

Adult Enrichment

active life day program

AE NEWS & FUN!!

JULY 2017



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 / Free Time
Computer / Science.

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
Staff: Amparo, Open (D'Andrea)

Group 2 Feb, June, Oct: (6) Kate, Chrissy, Matt, Shelly, Gary, Jaylin

Staff: Beth, Takeisa (Jared)

Group 3 Mar, July, Nov: (8) Lynn, Trista, Sam, Angela, Marta, Glen, Melissa, Loni

Staff: Tina, Tania (Katie)

Group 4: April, Aug (7) Carly, Katie, Ekot, Crystal , Wilfredo, Danielle, Ernie,

Staff: Amparo, Cindy (Jeff)

Wednesday

Group 1: Jan, May, Sept (7) Steph, Robert P., Wilfredo, Gloria, Mike V, Bob T., Chrissy

Staff: Cindy, Open (Jared)

Group 2: Feb, June, Oct (7) Jon R., Suzie, Jessenia, Dewey, Jon F, Kathy, Crystal

Staff: Tania, Tina (D'Andrea)

Group 3: Mar, July, Nov (7) Kate, Jayann, Rosie, Mac, Ben M, Trevor, Jimmy

Staff: Beth, Amparo (Jeff)

Group 4: April, Aug (8) Joey, Judi, Sam, Laura, Dareek, Mike V, Jay, Shelly

Staff: Cindy, Takeisa (Katie)

Friday

Group 1: May, July, Sept., Nov. (5) Marta, Wendy, Susie, Carly, Joey

Staff: Tina, Takeisa

Group 2: June, August, Oct. (6) Donald, Bob T. Gloria, Shelly, Katie H., Dareek

Staff: Tina, Open

From the Directors Desk

I would like to welcome Alyssa to the Adult Enrichment team. Alyssa started with us a few weeks ago as the new AE Music Instructor and she will now be leading our chorus and keyboarding classes. We are excited to have her join us and look forward to all that she has to offer to our program!

Happy 4th of July! I hope everyone has a fun and safe holiday!

~Jared



www.facebook.com/
Adult Enrichment Lancaster

SPORT SECTION

Contributed by Newsletter Group
Victor, Mary Jane, Susan, JayIn, Darla

JayIn stated that he likes both the Philadelphia Eagles and Phillies Baseball Team. Victor stated that he likes the Miami Dolphins. Susan said that she likes to watch Tennis on television. There are Football Teams like; Philadelphia Eagles, Pittsburgh Steelers, Miami Dolphins, NY Jets, Dallas Cowboys, Boston Patriots, Baltimore Ravens. There also there baseball teams like; Phillies, Pittsburgh Pirates. There's also local teams such as; the Barnstormers. Victor said he would like to go to a Barnstormers game. Susan M. stated that she used to play Badminton and also she played Hockey. Mary Jane 's favorite games are Croquette and also Badminton.

SPORT JOKES



1. **What does Baseball have in common with pancakes?**
They both rely on the batter
2. **What do you get when you cross a baseball pitcher with a carpet?**
A throw rug.
3. **What did the baseball player do when the coach said to steal home?**
He stole the base and went home.



Adult Enrichment fire drills are a very important to us all. We have a fire drill once a month. We were very thankful for Lancaster Township Engine 66 to come and talk to us about their job. We discussed that in the event of a fire were are meeting place is and make sure to get there fast.. With the fire company being just across the street it sure puts your mind at ease. Big thank you to the fire company and all that they do!!!!!!! Tina and the Current Events class



DANCEXERCISE CLASS

On May 1st 2017 a New Class started called Dance and Exercise or Danceexercise. This class is a high energy high paced Aerobics/Chair Exercise/Dance. There has been some surprising hidden talented performers. Jon F's amazing break dancing, he dances the entire time of Danceexercise. Another surprising dancer, is Sierra, I can't even describe her outrageous dance moves. Crystal also is a cool dancer as well, she stated that she can't wait until Wednesday so she can attend Danceexercise. Judi has blossom as a very fun, and energetic dancer in her own right. Jay when coaxed, does his signature dance move, he rolls his arms. Ben M. loves to dance to songs like Cotton Eye Joe, Gangnam Style, and other favorites. Trista and Kate are like Dancing Sisters right up in front of class, smiling and waving their hands to raise the roof. And even on the rare occasion Jared the program director will join in and dance to the Chicken Dance and he danced with the participants.



