AE TIMES

Adult Enrichment

JULY 2014

The group that is staying at AE will be bringing their lunches.

Upcoming Event

- Outing Wed. Only Group #2
- July 9th "Oregon Dairy Restaurant"
- Hawaiian Day July 2-14

(Dress Up Day)





- ❖ Staff Meeting July14 & July 28/14
- Outing Tues. Only Group #2
 July 22nd "Wilbur Chocolate
 Factory "Lititz Spring Park (Pack
 Bag Lunch Picnic)
- Vote on the first Tuesday and Wednesday of July for Outing

active life day program

active life day program

Groups for Outing

Tuesday Group #1

Kate, Angela, Holly, Chrissy, Dewey, Zach Allison, Kathy, Ernie, Robert C., Matt, Sam

Staff: Amparo, Chelsea (Alisha, Lisa, Jean)

Tuesday Group #2

Lynne, Mac., Robert P, Wilfredo, Dareek, Laura, Marta, Carla, Danielle, Jon R.

Staff: Annette, <u>Beth</u>, (Alisha, Lisa, Jean)

Wednesday Group #1

Jon R., Jon Mac, Leroy, Jon W., Jayann, Susie, Wilfredo, Laura, Dan, Rosie, Robert P., Dareek

Staff: Annette, Rebecca, (Alisha, Lisa, Jean)

Wednesday Group #2

Kate, Steph, Alvin, Holly, Chrissy, Angela, Dewey, Sam, Katrina, Jessenia, Robert C., Jamie, Zach **Staff:** Amparo, Beth (Alisha, Lisa, Jean)

From the Director's Desk:

I hope everyone is having a great summer! To kick off the summer season we have updated the class schedule. On Tuesday's we will be splitting 3D art into two smaller classes to provide participants with more one on one assistance to complete projects. Wednesdays we will be offering a Nutrition class to learn more about healthy food and recipe options. We will also roll out Brain Busters, where participant teams research a topic and create questions in preparation for a head to head trivia match at the end of the month. And last but not least, we have added a Painting and Trivia class to Friday's! Check out the calendar to see all the great new things we will be doing this month. If you would like to try out any of these new classes, just let me know!

June 30th we will be having a picnic and our first Brain Busters competition. AE will provide the sandwiches. Participants should bring the remainder of their brown bag lunches.

~Alisha

ı	MONDAY							
	8:00 - 9:15Social Time.							
	9:15 - 10:00Current Events							
	10:00 – 11:30							
	 Arts and Crafts 							
	 Independent Living Skills 							
	11:30 - 12:30Lunch.							
	12:30 - 2:00							
	◆ Painting							
	 Book Club / World Cultures. 							
	◆ 2:00 - 3:00Social time.							
	TUESDAY							
	8:00 - 9:15Social time							
	9:15 – 10:00Current Events.							
	Outing every 4th Tuesday of the							
	month							
	10:00 – 10:45							
	Spanish / Keyboarding.							
	 Dance & Movement one time a month. 							
	10:45 - 11:30Music Appreciation							
	11:30 – 12:30Lunch							
	12:30 – 2:003-D Art							
	2:00 – 3:00Social time							
	WEDNESDAY							
	8:00 – 9:15							
	Outing every 2 nd Wednesday of the							
	month							
J	10:00 – 11:30							
	◆ QEU Movie once a month.							
	 Nutrition/Cooking 2 -3 times a month. 							

11:30 - 12:30 ------Lunch.

12:30 - 1:15------Brain Busters

2:00 - 3:00 -----Social Time.

THURSDAY 8:00 – 9:15 ------Social Time.

9:15 - 10:00 ------Current Events/

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 ----- Brain Games.

11:30 – 12:30 ------Lunch. **12:30 – 2:00** ------ Painting

12:30 - 1:15 ------Special Topics.

1:15 - 2:00------Mental Floss.

2:00 - 3:00 -----Social time.

Keyboarding.

