

Adult Enrichment

active life day program

AE NEWS & FUN!!

FEBRUARY 2018



Picture by
Aaron

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/world Culture.

1:00-2:00-----Creative Expressions/ Free
Time Computer / Acting.

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 /
Creative Thinking

WEDNESDAY

Outing and Regular classes every 4th Wednesday of the month.

10:00-11:00-----Classic Viewing / Free Time
Computer / Social Club.

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

12:00 – 1:00-----History / Free Time
Computer / Wildlife.

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

THURSDAY

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

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

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

1:00 – 2:00 -----Brain Buster/ Free Time
Computer /Photography.

FRIDAY

10:00- 11:00-----Arts & Crafts/ Home Economics.

11:0 – 12:00-----Lunch.

12:00 – 1:00 -----Group Games / Movie Club.

12:00 – 1:00 -----Free Time Computer.

1:00 – 2:00 -----Photography / Movie club.

Outing every 3rd Friday of the month.

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

Groups for Outings

Tuesday

Group 1: Jan, May, Sept (7) Jon R., Donald, Kathy, Dewey, Allison, Dareek, Robyn, Destany
Staff: Amparo, Open

Group 2 Feb, June, Oct: (7) **Kate, Chrissy, Matt, Shelly, Gary, Jayln**
Staff: Beth, Takeisa (Jared)

Group 3 Mar, July, Nov: (8) Lynn, Trista, Sam, Angela, Marta, Glen, Melissa, Grace
Staff: Tina, Tania (Katie)

Group 4: April, Aug (8) Carly, Katie,, Crystal , Wilfredo, Danielle, Ernie, Loni
Staff: Amparo, Cindy (Jeff)

Wednesday

Group 1: Jan, May, Sept (7) Wilfredo, Gloria, Mike V, Bob T., Chrissy, Sierra, Robert P.
Staff: Cindy, Open (Jared)

Group 2: Feb, June, Oct (7) **Jon R., Suzie, Jessenia, Jon F, Kathy, Crystal, Susan Mc.**
Staff: Tania, Tina (open)

Group 3: Mar, July, Nov (7) Kate, Jayann, Rosie, Mac, Ben M, Trevor, Jimmy, Destany
Staff: Beth, Amparo (Jeff)

Group 4: April, Aug (8) Joey, , Sam, Laura, Dareek, Mike V, Jay, Shelly
Staff: Cindy, Takeisa (Katie)

Friday

Group 1: May, July, Sept., Nov. (5) Marta,, Susie, Carly, Joey, Grace, Matt
Staff: Tina, Takeisa

Group 2: June, August, Oct. (6) Donald. Gloria, Shelly, Katie H., Dareek, Jennifer
Staff: Tina, Open

From the Directors Desk

It's February and that means it is time for our annual candy fundraiser! As last years fundraiser was such a success, we are excited to once again be partnering with Gertrude Hawk Chocolate for this years fundraiser as well.

Order forms, along with sale dates and instructions have been sent home, so make sure to keep an eye out. We thank you in advance for your participation and appreciate your continued support of Adult Enrichment!

Thank you!
Jared



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



Groundhog Day

On February 2nd, the groundhog comes out of his burrow. If he sees his shadow there are six more weeks of winter. If not, we will have an early Spring that year.

Groundhogs are rodents. They eat farmer's crops. They live underground.

There is a very funny movie called Groundhog Day, starring Bill Murray. He wakes up every morning and it is always Groundhog Day. It takes place in Punxsutawney, PA.

Groundhog names:

Punxsutawney Phil

Octorara Orphie

Gus, ..."Just keep scratching!"



Abraham Lincoln's Birthday

Lincoln's Birthday is a legal, public holiday in some U.S. states.

It is observed on the anniversary of Abraham Lincoln's birth:

February 12, 1809. In Pennsylvania, Lincoln's birthday is not celebrated separately.

It is combined with a celebration of President George

Washington's birthday, and celebrated as

Presidents' Day on the third Monday in February, as a Federal holiday.



Picture By Jaime

Abraham Lincoln was, one of the most popular presidents in United States history. This is what AE participants had to say about him:

Lincoln was a tall guy, known for his beard.

He was Honest Abe. He was honest, to a fault.

He was a good president. He was President during the civil war.

We should have birthday cake, to celebrate.

He was shot at Ford's theatre.

He is on our money. The five dollar bill has Lincoln's face on it. He is on the US Penny.

A band called Linkin Park, an automobile bear his name.

