



JULY 2013

MONDAY

8:00 – 9:15 -----Social Time.
 9:15 – 10:00-----Current Events.
 10:00 – 11:30
 ◆ Arts and Crafts
 ◆ Independent Living skills
 11:30 – 12:30 -----Lunch.
 12:30 - 2:00
 ◆ Painting
 ◆ Celebrating PA
 ◆ Book Club
 ◆ 2:00 – 3:00 -----Social time.

TUESDAY

8:00 – 9:15 -----Social time.
 9:15 – 10:00 -----Current Events/
 Keyboarding.

Outing every 4th Tuesday of the month

10:00 – 10:45
 ◆ Spanish
 ◆ Dance & Movement one time a month
 ◆ Keyboarding.
 10:45 – 11:30 -----Music Appreciation.
 11:30 – 12:30-----Lunch.
 12:30 – 2:00 -----3-D Art
 2:00 – 3:00 -----Social time.

WEDNESDAY

8:00 – 9:15 -----Social Time.
 9:15 – 10:00 -----Current Events.

Outing every 2nd Wednesday of the month

10:00 – 11:30
 ◆ Movie once a month
 ◆ Cooking Two times a month
 11:30 – 12:30 -----Lunch.
 12:30 – 2:00
 ◆ Wildlife / Creative writing.
 ◆ Science / Healthy Living.
 ◆ 2:00 – 3:00 -----Social Time.

THURSDAY

8:00 – 9:15 -----Social Time.
 9:15 – 10:00 -----Current Events/
 Keyboarding.
 10:00 – 11:30 -----Chorus / Brain Games.
 11:30 –12:30 -----Lunch.
 12:30 – 2:00 -----Newsletter/Computer.
 1:15 – 2:00 -----German/History.
 2:00 – 3:00 -----Social Time.

FRIDAY

8:00 – 9:15 -----Social Time.
 9:15 – 9:45 -----Current Events.
 9:45 – 10:30 -----Special Topics.
 10:30 – 11:30 -----Arts & Crafts.
 11:30 – 12:30 -----Lunch.
 12:30 – 1:15 -----Celebrating the US.
 1:15 – 2:00 -----Brain Games.
 2:00 – 3:00 -----Social time.

Adult Enrichment

active life day program

AE TIMES

Upcoming Events

- ❖ Staff Meeting 7/1
- ❖ **Outing Wed. 7/10 Group #2**
- ❖ 7/11(Dress Up Day) **"HAWAIIAN DAY"**
- ❖ Staff Meeting 7/15
- ❖ **Outing Tues. 7/23 Group #1**
- ❖ **Staff Meeting 7/29**



Groups for Outing

Tuesday Group #1

Jonathan R, Cody, Ali, Gerilynn, Kate, Eric, Jon Mac, Rosie

Tuesday Group #2

Lynne, Kathy, Carla, Angela, Wilfredo, Dewey, Jamie

Wednesday Group #1

Kate, Stephanie, Skylar, Alvin, Angela, John A, Dewey, Sam, Jessenia, Katrina

Wednesday Group #2

Victor, Jonathan R, Jon Mac, Jonathan W., JayAnn, Gerilynn, Susie, Leroy, Wilfredo, Laura

From the Director's Desk:

As July rolls in Adult Enrichment has to say goodbye to our dear friend, Hillary Wisniewski. Hillary has worked diligently over the past two years to facilitate many positive changes to the program, and as result we are now providing a higher level programming to our participants. We wish her well as she and her family embark on the next chapter of their lives. Hillary's position will be immediately filled by our part-time program specialist Lisa Timberlake. Lisa has been with the program since January and recently received her Master's degree in Social Work from Temple University.

On July 8th we will be hosting a special musical event of piano performances at the Church of Jesus Christ of Latter day Saints. Participants should come to AE as usual and will be picked up at the end of the day at the church. A special note regarding transportation will be sent home prior to the event. Transportation for all participants using RRTA will be arranged by myself. Participants should bring their lunch and a drink for the day.

We are asking that all participants provide us with the most recent contact numbers (home, cellphone, email) for parents, care givers, etc. It is imperative we have the most up to date information in the emergency. Please feel free to email or call with the most updated information.

~Alisha

Word Link Challenge

Contributed by:
Jon McFarland

Directions: Link 1st word to 2nd, 2nd word to 3rd, etc.. The first letter is given in each word.