1:15 - 2:00 ◆ Science

Wildlife

10:30 - 11:30

Trivia

Arts and Crafts

MONDAY

JULY BIRTHSTONE

Researched by: Ben Walker





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.

Baby We Were Born To Run!

Contributed By Daniel Rogusky



On May 14th, my baby brother Michael and I went to see Bruce Springsteen & the E Street Band live in concert in Hershey,

PA. He came out and performed two songs from his new album followed up by "Hungry Heart" and "Badlands." About half way through the show he did "My Hometown" and "The E Street Shuffle." He played for three straight hours and closed with "Born to Run", came out five minutes later for his encore, "Dancin' in the Dark" and then about five minutes after that he came out again for his second encore, an all acoustic version of "Thunder Road!" It was complete ridiculousness!

JULY BIRTH FLOWER



Researched By Ben Walker

LARKSPUR

Native to the North Temperature Zone, Larkspur is a genus of ranunculaceous delphinium

plants with bright flowers and spurred calyx and symbolizes feelings of an open heart a ardent attachment.

The term delphinium is believed to come from the Greek word for dolphin as the plant was thought to have a resemblance to the sea mammal.

Folklore reveals a number of names for this flower including lark's heel, lark's toe, lark's claw, knight's spur and staggerweed.

Traditionally used as a herbal medicine, larkspur was believed to consolidate wounds which is supported by the Latin name for the plant 'consolida' which means 'to consolidate.'

In Greek mythology larkspur sprang up from the blood of Alex after he killed himself following a temper tantrum resulting in an act of dishonour when he did not receive Achilles' armour. Soldiers were also said to use larkspur in ancient times as a method to control body lice.

Other healing uses that have been connected to the larkspur include the treatment of hemorrhoids, colic in children and wound repair.

Larkspur was also said to have had magical powers as it carries feminine energy. In addition to healing wounds and combating lice, larkspur was used with any spell related to the protection, care and comfort of soldiers and other figures of authority. It has also been known to be used in ceremonies honouring war dead.



Kathy's Birthday

For my 57th birthday I brought in cupcakes to AE program and I received a birthday card signed by everyone and they all sang happy birthday. Later on that night I went out with my family for dinner at Bonefish Grill, I had Lily's chicken with

artichokes, cheese, and other veggies along with mashed potatoes. For my dessert I had a nice big slice of cheese cake.

How to Store Fresh Produce

Research By Laura Sauder

Ideally, you'll eat your market bounty the day you bring it home. Just picked produce is the most nutritious, and it tastes the best too. Shelf

life can vary from a measly day or two (raspberries) to more than a week (the hardy watermelon). Most fresh produce shouldn't be washed before storing. For example green beans deteriorate rapidly when wet. Don't tie plastic bags shut zucchini, watermelon, and peppers can stay on a table or cool place in the kitchen for a day or so. It's generally a good idea to store fruits and vegetables separately in plastic bags. Onions and potatoes notoriously don't mix well. Apples emit gases that will cause other vegetables to lose quality. Wiker says fresh asparagus likes a special approach. Trim ends about ¼ inch, then store upright in a small amount of water in the refrigerator. Corn should be cooled as soon as possible after purchase, to preserve flavor and prevent spoilage, Spacht says, and leave the husks on to retain moisture. Do not refrigerate tomatoes, the warmer the spot, the faster the tomatoes will ripen.

PHONY TONY AWARD

Contributed By Ernie McClain

June 5th was the date for the Phony Tony Awards spring concert. "We're hoping for the concert to be a wonderful and cert" said Ernie McClain who was dressed as a gangster from the hit musical

Guys and Dolls.



The AE chorus group who were working on the concert since January we're eager to perform their production for friends and family. "The last spring musical was great but we're hoping to make this one even better" said

McClain. The concert will consisted of songs from musicals such as Hello Dolly, Fiddler on the Roof, and Oklahoma. The concert will be fun for all ages and people brought their friends and family.