ADULT ENRICHMENT



- 1. Gift cards (Dollar Tree, Giant, Walmart)**
- 2. Plastic laundry hamper/ Twin sheet sets**
- 3. Lawn games, Matching games big pictures**
- 4. Games- Brailleing of cards**
- 5. Watercolor paper**
- 6. Refrigerator – We need more lunch box space!**
- 7. Sharpies Markers**
- 8. White Card stock**
- 9. Jigsaw or floor puzzles, 100 pieces or less**
- 10. Hospital Table (2)**



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!

PHOTOGRAPHY CLASS

Picture by Shaun



In photography class we take pictures that are needed for newsletter articles.

For the article on Caroling Day, We dressed up. The ladies wore fancy dresses. The men wore hats. We held paper to pretend it was music. And we sang some Christmas Carols. Then we took turns taking pictures of the group.

For the article about Popcorn Day, we made popcorn. Wil put the popcorn in the microwave. We put Kool-Aid on the first batch and chocolate on the second batch. Angie poured in syrup. June and Elise helped stir. Our favorite part was eating it. Brittany, Jennifer and Wil took pictures. We like Photography class. Our favorite parts are Amparo and taking pictures.



Picture by Jaime

BUBBLE GUM DAY



Picture by Jennifer

Bubble Gum Day is celebrated on February 2nd, this year. Some Brands of Bubble gum are: Orbit, Double Bubble, Wrigley, Big Red, Winter fresh, Hubba Bubba, Juicy Fruit, Bubble Yum, Blow Pops, Chiclets, etc. Some flavors blueberry, strawberry, watermelon, cherry, etc.



History of Bubblegum Day

Bubblegum Day began in 2006, when author Ruth Spiro, decided that the world needed a day focused around education, philanthropy, and best of all bubble gum! It was such a phenomenal success that an entire institution built up around it, encourages philanthropy in children and allowing the school to support a charity that fits the beliefs and policies of the school. It's not just schools either! Businesses, libraries, and community centers all have been known to hold even.

How to Celebrate Bubblegum Day

It depends on your role, really. If you're a student or employee at an institution that is celebrating Bubblegum Day, then make your donation and enjoy your gum! If you run a school, organize a day around Bubblegum Day, and use it to help debunk some of the beliefs that surround bubble gum. It doesn't stay in your system for seven years, and there's no danger in swallowing it, for starters. Also, engage the student body in choosing a charity to support! Businesses can participate as well, just let everyone know, vote on a charity, and then enjoy your gum. It's centered on Bubble Game Day, because charity isn't limited to educational institutions.



SCRAMBLED WORDS

1. WONS
2. ENITELAV
3. STENDISERP
4. GOHDNUORG
5. GNIDDELS
6. ETAKS ECI
7. LLABWONS
8. GNIKS
9. NAMWONS
10. ELIBOMWONS

ANSWERS:

SNOW, VALENTINE, PRESIDENTS,
GROUNDHOG, SLEDGING, ICE
SKATE, SNOWBALL, SKIING,
SNOWMAN, SNOWMOBILE

JOKES

1. Q- When a frog's car breaks down?
A- It Gets toad away
2. Q-What did the duck say when he brought lipstick?
A- Put it on my bill
3. Q- Why did the witches team lose the Baseball game?
A- The bats flew away
4. Q- Why couldn't the leopard play hide and seek?
A- Because he was always spotted
5. Q- What starts with a e, ends with a e, and has 1 letter in it?
A- An envelope
6. Q- Teacher: "Which book has helped you the most in life?"
A- Student "My father's checkbook"
7. Q- How is Christmas like your Job?
A- You do all the work and the fat guy in suit gets all the credit
8. Q- Why does Humpty Dumpty love Autumn?
A- Because humpty dumpty had a great fall
9. Q- What do you call a pig that does karate?
A- A pork chop



Picture by June

CANNED FOOD MONTH

The month of February is Canned Food Month, This is a good opportunity to donate or give food items to those who really need and appreciate it. Canned goods: Most expiration dates on foods in cans range from **1 to 4 years**—but keep the food in cool, dark place and the cans undented and in good condition, and you can likely safely double that shelf life from 3 to up to 6 years.

Donating Food. By redirecting unspoiled **food** from landfill to our neighbors in need, individuals can support their **local** communities and reduce environmental

impact. Non-perishable and unspoiled perishable **food** can be **donated**. **Donated food** can also include leftovers from events and surplus **food** inventory.

The best non-perishable foods to donate canned beans.

dry beans.

peanut butter, or other nut butters.

rolled oats.

canned fruit in juice, not in light or heavy syrup.

canned vegetables, with no or low-sodium.

low-sodium soups.

canned tuna in water.