PARENT'S DAY

By the Newsletter Group
(Gloria, Susan Mc, Jayln, Victor, Mary Jane)



Parent's Day is on July 23rd, 2017. Parent's Day is held every 4th Sunday of July each year. So I asked my Newsletter Group this Question "What makes a Good Parent? A Good Parent is there for you. A parent is someone who supports you. Gloria said that her mother loves, supports, and sticks by her. Susan M. said her mother shows love by cooking for her. Jayln said that his Mother cares for him. Victor said that his parents provided for him

financially by working. Parents helps you to get day going well.

I asked them How can children show appreciation for their parents? By giving them love, Respect, listening to them, taking them to dinner, giving them flowers, and if you are really ambitious take your parents on a vacation. Parents deserve to be honored and we are glad that there's a Holiday that does just that.

July 4th is Independence Day, America's birthday

Contributed by Newsletter Group
Jamie, Derek, Jon W., Kathie S.,

"On July 1, 1776, the Second Continental Congress met in Philadelphia, and on the following day 12 of the 13 colonies voted in favor of Richard Henry Lee's motion for independence. The delegates then spent the next two days debating and revising the language of a statement drafted by Thomas Jefferson. On July 4, Congress officially adopted the Declaration of Independence, and as a result the date is celebrated as Independence Day. Nearly a month would go by, however, before the actual signing of the document took place."

We look forward to having a holiday away from our regular routine. Many of us enjoy a picnic for the day. We like to eat things like burgers and hotdogs or steak, potato and pasta salad, corn on the cobb. We enjoy the firework celebrations. Several years ago Jamie got to watch fireworks from her Nan's fire escape. Derek likes to watch parades and fireworks at his house on TV. Last year Jon W. was coming home from vacation and saw fireworks from the road. Kathy's family used to see fireworks from the boardwalk at Rehoboth. The fireworks were shot out over the ocean. Now they like to watch baseball together. Jamie likes to have a relaxing day and watch TV. And Jon W. says he enjoys doing nothing.

Thursday June 8th was an unplanned day for wearing stripes.



Peperoni Crescent Pizza Roll Ups

Contributed by ?



Ingredients:

- 1 (8-oz.) can Pillsbury™ Refrigerated Crescent Dinner Rolls
- 24 slices (about 5 oz.) pepperoni
- 2 oz. (1/2 cup) shredded mozzarella cheese
- 1 cup tomato pasta or pizza sauce, heated

Steps:

1. Heat oven to 375°F. Separate dough into 8 triangles; pat out each triangle slightly.
2. Place 3 slices pepperoni, slightly overlapping, on center of each triangle. Top each with about 1 tablespoon cheese.
3. Roll up, starting at shortest side of triangle and rolling to opposite point. Place rolls, point side down, on ungreased cookie sheet.
4. Bake at 375°F. for 10 to 14 minutes or until golden brown. Remove from cookie sheet. Serve warm crescents with warm pasta sauce for dipping.



DELPHINIUM

Boasting tall spikes of vibrantly colorful blooms, often in hues of bright blues and purples, the delphinium is associated with infinite possibility surrounding summer fun, love and lightheartedness. How better to celebrate a midsummer birthday?



Kitchen Kettle Outing



Today for our outing for Adult Enrichment we went to Kitchen Kettle Village. The weather was nice, it wasn't too hot. We ate lunch in the Kitchen Kettle Café. It was good, we enjoyed burgers, a BLT sandwich, salad, and fries. After lunch we walked around and looked at stuff. We stopped at the bake shop and got cookies and we also sampled different foods. The best samples were pineapple salsa,

mango salsa, buffalo dip, and the siracha mayonnaise. After that we went to the fudge shop. We got to watch them make fudge and we got to sample some, too. They were making chocolate and chocolate marshmallow fudge. It seems like a lot of work, but worth it in the end. The tables they use to make the fudge are made of marble because it stays naturally cool and pulls the heat out of the fudge. We had a good time and we enjoyed ourselves. We recommend it to anyone who likes being out doors and eating.

Baking Soda Sea Art

By Arts and crafts Class

Recipe:

2 cups of baking soda
1 cup of cornstarch
1 1/4 cups of water

Directions:

Place all ingredients into a pot over medium heat. Stir the mixture almost constantly, until it thickens and becomes the consistency of whipped mashed potatoes. Let cool and then knead until smooth and no longer sticky. Done! Now create! Hand designs your shapes.

