church services

Observed by: Christians, many non-Christians



## SCRAMBLE WORDS

- 1. wrietn
- 2. nsanomn
- 3. scraimst
- 4. scaelnd
- 5. swno
- dsenocirat
- 7. asant sclua
- 8. ejlign sbell
- 9. gsstinokc
- 10.gcanrilo

### **ANSWER:**

winter, snowman, Christmas, candles, snow, decorations, Santa Claus, jingle bells, stockings, caroling

## **Outing at Sunrise Soap company**









## **BOXING DAY, DECEMBER 26th**

## What do you think Boxing Day celebrates?

Jay - Mike Tyson

**Jon W. –** I always thought it was about the sport of Boxi Garfunkel, called The Boxer.

**Joey –** I don't know, but I always thought of Canada.

Jimmy - Muscles

Chris - Watch wrestling

If you aren't familiar with Boxing Day, like us, you might be tempted to think this holiday had something to do fist fighting or boxing gloves. While there are many theories, it most likely refers to the seventeenth century practice of 'boxing', which means a gift or gratuity placed into a box and given





to someone. A 'Christmas Box' in Britain is a name for a Christmas present. Boxing Day was traditionally a day off for servants and the day when they received a Christmas Box' from the master. The servants would also go home on Boxing Day to give Christmas Boxes' to their families. Boxing Day is celebrated in the U.K and in areas that were previously British colonies. It is celebrated in Greenland, Uganda, Australia, Fiji, Hong Kong, Denmark, Belize and in approximately 20 other

countries. It is one of the busiest shopping days of the year in the United Kingdom, Canada and many states of Australia.

## **JOKES**

- Why was Santa's little helper depressed?
   Because he had low elf esteem.
- 2. What do you call a bankrupt Santa? St. Nickel-less
- 3. What is Santa's favorite track and field event?
  North Pole-vaulting
- 4. Why didn't Rudolph get rewarded for his report card? Because he went down in History.
- 5. What is the difference between a knight and Santa's reindeer? One slays a dragon, the other's draggin' a sleigh.
- 6. What do you call people who are afraid of Santa? Claus-trophobic
- 7. How does Santa keep his shower clean? He uses Comet.
- 8. What do you call a Santa living in the South Pole A lost clause.
- 9. Why did the Grinch go to the liquor store? He was looking for the holiday spirit.
- 10. Did you hear Santa knows Karate? Yes, he has a black belt.
- 11. How much did Santa pay for his sleigh? Nothing, it was on the house.





## **RELAXATION TECHNIQUES**

contributed by Independent Living Class

Recently in Independent Living Skills we had a class on relaxation. They learned how to control their breathing to calm themselves in Meditation and how to relax. During class learned about water is in your cells, your blood, and even your bones! Water helps transport substances throughout your body and control your temperature .Carbohydrates break down into sugar and

becomes energy. Also Fiber helps your stomach and intestines work properly. Fat helps your stomach and intestines work properly. Proteins help to build your cells, nervous system, muscle, organs, bones and blood. They can also repair damaged cells. Also to live a healthy lifestyle you must watch your calorie intake. Also when eating vegetables you should make sure that your eat plenty of green vegetables. Other ways to live healthy, do exercises such as: walking, running, jogging, swimming, playing sports to promote health and well being. Getting proper sleep helps the body function and maintain health. Using and doing all these things will help you lead a very healthy lifestyle. In November a new class was started called Mindfulness. This class covers such topics: Meditation /Benefits of Meditation-possible relief of chronic pain/anxiety/depression/headaches/release of endorphins/ positive happy feeling/ helps overall health.

## **UDS FUNDDRAISER**















In arts and crafts
we decorated
Christmas bags for
sale at Park City
Mall.



## **NEW YEAR'S DAY**

This coming New Year's Day is Tuesday January 1<sup>st</sup>, 2019. "A New Year's Resolution is something that goes in one year and out the other."

What are ways you celebrate New Year's Day?

Jamie – We watch the Ball drop in New York, The Hershey

kiss in Hershey, The red rose in Lancaster and the White rose in York.

Kathy – We usually eat pork and sauerkraut.

Jon W – We always go over to our friend's house and eat a lot and goof off. I stay up all night. Joey – I stay up until midnight New Years Eve, and watch the ball drop. I drink coke or anything that has caffeine to keep me awake.

Linda – We watch the ball drop. On New Years day we have pork and sauerkraut with mashed potatoes.

Gloria – I watch parades.

Victor – I celebrate my birthday.

Destiny – I eat sauerkraut and mashed potatoes.

## Do you have any New Year's Resolutions that you have kept?

Jon W – I resolved to get together with Leslie once a week, and I mostly kept it.

Gloria - Losing weight, but I only lost 60 lb.

Derek - Make my bed, dust and vacuum my room.

Jamie – I never kept resolutions, so I decided not to make any anymore.

