

active life day program

### 9:15 - 10:00 AM Daily Current Events MONDAY

<b>10:00 – 11:00</b> Arts and Crafts/ Free Time							
Computer / Independent Living Skills (ILS).							
11:00 - 12:00Lunch.							
<b>12:00 – 1:00</b> Newsletter/ Free Time							
Computer/world Culture.							
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------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 4<sup>th</sup> Wednesday of the month.

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

### THURSDAY

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

### FRIDAY

10:00- 11:00Art	ts & 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





## **JUNE 2018**

Tuesday Group 1: Jan, May, Sept Jon R., Donald, Kathy, Dewey, Allison, Dareek, Robyn, Destiny Staff: Amparo, Lory (John) Group 2 Feb, June, Oct: Kate, Chrissy, Matt, Gary, Jayln, June, Gretchen Staff: Beth, Takeisa (Jared) Group 3 Mar, July, Nov: Lynne, Trista, Marta, Glen, Melissa, Grace, Stephanie Staff: Tina, Tania (Katie) Group 4: April, Aug Carly, Katie, Crystal, Wilfredo, Danielle, Ernie, Loni Staff: Amparo, Cindy (Open) Wednesday Group 1: Jan, May, Sept Wilfredo , Bob T., Chrissy, Sierra, Robert P., Benessia Staff: Cindy, Lory (Jared) Group 2: Feb, June, Oct Jon R, Suzie, Jessenia, Jon F, Kathy, Crystal, Susan Staff: Tania, Tina (John) Group 3: Mar, July, Nov Kate, Jayann, Rosie, Mac, Ben M, Trevor, Jimmy, Destiny Staff: Beth, Amparo (Open) Group 4: April, Aug Joey, Sam, Laura, Dareek, Mike V., Jay, Shelly Staff: Cindy, Takeisa (Katie) Friday Group 1: Feb, April, June, August, Oct., Marta, Susie, Carly, Joey, Grace, Matt Staff: Tina, Takeisa Group 2: Jan, Mar, May, July, Sept, Nov. Donald, Katie H., Dareek, Benessia, Kathy Staff: Tina, Takesia

### From the Directors Desk

Last month the Adult Enrichment choir put on another successful show, performing songs from classic Disney movies! On behalf of Adult Enrichment and our choir members, we would like to thank all of our friends and family that were able to come out and support us yet again!

It is June and that marks the beginning of summer camps and family vacations. If you have any summer plans, we ask that you gives us a call and let us know what dates you will be away. 717-397-5600

## SPANISH CLASS CELEBRATED CINCO DE MAYO





















# Meet BRIAN!

## Welcome to AE Questions By: AE Newsletter Group

- 1. What is your favorite food? I like Italian food.
- 2. What is your favorite animal? Cats. I've had a cat all my life.
- 3. Do you have a favorite cartoon character? Pepe' Le Pew
- 4. What is your favorite color? Dark Blue

LIFE

SKILLS

- 5. Who is your favorite musician? Garth Brooks
- 6. Do you have a favorite TV show? I like them all.
- 7. Do you have any hobbies? I'm into Ice Hockey, I love Ice Hockey. I used to play in the men's league. I was center, or left or right wing. The Flyers is my favorite team.
- 8. Do you go to camp? Yes, a along time ago I went to a church camp.
- 9. Do you have any siblings? One step-brother, my parents got divorced when I was 2 years old. But I am the only Shotzberg.
- **10. Do you have a girlfriend?** I was engaged twice, but now I do not have a girlfriend.
- **11. Do you like to travel?** Yes. I am going to Florida next month to visit my Father.
- 12. I want to explain to you what happened to me. In 1995, I fell from the third story and suffer brain damage. Now I live in Brethren Village in an apartment.