Sand dollars were made using a circle cutter and decorated using the pinhead and a butter knife. The coral was made free hand.

*Bake at 175F degrees on Slip at mat or parchment paper for 45 minutes to 1 hour. Let cool. ***Dough can be air dried for 2-4 days***

Paint the background with watercolor, use ocean colors (Aqua color, blue, green)

When it is dry, glue the starfish on to the background to the cardboard, they spread glue in then they sprinkle sand and the bottom part. You can frame it.



ADULT ENRICHMENT



- 1. Painting Canvas-various sizes***
- 2. Wildlife Videos***
- 3. Sculpy clay or Fimo clay (various colors)***
- 4. Scrapbooks***
- 5. Glue sticks***
- 6. Roll of White Butcher Paper***
- 7. New Picture Frames 8x10***
- 8. Poster boards***
- 9. Gift cards (Giant, Walmart)***
- 10. Digital Camera***
- 11. White Bandanas***
- 12. Dry Erasers***
- 13. Hot Glue Stick Pack, mini size, multi temp***
- 14. Plastic laundry hamper***
- 15. Lawn games***

***** 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!***





Interview with:
Keri & CARSON
Questions Asked By:

The Adult Enrichment Group

1. Do you have any brothers or sisters?

I have two brothers. Tyler is older, Jordan is younger than me.

2. Do you have any pets?

I have a grey calico cat named Bella.

3. What do you like to do when you are not here?

I watch TV sometimes. I like to watch movies, too.

4. Do you have a favorite food?

Pizza, with pepperoni. We order out.

5. What is your favorite fruit?

I like bananas and watermelon, sometimes.

6. Do you like music?

Sometimes. I do not like country music.

7. Do you like sports?

Sometimes. I don't like to sing, read or dance.

8. What do you have for breakfast.

Sometimes I have eggs.

1. What is your favorite TV show?

Duck Dynasty

2. What was your favorite subject in school?

Math

3. How did you get involved in hunting?

Dad

4. What is your favorite food?

Cheeseburger and fries

5. What is your favorite music?

Michael Jackson

6. Do you have a pet?

Dog---Daisy

7. What sports do you like?

Ice Hockey/Flyers

8. Do you enjoy your time at AE?

Yes

9. Do you have any brothers or sisters?

No

10. What school did you go to?

Lancaster Mennonite

HAPPY BIRTHDAYS



July 1st Danielle



July 2nd Jonathan W.



July 2nd Robyn F.



July 3^{er} Shelly F.



July 7th Shaun W.



July 5th Derek R.



July 11th Dewey C.



July 16th Kate M



July 22nd Lynn S.



July 26th Mary Jane R.



JOKES

1. What happened as a result of the Stamp Act?

The Americans licked the British!

2. How come there's no Knock Knock joke about America?

Because freedom rings.

3. What kind of tea did the American colonists want?

Liberty.

4. What was General Washington's favorite tree?

The infantry.

5. What did the parrot say on the 4th of July? Submitted by Jayann

Polly want a Fire Cracker?

6. What was the most popular dance in 1776?

Indepen-dance.

7. What does the Statue of Liberty stand for?

It can't sit down.

8. What's the difference between a duck and George Washington?

One has a bill on his face, and the other has his face on a bill .

9. How were the first Americans like ants?

They lived in colonies.

10. What do you eat on July 5th?

Independence Day-Old-Pizza.

11. What quacks, has webbed feet, and betrays his country?

Beneduck Arnold.

SCRAMBLE WORDS

Contributed by Newsletter group

1. Htruof
2. Enihsnus
3. Skrowerif
4. Gnimmiws
5. Scincip
6. Gnipmac
7. Sedarap
8. Iksretaw
9. Sraif
10. Seucebrab

ANSWERS:

fourth, sunshine, fireworks, swimming, picnics, camping, parades, waterski, fairs, barbecues

Thanks, Alison, For A Great Chorus Season!



Alison has been our chorus leader for the past two concerts. She will be leaving with her family to teach in a school in Nigeria for a year.

We just performed our Spring Concert. It was at Manor Church, and it had a birthday theme. The table centerpieces had baby pictures of us with birthday hats attached to them. Our first song was 'Happy Birthday, AE'. The other songs were taken from our birthday years. We sang: 'Lean on Me'; 'The Sign'; 'Don't Worry, Be Happy'; 'I Will Always Love You'; 'Everything I Do' and 'YMCA'. The first ones to arrive at Manor Church played Bingo while we were waiting for the others to arrive. Some people practiced their songs. Then we ate our bag lunches. We freshened up in preparation for singing on the stage. Allison led us through our songs. Her friend accompanied us on the piano. Dan and Danielle sang solos. They did a great job. Several small groups had special parts too. The audience joined us in singing 'YMCA'.

