

AE NEWS & FUN!! FEBRUARY 2016

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Enrichment Lancaster



February

Groups for Outing

TUESDAY

Group 1: (7) Jon R., Kathy, Dewey, Allison, Dareek, Ralph, Darla Staff: Tina, Beth, Tania (Alisha, Jared, D'Andrea) Group 2: (6) Kate, Chrissy, Matt, Robert C., Jimmy, Trevor Staff: Amparo, Cindy, Attendant (Alisha, Jared, D'Andrea) Group 3: (6)Lynn, Sam, Angela, Marta, Glen Staff: Tina, Beth Tania (Alisha, Jared, D'Andrea) Group 4: (7)Carly, Katie, Ekat, Loni, Wilfredo, Danielle, Ernie Staff: Amparo, Cindy, Attendant (Alisha, Jared, D'Andrea)

WEDNESDAY

Group 1: (9)

Steph, Jon W, Judi, Wilfredo, Gloria, Robert C., Dan, Mike V, Bob Staff: Tina, Cindy, Beth, Attendant (Alisha, Jared, D'Andrea) Group 2: (8) Jon R., Alvin, Suzie, Jessenia, Dewey, Angela, Jon F, Kathy, Staff: <u>Amparo</u>, Tania, Attendant (s) (Alisha, Jared, D'Andrea) Group 3: (8) Kate, Chrissy, Rosie, Mack, Ben M, AQ, Ritchie Staff: Tina, Cindy, Beth, Attendant (Alisha, Jared, D'Andrea) Group 4: (8)Leroy, Jayann, Robert P, Sam, Laura, Dareek, Mike G, Jay, Staff: Amparo, Tania, Attendant (s) (Alisha, Jared, D'Andrea)

Friday

Group 1: Steph, Jimmy , Danielle, Ernie, , Joey, Ekat, Angie Group 2: JonR, MikeG, Dareek, Robert C, Marta, Bob, Jay, Ritchie

From the Directors Desk

In an attempt to keep participants personal items as organized as possible we are asking that all coats, hats and changes of clothing are clearly labeled with participants initials. We also ask that all unnecessary bags are not sent to program.

For everyone participating in the Wolfgang Candy Fundraiser all orders forms and money are due to me no later than 2/12/15. Candy will be ready for pick up the week 3/14/16.

We have three new staff starting at AE this month! Program Aide Cindy and Program Attendants Giveshka and Yaritza come to us with many years experience working with adults with disabilities. Please take a moment to welcome them to Adult Enrichment.

11:30 – 12:30 -----Lunch. 12:30 – 1:15 -----Newsletter/world Culture. 1:15-2:00------Art/Acting.

Living Skills (ALS)

9:15 - 10:00 AM Daily Current Events

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

TUESDAY

Outing and Regular Classes, every 2nd Tuesday of the month 10:00 – 10:45 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. 1:1 5- 2:00------Virtual Travel / Comic Book.

WEDNESDAY

Outing and Regular classes, every 4 th
Wednesday of the month.
10:00-11:00Classic Viewing /Newsletter
11:00-11:30Sign Language (ASL) /Health &
Beauty
11:00-11:30Lunch
12:30 - 1:15Science / Music Appreciation
1:15-2:00Wildlife/ Brain Busters

THURSDAY

9:15 - 10:00	Keyboarding.
	Chorus.
	Classic Viewing.
	Sign Language.
	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

Sweet Tortilla Snowflakes

Researched by Amparo

INGREDIENTS

6" flour tortillas (if you can't find 6", use the smallest size you can find) 3 tbsp. coconut oil, almond oil, or canola oil (I used coconut) App. 2 tsp. cinnamon App. 4 tbsp. powdered sugar *parchment paper helpful but not necessary

INSTRUCTIONS

Warm each tortilla in the microwave for about 8 seconds on high to make pliable.

They just need to be warmed slightly.

Fold tortilla in half, then in half again, then in half one more time, making a wedge.

Using scissors or a paring knife, cut shapes out of the edges (or the middle) to Create your snowflake. Unfold gingerly. Place tortillas on a greased or parchment-papered baking sheet.

Brush both sides with oil (if using coconut oil, melt first).

Bake in a 400* oven for 5-8 minutes, turning once during the baking time. You'll know

they're done when they are just slightly golden-brown and crispy.

