

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 – 12:00Lunch.			
12:00 – 1:00 Newsletter/ Free Time			
Computer/world Exploring.			
1:00-2:00Creative 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------Uunch. 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.

10:00-11:00Classic Viewing / Free Time
Computer / Social Club.
11:00-12:00Lunch.
12:00 – 1:00 History / Free Time
Computer / Wildlife.
1:00-2:00Music Appreciation/ Science.
Dancexercise .

THURSDAY

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

FRIDAY

10:00- 11:00Art	s & 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



www.facebook.com/ Adult Enrichment Lancaster





OUTING GROUPS

Tuesday (2nd of the month) <u>Group 1</u> <u>Staff-</u> Amparo & Takeisha (John) <u>Feb</u>, April, June, Aug, Oct, Dec-Stephanie M, Lynn S, Gary W, Jayln W, Grace C, Melissa G

<u>Group 2</u> <u>Staff-</u> Cindy & Lory (John) <u>Jan, March, May, July, Sep, Nov-</u> Katie H, Marta P, Dewey C, Robyn F, Ben M, Matt B

Wednesday (3nd of the month) <u>Group 1</u> <u>Staff-</u> Cindy & Lory (Rachael) <u>Feb, April, June, Aug, Oct, Dec-</u> Robert P, Bob T, Kathy S, Rosie S, Alondra S

<u>Group 2</u> <u>Staff-</u> Amparo & Kate (Rachael) <u>Jan, March, May, July, Sep, Nov-</u> Kate M, Mac C, Laura S, Allegra S, Jon F

Movie Club Friday (3nd of the month) <u>Group 1</u> <u>Staff -</u> Tina, Takeisa <u>Nov, March, June, Sept.</u> Joey, Donald, Destiny, Grace C, Benessia.

<u>Group 2</u> <u>Staff -</u> Tina, Lory <u>Jan, April, July.</u> Katie H., Dareek, Carlos, Jayann, Robyn, Ernie.

<u>Group 3</u> <u>Staff -</u> Tina, Kate <u>Oct, Feb, May, August.</u> Carly, Marta, Matt, Jordan, David.

FROM THE DIRECTORS DESK

This years Annual Candy Fundraiser will take place from February 18th-March 11th. All proceeds will be used to help cover the costs of purchasing a new wheelchair lift for our van, Big Green, as our current lift has met an untimely end. Brochures and order forms will be sent home shortly.

If you would like to support AE in our efforts to purchase a new wheelchair lift, but do not wish to participate in our fundraiser, donations can be made through our website at www.AdultEnrichment.com or by calling 717.397.5600 and asking for Jared!

THANK YOU!



Groundhog Day

Groundhog Day occurs on February 2nd every year. It is celebrated in the United States and Canada. It was originally derived from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees a shadow due to clear weather, it will retreat to its den and winter will continue for six more

weeks. If it does not see its shadow because of cloudiness, spring will arrive early. Groundhog Day first appeared in the local newspaper in Punxsutawney, PA, in 1886. The following year brought the first official trek to Gobbler's Knob in Punxsutawney to see Phil the groundhog emerge from his burrow. Each year since then, there has been a steady increase in participation of the celebration from people all over the world.

The name "Punxsutawney" derives from a Native name in the Unami language which translates to "town of the sandflies" or "town of the mosquitoes."

There is a popular movie called Groundhog Day which stars Bill Murray. The story is about a cynical TV weatherman who finds himself reliving the same day over and over again when he goes on location to Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he figures out a way to turn the situation to his advantage.

FEED THE BIRDS DAY

Feed the Birds Day. Every **February 3** is Feed the Birds Day. This is an important day for the health and survival of your wild backyard birds. The photography class did some bird feeds. All you will need a few items from around the house:

- 1Toilet Paper roll
- 1 Jar of Peanut butter
- 1 small bowl
- 1 plate
- A plastic knife
- 2 popsicle sticks
- birdseed.



Pictures by Shaun



Once you have all of your items together, start by putting the peanut butter in the small bowl. Using the plastic knife, spread the peanut butter onto the toilet paper roll. Be sure to check that the peanut butter isn't gobbed onto the roll because it will drip off in the heat. You want a nice layer of peanut butter smoothed out over the toilet roll. Finally, spread some birdseed onto the plate. Take the toilet paper roll covered in peanut butter and roll it on the plate attaching the birdseed to the roll.

After that, take your new bird feeder outside, slide it onto a branch, and your tree is now the place to be for hungry birds!