It was fun singing well organized, carefree songs. Afterward we enjoyed cupcakes and lemonade with family and friends. It was a fun day.

We will miss you Alison. We can hardly wait to hear stories of your adventures in Nigeria. We are glad we got to meet your sweet children. We are sure the children in Nigeria will be blessed by your family.

NEWSLETTER



Putting the Newsletter together.....

Kathy S. – I like write things for Newsletter articles.

Victor – I like helping put ideas into the Newsletter. I like the way the class is run.

Jonathan W. – I enjoy contributing my own illustrations and the opportunity to be creative. I think outside the box.

Danielle – I like to read the Newsletter and learn what is in the articles. I like to see what the different classes are doing.

Ernie - I use the recipes in the Newsletter.

Donald – I like when they hand out the Newsletter. I like to read them.

Jonathan W. – I look forward to reading the Newsletter and being amused.

Kathy – I like to do the puzzles. I share the Newsletter with my parents.

Enjoying the finished product...

JULY WORD SEARCH 2017

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

BEACH
VOLLEYBALL
TENNIS
BASKETBALL
TRIPS
FIREWORKS
INDEPENDENCE CELEBRATION

FISHING
PICNICS
WATERMELON
TOMATOES
RESTAURANTS
HIKING
MOUNTAINS

SEASHORE
SHELLS
SWIMMING
BOATING
SUNTAN
POOL
HOTDOGS
HAMBURGERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> •Current Events: <u>Beth/Cindy</u> • Arts & Crafts: <u>Amparo</u> • Independent Living Skills (ILS) <u>Tania</u> • Newsletter: <u>Amparo, Cindy & Takesia</u> • World Cultures: <u>Tina</u> • Creative Expression: <u>Beth</u> • Acting: <u>Cindy</u> 	<ul style="list-style-type: none"> • Current Events: <u>Beth/ Tania</u> • Spanish: <u>Amparo</u> • Health & Wellbeing: <u>Beth</u> •Dance: <u>Tania</u> • Virtual Travel: <u>Cindy</u> •Social Club: <u>Tina</u> • Book Club: <u>Beth</u> •Creative Thinking: <u>Tina</u> •Outing 	<ul style="list-style-type: none"> •Current Events: <u>Cindy, Tina</u> •Classic Viewing: <u>Tania</u> •Social Club: <u>Cindy</u> •Wildlife: <u>Tania</u> •History: <u>Beth</u> •Science: <u>Cindy</u> •Music Appreciation.: <u>Beth</u> •Dancercise: <u>Tania</u> •Outing 	<ul style="list-style-type: none"> • Current Events: <u>Tania, Tina</u> • Chorus: <u>Allison</u> • Movers & Shakers: <u>Amparo</u> •Garden & Nature: <u>Tina</u> •Keyboard: <u>Alison</u> • Bain Buster: <u>Beth</u> •Photography: <u>Amparo</u> 	<ul style="list-style-type: none"> •Current Events: <u>Beth, Tina</u> •Arts & Crafts: <u>Amparo</u> •Home Economics: <u>Tina</u> •Group Games: <u>Beth</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u>