Immediately place on a cooling rack and sprinkle with cinnamon and powdered sugar (I used a sifter to sprinkle my powdered sugar but not necessary).

These are great eaten immediately while still warm but they also keep really well in a sealed plastic bag (they have kept their texture and crunchiness 2 days later!) If serving at a party, you can make these ahead of time and maybe just touch up the powdered sugar just before.

Snowflake Tortillas

Contributed by Steph, Derek, MJ, Mike, Chrissy, Jayln, Carly. typed by Debbie

In arts and crafts class we made snowflake tortillas. First we folded the tortillas in half three times till it looked like a triangle. Next we cut squares and triangles to make designs in our snowflake. Then we carefully unfolded it and it looked like a snowflake. We had to bake them to get them crunchy. Each of us put powdered sugar and cinnamon on them. After all that we ate them! It was good! Some of the class's favorite parts of activity were eating it, putting on the powdered sugar (it was everywhere!) and the cinnamon. We gave it a thumb up for the taste and as a healthy snack.





BLACK HISTORY MONTH

by Jayln & Newsletter Class Typed by Dewey



February is Black History Month. During the month we honor black Americans who did something in history. We honor George Washington Carver, who's known for inventing Peanut Butter. Where would we be without Peanut butter? We can also honor Rosa Parks who refused to give up her seat on the bus and became known as the "first lady of civil rights". Martin Luther King is another person to honor. He was a great civil rights leader. Martin Luther King is another man that comes to mind is Muhammad Ali born as Cassios Clay, a heavy weight boxer considered the greatest in the history of the sport there are many that we haven't mentioned and you can read more about them on the internet. You can look and find some more!

WEATHER Contributed by: Mike V.





This year has been off to a rocky start as far as the weather goes. The tropical El Nino storm has thrown off the weather patterns for the entire Unites States of America. Recently, Lancaster, PA has experienced the blizzard of 2016. This was the first blizzard

Pennsylvania has experienced since January of 1996. It was very cold and windy. The roads were covered in snow. People were stuck inside for four long days. Adult Enrichment closed for two days. To prepare people rushed out to the stores to pick up food and supplies. I shoveled my driveway for a long time and in some spots I found ice. I noticed some cars were stuck on the side of the road after the roads were plowed. The governor Tom Wolf called a state of emergency. Mayor Rick Gray put a driving ban until Sunday, January 26, 2016 at 5:00 P.M. Many businesses were closed over the weekend. Also, the airport, busses, cabs, and railroad were also closed. This is very different from the warm Christmas we experienced. On Christmas day the temperature was in the 70's. According to meteorologist we might be experiencing more snow soon.



STRIKE A POSE!!!!

Contributed and typed by: Daniel

I love the Adult Enrichment photography group because most of the time you can just shoot what is appealing to your eye; what you really like. Photo group is awesome because you are the photographer; you take the photograph. More directly, what I mean to say is you shoot what you see, no more, no less. From what I understand, this spring, we are sort of making almost a collage of ourselves and our lives at home away from program. When taking a picture, you need to take into account lighting, shadow(s), background, texture, color, contrast and a wide array of other smaller factors

when trying (albeit futilely) to set up the "perfect shot." My professional photographer friend Jeff told me last week "we both know there is no perfect shot so don't try to make one. Just take a lot of photos and weed out the bad ones later!" Just don't be afraid to take lots of pictures! Remember that photography is an art form.

NEW WAY FOR OUTINGS

Contributed by Gloria & typed by Sam

There will be four groups instead of two for all outings now. We'll always get to choose what we will do. We always enjoy ourselves. In the past my favorite outing was going to Friendly's and in the future I would like to go to Pizza Hut. We switched from two groups to four to make it easier and safer for the groups to go places, we don't want anyone to feel left out, so everyone goes. Outings add to our program by giving us a chance to go out into the community to places that we choose. We learn to compromise when choosing where to go. We have to be responsible to have the right money to buy the food, and we learn what restaurants are handicap accessible. I enjoy outings!

National Wedding Month



Contributed by Angela & typed Sam

February is National Wedding Month because people want to share their love for each other. Especially on Valentine's Day.

The other big wedding day in February is leap year or February 29. I think June would be a better month because it's good to have outdoor weddings and it's the month with the most weddings. The average wedding has 175 guests , 5 bridesmaids and 5 groomsmen, an average of 6.4 million weddings are performed a year. 80% are performed in churches.