# WHAT LIFE SKILLS HAVE YOU LEARNED IN INDEPENDENT

Jonathan W. said that he learned how to deal with financial matters. Ali said she learned how to exercise to stay in shape. Destiny said that she learned ways how to be happy and stress free. June said that she learned how to practice math skills. Kathy said she likes it for many different reasons such as healthy snacks and chair exercises. Ben W. said that he

likes the icebreaker games. Dewey- said that he enjoys math and would like to learn multiplication tables 7, 8 and 9. Jayann enjoys math and she has learned how to add and subtract. Once a month our class will learn to make a healthy snack. In Independent Living skills class the participants learned a variety of living skills such as: Writing Troops/Math using math worksheets and Math Jeopardy, Counting Money and Budgeting/Health and Nutrition using meal planning and preparing a simple healthy snack. Exercise and Meditation-Once a month the participants perform chair exercises, and self help issues such as staying positive, being active in the community, self advocacy, brain games, listening to inspirational messages for motivation to improve their lives. Participants benefits from learning life skills for their everyday lives.



# ADULT ENRICHMENT SPRIN CONCERT





















A NO



- 1. Gift cards ( Dollar Tree, Giant, Walmart)
- 2. Games- Brailling of cards
- 3. Watercolor paper
- 4. White Card stock
- 5. Masking Tape
- 6. Computer Speakers
- 7. Earphones for the computer room
- 8. Wii 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!





# Fun Holiday – World Juggling Day

World Juggling Day is held annually on a Saturday closest to June 17 to commemorate the anniversary of the foundation of the International Jugglers Association (IJA). Jugglers have been around since the 15th century. The unofficial holiday was first observed in the mid-1980s as National Juggling Day in the United States. The holiday is observed awareness of the art and science of juggling and to encourage people to take up the art. In 1995, the name of the day was changed to World Juggling Day in order to reflect the global reach.

How to Celebrate:

- HOST OR ATTEND A
- JUGGLING FESTIVAL
- TEACH YOUR FRIENDS HOW TO JUGGLE
- JUGGLE IN YOUR BACKYARD
- LEARN TO JUGGLE
- JUGGLE WHILE STANDING ON YOUR HEAD
- MAKE A JUGGLING VIDEO AND POST IT TO YOUTUBE
- DO ANYTHING THAT IS JUGGLING RELATED



# **BEST FRIEND'S DAY**





Best Friends day is celebrated on Friday June 8<sup>th</sup>. What makes a good Friend?

Rosie said being supportive. Gloria said someone who are Honest. Mary Jane said someone to help you in your time of need. Jay- said that a good friend is someone who you can play sports with. Also a good friend is caring and kind and always have a shoulder to cry on. A Good Friend is someone who is loyal. Kathy said that you should always listen to him and treat them nice. Joey said that a good friend is someone who accept them as they are. Jon W. said that a good friend is someone who is genuine. Jon R.- said that a good friend is someone who is friendly, and always smiling like himself.



## JUNE FLOWER OF THE MONTH

The Rose is the birth month flower for June. The **rose** has more meanings than one can count!

A **pink rose** means perfect happiness, while a red **rose** means 'I love you." A white **rose** signifies innocence and purity, while a **yellow rose** conveys jealousy or a decrease in love. A bouquet of roses means sincere gratitude, whereas a single

rose amplifies the meaning of the color (a single red rose means "I REALLY love you"). The other June flower is **honeysuckle**, which is a strong symbol for the everlasting bonds of love.

# FATHER'S DAY



Father's Day is June17<sup>th</sup>. In America, Father's Day is celebrated on the third Sunday of the month of June. Show appreciation for your father by: buying him clothes especially ties, hats, belts, shirts, robes, slippers etc. Take your

father to dinner or make your father breakfast in bed. You can also make or buy him a card. You can take your father for a picnic lunch or even a walk. You can play baseball or golf with your father. Some might go fishing with the father. Some might get a pet for their Dad.