HAPPY BIRTHDAY AMERICA



Contributed By Jon McFarland

Hay is used by farmers
August is very hot
Peppermint patties are a good pick-me-up snack
Peacocks have colorful feathers
Yoga is good exercise

Bassett Hounds have long ears
Ice cream is a refreshing treat
Rabbits like to eat carrots
Tomatoes are high in vitamin c
Horses live in barns
Dimes are worth 10 cents
Archeologists dig their work
Yarn is soft

Ants are popular at picnics
Marshmallows are fun to roast
Elephants have long trunks
Radishes are bitter
Iguanas make good house pets
Canaries like to sing
Airline attendants are friendly

CHORUS CONCERT

What did you like about participating in the spring concert, "The Phony Tony Awards?

Jon McFarland: Seeing all the people.
Jonathan Whitlock: Pleasant change from

the normal concert.

Jayann McCue: We had a fun time.

Wilfredo Rivera: I had fun handing out the

programs.

Mary Jane Robbins: I liked being Annie. Daniel Rogusky: I liked the different speeches.

Laura Sauder: I thought the chorus director was pretty good.

Leroy Poletti: I liked the costumes.

Kathy Sherr: I thought the whole musical was

good.

Ernie MC Clean: I thought Danielle did a great

job.

Allison Alspach: I liked being Belle.

Justin Fisher: I liked the music.

Victor Miller: I loved being the Cat in the Hat. Kate Manners: I enjoyed seeing all my friends and family. I loved being a Broadway star.

Jonathan Rodgers: I loved the food.





















PHONY TONY AWARD SPRING CONCERT





OUTING

Contributed By Angela Spencer

I like the outings we go on because

all of the places are handicap accessible. I often use a wheelchair for outings and its nice to know I can use the bathroom without a problem. Waiters and waitresses are nice to us and the food is always good. My favorite outing was when we got to meet the Barnstormers. I'm looking forward to the picnic in Lititz Spring Park.

DISCUSSION GROUP CLASS



In discussion group we are having a mock trial. Victor has been accused of stealing a laptop. Alvin is the judge, Kate and Dan are lawyers and the rest of the group is the jury.

The jury will hear the facts and get to deliberate if Victor is guiltily or innocent. We watched the movie 12 Angry men to understand what happens during a trial.





Mock Trial

AE Wednesday class held a mock trial. Victor Miller was accused of stealing a laptop from program.

Kate Manners was the defense attorney and Dan was the prosecuting attorney. Alvin Miller was the judge and Jon Whitlock was the bailiff. Before we had the mock trial we had Linda Timberlake a lawyer, come in

and help us prepare. It took us three weeks to finish and it ended in a hung jury. Victor was happy about being set free.



WEATHER

Researched by: Jon McFarland

According to The Old Farmer's Almanac, we will have well above precipitation and above normal temperatures for the month of July.

Moon Phases For July 2014



First Quarter Moon- July 5th



Full Moon – July July 12th



Last Quarter Moon- July 18th



New Moon - July 26th

SCRAMBLERS

Contributed by: Susie Corpman

- 1. RLSEKPAR
- 2. RRSCAFEIKCER
- 3. MOBO
- 4. HLGIT
- 5. RTSA
- 6. NAEDDPYENEC EDN
- 7. EDR
- 8. THEIW
- 9. ULBE
- 10. TSSIEPR

ANSWER:

SPARKLER, FIRECRACKEAS, INDEPENDENCE DAY, RED, WHITE, BLUE, STRIPES.

ONE EGG OMLETTE

Contributed By Jon MacFarland

On Wednesday June 4th, the AE group made 1 egg omelette. We made them the way we wanted using Amparo's recipe. When we were finished making them, Amparo cooked them to perfection!

1 Egg Omelette Recipe

Ingredients:

1 small egg pinch garlic powder pinch dried basil leaves 1 tsp. of milk or water



1 tsp. grated cheese, cheddar, swiss, goat cheese feta or any type you like.

