

Adult Enrichment

active life day program

AE NEWS & FUN!!

DECEMBER 2019



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

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 / Dancercise.

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

THURSDAY

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

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

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

1:00 – 2:00 -----Brain
Busters/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

Groups for Outings (No Outings on this Month)

Tuesday (2nd of the month)

Group 1

Staff- Amparo & Lisavette (Kate E.)

Feb, April, June, Aug, Oct, Dec- Stephanie M, Lynn S, Gary W, Grace C, Danielle
L, Caryn H, Jimmy G

Group 2

Staff- Cindy (John)

Jan, March, May, July, Sep, Nov- Katie H, Marta P, Dewey C, Robyn F, Carly L.
Alondria S., Melissa G.

Wednesday (4th of the month)

Group 1

Staff- Takeisa (Katee)

Feb, April, June, Aug, Oct, Dec- Bob T, Jon F, Josh B., Ben M., Christina

Group 2

Staff- Symone (Kate E.)

Jan, March, May, July, Sep, Nov- Kate M, Mac C, Allegra S, Luis H, Jayln W.

Friday (Movie Club 3rd of the month, starting in January 2020)

Group 1

Staff - Tina, Lisavette

October, February, May: Katie H., David, Jesse, Benessia

Group 2

Staff - Tina

November, March, August: Robyn, Jayann, Kathy M., Missy

Group 3

Staff - Tina

January, April, September: Carly, Donald, Ernie, Marta, Jordan

FROM THE DIRECTOR'S DESK

Upcoming Events

AE Holiday Party: Dec. 11th

Annual Holiday Concert :
Thursday, December. 19th
@11:30am

Happy Holidays!
~ Jared



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





Be sure to stop by Park City Center and support the [United Disabilities Services](#) gift wrap booth. Several gift bags available for purchase were designed by members of Adult Enrichment!

Proceeds support [UDSF](#) and all of it's wonderful programs!

NATIONALA POINTSETTA DAY



National Poinsettia Day is on December 12th. Poinsettia Day was created in 2002 by Paul Ecke. The plant originated in Mexico and was founded in the 1600's. Another name for the plant is the "Star Flower". Poinsettias are often used on Christmas as a decoration. You can dye the plant any color you would like with food coloring. Poinsettias last for months as long as you water it and give it 6 hours of light a day. Poinsettia plants are toxic to cats and dogs. You can buy poinsettias at your local Walmart ranging in different sizes for about 5-12 dollars.



National Pearl Harbor Remembrance Day

This day remembers those who died in the bombing of Pearl Harbor, Hawaii on December of each year. This occurred during World War II in 1941. Japan bombed the United States. It was one of the turning points for World War II. There were four ships that sunk due to the bombing. If you want to go see the memorial for this bombing, then you can be sure to visit Oahu, Hawaii! A total of 2,403 people died during the bombing.

WISH LIST

1. Nikon COOLPIX B500 Digital Camera (Plum) with Accessory Bundle (For Photography Class)
1. Stained Glass Paints, 6-12 colors
2. 4 Black puff paints
3. New speakers for the Green room



National Disability Day

This famous day is celebrated on December 3, 2019. Some people are born with disabilities while others acquire them through other means. On this day, be sure to take a minute to honor those with disabilities and the unique gifts they bring to your life.

To us, the word disability means the following: become permanently injured after an accident or serving in a war, using a wheelchair to help get around to different places, a term for those who need help with something, people who need help remembering things, needing help to speak, and calling people for help. There are physical, emotional, and mental disabilities.

Here are some ways to help people with disabilities:

Help them open things

Help them get in to their wheelchair safely

Lower or lengthen tables to their height

Help them with personal needs

Remind them where to go

Let them try to do as many things for themselves as they can

Don't talk down to them!

People with disabilities can become famous. These famous people include Franklin Roosevelt, Helen Keller, Stevie Wonder, Ray Charles, Michael J. Fox, Tom Cruise, Stephen Hawking, and Christopher Reeves.



GO CHRISTMAS CAROLING

Christmas caroling is a tradition passed down from generation to generation and it is a way for Christians to express their love for the birth of Jesus Christ. One example of a Christmas carol is the song Silent Night. It talks about the birth of Jesus and the night he was born. Christmas caroling is not practiced as much as it used to be and in fact in some countries it is illegal.