[Donating Food | Reduce, Reuse, Recycle | US EPA](https://www.epa.gov/recycle/donating-food)
<https://www.epa.gov/recycle/donating-food>



Picture By
Jessenia



Picture by Jennifer

Valentine's Day Impressions



Picture By Staff



Picture by Aaron



Picture By Gretchen

Color: Very pink. Red. And a touch of Mauve.

Emotions: Love. Affection. Broken-hearts.

Friendliness. Loneliness. Romance.

Purpose: To express love and kindness to those who are important to you - people you care about.

Valentine's Day also offers the opportunity to initiate new friendships.

How: Many people give chocolates or flowers....Send love notes....Snuggle....or....Take a date to a romantic restaurant.

History: Emperor Claudias prohibited young people from marrying. He believed unmarried soldiers fought better than married soldiers, because they did not have a family to worry about. A Roman priest named, Valentine, was discovered marrying young couples, secretly. He was imprisoned. And on February 14th, 270, he was executed.

At AE we usually have a party. Participants bring in Valentines to share with friends.

Our Conclusions: Valentines Day is what you make of it. We purpose to have a fun time and enjoy our friends.



Picture by Staff

PRESIDENTS DAY

President's Day will be on February 19th this year. Some Presidents are: Ford , Bush, Abraham Lincoln, John Fitzgerald Kennedy , George Washington, Eisenhower, Jimmy Carter, Ronald Reagan, Barack Obama James, Buchanan, Donald Trump, Bill Clinton, Richard Nixon, Truman, Roosevelts (Franklin and Theodore) ,etc. Presidents' Day for the year 2018 is celebrated/ observed on Monday, February 19.

Presidents' Day or also known as Washington's Birthday is observed on the third Monday of February. The day is to honor the birthdays of our past Presidents of the United States.

Presidents Day in the United States is celebrated on the third Monday of February in many states. In 2018, the holiday falls on 19 February to create the "Presidents Day weekend."

National except DE, FL, GA, IN, IA, KS, KY, LA, NM, NC, RI & WI.

FRUIT OF THE MONTH

February is avocado and banana month. Here are some of our thoughts about bananas:

Victor - They are good for your health.

Nick - They are yellow and they have potassium in them.

Jon W. - Bananas are stereotyped for monkeys.

You can enjoy avocados and bananas together or separately. They both have many health benefits.

They are gentle on the stomach and easy to digest.

A ripe avocado will feel soft, but not mushy. Though you can squeeze it, the skin will not have indentation marks from the pressure. A ripe banana has brown spots and is softer and sweeter than a green or yellow banana. Some people prefer yellow bananas without spots for eating raw. Others choose those that are softer with spots.

Avocados and bananas easily fit into any diet and may be eaten raw, baked, cooked or added to numerous recipes. Shakes and smoothies are a popular way to enjoy these fruits. Many people report experiencing benefits for the digestive system when drinking avocado and banana smoothies.

Here are some ways we enjoy eating bananas:

Darla - Bananas with peanut butter
Gretchen - I like to eat them plain.

Jon W - Banana milkshakes

Nick - I cannot eat bananas. I can eat them sometimes, but not other times.

Jon R - Banana Split

Joey - I like to put peanut butter on my bananas. They are really good.

Shaun - I put them in cereal a lot.

Avocados are not as popular among us:

Nick - I do not like avocados that much.

Darla - I do not care for them

Jon W. - They make good dips.

Jon R - No

Joey - No thank you

Shaun - I've had avocado in salads.



Science Class



In Science class we made a lamp out of a clementine peel.

We cut around the 'equator' of the clementine, and carefully peeled off the 'Northern and Southern Hemispheres'. The Northern Hemisphere contains a natural wick. We poured in some olive oil and lit the wick. We cut the center out of the Southern Hemisphere, for a chimney, and set it on top. Then we had a clementine snack. (This also works with oranges.)



Celebrating Black History



Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history.

Some people we would like to remember this month, are as follows:

George Washington Carver - A great scientist, who discovered many uses for the peanut.

Martin Luther King Jr. - A social activist, who gave his life, pursuing racial equality.

Rosa Parks - A courageous young lady who took a stand for what she believed in.

Cassius Clay - An athletic role model.

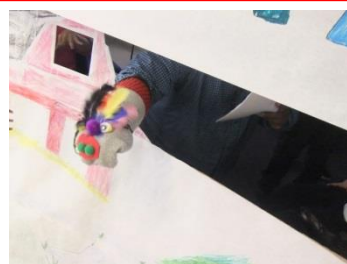
Bill Cosby - A funny, funny comedian.

Michael Jackson - A song writer, singer, and dancer, who started out in the Jackson Five.