FEBRUARY BIRTHDAYS



Feb 20th Alondria





Feb 23rd Justin







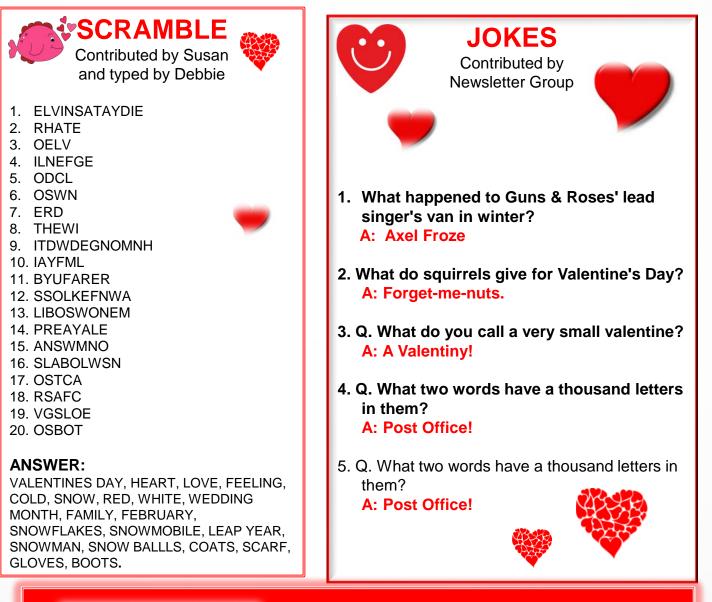


Feb 21er Sam



Feb 22nd Robert P.





HAPPY VALENTINE'S DAY



VALENTINE'S DAY

Contributed by: Debbie typed by: Daniel

Valentine's Day is when two people are in love/ attracted to each other and they send cards to

one another. Valentine's Day was created in the 18th century. I love Valentine's Day because it is a special moment with someone you love. They love you for who you are. Valentine's Day is very special because people spend time with the person they are in love with or attracted to! When someone loves someone else, they buy them flowers. They usually think of the other person, what kind of flowers they like. They usually surprise them with a bouquet of whatever flowers they like. They appreciate them.



Winter Time Contributed by: Susan & typed by: Daniel

I really like winter because of the cold air. I also like the beautiful white scenery the snow brings. This time of year the Christmas

holiday comes along. There are a lot of people out shopping for the Christmas holiday. There are so many family and friends to buy for.

The nicest time is having family and friends come to visit. It sure is good to see them quite often since you haven't seen or heard from them in a while. I come from a large family. We all bring food and sing carols. We all know that Jesus Christ, as born on this day.



THANK A MAILMAN DAY

Contributed by Leroy and typed by Jonathan W.

On February 4th, 2016, it's Thank a Mailman Day. You can verbally thank mailmen for their service. Also, thank them for coming to your house and delivering your mail. Also, you can thank your mailperson

by writing a thank-you card. They are hard workers, usually working 6 days a week, in all kinds of weather, except holidays. Mail delivery began with the 'Pony Express.' Their motto was 'neither rain nor snow, nor death of night can keep us from our duty.' They deserve our gratitude.

Planning for Next Concert

Contributed by: Jon & Daniel & typed by Dan

We planned our spring concert and decided it would be a variety show. The way we decided is to watch several different reality talent shows and pick out what we like about each (if anything.) We discussed what we did and didn't like and where we could go, what direction, with our ideas. The voting was very close on what type of show we wanted. We've actually picked some of



the music for the show but don't want to ruin the surprise. It will have an upbeat, happy feeling to it. We don't have a name for the show and we haven't assigned any solo acts yet. I'm getting excited for the upcoming show and the work we got to do.

SAINT VALENTINE



Researched and typed by Wilfredo

Saint Valentine of Rome is the Patron Saint of Love, young people, and happy marriages; He's celebrated on February 14 also known

as Valentine's Day. Valentine's Day is a romantic holiday although it is not a national or international recognized holiday. The holiday is an occasion where lovers express their love by sending cards or Valentines to one another. Saint Valentines of terni is also recognized on this day. Both saints were placed in the Via Flaminia following their death. While most people recognize the holiday as being one were you buy chocolate and go to dinner with loved ones it's important to know the Holiday came to be in the first place.