Star Wars New Movie

The New Star Wars movie The Rise of Skywalker comes out this December on the 20th. This movie is the continuances of an ongoing battle in space between two rivals, the Jedi and the dark side

Characters:

Luke Skywalker

Princess Leia

Chubakka

R2d2



NATIONAL GINGERBREAD HOUSE DAY



National Gingerbread house day is celebrated on Dec. 12th every year. It originated from an Armenian monk, Gregory of Nicopolis he brought the gingerbread to Europe around 992 AD and taught French Christians to bake it. From the story Hansel and Gretel came the actual Gingerbread house.





SPOTLIGHT AUSTIN INTERVIEW

QUESTIONS BY: AE
NEWSLETTER GROUP

1. What is your favorite football team?

Colts

2. What's your favorite color?

Blue

3. How many siblings do you have?

Two sisters

4. What do you want to do for a living?

I want to be a farmer

5. When is your birthday?

April 21st.

6. What do you like to watch on T.V.?

I like to watch friends, but I don't watch T.V a lot.

7. What's your favorite food?

Lobster

8. What kind of movies do you like?

Jaws

9. What do you like about AE?

The people

10. Where did you go to school at?

Manhiem Central



STAR WARS

Characters:

1. Luke Sky Walker
2. Princess Leia
3. Chewbacca
4. R2D2

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NATIONAL UGLY SWEATER DAY



National Ugly sweater day is celebrated on the 3rd Friday in December every year. This year it will be on December 18th. Ugly sweater day started in 2011 during the holidays when people wanted to wear their sweaters as a way to lighten up the busy holidays. We can celebrate this National holiday by buying a sweater, wearing a sweater or making an ugly Christmas sweater during the holidays.

SCRAMBLE WORDS

1. WNSO
2. CSATHSMIR
3. RDE
4. NEGRE
5. STNAA LSUCA
6. ERTE
7. KOCESIO
8. OH OH OH
9. TEWRHA
10. NYNAC NECAS

ANSWER

SNOW, CHRISTMAS, RED,
GREEN, SANTA CLAUS, TREE,
COOKIES, HO HO HO, WREATH,
CANDY CANES

National Letter Writing Day

National Letter Writing Day is celebrated on Dec. 7th. Emailing and texting is a new way to write a letter. People don't even send Christmas cards nearly as much as they did back in the day. On National letter writing day we can observe the day by writing a loved one on a letter.



Jon w.: I would write a letter to his very special friend Leslie.

Christina: I would write a letter to my sister Pam.

Kathy: I would write a letter to Susie because I miss her.

Derek: I would write a letter to mom and dad because I love them a lot.

Max: I would write a letter to my grandmother because I miss her.

Victor: I would write a letter to Trista because I love her.

Gretchen: I would write a letter to my mom and dad because I love them.

Loni: I would write a letter to my very good friend.

Crystal: I would write a letter to my dad because I love him so much.

CHRISTMAS

Christmas is a Holiday that is celebrated by Christians to honor the birth of Jesus Christ. On Christmas Day families exchange gifts and eat a big dinner together. People love to decorate their houses with lights usually the color of green and red. Evergreen trees are decorated and presents are put under them until Christmas Day.

Things we do on Christmas, the participate said:

Exchange presents

Eat a big dinner

Spend time family

Watch Christmas movies

Listen to Christmas music



HAPPY BIRTHDAY!



December 8th Wendy L.



December 10th Ann B



December 24 Gretchen D.



December 26th Donald A.



December 29th Jesse H.



December 31st Victor M.