Whether he hikes or bikes, camps or fishes, any outdoorsy dad would love a father's day gift he can use on his adventures — and especially one that will let him share those adventures with his kids. We spoke to dads who love nature, walking, fly-



fishing, rollerblading, trail running, and more about the best gifts they've ever gotten, and the ones they — hint, hint — really want this Father's Day.



- 1. RAI ODGIIITNNNOC
- 2. CEI MECRA
- 3. HTARSEF DYA
- 4. RAWTE NBOSOLLA
- 5. RUGTAODIN
- 6. EWGIDNDS
- 7. GILNNTGHI SGUB
- 8. IEFR ISFLE
- 9. DIGGRNNEA
- 10. TIVNOACA

### **ANSWERS**:

VACATION FIES, GARDENING, ICE CREAM, FATHER'S DAY, WATER BALLOONS, GRADUATION, WEDDINGS, FIES, GARDENING, FLIES, GARDENING,

### NATIONAL CHOCOLATE ICE CREAM DAY



National Chocolate Ice Cream Day is on June 7th. Chocolate ice cream is the second most common flavor, surpassed only by vanilla. Chocolate flavored ice cream has been in existence over a hundred years and has been popular in the United States since the late 19th century.

Cocoa powder, cream, vanilla and sugar are ingredients in chocolate ice cream. Rocky Road, Triple Chocolate Chunk and other kinds of ice cream, use chocolate ice cream as their base, along with added ingredients.

This June 7th, be sure to enjoy a bowl or cone of chocolate ice cream with family or friends.

# How do you like to eat your Chocolate Ice Cream?

Jon R. - With cherries Trista – Straight up Jayann - With chocolate chunks in it Joey - I just like to eat it plain. Sometimes I like to let it melt so I can drink it. Jon W. - I like to eat it hanging upside down. It expands my taste perception. Jamie - Just in a bowl by itself, cones are too messy. Donald - In a bowl, plain Aaron – With toppings Victor - I am not allowed to have chocolate Ice Cream. I am allergic to it. Kathy S. - In a hot fudge Sundae. M. J. – In a Banana Split Susan M. I like it in a cone. Crystal – I don't like Chocolate. Jayln – In a cone Kathy M. – With a spoon Jayann - I like it with chocolate chunks in it Wil - I like toppings on it Susie - With nuts on top or Peanut butter in it



# Do you have a favorite brand of Ice Cream?

Bob – Turkey Hill Kathy S – Breyers Jamie – We always get Turkey Hill Trista – Hagan Daas Chrystal – Turkey HIII Jayann – Dairy Queen and Breyers Susan M - Breyers Joey - I like Turkey Hill Ice Cream. Sometimes my dad will get Ben & Jerry's Ice Cream. Jon W. – I haven't tasted any I didn't like. Wil – Turkey Hill Chrissy - Breyers Jon R. – Turkey Hill Susie - Breyers M.J. – Turkey Hill Kathy M – Breyers Victor – I like them all Trista – Turkey Hill Aaron - Breyers or BJs Jayln – Turkey Hill

# What would you do for some Chocolate Ice Cream right now?

Bob – Be nice to my parents Kathy M – Sing Trista – Go down to Giant and get some. Jon W. – Frankly, I would go inside and make it myself. Jimmy – Eat it! I love ice cream. Jamie – Nothing, there is nothing I could do. Jayann – Be kind to my parents Joey – I would swim in it. Kathy S. – I would sing and dance for it. Chrissy – I'll scream for ice cream





People in the United States celebrate Flag Day on June 14, each year. It is also the day the United States Army celebrates its birthday. It is a great day to fly the American flag at homes and public buildings. Other popular ways of observing this holiday include: flag-raising ceremonies.

Flag Day is during National Flag Week. Our flag represents freedom and is a symbol of the country's ideals. Americans can take the opportunity to affirm their loyalty to the nation, their belief in liberty and justice, and promote national unity. On June 14, 1777 in Philadelphia, the Marine

Committee of the Second Continental Congress "resolved, that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field representing a new constellation."