Directions: Link the 1st word to the 2nd word, the 2nd word to the 3rd word, etc... The 1st letter is given in each word .

Sprained

A _ _ _ _

D _ _ _

P _ _ _ _ _

R _ _ _

C _ _ _ _

B _ _ _

Answers:

Sprained, Ankle, Deep, Purple, Rain,
Check, Book



Here are the Answers

Researched by
Jonathan Whitlock

1. Johnny 's mother had three children. The first child was named April The second child was named May. What was the third child 's name?

Answer: **Johnny of course**

2. There is a clerk at the butcher shop, he is five feet ten inches tall, and he wears size 13 sneakers. What does he weigh?

Answer: **Meat.**

3. Before Mt. Everest was discovered, what was the highest mountain in the world?

Answer: **Mt. Everest; it just wasn't discovered yet. [You 're not very good at this are you?]**

4. How much dirt is there in a hole that measures two feet by three feet by four feet?

Answer: **There is no dirt in a hole.**

5. What word in the English Language is always spelled incorrectly?

Answer: **Incorrectly**

6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?

Answer: **Billy lives in the Southern Hemisphere**

7. In California , you cannot take a picture of a man with a wooden leg. Why not?

Answer: **You can 't take pictures with a wooden leg. You need a camera to take pictures.**

8. What was the President 's Name in 1975?

Answer: Same as is it now - **Barack Obama [Oh, come on ...]**

9. If you were running a race, and you passed the person in 2nd place, what place would you be in now?

Answer: **You would be in 2nd. Well, you passed the person in second place, not first.**

10. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?

Answer: **Neither, the yolk of the egg is yellow [Duh]**

11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

Answer: **One. If he combines all of his haystacks, they all become one big one.**

Potato Salad
By Leroy

You will need 5 lb Red Potatoes
1 stock Celery in small pieces
1 med Onion diced in small pieces
6 Boiled eggs cut up
½ teaspoon vinegar
½ teaspoon mustard
1 jar mayo
Cook Potatoes with skin on till done.
Drain and let cool. After potatoes cool,
diced them into chunks put into a large
bowl. Mix all ingredients together. Put in
the frig and chill.

Our Spring Concert

On June 6th we had our annual spring chorus concert; this year's theme was Motown. The performance was modeled after the Ed Sullivan show. We had acts that included The Temptations, The Four Tops, and Supremes just to name a few. Everyone worked very hard to learn their songs and choreography, this is the first time we performed without notebooks. The 3-D Art class, created the men's costumes and the women's costumes were hand made with help from volunteers from the Church of Jesus of Latter day Saints and UDS volunteers. We had food donated by Turkey Hill, Martins Chips, Darrenkamps, Olive Garden and Berks. The concert went off without a hitch, we are all happy with our performances.



Weather

Contributed by:
Jon McFarland



Moon Phases for July 2013

According to the Old Farmer's Almanac we will have above normal temperatures and normal precipitation. According to The NOAA, we will have a very active tropical storm and/or hurricane season.

- ❖ The month May 2013 had average temperatures and slightly below normal precipitation.
- ❖ Moon Phases for July New Moon- July 8th First Quarter Moon- July 15th Full Moon- July 22nd Last Quarter Moon- July 29th

Texas Caviar

Adult Enrichment cooking class

1 large tomato, diced
1 medium purple, onion
½ c. cilantro, chopped
1 can white shoepeg corn, drained
1 15-oz. Can black beans, drained
1 15-oz Can black-eyed peas, drained
½ c. Italian salad dressing
Salt and pepper to taste OR chipotle chili pepper to taste.
In a medium bowl, mix tomato, onion, and cilantro. Add in Whole cans of corn, beans, and peas. Stir in salad dressing and
Seasoning . Chill. Serve with tortilla chips.



JULY BIRTHDAY'S



Lots of Birthday's in the month of July!
All the cards to write and birthday cakes
to bake, lots of sweets to eat, don't
forget the ice cream too! You have to
squeeze all nine names on the
newsletter tightly so everyone can fit
on there..... Squeeze!