DECEMBER WORD SEARCH

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

ANGELS

CHRISTMAS

COOKIES

GRINCH

MISTLETOE

SANTA CLAUS

TREE

CANDY CANES

CLOVES

EGG NOG

HO HO HO

PRESENTS

SHOWS

TURKEY

CAROLS

COLD

GREEN

LIGHTS

RED

SNOW

WREATH



DECEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> •Current Events: <u>Symone & 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>Symone</u> •Dance: <u>Keisha</u> • Virtual Travel: <u>Cindy</u> •Social Club: <u>Tina</u> • Book Club: <u>Symone</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>Symone</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> •Garden & Nature: <u>Cindy</u> •Keyboarding: <u>Brittany</u> • Brain Busters: <u>Keisha & Brittany</u> •Photography: <u>Amparo</u> 	<ul style="list-style-type: none"> •Current Events: <u>Symone & Cindy</u> •Arts & Crafts: <u>Amparo</u> •Home Economics: <u>Tina</u> •Group Games: <u>Amparo/ Symone</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u> •Outing
<p>2</p> <ul style="list-style-type: none"> • A&C: Melted Bead Ornaments / ILS: Count money • Lunch • Newsletter: Write article/ Acting: Bob the Snowman • World Exploring: Passports / Creative Expressions: Starry Night 	<p>3</p> <ul style="list-style-type: none"> •Spanish: Christmas Vocabulary/ H&WB: •Lunch •Dance: / Travel: Brainstorm / Social Club: <u>Guess the Name</u> • Forces of Nature :<u>Animals in the winter</u> /Book Club: Prince Caspian 	<p>4</p> <ul style="list-style-type: none"> •Mindfulness: <u>Social Anxiety</u> / Social Club: •Lunch •History: / Dancercise: •Music App: Science: / Wildlife: 	<p>5</p> <ul style="list-style-type: none"> • Chorus: • Lunch •Garden & Nature: <u>Plant</u> •Brain Buster: / Photography: Take pictures for newsletter articles. 	<p>6</p> <ul style="list-style-type: none"> •A&C: Melted Bead Ornaments / Home Economics: <u>Food</u> •Lunch •A -Group Games: / B-Group Games: <u>Ping Pong toss (Orange Room)</u> •Movie Club:/ Photography: Take pictures for newsletter articles.
<p>9</p> <ul style="list-style-type: none"> • A&C: <u>UDS Christmas Bag/ ILS:</u> • Lunch • Newsletter: Write articles / Acting: Gingerbread Man • World Exploring: <u>Germany</u> / Creative Expressions: Starry Night 	<p>10</p> <ul style="list-style-type: none"> •Spanish: Christmas Colombian Dish/ H&WB: •Lunch •Dance: / Travel: <u>Colombia/ Social Club</u> :Pictionary • Forces of Nature: <u>Surviving the cold</u> /Book Club: Prince Caspian 	<p>11</p> <p>Christmas sweater contest</p> <h2>Christmas Party</h2>	<p>12</p> <ul style="list-style-type: none"> • Chorus: • Lunch •Garden & Nature: <u>Mulch</u> •Brain Buster: / Photography: Take pictures for newsletter articles. 	<p>13</p> <ul style="list-style-type: none"> •A&C: <u>UDS Christmas Bag/ Home Economics: Recipes</u> •Lunch •A -Group Games: / B-Group Games: <u>Law Dart</u> •Movie Club:/ Photography: Take pictures for newsletter articles.
<p>16</p> <ul style="list-style-type: none"> • A&C: <u>Pine Cone Bird Feeding/ ILS:</u> • Lunch • Newsletter: Write articles / Acting: <u>Not the Night Before Christmas</u> • World Exploring :<u>Iceland</u> / Creative Expressions: Starry Night 	<p>17</p> <ul style="list-style-type: none"> •Spanish: <u>Bingo/ H&WB:</u> •Lunch •Dance: / Travel: <u>Chile/ Social Club: Sign Language</u> • Forces of Nature: <u>North Pole</u> /Book Club: Prince Caspian 	<p>18</p> <ul style="list-style-type: none"> •Mindfulness: <u>Peer Pressure</u> / Social Club: <u>Not the Night Before Christmas</u> •Lunch •History: / Dancercise: •Music App: Science: / Wildlife: 	<p>19</p> <h2>CHRISTMAS CONCERT</h2>	<p>20</p> <ul style="list-style-type: none"> •A&C: <u>UDS Christmas Bag/ Home Economics: Food Bingo</u> •Lunch •A -Group Games: / B-Group Games: <u>Guess the Disney voice</u> •Movie Club:/ Photography: Take pictures for newsletter articles.
<p>23</p> <h2>FUN DAY PAJAMA DAY</h2>	<p>24</p> <h2>CHRISTMAS EVE CLOSED</h2>	<p>25</p> <h2>CHRISTMAS DAY CLOSED</h2>	<p>26</p> <ul style="list-style-type: none"> • Chorus: • Lunch •Garden & Nature: Christmas Fun Brain Buster: / Photography: Take pictures for newsletter articles. 	<p>27</p> <ul style="list-style-type: none"> •A&C: <u>Make Jewelry/ Home Economics: Hospitality</u> •Lunch •A -Group Games: / B-Group Games: <u>Bowling</u> •Movie Club:/ Photography: Take pictures for newsletter articles.
<p>30</p> <ul style="list-style-type: none"> • A&C: <u>AE Birthday Cards</u> / ILS: • Lunch • Newsletter: Write Articles ideas for January Newsletter/ Acting: <u>Charlie Brown Christmas</u> • World Exploring: <u>Sweden</u> / Creative Expressions: <u>Snowflakes/Mirrored Image</u> 	<p>31</p> <h2>NEW YEAR CELEBRATION FUN DAY</h2>			