The colors red, white, and blue did not have meanings for The Stars and Stripes, when it was first adopted. The significance of the flag colors trace back to the creation of the Great Seal a year earlier. Charles Thomson, Secretary of the Continental Congress, explained the significance to Congress when he presented the seal. "The colors, are those used in the flag of the United States of America. White signifies purity and innocence. Red, hardiness & valour, and Blue... signifies vigilance, perseverance & justice."

### What are your suggestions for celebrating Flag Day at AE?

Jon W. – Make a cake that resembles s a flag Kathy S. – I think we should have a picnic. Joey – Wear clothes that are Red, White and Blue Gloria - Put up a flag Rosie – Have treats MJ – Relax and pig out Jaylyn – Play capture the Flag

### What does the American Flag mean to you?

Jamie – American Freedom. There is a country song down South called, God Bless the USA. Kathy S. – Watching a baseball game they play the national Anthem, and we salute the Flag. Joey - Freedom Jon W. – I think of all the hard work Betsy Ross put into making the first flag. Rosie – Peace MJ – Family Gloria – Freedom



## NATIONAL YO-YO DAY

National Yo-yo Day is observed June 6<sup>th</sup>, the birthday of Donald F. Duncan, Sr. He is credited with popularizing the Yo-yo. This day is dedicated to everything related to yo-yos.

In Ancient Greece, what later came to be known as Yo-yos were made out of wood, metal, and painted Terra Cotta. The word yo-yo appeared in a Filipino dictionary in the early 1860's. Pedro Flores, a Filipino immigrant, started the Yo-yo Manufacturing Company in

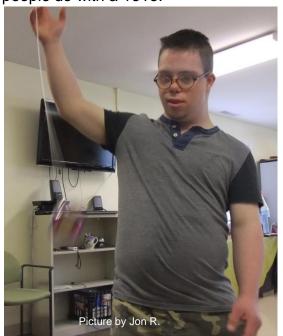
Santa Barbara, California, in 1928. By 1929, Flores had opened other factories in California, and was making300,000 Yo-yos daily. Donald F. Duncan, Sr. bought out Flores and began manufacturing yo-yos. Yo-yos are popular all over the world. Many countries hold yo-yo contests in which Contestants are required to perform certain tricks, as well as, their own freestyle routine.

Joey – I have a Yo-yo. It is red. I haven't used one in forever.

Jon W. – I had one. I used one for therapy to improve my arm strength and dexterity. Kathy S. – 'Walk the Dog' is one trick people do with a YoYo.









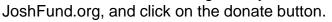


## **JOSH F. FOUNDATION!**

When I graduated from High school, I found there were limited opportunities for me, with my disability. So I decided to create something of my own. I started a foundation called Josh Fund. It is

something I always wanted to do. The object of my foundation is to give back to great organizations that are close to my heart. These include: United Disability Services, United

Cerebral Palsy, Alzheimer's Association, Make-A-Wish Foundation and Wounded Warrior Project. My goal is to get 2000 donors, who will give \$5 each month. Anyone who wants to contribute can go to my website:





Once I get a donation, the treasurer gives it to one of these organizations. Our first donation is to Make-A-Wish convoy on Sunday. I will be handing out sunglasses and bottles of water to those with disabilities who are traveling in the convoy.

I love what I do. It is very rewarding. It gives me purpose in life. It is a great place for me to be. I feel giving back is important. I feel like I am the luckiest guy in the world.



## NATURAL PHOTOGRAPHY

Natural Photography DAY June 15<sup>th</sup> . The North American Nature Photography Association (NANPA) is once again sponsoring their annual Nature Photography Day. It happens June 15th and gives all nature lovers the opportunity to enter their photo contest which has great prizes from some of the industry's most popular companies. NANPA's description of the event is below. About Nature Photography Day

A dozen years later, enthusiasm for Nature Photography Day has grown worldwide. This day is designated by NANPA to promote the enjoyment of nature photography and to explain how images have been used to advance the cause of conservation and protect plants, wildlife, and landscapes locally and worldwide.