<p>3</p> <p>PICNIC DAY</p>	<p>4</p> <p>CLOSED</p>	<p>5</p> <ul style="list-style-type: none"> •Classic Viewing: Lucy/ Social Club: Patriotic Activities •Lunch •Wildlife: PA/History: Daniel Boone Science: Perennials vs. Annuals / Music Bio.: Fall Out Boy/Dancercise: Kidz Bop 	<p>6</p> <ul style="list-style-type: none"> • Chorus: /Movers & Shakers: • Lunch • Garden & Nature: AE Flags /Keyboard • Brain Busters: Cowboy Music • Photography: Take Shadow Pictures 	<p>7</p> <ul style="list-style-type: none"> •Arts & Crafts: Finish the flower pictures/ Home Ec.: Bracelets •Lunch <p>Bee Presentation</p>
<p>10</p> <ul style="list-style-type: none"> • A&C: Finish the flowers pictures/ ILS:: Chair/snack • Lunch • World Cultures Colorado / Newsletter: • Acting Class: Old Mother Hubbard\ Creative Expression: Tie Dye Bandannas 	<p>11 OUTING- Rosas pizza</p> <p>Lynn, Trista, Sam, Angela, Marta, Glen, Melissa, Loni</p> <p>Staff: Tina, Tania (Katie)</p> <ul style="list-style-type: none"> • Spanish: Review & Matching Games/ Health & Wellbeing: Summer Care • Lunch • Social Club: Lightning/Glass • Dance :Boom Chicka / Virtual Travel: Bungee Jumping • Creative Thinking: Get to know me / Book Club: Matilda 	<p>12</p> <ul style="list-style-type: none"> •Classic Viewing: Addams/ Social Club: Fishing •Lunch •Wildlife :Raccon •History: Time travel: Trail of Tears •Science: The Lion and the Mouse •Music Bio.: Elton John /Dancercise : Boom Chicka 	<p>13</p> <ul style="list-style-type: none"> • Chorus: /Movers & Shakers: • Lunch • Garden & Nature: Lavender/ Keyboard • Brain Busters: Train • / Photography: Take Pictures for the Collage 	<p>14</p> <ul style="list-style-type: none"> •Arts & Crafts: Bird feeder / Home Ec.: Egg Salad •Lunch •Group Games: Musical Trivial Pursuit • /Movie Club: Movie of the week •Photography: Take Pictures for the Collage
<p>17</p> <p>A&C: Bird Feeder /ILS :Math</p> <ul style="list-style-type: none"> • Lunch • World Cultures: Bermuda Triangle / Newsletter: • Acting Class: Moon Talk Club • Creative Expression: Begin tape painting 	<p>18</p> <ul style="list-style-type: none"> • Spanish: New Vocabulary / Health & Wellbeing: Sleep • Lunch • Social Club: Manor Care Dance :Country / Virtual Travel: Golf Cart/Creative Thinking: Sign Language/ Book Club: Short Story 	<p>19 OUTING</p> <p>North Museum F&M</p> <p>Kate, Jayann, Rosie, Mac, Ben M, Trevor, Jimmy</p> <p>Staff: Beth, Amparo (Jeff)</p> <p>Classic Viewing: Little House / Social Club: Relays</p> <ul style="list-style-type: none"> • Lunch: •Wildlife Porcupine Sheep •History: Queen Victoria Science: Judi R./ Music Bio.: Michael Card /Dancercise Country 	<p>20</p> <ul style="list-style-type: none"> • Chorus: /Movers & Shakers: Lunch • Garden & Nature: Sage Candles /Keyboard: • Brain Busters Newsboys Photography: Chose picture for Collage Project 	<p>21 Movie Outing</p> <ul style="list-style-type: none"> •Arts & Crafts: Marbled Shaving Cream / Home Ec.: 1954 Home Ec. •Lunch •Group Games: Bingo •Movie Club: Movie of the week •Photography: Chose picture for Collage Project
<p>24</p> <ul style="list-style-type: none"> • A&C: Cracked Glass Stones/ ILS: Ice breaker • Lunch • World Cultures: New Mexico / Newsletter: • Acting Class: Rumpel Stilt Skin • Creative Expression: Finish tape painting 	<p>25</p> <ul style="list-style-type: none"> • Spanish: Math • Health & Wellbeing: Relaxation • Lunch • Dance Cowboy Dress: / Virtual Travel: Tubing Social club: Sea Glass Creative Thinking: Stations/ Book Club: Matilda 	<p>26</p> <ul style="list-style-type: none"> •Classic Viewing: /Brady Bunch Social Club: Bowling •lunch •Wildlife: Otter /History: Lancaster Science: Magnets/ Music Bio.: Scorpions •Dancercise- Cowboy 	<p>27</p> <ul style="list-style-type: none"> • Chorus: /Movers & Shakers: • Lunch • Garden & Nature: Mint tea bags /Keyboard: • Brain Busters: Quantum Leap Photography: Make Collage pictures 	<p>28</p> <ul style="list-style-type: none"> •Arts & Crafts: Cracked Glass Stones / Home Ec.: Mint tea bags •Lunch •Group Games: Getting to Know You – Summer •Movie Club: Photography: Make Collage pictures
<p>31</p> <ul style="list-style-type: none"> • A&C: Marbled Shaving Cream\ ILS :Count \$ • Lunch • World Cultures: Wyoming/ Newsletter: • Acting Class: The 3 Little Wolves\ Creative Expression: Tie Dye Bleach 				