PRESIDENTS DAY



CELEBRATE PRESIDENTS DAY WITH PRESIDENTIAL COINS!!

Contributed by: Stephanie & typed by: Daniel

It's a holiday celebrating both Abraham Lincoln and George Washington's birthdays. We observe the holiday by taking off school and work. Banks Post Offices, Courthouses,

and most doctors' offices are closed. There is usually no trash pickup. We used to celebrate Lincoln and Washington's birthdays separately but due to the closeness of their birthdays, the government decided to combine the two day as Presidents Day.

FREE COMPUTER CLASS

Contributed by Victor Typed by Dan



I like free computer time. I get to choose my own music, stuff I like to hear. This is a new experience for me because I don't have

access to a computer at home. It's enjoyable, because it gives me a better outlook because I get to relax for a while. I could look other things up on the computer, but I prefer to listen to music. Since it's free computer time, I get to choose what I do. **AE** is starting more of these times during the day so all of us who want to get onto the computer can. I really enjoy this time and look forward to more times during the week that I can use the computer.

Groundhog Day

Contributed by Jonathan Whitlock

Groundhog Day is a holiday that was started a long time ago that began in the PA town of Punxatawney. It focuses on the prognosticating powers of a groundhog named Phil. According to belief, the happenstance of Phil spotting his



shadow upon emerging from his burrow will result in the winter persisting for six more weeks. This ritual is always accompanied with scads of skits, performances, and of course vendors.

Although the public focuses on Punxatawney Phil, an eye is always kept on his neighbor from Octorara, another varmint by the name of Orphie. This is the forcaster of Lancaster County. The funny thing is, the varmint this year reportedly did not see his shadow. So it has been seemingly declared by this Pinnacle of Prognostication that spring is just around the corner. We shall see.

ABRAHAM LINCOLN

Contributed and typed by Laura



He was a famous President of the United States. He was the16th. He was said to keep important papers in his top

hat. Lincoln was in Fords Theater when he was shot by John Wilkes Boothe. Lincoln was born on February 12, that's why we celebrate his birthday on President's Day in February. He was President during the Civil war and gave a speech at Gettysburg. He freed the slaves while he was in office he was elected two times. It was his second term when he was killed. He was married to Mary Todd Lincoln, and had three sons. He is one of my favorite Presidents. I like to read books about him.



Contributed by: Robert P. Typed by: Daniel

Each week we have a newsletter group on Monday's and Wednesday's.

During the class we write articles for the newsletter which comes out at the beginning of each month. The week of the month determines what we do in newsletter. The first week we pick out topics to write on. We try to get the holidays assigned first. After that, we talk about classes at AE. The second week, we mainly write out articles, so that on week three we can type everything up. We also write down the jokes word scrambler and the word search. During week four, we do the Spotlights and any group articles we need to fill in the space. The following week, Alisha adds her article and does the final read-through. Then the Newsletter gets printed and sent out.

SUPER BOWL 2016

Contributed by Derek & typed by Jon W.



Each year two football teams face off for the legendary Super bowl. Throughout the year, these teams excel through the leader boards against other teams. After the completion of the season, several teams begin a series of games called the playoffs. These playoffs



SAN FRANCISCO BAY AREA 02.07.2016

determine who gets to play in the Super bowl. This year will be Super bowl 50. The halftime show performers will be the band Coldplay. The cost of a 30 second commercial will be 5 million dollars. Last years' Super bowl is memorable for an allegation that some of the teams intentionally deflated some of the footballs so they could win!

MARDI GRAS

Contributed by Darla & typed by Sam

This year Mardi Gras is February 9th. the parades begin in January. On Mardi Gras Tuesday its call fat Tuesday.

Fat Tuesday is the day before ash Wednesday. it is also known as Mardi Gras day or shrove day. It is a day when people eat all they want of everything and anything they want as the following day is ash Wednesday, the beginning of a long fast period for Catholics.



COOKING

Contributed and typed by Dewey

The cooking class starts with staff handing out our three ring binders with our recipes in them. Every class we add a new recipe into the binders to make our AE

cookbook. We have the binders divided into sections so we can easily get to a recipe when we need them. For example we would have a recipe for egg nog, in either the breakfast or the drink section of the binder. Sometimes other people bring in treats that they make a home using the recipe book. When we make food in the class we make sure that everyone gets a turn to do a step in the recipe and everyone gets to try the dish. We have people mixing and measuring and turning on the oven and putting the timer on correctly. Sometimes the dishes are so good that I make them again at home for dinner with my parents.