NATIONAL PIE DAY

National Pie Day is observed January 23rd. This year AE celebrated by holding its first annual pie contest. We got to taste Chocolate Mint Ice Cream Pie, Nutella Cream Cheese Pie, Cherry Pie and Dutch Pear Pie. The participants voted the Mint as their favorite. Three staff judges voted the Nutella the winner. We all enjoyed tasting the pies. We are already looking forward to next year's National Pie Day!



















- 1. Gift cards (Dollar Tree, Giant, Walmart, That Pet Place)
- 2. Games- Brailling of cards
- 3. Earphones for the computer room
- 4. Boxes of Tissues
- 5. Large and X-Large Paper Punch shapes for Arts and Crafts
- 6. Post-it notes
- 7. Paperclips for 1/4 inch stacks of paper
- 8. Acrylic paint
- 9. Watercolor paint and paper

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.

Thank You!!





Presidents Day is an American holiday celebrated on the third Monday in February; Presidents Day 2019 occurs on Monday, February 18. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the

birthdays of Washington, Abraham Lincoln and other figures, Presidents Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present. Washington's Birthday

The story of Presidents Day date begins in 1800. Following the death of George Washington in 1799, his February 22 birthday became a perennial day of remembrance.



Esther

- 1. Tell us something about yourself. I have two children.
- 2. How old are your kids? My daughter is 24 and my son is 16.
- 3. Do you have any brothers or sisters? Yes. I have two brothers and two sisters.
- 4. What kind of music do you like to listen to? 80s music.
- 5. Where did you go to school? Conestoga Valley.
- 6. What is your favorite animal? Bears.
- 7. What is your favorite TV show? Deal or No Deal.
- 8. Where do you live? Lancaster.
- 9. Do you like to cook? Yes. I like to make grilled cheese sandwiches.
- 10. What is your favorite food? Pizza.
- 11. What is your favorite movie? I like Christmas shows.
- **12.** What is your favorite color? Blue.

- 1. What is your favorite color? Red and pink.
- 2. What is your favorite food? Chicken.
- 3. What is your favorite kind of music? Hip-hop.
- 4. What do you like to do in your free time? Talk to friends.
- 5. Do you wear earrings? Yes.
- 6. Do you have any pets? If so, how many? Two pets – one dog named Baxter and a cat named Dolly.
- 7. Do you prefer to be called Ally or Allegra? Both.
- 8. Do you like to cook? My mom does. I help her a lot.
- 9. Do you like to go on outings? Yes, sometimes.
- 10. What is your favorite TV show? I Carly.

- 1. YABEFRUR
- 2. SATELINENV YAD
- 3. SAETHR
- 4. ESURP WLOB
- 5. HOLOTCACE
- 6. DICSERIA
- 7. RASDC
- 8. RTIWNE
- 9. WESET RAETH
- 10. DORGNOGUH

SCRAMBLE WORDS

FEBRUARY, VALENTINES DAY, HEARTS, SUPER BOWL, CHOCOLATE, CANDIES, CARDS, WINTER, SWEET HEARTS, GROUNDHOG





Questions By: AE

Newsletter Group

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The weather in February tends to be cold, snowy, icy, wet and often unpredictable. We have gotten snowstorms, ice storms, rain or a mix of the three, as well as frigid temperatures.

Some things we like to do in cold, snowy weather: Brittany: Drink hot chocolate, watch movies and hang out. I like to play in the snow.

Jonathan W.: Close the windows and turn the heat on. Curl up by the fireplace with hot chocolate.

Derek: Drink hot tea, coffee, cocoa, or mocha. It's warm in

my bed. I like to close my blinds or take a hot shower.

MJ: Relax and don't hear the phone ring.

Jay: Stay home and stay inside.

Robert P.: Stay home, stay inside, and stay warm. Spend time with my friend George. Victor: Stay in bed.

Gretchen: Just relax and stay home.

Jon R.: Stay home.

JOKES

Did you hear about the bed bugs who fell in love? They're getting married in the spring! Q. Why do skunks love Valentine's Day?

A. Because they're scent-imental creatures!

Q. How did the phone propose to his girlfriend on Valentine's Day?

A. He gave her a ring.

Q: Why did the man send his wife's Valentine through Twitter?

A: Because she is his tweetheart.

Q: What was the French cat's favorite Valentine's Day dessert?

A: Chocolate mousse.

Q: Why didn't the skeleton want to send any Valentine's Day cards? A: His heart wasn't in it.

Q: What kind of car does Mickey Mouse's wife drive? A: A minnie van!

Q: Why was the broom late?

A: It over swept!

Q: Why did the robber take a bath before he stole from the bank? A: He wanted to make a clean getaway!

Two antennae met on a roof, fell in love and got married. Their wedding ceremony wasn't fancy. The reception, however, was excellent.