# JUNE HAPPY BIRTHDAYS



June 5<sup>th</sup> Alyssa M.



June 16th Ben W.



June 20<sup>th</sup> Destiny C.



June 9<sup>th</sup> Marta M.



June 15<sup>th</sup> Weston



June 26<sup>th</sup> Carly L.



June 13 Susan Mc.



June 19th Gloria M.



June 27th Dareek S.



June 30<sup>th</sup> Takesia T.



June 27th Sierra H.



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BARBEQUE	ITALIANICE	SQUIRTGUNS
BAREFOOT	MOWING	SUMMER
BIRDNEST	MUD	SWIMMING
BOATING	PICNIC	TSHIRTS
FISHING	POOL	SHOPPING
HIKING	SATURDAY BREAKFAST	SUNGLASSES
HOT	SHORTS	WARM WEATHER



MONDAY	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>		
•Current Events: <u>Beth/Cindy</u> • Arts & Crafts: <u>Amparo</u> • Independent Living Skills (ILS) <u>Tania</u> • Newsletter: <u>Amparo</u> - <u>Cindy</u> & <u>Tania</u> • World Cultures: <u>Tina</u> • World Cultures: <u>Tina</u> • Creative Expression: <u>Beth</u> • Acting: <u>Cindy</u>	<ul> <li>Current Events: <u>Beth</u>/ <u>Tania</u></li> <li>Spanish: <u>Amparo</u></li> <li>Health &amp; Wellbeing: <u>Beth</u></li> <li>Dance: <u>Tania</u></li> <li>Virtual Travel: <u>Cindy</u></li> <li>Social Club: <u>Tina</u></li> <li>Book Club: <u>Beth</u></li> <li>Creative Thinking: <u>Tina</u></li> <li>Outing</li> </ul>	Current Events: Beth/       •Current Events: Cindy, Tina         fania       •Classic Viewing: Tania       • Current Events:         Spanish: Amparo       •Social Club: Cindy       • Chorus: Alyssa         Health & Wellbeing:       •Wildlife: Tania       • Movers & Shal         Beth       •Garden & Natur       •Garden & Natur         Dance: Tania       •Science: Cindy       •Keyboard: Alyssa         Virtual Travel: Cindy       •Music Appreciation.: Beth       • Bain Buster: Beth         Book Club: Beth       •Outing       •Photography: A         Creative Thinking: Tina       •Outing       •Photography: A		•Current Events: <u>Beth, Tina</u> •Arts & Crafts: <u>Amparo</u> •Home Economics: <u>Tina</u> •Group Games: <u>Beth &amp;</u> <u>Amparo</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u>		
				1 •A&C: Jewelry / Home Ec.: Flip Book •Lunch •A-Group Game: Two truths and a lie/ B- Group: Catch the Ball •Movie Club-Movie of the week /Photography: Newsletter Pictures		
4 • A&C: Bubble paint /ILS: Troops • Lunch • World Cultures :Great Depression/ Newsletter: • Acting Class: Jog Dog Adventure/ Creative Expression: Starry Night	5 • Spanish: Summer Vocabulary / H&WB: Fruit Salad • Lunch • Dance: Katy Perry/ Virtual Travel: Amusement Park Rides • Social Club: Games / Creative Thinking: Games / Book Club: Harry Potter	6 •Classic Viewing: Codename/ Social Club: National Yo-yo Day •Lunch •Wildlife: Wild Kratts /History: Pocahontas / Science: Robot Sophia/Music Bio.: Ariana Grande/ Dancexercise : Katy Perry	7 • Chorus: /Movers & Shakers: • Lunch • Garden & Nature: Start Garden / Keyboard: • Brain Busters: Brady Bunch / Photography: Newsletter Pictures	8 •A&C: Bubble paint / Home Ec.: Flip Book •Lunch •A-Group Game: Doggie Bone B Group Game: Walk •Movie Club -Movie of the week /Photography: Newsletter Pictures		