1 tsp. finely chopped onion or mushroom

1 tsp. finely chopped red bell or sweet green pepper small amount of cooked meat; you can use turkey, ham or bacon salt and pepper to taste

1 tsp. olive oil or butter

Preparation:

Crack eggs one at a time into a bowl or cup. Be sure to wash your hands when you are done cracking the eggs to prevent salmonella poisoning. Stir with a fork until well beaten. Add the rest of the ingredients and stir gently. Spread butter in small skillet and add to medium heat. Slowly add the mixture into the heated skillet and cover until the omelette is fully cooked. Enjoy! Very delicious!

Optional: Add 1 tsp. peanut butter to every omelette you make, this makes a tasty treat that taste like a snack from a movie theatre concession stand.



Contributed By Jon McFarland

On Tuesday May 27th, part of the AE group and I went to shop at the Goodwill store in Lancaster. I got a sombrero and a T-shirt. I had a fun time. If I could have, I would have spent much more time there to shop. Afterwards we went to Wendy's for lunch. I had a chicken sandwich, French fries and 2 Dr. peppers.

Outing to my work

Contributed by Allison Alspach

For an outing we went to the Goodwill store I work at.

It was fun to introduce my co-workers to my friends at AE, and to show everyone around the store.

Afterwards we went to Wendy's to eat lunch. It was great.

10 Interesting Facts About Independence Day

Research By Dewey Coplin

Here are some interesting facts about Independence Day that you may not have known! Did you know:

- 1. Independence Day commemorates the formal adoption of the Declaration of Independence on July 4, 1776. However, it was not declared a legal holiday until 1941.
- 2. Fireworks were made in China as early as the 11th century. The Chinese used their pyrotechnic mixtures for war rockets and explosives.
- 3. Uncle Sam was first popularized during the War of 1812, when the term appeared on supply containers. Believe it or not, the U. S. Congress didn't adopt him as a national symbol until 1961.
- 4. There are many precise rules for taking care of the American flag. And speaking of flag traditions, we're sorry to report that contrary to legend, historical research has failed to confirm that Betsy Ross sewed the first flag.
- 5. Not all members of the Continental Congress supported a formal Declaration of Independence, but those who did were passionate about it. One representative rode 80 miles by horseback to reach Philadelphia and break a tie in support of independence.
- 6. The first two versions of the Liberty Bell were defective and had to be melted down and recast. The third version rang every Fourth of July from 1778 to 1835, when, according to tradition, it cracked as it was being tolled for the death of Chief Justice John Marshall.
- 7. The American national anthem, the "Star-Spangled Banner," is set to the tune of an English drinking song ("To Anacreon in Heaven").
- 8. The iron framework of the Statue of Liberty was devised by French engineer Alexandre-Gustave Eiffel, who also built the Eiffel Tower in Paris.
- 9. The patriotic poem "America the Beautiful" was published on July 4, 1895 by Wellesley College professor Katharine Lee Bates.

10. Father of the country and architect of independence George Washington held his first public office at the tender age of 17. He continued in public service until his death in 1799.

QUESTIONS ASKED BY THE ADULT ENRICHMENT GROUP:



IN THE SPOTLIGHT INTERVIEW TO: JONATHAN WHITLOCK

- 1. What is your favorite color? Emerald green
- 2. What is your favorite TV show? Simpsons
- **3.** Do you play video games? Solitaire
- **4.** What is your favorite car? Raul, the Mitsubishi I wrecked
- **5.** What is your favorite animal? Marcel my pet cockatiel
- **6.** What is your favorite food? Indian food
- **7.**What is your favorite activity when you're not at AE? I draw

- **8.** What is your favorite movie? Napoleon Dynamite
- **9.** What is your favorite Book? Zen and the Art of Motorcycle Maintenance
- 10. What is your favorite sport? Thumb wresting
- **11.** Who is your hero? Chipper
- **12.** If you could meet any famous person? Thomas S. Monson
- **13.** Who is your favorite brother? Dakota; enough said!
- 14. What is favorite holiday? Saturday
- **15.** What is your favorite song? "Fair" from Ben Folds Five.