We had the privilege to invite Christine Ferreira back to Adult Enrichment. We talked about all the severe rain and flooding we have gotten over this past year. Weather is very interesting in many ways. It helps us to dress, bring an Umbrella or just have a snow day. What ever the Weather will be. We would like to thank Christine and Channel 8 News for giving us the heads up.

History and Information About Valentine's Day



Valentine's Day occurs on February 14th annually. Valentine's Day originated as a Western Christian feast day honoring one or two early saints named Valentinus and is also called Saint Valentine's Day or the Feast of Saint Valentine. Valentine's Day is recognized as an important cultural, religious, and commercial celebration of romance and romantic love in many regions around the world. It first became associated with romantic love within the circle of Geoffrey Chaucer, a 14th century English poet and author, when the tradition of courtly love became popular. In 18th century England, people began to express love for each other on Valentine's Day by presenting flowers, giving each other sweets, and sending greeting cards known as valentines. Some

Valentine's Day symbols that are used today include hearts, doves, and the figure of Cupid. Who is Cupid?

Cupid is a mythical winged character who carries a bow and arrow and is considered to have the power to cause people to become attracted to one another. He shoots people with arrows, and whoever gets shot with an arrow is considered to be in love.

What do people like to do on Valentine's Day?

Victor: Go out to eat.

Derek: Give flowers and rings to each other. They give each other candy, chocolate, and other gifts. **Mary Jane:** Give each other a kiss on the cheek. Some people get engaged.

Gretchen: People can give cards to their friends and roommates.

Some Facts About Valentine's Day Today:

U.S. consumers are expected to spend an average of \$143.56 on Valentine's in 2019. Total spending in the U.S. is expected to reach \$19.6 billion. The average cost per couple for an evening out on Valentine's Day is currently \$170.53. Men spent almost twice as much as women did on Valentine's Day in 2017. 9 million marriage proposals also take place on Valentine's Day.

SUPER BOWL LIII 2019





This year's Super Bowl game will take place on Sunday, February 3rd at



6:30 pm. This is the 53rd Super Bowl game to be played. The Los Angeles Rams and New England Patriots will be playing at the Mercedes-Benz Stadium in Los Angeles. The halftime show will be performed by musical artists Maroon 5, Big Boi, and Travis Scott.

After taking a vote, we think that the New England Patriots will win the Super Bowl. However, Jonathan W. says he thinks the game will end in a draw.

A suggestion from the Newsletter class: We advise you not to drink or eat too much while watching the game because most people need to get up and go to work or school the following Monday morning.

Some kinds of foods that we think would be good to eat while watching the Super Bowl: Soup, chocolate peanut butter cake, corn dogs, rice krispie treats, hot tamales, hot ham and cheese sandwiches.

SEND A CARD TO A FRIEND DAY



National Send a Card To a Friend Day takes place on Thursday, February 7th, 2019. Gretchen and some others participated in making cards for Send a Card to a Friend Day during our Photography class this month. Gretchen decorated her card with pictures that she cut out from magazines, and she gave her card to her roommate, Kathy. This is a great day to send a card to a special friend and let them know you're thinking of them.









Feb 6th Keri G.

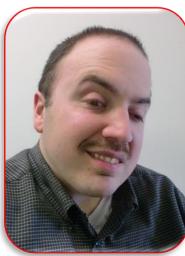




Feb 11th Nikolas U.



Feb 20th Alondria S.



Feb 23rd Justin F.





Feb 22nd Robert E. P.



Feb 25th Katie H.



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BROKEN HEARTS CUPID FLOWERS GROUNDHOG RED ROSES TRUE LOVE CANDIES DANCE FOOTBALL HEARTS RESTAURANTS SNOW VALENTINES DAY