JULY BIRTHDAY'S

July 2nd Jonathan Whitlock

July 5th Derek Raudabaugh

July 7th Shaun Whitehead

July 11th Dewey Coplin

July 16th Kate Manners

July 22nd Lynn Shaub

July 26th Jon McFarland &
Mary Jane Robbins

July 28th Gerilynn Shulman

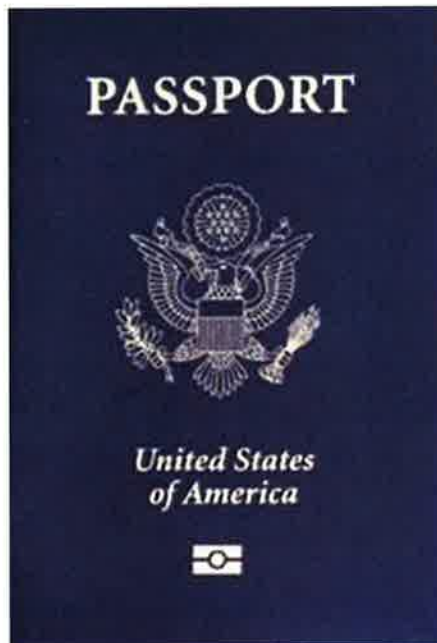


Adult Enrichment Dream Vacations

Mac- Brazil
Allison- Hawaii
Kathy- Paris
Daniel- Drive all of route 66 from Chicago
to Santa Barbara, CA
Laura- Cruise The Bahamas
Gerilynn- Dublin, Ireland



Victor- Florida
Jayann- Germany
Jon R- Africa
Justin- Africa
Leroy- California
Susie- Ireland
Kate-Europe
Shaun-California



Angie- Puerto Rico
Jon W.- India
Jennifer – Africa
Ben- Aleutian Islands, Africa
Matt- Jamaica
John- Germany
Dewey- Visit all 50 states

Staff

Lisa-Thailand
Rebecca-Scotland
Chelsea-Italy
Annette-The Isle Of Man
Beth-Russia

JULY BIRTHSTONE

Researched by Ben Walker

RUBY



There's no better way to demonstrate your love than by giving a ruby in celebration of a July birthday. Rubies arouse the senses, stir the imagination, and are said to guarantee health, wisdom, wealth and success in love. Ruby is a variety of the gems species *corundum*. It is harder than any natural gemstone except diamond, which means a ruby is durable enough for everyday wear. Fine-quality ruby is extremely rare, and the color of the gem is most important to its value. The most prized color is a medium or medium dark vivid red or slightly purplish red. If the gem is too light or has too much purple or orange, it will be called a fancy-color sapphire.

JULY BIRTH FLOWER

Researched by Ben Walker

LARKSPUR

The July Birth Flower is the Larkspur, as shown in the opposite picture.

Meaning:

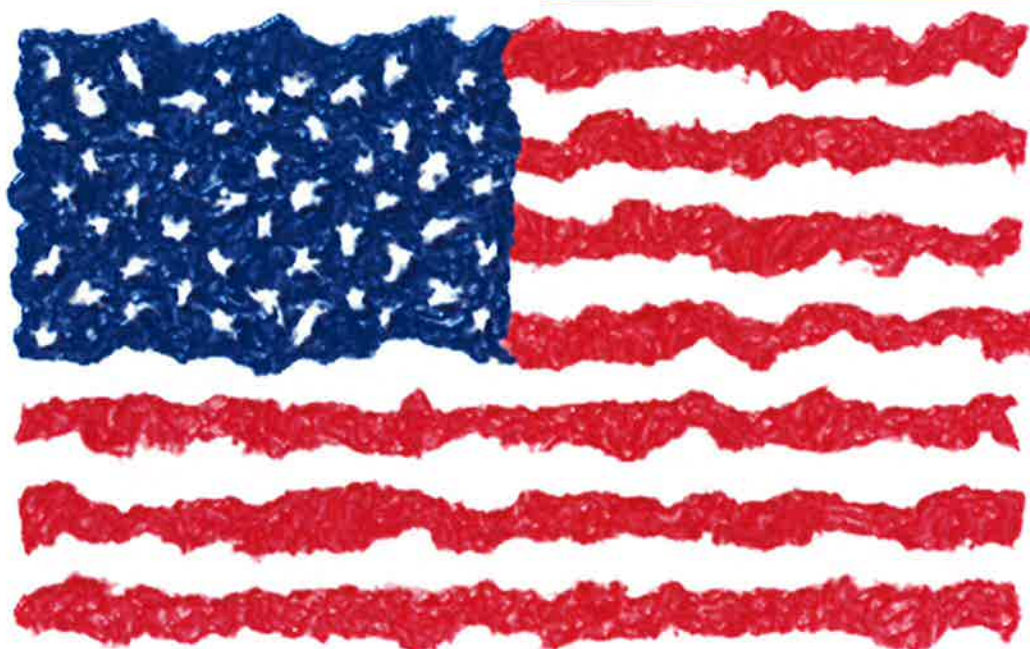
The Larkspur is an open heart and ardent attachment