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



- 1) What is your hobby? Play racing video games
- 2) What is your favorite food? Chinese food
- 3) Where did you work before you came here? Goodwill
- 4) What is your favorite movie? High school musical
- 5) What is your favorite holiday? Christmas
- 6) How many brothers or sisters do you have? 1 brother, Ritchie
- 7) What is your favorite music? Country music
- 8) What is your favorite singer? Usher
- 9) What is your favorite color? Miami's colors, red and orange
- 10) What do you like to do outside? Play baseball
- 1. What is your favorite color? Blue
- 2. What is your favorite football team? Giant
- 3. Do you have any hobbies? Arts and Crafts
- 4. What is your favorite TV show? Dr. Who

- 1) What do like to do? Watch movies-SpongeBob & Shrek
- 2) You have any pets? A dog (Lab) named Max
- 3) What is your favorite sport? Football-Phil Eagles
- 4) What is your home State? Pennsylvania-in Lancaster city
- 5) What is you favorite to show? SpongeBob square pants
- 6) What is your hobby? Watching TV
- 7) What is your favorite holiday? Birthday
- 8) What is your favorite food? Pizza (pepperoni)
- 9) What is your favorite ice cream? Chocolate with M&M's
- 10) favorite color? Blue
- 5. What is you favorite holiday? Christmas
- 6. What is you favorite type of music? Country
- 7. What is your favorite Movie? Concussion
- 8. Where did you go to High School? Neptune HS in New Jersey

ROBERT T.





typed by Laura

K	I	S	S	Ρ	Ρ	Y	Ρ	R	В	F	W	Т	н	D	Ν	А	С	Y	F
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SNOW SHOVEL SALT	DANCER MARTIN LUTHER KING DAY SNOW PLOW	FLOWER POTS KISS LOVE
VALENTINE DAY	SNOW BANK	HUGS
HEART	WINTER	CARDS
CANDY	PRESIDENT DAY	GROUND HOG DAY
ROSES	SNOW FLAKES	CUPID