CHOCOLATE FEBRUARY GIFT PINK ROMANTIC DINNER SUPER BOWL WINTER



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<u>MONDAY</u> •Current Events: <u>Cindy</u> & <u>Tina</u> • Arts & Crafts: <u>Amparo</u> • Independent Living Skills (ILS) • Newsletter: <u>Amparo</u> - • World Exploring: <u>Tina</u> • Creative Expression: • Acting: <u>Cindy</u>	TUESDAY • Current Events: Cindy & Tina • Spanish: Amparo • Health & Wellbeing: • Dance: • Virtual Travel: Cindy • Social Club: Tina • Book Club: Cindy • Forces of Nature: Tina • Outing	WEDNESDAY •Current Events: <u>Cindy</u> & <u>Tina</u> •Classic Viewing: •Social Club: <u>Cindy</u> •Wildlife: •History: Tina •Science: <u>Cindy</u> •Music Appreciation.: Tina •Dancexercise: Amparo •Outing	THURSDAY • Current Events: <u>Tina & Cindy</u> • Chorus: • Movers & Shakers: <u>Amparo</u> • Garden & Nature: <u>Cindy</u> • Keyboard: • Bain Buster: <u>Tina</u> • Photography: <u>Amparo</u>	FRIDAY •Current Events: <u>Tina</u> & <u>Cindy</u> •Arts & Crafts: <u>Amparo</u> •Home Economics: <u>Tina</u> •Group Games: <u>Amparo</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u> •Outing
				1 •Arts & Crafts: AE Birthdays Cards •Home Economics: Valentine Decorations •A-Group Games: B-Group Games: Hangman •Movie Club: Doubtfire •Photography: Take pictures for newsletter articles.
4 • Arts & Crafts: Finger print heart / ILS: • Lunch • Newsletter: / World Exploring: Statue of Liberty • Creative Expression: / Acting: Harriet Tubman	5 •Spanish: Winter Vocabulary / H&WB: Manicures •Lunch •Dance: / Virtual Travel: Snow Shoes •Social Club: Dice / Force of Nature: Blizzards / book Club: Harry Potter	6 •Mindfulness: Stress Relief /Social Club: American Cities •Lunch •Wildlife: History: John Adams •Music App: Johnny Cash •Science: Geo. Washington Carver / : /	7 • Chorus: • Movers & Shakers: • Garden & Nature: Trees • Keyboard: • Bain Buster: Friends • Photography: Take pictures for newsletter articles.	8 •Arts & Crafts: Finger print heart •Home Economics: Lollipops •A-Group Games: B-Group Games: Tic-tac-Toe/ Movie Club: RV •Photography: Take pictures for newsletter articles.
11 • Arts & Crafts: Bird Feeders / ILS: • Lunch • Newsletter: / World Exploring: Eiffel Tower • Creative Expression: / Acting: St. Valentine	12 OUTING- BOWLING Stephanie M, Lynn S, Gary W, Jayln W, Grace C, Melissa G •Spanish: Bingo / H&WB Healthy Food •Lunch •Dance: / Virtual Travel: Underground RR •Social Club: Lollipops / Force of Nature: Ice Storms/ book Club: Harry Potter	13 •Mindfulness: Positive Talk Social Club: Famous Couples •Lunch •Wildlife: History: Valentine Day •Music App: Kenny Rodgers •Science: Engineer Competition	14 Wear Pink Or Red • Chorus: • Movers & Shakers: • Garden & Nature: Plant a Vine • Keyboard: • Bain Buster: Andy Griffith • Photography: Take pictures for newsletter articles.	15 •Arts & Crafts: Bird Feeders •Home Economics: BINGO •A-Group Games: B-Group Games: Bingo •Movie Club: Museum •Photography: Take pictures for newsletter articles.
18 • Arts & Crafts: Water Color Techniques / ILS: • Lunch • Newsletter: / World Exploring: Kangaroos • Creative Expression: / Acting: Patriotic Activities	19 •Spanish: Reviewing/ H&WB: GMO'S •Lunch •Dance: / Virtual Travel: Snow Plow •Social Club: Bracelets / Force of Nature: Avalanches / Book Club: Harry Potter	20 •Mindfulness: Five Senses /Social Club: Manners •Lunch •Wildlife: History:Toys •Music App: Mercy Me •Science: Peanut Experiment	21 • Current Events: • Chorus: • Movers & Shakers: • Garden & Nature: Trees • Keyboard: • Bain Buster: The Office • Photography: Take pictures for newsletter articles.	 22 Movie Outing Arts & Crafts: Water Color Techniques Home Economics: First - Aid A-Group Games: B-Group Games: Hot Potato Movie Club: Jumanji Photography: Take pictures for newsletter articles.
25 • Arts & Crafts: Puffy Snow paint/ ILS: • Lunch • Newsletter: / World Exploring: Safari • Creative Expression: / Acting: Drinking Gourd	26 •Spanish: Hot Chocolate/ H&WB: Mold •Lunch •Dance: / Virtual Travel: Snowball Express Part 1 •Social Club: Painting / Force of Nature: Volcano / Book Club: Harry Potter	27 OUTING- Cindy & Lory •Mindfulness: Manicures /Social Club: Magnetic Fishing •Lunch •Wildlife: History:Haym Salomom •Music App: Carrie Underwood •Science: Drinking Gourd /	28 • Chorus: • Movers & Shakers: • Garden & Nature: Trees • Keyboard: • Bain Buster: Big Bang Theory • Photography: Take pictures for newsletter articles.	