11 • A&C: Cool Cat/ILS: Chair/Snack • Lunch • World Cultures : Herbert Hoover / Newsletter: • Acting Class: Jack & the Chilistalk / Creative Expression: Starry Night	<ul> <li>12 OUTING "Pottery Painting" Kate, Chrissy, Matt, Gary, Jayln, June, Gretchen (Pack Lunch)</li> <li>Spanish: Review- Bingo / H&amp;WB: Memory Games</li> <li>Lunch</li> <li>Dance: Prince / Virtual Travel: Kayak / Social Club :What's in a name / Creative Thinking: Famous in PA /Book Club: Harry Potter</li> </ul>	13 •Classic Viewing: Anamaniacs/ Social Club:Flag Day •Lunch •Wildlife: Rabbit/History: Guest / Science: Water/ Music Bio.: Beach Boys Dancexercise:- Prince	14 • Chorus: /Movers & Shakers: • Lunch • Garden & Nature: Caterpillar Craft / Keyboard: • Brain Busters: Flintstones/ Photography: Newsletter Pictures	15 Movie Outing <u>Group 1</u> Marta, Susie, Carly, Joey, Grace, Matt, Destiny A&C: Cool Cat / Home Ec.: BINGO •Lunch •A-Group Game: Guess the Sounds / B- Group: Bowling •Movie Club-Movie of the week /Photography: Newsletter Pictures		
18 • A&C: Face Fun Picture / ILS: Math • Lunch • World Cultures: Life during Depression/ Newsletter: • Acting Class: Jack & the Chilistalk/ Creative Expression: Starry Night	19 • Spanish: Colors and Games/H&WB: Physical Heatlh • Lunch • Dance: Elvis/ Virtual Travel: Skateboard/ Social Club:Social skills Creative Thinking Famous writers/ Book Club: Harry Potter	<sup>20</sup> Fun Day	21 • Chorus: /Movers & Shakers: • Lunch • Garden & Nature: Animal & Nature Quiz / Keyboard: • Brain Busters: Spongebob / Photography: Newsletter Pictures	22 •A&C: Face fun Picture/ Home Ec.: Texas road house butter •Lunch •A-Group Game: Getting to Know You/ B- Group: Walk •Movie Club -Movie of the week /Photography: Newsletter Pictures		
25 • A&C: Birthdays Cards / ILS: Count\$ • Lunch • World Cultures : Hoover Dam/ Newsletter: • Acting Class: Career Charades/ Creative Expression: Starry Night	26 • Spanish: Restaurant Vocabulary / H&WB: Nail biting/Bath soap • Lunch • Dance: Shakira/ Virtual Travel: Zipline / Social Club: Octopus/Creative Thinking: Letter Craft / Book Club: Harry Potter	27 OUTING "Park City Mall" Jon R, Suzie, Jessenia, Jon F, Kathy, Crystal, Susan Mc. •Classic Viewing: Underdog/ Social Club: Wiffle Ball •Lunch •Wildlife: Chimpanzee / History: Marilyn Monroe •Science: Tropical Fish/Music Bio.: Eric Clapton/ Dancexercise: Shakira	28 • Chorus: /Movers & Shakers: • Lunch • Garden & Nature: Plant Garden / Keyboard: • Brain Busters: Bambie / Photography: Newsletter Pictures	29 •A&C: Birthdays cards/ Home Ec.: Antiques •Lunch •A-Group Game: Corn Hole/ B- Group: Play Wii •Movie Club-Movie of the week /Photography: Newsletter Pictures		