Sign of the Zodiac and Dates:

- July 22



Close relative to Delphiniums, Larkspurs are the birth month flower for July. A true blue flower that symbolizes lightness and swiftness, This flower has significance in Greek mythology as it grew from the blood of Ajax as he threw himself on his sword during the Battle of Troy. Larkspurs grow wild and tall in pastures. Unfortunate for cattle owners, this flower is extremely poisonous and dangerous when ingested by cattle. Its poison makes this flower useful as an insecticide. In fact, in ancient times, it was worn as an ointment to drive away scorpions. Native Americans used Larkspurs to make a rich, blue dye. European settlers used it to dip their quills in as blue ink. As soon as the snow melts, these pretty Larkspurs make their appearance; however, they do not flourish until July.





SURVIVOR

Researched
by Jon McFarland

The winner of "Survivor Caramoan" was John Cochran, a law student from Harvard University. He was one of 18 castaways. The castaways had to outwit, out play, and out last each other in several physical and mental challenges. The object of the competition was to vote off the weakest or most threatening competitor in a period of 39 days. The competition was first televised on **CBS** on Wednesday, February 27, and finally ended Sunday, May 12th. The show aired on **CBS** on Wednesday nights during that time. The next "Survivor" will take place in late September. Congratulations to Mr. Cochran on a job well done!

Time Management

Researched
By Cody Landis

Time management is the act of planning and exercising conscious control over the amount of time spent on specific activities, especially to increase efficiency or productivity. It is also a range of skills, tools, and techniques used to manage time when accomplishing specific tasks, projects, and goals complying with a due date. There are lots of ways to do time management, like using a clock, wearing a watch, watching your own time, and more. One goal is to help yourself become aware of how to use your time as one resource in organizing, prioritizing, and succeeding in your studies in the context of competing activities of friends, work, family, and more. Time management starts with the commitment to change. It is easy as long as you commit to action. The key to successful time management is planning and then protecting the planned time. If you plan what to do and when, and then stick to it, then you will have time. Time management is chiefly about conditioning your environment, rather than allowing your environment to condition you. Really think about how you currently spend your time. If you don't know time, keep a time log with you for a day or two. Time management is very important to me because I have to use it all the time. I have to know when the bus comes to pick me up, I have to know when it's time for bed at night, I have to know when I have to pack my lunch, and I have to know when it's time to get up. The ways that I manage my own time are getting up on time with an alarm clock with my iPod so I can get to AE and work on time, using my watch and wearing it, looking at a clock to know what time it is, getting to places on time, using a calendar with alerts/buzzers on my iPad so I don't miss any other events that are coming up.



A Spotlight Interview On Allison Alspach

Questions asked by the Adult Enrichment group:

1. How many days do you come?

Three days.

2. What are your favorite classes?

Art, Chorus, Money Management

3. What is your favorite thing about AE?

Hanging out with all my friends.

4. What are your favorite hobbies?

Watching baseball, Listening to music, hanging out with my brother.

5. What are your favorite types of music?

Pop, like Maroon 5, Lady Gaga, and One Direction.

6. What are your favorite foods?

Pizza, French fries, and salad.

7. If you could be anyone famous who would it be?

Adam Levine from Maroon 5.

8. If you could be any type of food what would it be?

French Fries.

9. If you could meet anyone who would it be?

The band One Direction.

10. If you could go anywhere in the world, where would you go?

Boston.

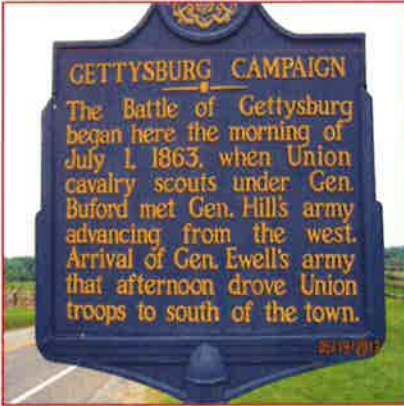


Hunter Pence

By Alli Alspach

He is a major League Baseball outfielder for the San Francisco Giants. He played for the Philadelphia Phillies for the 2011-12 season. I think he is a great baseball player and I was sad when he was traded





Facts about the Gettysburg battle:

It began on July 1, 1863 and ended July 3, 1863, near Gettysburg, PA.