## **WORDS SEARCH**

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BELLS CANDLES CARDS

CAROLING CHRISTMAS CHURCH

CLAUS COOKIES DECORATIONS

EGG GRINCH HOLLY

JINGLE MISTLETOE NOG

REINDEER SANTA SNOW
SNOWMAN STAR STOCKINGS

TREE WINTER WREATH





- 1. Gift cards ( Dollar Tree, Giant, Walmart, That Pet Place)
- 2. Games
- 3. Lysol Spray
- 4. Sea shells for Arts and Crafts
- 5. Earphones for the computer room
- 6. Boxes of Tissues
- 7. Large and X-Large Paper Punch shapes for Arts and Crafts
- 8. Post-it notes
- 9. Magic Markers and Colored Pencils

If you would like a Gift in Kind tax receipt for your donation, please submit an invoice, letter, or email that states the value of your donation.

THANKS!





December 8<sup>Th</sup> Wendy L.



December 24th Gretchen D.





December 29<sup>Th</sup> Jesse H.



December 31er Victor M.

## <u>DECEMBER 2018</u>

#### **MONDAY**

- •Current Events: Beth/Cindy
- · Arts & Crafts: Amparo
- Independent Living Skills (ILS) Tania
- · Newsletter: Amparo -Cindy & Tania
- World Exploring: Tina
- · Creative Expression: Beth
- · Acting: Cindy

- Current Events: Beth/ <u>Tani</u>a
- · Spanish: Amparo
- · Health & Wellbeing: Beth
- ·Dance: Tania
- · Virtual Travel: Cindy
- •Social Club: Tina
- Book Club: Beth Creative Thinking: Tina
- •Outing

- •Current Events: Cindy, Tina
- •Mindfulness: Tania
- Social Club: Cindy
- •Wildlife: Tania
- ·History: Beth
- •Science: Cindy •Music Appreciation.: Beth
- •Dancexercise: Tania
- Outing

- Current Events: Tania, Tina
- · Chorus: Alyssa
- Movers & Shakers: Amparo
- •Garden & Nature: Cindy
- •Keyboard: Alyssa
- Bain Buster: Beth •Photography: Amparo

- **FRIDAY**
- Current Events: Beth,
- Arts & Crafts: Amparo
- •Home Economics: Tina
- •Group Games: Beth & Amparo
- •Movie Club: Tina
- •Photography: Amparo

- · Arts & Crafts: Make gingerbread House / ILS: Troops/ Christmas cards
- Lunch
- Newsletter: / World **Exploring: History of** Christmas
- · Creative Expression: Starry Night/ Acting: Bob the Snowman

- Spanish: Latin American Culture: Facts, Food & Traditions/ H&WB: Christmas Treats
- •Lunch
- Dance: Ice skating / Virtual
- Travel: Milk Truck
- •Social Club: Snowman / Creative Thinking: Ornaments /
- book Club: Harry Potter

- Mindfulness: Discussion group
- Social Club: Tin Can Craft Lunch
- •Wildlife: Mexican / History:
- Santa
- •Music App: Nirvana / Science: Tin Can Craft
- Dancexercise: Ice skating

- Chorus: Movers & Shakers:
- Gardening: Overview
- •Kevboard:
- Bain Buster: Christmas
- •Photography:

- Arts & Crafts: Make gingerbread House / Home
- **Economics: Tin Boxes** •Lunch
- •Group Games (A): Christmas
- Bingo
  - Group Games (B):Bowling
  - •Movie Club: A Christmas
  - Carol
  - •Photography:

#### 10

- · Arts & Crafts: Christmas Ornaments /ILS: Chair/snack
- Lunch

Man

- Newsletter: / World **Exploring: Frosty**
- Creative Expression: Jon Whitlock Oil Painting/ Acting: The Gingerbread

### 11

- · Spanish: Christmas Vocabulary / H&WB: Scrubbies
- Lunch
- •Dance: Bollywood/Xmas / Virtual Travel: Hess Truck
- Miniatures
- •Social Club: Ornaments / **Creative Thinking: Ornaments /**
- book Club: Harry Potter Dress Like your favorite HP character

## 12

- Mindfulness: Chair Exercise Social Club: Tin Can Craft
- •Lunch
- •Wildlife: Vaquita/ History: **Christmas Cookies** •Music App: Fav Christmas Songs
- / Science: Tin Can Craft • Dancexercise: Bollywood/Xmas

## **CHORUS** CONCERT

- Arts & Crafts: Christmas •Home Economics: Tin Boxes
- - •Group Games (A): Minute to
- - •Group Games (B): Match the
  - •Movie Club: How the Grinch
  - stole Christmas
  - •Photography:

17

## **Christmas Sweaters Fun Day**

18

## **Christmas Hats Fun Dav**

## **Christmas Socks Fun Day**

## **Wear Christmas Colors** Fun Day

## **Christmas Paiama Fun Day**

## **CLOSED**

## **CLOSED**

- Mindfulness: Improve Overall Health Social Club: 4 Simple
- Habits Lunch
- •Wildlife: Documentary /History: New Years Foods & Resolutions
- •Music App: Peer Pick / Science:
- Set up Aquarium · book Club: Harry Potter

- · Chorus:
- Movers & Shakers: •Gardening: Winterizing
- •Keyboard:
- Bain Buster: New Years
- •Photography:

- Arts & Crafts: Make Jewelry •Home Economics: Candy
- •Group Games (A): Frisbee Tic
- •Group Games (B): Ball Toss •Movie Club: Movie of the
- Photography: Ball Toss By **Teams**

## **New Years Fun Day**

#### 25