Contributed by Victor Miller



July 4th is very famous for cookouts and beer. It's also a day for parties, and people fly the American flag. My favorite foods for the 4th are potato salad, corn on the cob, watermelon, hamburgers, hot dogs, chicken and apple pie with cool whip. I also enjoy fireworks, and you can't forget the nap.

JULY 2014



V S W S Т K В Ι Υ С Ι Т Ζ Υ S S Ι \mathbf{F} Α Q М Y Т Ι R R W Т V В R R В \mathbf{F} N N 0 0 В \mathbf{E} 0 0 Α Ζ K Χ R В \mathbf{L} U Ε Y Μ \mathbf{L} Ν D 0 J Η Α Ζ Q W K J \mathbf{E} Ι 0 В S P Α Η В Q C \mathbf{E} Ι \mathbf{L} Ο Ρ \mathbf{F} X Α Т Ρ Т \mathbf{F} \mathbf{L} \mathbf{L} Ρ Τ \mathbf{E} V Y Ε Y Q R D \mathbf{E} R Η \mathbf{E} 0 \mathbf{E} U С \mathbf{L} Ε S Α \mathbf{L} F \mathbf{E} Α Υ W Ο Ε Μ R Ν Μ R Α S D Ρ K Α \mathbf{L} В P 0 Ι O P Τ Ν C \mathbf{F} Т Q 0 D 0 K \mathbf{E} Q \mathbf{E} K Q G Ο R U Y R Ζ D Α D \mathbf{L} \mathbf{E} R Μ D 0 S Ζ R Т В 0 G R P Т V J \mathbf{E} V \mathbf{L} Ζ Α W U Q В Χ Α С V Ι Η Т Х Η R U Α Ν В В G Ρ G R Ι G P \mathbf{L} V В R Η O V \mathbf{L} Α Χ F C D Α Ζ Χ 0 \mathbf{L} Т P S O Q \mathbf{F} Ν Ο Α W F W Ρ \mathbf{L} R \mathbf{E} R K D R Μ R С F \mathbf{F} F S 0 W Η Q K X G Ε \mathbf{L} D Μ Q U \mathbf{E} \mathbf{L} Q J Υ Ι J S K Ο W R Ι \mathbf{F} Α Τ R S Υ \mathbf{L} R \mathbf{E} Α P Т Χ G С Т \mathbf{E} Ε 0 U Μ Α Y D Ν 0 Η Η Y В U Α Q \mathbf{L} Υ Α Μ Т Χ Ζ R V Q Ζ Ο W Υ \mathbf{E} R Α G G Ι Y C Ι Ν C Ι Ρ F Ρ D Ι Ι Α Ν J S Η K \mathbf{L} Q Μ Ε R S U S Ν J Ν C Χ Α V J Ν В Ν В Q Μ Α W S Η S U Μ V Α G \mathbf{L} Υ D Z Ζ C Μ Q Ζ Q В V В C R Y \mathbf{L} C G \mathbf{L} G G Z Ζ Ζ Μ J V Q F \mathbf{L} В X Y Ι \mathbf{E} Y U V В K \mathbf{L} J V Q Μ Η Μ D U Q Α D U Α