The battle resulted in up to 51,000 casualties, including 7,863 killed, and more than 5,000 missing or captured on each side.

The opposing generals were Major General George Meade and Confederate general Robert E. Lee.

The battle is considered a turning point of the US Civil War because it was the last major attempt by Confederate forces to invade the North.

It is immortalized by the eulogy and speeches delivered during the dedication of the Gettysburg National Cemetery, which included the most famous speech by President Abraham Lincoln, the *Gettysburg Address*, delivered on November 19, 1863.

Despite the heavy losses, the North was considered victorious because the Confederates returned to Virginia.

The Confederates attacked from the north and the Yankees entered the battlefield from the south.

There were about 95,000 Union troops and 75,000 Confederate troops

There were a total of 23,040 Union casualties and an estimated 22,000-25,000 Confederate casualties

John F. Reynolds was the only Union general killed during the battle. Francis C. Barlow was the youngest Union general (28 years old). He was hospitalized as a casualty in the Confederate field hospital, and was recovered when they departed.



Gettysburg By Matt Bieganski

I had a great weekend at camp Joy-El in Greencastle (near Gettysburg). It is the 150th anniversary of the battle at Gettysburg in July. On the way home, I stopped with my family in Gettysburg to see Gen. Reynolds statue. The PA monument is where President Lincoln, took a whiz at a tree - there is actually a plaque and a house full of bullet holes from the war.



As my time at Adult Enrichment comes to an end, I reflect upon my experiences here and what I have learned. I am so thankful that I was part of such a wonderful program! I could not have asked for a better place to be and this was by far my favorite position since working in social services. This, coupled with my sincere enjoyment for being with the participants, is what makes it difficult to leave; however, life is full of choices that are not always easy to make. My husband and I made the decision to relocate so that we can be closer to our families as we raise our daughter, Freya. It has been challenging being so far away from family and friends and having very little support, so this was the right decision for us.


Despite the fact that I am leaving due to something positive, it still makes it hard. I entered into AE during a huge transition period and it was challenging. With challenges come great opportunities, so I buckled down and focused my energy on working hard to help move the program forward and make improvements. A great deal of my time was spent overhauling participant charts, updating existing forms and creating new ones, and helping to evaluate existing programming and create new activities. I certainly worked with a very talented group of individuals, so in that regard it made things a bit easier. No one can ever dispute how completely dedicated and hard working all AE staff members are and I know that when I leave the standard that has been set will certainly be maintained. All of the caregivers reading this should know that it is truly a great team at AE that serves your loved one on a regular basis.

I have learned many valuable lessons from the participants. They have shown me how exceptional people can be when faced with difficult circumstances. I have seen what people are capable of when they are given opportunities to shine. In addition, I have seen the power of having a positive attitude and how that really does impact one's life and everyone around them. I will admit that I have always been a bit of a cynic and pessimist. It is a personal challenge I have dealt with for many years and still struggle with from time to time. I do know my attitude and outlook on life has really been improved by being here. I have really tried to look at my own attitude and adjust it because of the positive spirit of the participants. I am really grateful for that because it has been life changing for me. To everyone here I say a huge "Thank You!" because I am forever indebted to you all for this gift!

I truly believe that we are where we are meant to be at any given point in our lives. I do think I was meant to be at AE to help see it through a transition period and now that things are settled my role here has been fulfilled. I am very thankful to have worked with such a wonderful group of participants and I will most definitely miss seeing everyone on a daily basis. I am not quite sure what I will do without the daily excitement that takes place at AE! I will be busy with a 2 year old and graduate school, but that's a whole different dynamic. I have enjoyed getting to know everyone here and family members as well. I wish the program much continued success going forward and I will certainly keep in touch!