Oprah Winfrey - The first black TV host, and a famous talk show host.

Darius Rucker - The one who formed Hootie and the Blowfish Band. He is now a Country singer.

Barak Obama - The first African American president of the United States of America.



Creative Thinking

Creative Thinking is about expressing our ideas. We have created a comic book, wrote our own picture poetry and had a puppet show with our own lines that we wrote. Each one of us had our own idea on what Puppet we wanted and then we made them. We work well together on our ideas. We will begin to work on our own book soon. We hope to share our ideas with you and hope that you will enjoy being Creative with us.



Questions answered By: Jennifer F. The Adult Enrichment Newsletter Group

1. What your favorite TV show?
3 is Company
2. What is your favorite color?
Purple
3. Do you have any pets?
A dog Lulu Bell
4. Do you have any Brothers and /or Sisters?
2 Brothers and 2 Sisters
5. What is your Favorite Music?
Country/ Lee Greenwood
6. Do you have any Hobbies?
Bike Riding



INDEPENDENCE LIVING SKILLS&SELF ADVOCACY

WHAT IS SELF ADVOCACY?

Why are self advocacy skills important?

What is Self-Advocacy?

<http://canlearnsociety.ca/>



We are often asked why being a **self advocate** is so **important**. The ability to understand and communicate your needs and wants to others is a **skill** all people need.... A **self-advocate** with a strong sense of determination can have a meaningful impact on issues that are **important** to them by engaging in public **advocacy**.

Question to The independent Living Skills Class

HOW CAN YOU SELF ADVOCATE OR GET SOMEONE TO RESPECT YOUR RIGHTS?

Bob T. said that he is very good at speaking up for himself. Jayann said that you should think and speak positive. Destiny said that you have to stand up for what you believe in and know your boundaries and don't let anyone cross them. Allison said don't let people push you around. Shelly said that she refused to do anything that makes her uncomfortable. Everyone should speak up or self advocate for themselves.



Happy Birthday



Feb 6th Keri G.



Feb 21^{er} Sam D.



Feb 20th Alondria S.



Feb 22nd Robert E. P.



Feb 23rd Justin F.



Feb 25th Katie H.



Feb 26th William T.

Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Happy birthday!

Happy birthday!



WORD SEARCH



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

SNOW
VALENTINE
PRESIDENT DAY
GROUNDHOG
ICE SKATE
SNOWBALL
SKIING

FROST
BOOTS
SCARVES
SKI MASK
MITTENS
COATS
AVALNCHES

SNOWMAN
SNOWMOBILE
COLD
ICE
WINTER
FREEZE
SLEET

February 2018

MONDAY

- Current Events: [Beth/Cindy](#)
- Arts & Crafts: [Amparo](#)
- Independent Living Skills (ILS) [Tania](#)
- Newsletter: [Amparo](#) - [Cindy & Tania](#)
- World Cultures: [Tina](#)
- Creative Expression: [Beth](#)
- Acting: [Cindy](#)

TUESDAY

- Current Events: [Beth/Tania](#)
- Spanish: [Amparo](#)
- Health & Wellbeing: [Beth](#)
- Dance: [Tania](#)
- Virtual Travel: [Cindy](#)
- Social Club: [Tina](#)
- Book Club: [Beth](#)
- Creative Thinking: [Tina](#)
- Outing

WEDNESDAY

- Current Events: [Cindy, Tina](#)
- Classic Viewing: [Tania](#)
- Social Club: [Cindy](#)
- Wildlife: [Tania](#)
- History: [Beth](#)
- Science: [Cindy](#)
- Music Appreciation.: [Beth](#)
- Danceexercise: [Tania](#)
- Outing

THURSDAY

- Current Events: [Tania, Tina](#)
- Chorus: [Alyssa](#)
- Movers & Shakers: [Amparo](#)
- Garden & Nature: [Tina](#)
- Keyboard: [Alyssa](#)
- Brain Busters: [Beth](#)
- Photography: [Amparo](#)

FRIDAY

- Current Events: [Beth, Tina](#)
- Arts & Crafts: [Amparo](#)
- Home Economics: [Tina](#)
- Group Games: [Beth & Amparo](#)
- Movie Club: [Tina](#)
- Photography: [Amparo](#)



- 1
- Chorus: /Movers & Shakers:
 - Lunch
 - Garden & Nature: Butterflies / Keyboard:
 - Brain Busters: Beatles / Photography: Newsletter Pictures

- 2
- A&C: Birthdays cards/ Home Ec.: Cookbook
 - Lunch
 - A- Group: Bingo/ B-Group Game: Musical Trivial Pursuit / Movie Club Movie of the week Photography: Newsletter Pictures