FOURTH OF JULY
FIREWORKS
BASEBALL
VACATION
SPARKLER
UNCLE SAM
INDEPENDENCE DAY
RED

WHITE BLUE FLAG CONCERT STAR PICNIC FOOD SWIMMING HOT PARTY HAT STRIPES GRILL RED



OCET ZOTT							
MOND	<u>AY</u>	TUESDAY	WEDNESDAY	THURSDAY	<u>FRIDAY</u>		
•Current Even •Arts & Crafts • Independent Living Skills (•Painting •Book Club •World Culture	s (A&C) t (ILS)	•Current Events •Keyboarding / Spanish /Dance & Movement. •Music Appreciation •3-D Art •Outing	•Current Events •Nutrition:Cooking / QEU Movie •Brain Busters • Science / Wildlife •Outing	•Current Events / Keyboarding •Chorus/ Brain Games •Newsletter / Computers •German/History	•Current Events •Trivia •Arts & Crafts (A&C) •Special Topics •Painting		
July 1 Danielle Lid July 2nd Jonathan July 5th Derek Raudabaugh July 7th Shaun W July 11th Dewey (chty n Whitlock hitehead	Keyboarding/ Spanish: Review Action Verbs Music App: Hodge Podge Lunch 3-D Art: Etched Jars	Nutrition/Cooking By Annett Smoothie: Lunch Brain Busters: Domestic Animals Science: Rethink your Drink Wildlife: Lemmings	 Keyboarding Chorus / Brainstorm holiday show ideas Games Lunch Computer & Newsletter / History 4th of July 	4 Sorry, wo're CLOSED 4th or		
7 • A&C: Christm July /ILS: Fin Budget City • Lunch • Painting: A Show Prep • Book Club Short Storie • World Cultu Independence	ish Art es ıre :	Keyboarding/ Spanish: Spinner or Dice Game Music App: Jazz Lunch 3-D Art: Bracelets/ Dream Catcher	9 Outing Group #2 "Oregon Dairy Rest.) Kate, Steph, Alvin, Holly, Chrissy, Angela, Dewey, Sam, Katrina, Jessenia, Robert C., Jamie, Zach Staff: Amparo, Beth (Alisha, Lisa, Jean)	 Keyboarding Chorus / Vote for show theme Brain Games Lunch Computer & Newsletter / German: Food 	A&C: Paper Quilling flowers/Trivia: Television Lunch Movie Painting: Mural Painting		
A&C: Chris in July / ILS Getting out comfort zor Lunch Painting: Art Show P Book Club World Cult Scotland	S: of the ne. rep. : Benji	• Keyboarding / Dance and Movement Music App.: Name that TV theme song • Lunch • 3 -D Art: Bracelets/ Dream Catcher	16 Nutrition/Cooking By Beth Chips and Salsa Lunch Brain Busters: Domestic Animals Science: Solar Oven Wildlife: Sloths	Keyboarding Chorus: Map out show, Learn new song /Brain Games Lunch Computer & Newsletter / History: George Washington	A&C: Foil art / Trivia: Music Lunch Special Topics: National Lollipop Day Painting: Mural Painting		
• A&C: Chris cards / ILS Counting S Money • Lunch • Painting: A Show Prep • Book Club • World Cult Special Gu	: oda Art : Benji ture :	22 Outing Group #2 "Wilbur Chocolate Factory" Lynne, Jon R, Mac., Robert P, Wilfredo, Laura, Marta, Carla, Danielle, Dareek Staff: Annette, Beth (Alisha, Lisa, Jean) Bring a bag lunch!	QUE MOVIE Front of the Class & Second Hand Lions • Lunch • Brain Busters – Domestic Animals • Science: Solar Oven • Wildlife: Moths V Butterflies	 Keyboarding Chorus: Songs /Brain Games Lunch Computer & Newsletter /German: Food 	A&C: Paper Pinwheels / Trivia: Class Picks Lunch Special Topics: Painting: Mural Painting		
28 • A&C: Tile Coasters/ Il Acquiring impo	ortant	• Keyboarding / Spanish: Bingo Music app:	30 FUN DAY • Picnic Lunch •Discussion Group:	Keyboarding Chorus: Review familiar show song /Brain Games	BIR		

•Discussion Group:

Brain Busters

Topic-Domestic

Tournament

Animals

Lunch

3 -D Art:

Catchers

Bracelets/ Dream

Lunch

Earth

Painting: Art

Show Prep. Book Club: Benji

World Culture: Exotic Places on July 16th Kate Manners July 22nd Lynn Shaub July 26th Jon McFarland & Mary Jane Robbins

History: Articles of the Federation

/Brain Games

Computer &

Newsletter /

Lunch