🎔 🎔 FEBRUARY 2016 🎔 🎔								
MONDAY • Current Events • Arts & Crafts/ Independent Living Skills (ILS) • Newsletter/ World Cultures • Painting / Acting	TUESDAY • Current Events • Spanish/ Essential Cooking • ILS/ World Cultures • Dance/ Virtual Travel • Book Club/Comic Book •Outing- 2/9/2016	WEDNESDAY •Current Events •Classic Viewing/ Newsletter. •Sign Language (ASL)/ Health & Beauty • Science/Music Appreciation •Wildlife/Brain Buster •Outing- 2/24/2016	THURSDAY • Current Events / Keyboarding •Chorus/ Classic •View/ Signing Language (ASL) •Gardening & Natural: / German or History • Keyboarding/ Music Bio/ Photography	FRIDAY •Current Events •Arts & Crafts/Cooking Essential •Photography/Coloring •Movie Club •Computer •Group Games				
1 • A&C: Valentines ornaments / ILS: Budget • Lunch • World Cultures: Countries A-Z •/Newsletter • Acting Class: /Painting: Make sketch	2 Spanish: Valentines Day Vocabulary/ Cooking: Candy's & Cards • ILS: Budget /World Culture: Countries A-Z • Lunch • Dance: Ballet/ Virtual Travel: Zurich/ Comic Book: / Book Club: Beauty/Beast	3 •Classic Viewing: Dr. Quin / Newsletter. •ASL: Animals /Health & Beauty: Skin Care •Lunch • Science: TBA / Music App: By Kate M. •Wildlife: Blue Heron • Brain Buster: TV Shows	4 • Keyboarding • Chorus: /Classic Viewing: I Love Lucy • ASL: Animals • Lunch • History: Titanic / Musical Bio: Marvin Gay • Gardening & Nature: Peanuts / Photography: Photo Transfer ☆ Bring your Own Camera	5 • A&C: Valentines ornaments • /Cooking Essential: Done Candy's & Cards Photography: Mod Podge Photo Transfer • Bring your Own Camera / Coloring: • Lunch • Movie Club: /Computer • Group Games: Pin Ball				
8 • A&C: Valentine's day Cards / ILS: Pen pals Valentine cards • Lunch • World Cultures:: Countries A-Z /Newsletter • Acting Class: / Painting: Start Painting	9 OUTING GROUP 2 <u>Bowling</u> Kate, Chrissy, Matt, Robert C., Jimmy, Trevor Staff: Amparo, Ciindy, Attendant, (Alisha, Jared, D'Andrea) • Spanish: Valentine's Day Games / Cooking: love bugs ILS: Pen pals Valentine cards /World Cututre: Countries A-Z - Lunch • Dance: Polka/ Virtual Travel: Zurich/ Comic Book: / Book Club: Beauty/Beast	10 •Classic Viewing: Honeymooners/ Newsletter. •ASL: Review Animals /Health & Beauty: Moisturizing Lotion Recipes • Lunch • Science: TBA Music App: By Alvin / •Wildlife: Whales by Angie • Brain Buster: TV Shows	11 •Keyboarding •Chorus: / Classic Viewing: Northern Exposure / ASL: Review Animals •Lunch • German: Matching Game / Gardening & Nature: How to grow Nuts / Musical Bio: Taylor Swift /Photography: Photo Transfer *Bring your Own Camera	12 •A&C: Valentine's day Cards /Cooking Essential: Make Love Bugs Photography: Photo Transfer * Bring your Own Camera /Coloring: • Lunch •Movie Club: /Computer •Group Games: Bingo				
15 • A&C: Bean Mosaic /ILS: Nutritious snack • Lunch • World Cultures: Countries A-Z / Newsletter • Acting Class: /Painting: Painting	16 •Spanish: Matching game / Cooking: Time Saving • ILS: Nutritious snack /World Culture: Countries A- Z •Lunch • Dance: River Dance/ Virtual Travel: Zurich • Comic Book: / Book Club: Beauty/Beast	17 • Classic Viewing: Full House /Newsletter. • ASL: Colors / Health & Beauty: Manicure • Lunch • Science: TBA / Music App: By Dereek • Wildlife: Bears by Jon F. / Brain Busters: TV Shows	18 •Keyboarding •Chorus: / Classic Viewing: Barney Miller / ASL: Colors • Lunch •History: Dan Teach / Gardening & Nature: Walnuts • Musical Bio: Whitney Houston / Photography: Photo Transfer	19 • A&C: Bean Mosaic /Cooking Essential: Time Saving Photography: Photo Transfer /Coloring: • Lunch • Movie Club: Outing •/Computer • Group Games: Stay Alive				
22 • A&C: DIY Sharpie Coasters / ILS: Games • Lunch • World Cultures: Countries A-Z / Newsletter • Acting Class: / Painting: Wrap up Paintings	23 • Dance & Movement • Cooking: Easy Stir Fry • ILS: Games /World Culture: Countries A-Z • Lunch Dance: Ballroom / Virtual Travel: BoraBora Comic Book: / Book Club: Beauty and Beast Finish	24 OUTING GROUP 2 Friendly's Jon R., Alvin, Susie, Jessenia, Dewey, Angela, Jon F, Staff: Amparo, Tania , Attendant (Alisha, Jared, D'Andrea) •Classic Viewing: I dream of Jeannie /Newsletter. •ASL: Review Colors/ Health & Beauty: Banana Face Mask •Lunch •Science: TBA Music App: By Judy / Wildlife: Wild Kratts / Brain Busters: TV Shows Tourn.	25 •Keyboarding •Chorus: / Classic Viewing: /St. Elsewhere / ASL: Review Colors •Lunch •German: Emotions /Gardening & Nature: Almond •Musical Bio: Ray Boltz /Photography: Photo Transfer	26 • A&C: DIY Sharpie Coasters /Cooking Essential: • Photography: Photo Transfer /Coloring: • Lunch • Movie Club: /Computer • Group Games: Connect 4 Tourny				
29 • A&C: AE Cards/ ILS: Smart Shopping • Lunch • World Cultures: Countries A-Z / Newsletter • Acting Class: / Painting: Einish Painting	American Heart Association life is why*	na For wome	Friday, Feb	Vear <mark>Red</mark> Day oruary 5, 2016				