Best Wishes –
Hilary



<p align="center"><u>MONDAY</u></p> <ul style="list-style-type: none"> • Current Events • Arts & Crafts • Independent Living Skills • Painting • Celebrating PA • Book Club 	<p align="center"><u>TUESDAY</u></p> <ul style="list-style-type: none"> • Current Events • Keyboarding/ Spanish • Music Appreciation • 3-D Art • Outing 	<p align="center"><u>WEDNESDAY</u></p> <ul style="list-style-type: none"> • Current Events • Cooking/ QEU • Wildlife / Creative Writing • Science/Healthy Living • Outing 	<p align="center"><u>THURSDAY</u></p> <ul style="list-style-type: none"> • Keyboarding • Chorus/ Brain Games • Newsletter & Computers • German /History 	<p align="center"><u>FRIDAY</u></p> <ul style="list-style-type: none"> • Current Events • Special Topics • Arts & Crafts • Celebrating the US • Brain Games
<p>1</p> <ul style="list-style-type: none"> • Scrapbooking/ Money Mgmt. • Painting Mural • Celebrating PA • Book club "The Walk" 	<p>2</p> <ul style="list-style-type: none"> • Keyboarding • Meme Rise • New Age Music • 3-D Art Graphic Novel 	<p>3</p> <p align="center">Cooking By Alisha</p> <ul style="list-style-type: none"> • Banana pudding • Beaches Shore Birds 	<p>4 AE- CLOSED</p> 	<p>•5</p> <ul style="list-style-type: none"> • Finish "Mary Poppins" • Spin Art • 4th Of July • Brain Games
<p>8</p> <p align="center">Piano Concert at LDS Church</p>	<p>9</p> <ul style="list-style-type: none"> • Keyboarding • Colombian Vac. • Creating our new Age Music • 3-D Art Garden Art 	<p>10</p> <p align="center">Outing Group # 2 Loxley's (Indoor/Outdoor seating) Laura, Victor, Jonathan R, Jon Mac, Jonathan W., JayAnn, Gerilynn, Susie, Leroy, Wilfredo.</p>	<p>11</p> <p align="center">•HAWAIIAN DAY</p> <ul style="list-style-type: none"> •Keyboarding •Chorus Brainstorm holiday show /Brain games •Newsletter •German/History 	<p>12</p> <ul style="list-style-type: none"> • Duct Tape • Marble Painting • Chicago • Brain Games
<p>15</p> <ul style="list-style-type: none"> • Bird Houses • ILS Personal Space • Painting Mural • Liberty Bell • Read "The Walk" discuss book 	<p>16</p> <ul style="list-style-type: none"> • Keyboarding • Bingo with pictures • Misc music videos • 3-D Art Garden Art 	<p>17</p> <p align="center">Cooking By Amparo</p> <ul style="list-style-type: none"> • Oatmeal cookies • Beaches –animals • 3 images poem • Food Pyramid • Making Rock Candy 	<p>18</p> <ul style="list-style-type: none"> • Keyboarding • Chorus Vote for show theme/ Brain Games • News letter/ computer •German 	<p>19</p> <ul style="list-style-type: none"> • Warner Brothers Cartoons History • Melting bead patterns • Lake Placid • Brain Games
<p>22</p> <ul style="list-style-type: none"> • Alcohol Painting • At home- laundry • Painting Mural • Julius Sturgis Pretzel/ Wilbur Chocolate • African Tribes 	<p>23</p> <p align="center">Outing Group # 1 "Market & Steinman park concert" Jonathan R, Cody, Ali, Gerilynn, Kate, Eric, Jon Mac, Rosie</p>	<p>24</p> <p align="center">QEU Movie</p> <ul style="list-style-type: none"> • "The Incredibles" • Beaches Guest Speaker • Run on sentence • Blow up balloons with Rock pops • Healthy Meals 	<p>25</p> <ul style="list-style-type: none"> • Keyboarding • Chorus Map out show / Brain Games • News letter/ Computer • German / History 	<p>26</p> <ul style="list-style-type: none"> • Warner Brothers • Beaded Frame • Wright Brothers • Brain Games
<p>29</p> <ul style="list-style-type: none"> • Make Coaster set • Banking • Independent Hall • Reading "The Walk" 	<p>30</p> <ul style="list-style-type: none"> • Keyboarding • Chair workouts • Guest Performance • 3-D Art Garden Art 	<p>31</p> <p align="center">Cooking By Rebecca</p> <ul style="list-style-type: none"> • Frog Eye Salad • Beaches /sharks • Writing story from a post card •Blobs in a bottel •Benefits of eating fresh foods 		