- 5
- A&C: Yarn Squiggle Heart/ ILS: Troops
 - Lunch
 - World Cultures : Centralia / Newsletter:
 - Acting Class: Bob the Snowman/ Creative Expression: Watercolors and Sharpies

- 6
- Spanish: Months and number / H&WB: Warm Smoothie
 - Lunch
 - Dance: Locomotion / Virtual Travel: Ski Lift
 - Social Club: ISL Stories/ Creative Thinking: Q factor / Book Club: Alice

- 7
- Classic Viewing Magic school bus: /Social Club: Pennsylvania
 - Lunch
 - Wildlife: Tube Worm /History: Alexander & Nicholas
 - Science: Avocado/Music Bio.: Stevie Wonder/ Danceexercise: Locomotion

- 8
- Chorus: /Movers & Shakers:
 - Lunch
 - Garden & Nature: Volcanoes / Keyboard:
 - Brain Busters: Star Wars/ Photography: Newsletter Pictures

- 9
- A&C: Yarn Squiggle Heart / Home Ec.: Sugar
 - Lunch :
 - A-Group Game: Bowling /B- Group: Getting to Know You /Movie Club Movie of the week / Photography: Newsletter Pictures

- 12
- A&C: Paint yarn squiggle heart/ ILS: Chair/snack
 - Lunch
 - World Cultures : Oklahoma / Newsletter:
 - Acting Class: Career Charades/ Creative Expression: Vincent Van Gogh

- 13 OUTING to Bowling
Kate, Chrissy, Matt, Shelly, Gary, Jayln, Carson
- Spanish: Spanish Song/ H&WB: Hygiene Quiz
 - Lunch
 - Dance::Zumba / Virtual Travel: Ice skating
 - Social Club: Valentine cards / Creative Thinking: Are you seeing / Book Club: Alice Movie

- 14
- Classic Viewing: That Girl/ Social Club: Love Languages
 - Lunch
 - Wildlife: Dumbo fish /History: Russias Lost Princesses
 - Science: Cherry Tree /Music Bio.: Hair Spray/ Danceexercise: Zumba

- 15
- Chorus: /Movers & Shakers:
 - Lunch
 - Garden & Nature: Oceans / Keyboard:
 - Brain Busters: Eagles Football/ Photography: Newsletter Pictures

- 16 Movie Outing Group 1
- A&C: Paint yarn squiggle heart / Home Ec.: Bingo
 - Lunch :
 - A-Group Game: Hang man/ B- Group Hangman
 - /Movie Club Movie of the week Photography: Newsletter Pictures

- 19
- A&C: Aluminum foil earrings/ ILS: Math
 - Lunch
 - World Cultures : Oregon/ Newsletter:
 - Acting Class: US Presidents/ Creative Expression: Starry Night Tutorial

- 20
- Spanish: Guest Speaker / H&WB: Laughter
 - Lunch
 - Dance: 60s / Virtual Travel: Snow plows
 - Social Club: Ice windows/ Creative Thinking: Word Patterns / Book Club: Alice

- 21
- Classic Viewing: Father knows Best /Social Club: Presidential Trivia
 - Lunch
 - Wildlife: Squid: /History: Lost Princesses
 - Science: Holograms/Music Bio.: Finish Hairspray/ Danceexercise: 60s

- 22
- Chorus: /Movers & Shakers:
 - Lunch
 - Garden & Nature: Caves/ Keyboard:
 - Brain Busters: Gumby / Photography: Newsletter Pictures

- 23
- A&C: Aluminum foil earrings/ Home Ec.: Sugar Scrub
 - Lunch :
 - B-Group Games: TV Theme Songs /A – Group Games: Balloon Tennis
 - Movie Club Movie of the week Photography: Newsletter Pictures

- 26
- A&C: jewelry / ILS: Count\$
 - Lunch
 - World Cultures : Texas / Newsletter:
 - Acting Class: Drinking Gourd/ Creative Expression: Begin Starry Night

- 27
- Spanish: Colors and games / H&WB: Fuzion Fitness Games
 - Lunch
 - Dance: 90s / Virtual Travel: Snowboarding
 - Social Club: Sleep /Creative Thinking: Remote Test / Book Club: New Book

- 28 OUTING to Olive Garden
Jon R., Suzie, Jessenia, Jon F, Kathy, Crystal, Susan Mc.
- Classic Viewing: Flintstones/ Social Club: Interviews
 - Lunch
 - Wildlife: Lamprey /History: Rasputin
 - Science: Optical Illusions / Music Bio.: John Cougar/ Danceexercise: 90s