## Adult Enrichment

active life day program







**Upcoming Events** 

**Wolfgang Candy Orders Due** 





Sunday, March 9

**Daylight Saving Time starts** 

Jean)

Laura, Gerilynn, Marta, Carla,

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

#### Wednesday Group #1

Jon R., Jon Mac, Leroy, Jon W., Jean, Gerilynn, Susie, Wilfredo, Laura, Dan, Rosie, Robert P.

Staff: Annette, Amparo (Alisha, Lisa,

#### Wednesday Group #2

Kate, Steph, Alvin, Chrissy, Angela, John A, Dewey, Sam, Katrina, Jessenia, Robert C., Jamie.

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

## 8:00 - 9:15 -----Social Time.

9:15 - 10:00------Current Events. 10:00 - 11:30

MONDAY

- Arts and Crafts
- Independent Living Skills

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

- 12:30 2:00
- Painting
- Book Club / World Cultures.
- ◆ 2:00 3:00 -----Social time. TUESDAY

#### 8:00 - 9:15 -----Social time. 9:15 - 10:00 ------Current Events. Outing every 4th Tuesday of the

#### month 10:00 - 10:45

- Spanish / Keyboarding.
- ◆ Dance & Movement one time a month.

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 2<sup>nd</sup> Wednesday of the month

10:00 - 11:30

- QEU Movie once a month.
- Cooking 2 -3 times a month.

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

12:30 - 2:00

- Discussion Group
- Science / Wildlife

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 ----- Brain Games. 10:30 - 11:30 ----- Arts & Crafts. 11:30 - 12:30 -----Lunch. 12:30 - 1:15 -----Special Topics. 1:15 - 2:00------Mental Floss. 2:00 - 3:00 -----Social time.

## From the Director's Desk:

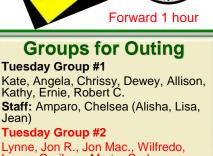
It is so good to be back at Adult Enrichment! A big thank-you to the staff of AE for all of their hard work and to everyone who sent cards, gifts, food, and well wishes to my family while I was on my leave.

What a winter this has been for snow! I know most of us are counting the days until spring arrives, but just in case winter has another storm in store for us I would like to review our closure procedure. When the determination is made to close program staff and participants are alerted through a phone chain. We ask that all participants, families, and caregivers tune into WGAL and watch for RRTA closings. If RRTA is not running, we will NOT be open and we will only call participants that use alternate transportation.

We are in the process of having Adult Enrichment added to the WGAL closings list, but don't think this will take effect until next snow season. Until then if you are unable to access WGAL please let us know and will continue to call you when we are closed.

Please help support Adult Enrichment by purchasing or selling Wolfgang Easter Candy. All orders are due by 3/7/14 and candy will be available for pick up the week of 4/17/14.

~Alisha~



#### Outing Wed. Only Group #2 Pasquale's Pizza 3/12/14

Staff Meeting 3/10/14

- (Dress Up Day) St Patrick Day wear GREEN Monday 3/17/14
- Staff Meeting 3/24/14
- Outing Tues. Only Group # 2 **Leisure Lanes Bowling** 3/25/14

### **MARCH BIRTHSTONE**



Researched by: Ben Walker

The two birthstones for March are **aguamarine** and bloodstone.

The name aquamarine is derived from the Latin word aqua, meaning water, and marina, meaning the sea. This gemstone was believed to protect sailors, as well as to guarantee a safe voyage. The serene color of

aquamarine is said to cool the temper, allowing the wearer to remain calm and levelheaded. Its pale, cool color beautifully complements spring and summer wardrobes. Aquamarine is most often light in tone and ranges from greenish blue to blue-green; the color usually is more intense in larger stones. This gemstone is mined mainly in Brazil, but also is found in Nigeria, Madagascar, Zambia, Pakistan, and Mozambique.

### **BLOODSTONE**

Researched By Ben Walker



The second birthstone for March is *bloodstone*, a dark-green jasper flecked with vivid red spots of iron oxide. This ancient stone was used by the Babylonians to make seals and amulets and was believed to have healing powers — especially for blood disorders. It is sometimes called the *martyr's* 

stone as legend tells that it was created when drops of Christ's blood stained some jasper at the foot of the cross. Generally found embedded in rocks or in riverbeds as pebbles, primary sources for this stone are India, Brazil, and Australia.

#### March Birth Flower

Researched By Ben Walker





## **Daffodils in History**

Daffodils are native to the Mediterranean region, including the Iberian Peninsula, North Africa and the Middle East. The earliest record that included mention of daffodils dates back to around 200 BC.

Although daffodils were a favorite of the ancient Greeks and Romans, by around 1600 they had fallen out of favor and essentially been forgotten. But that changed in 1629 when a group of English gardeners championed the daffodil and it regained its popularity among plant and flower lovers.

Colors and Symbolism

The most common color of daffodil is yellow, but you can also find flower varieties accented with Another hidden meaning of daffodils was noted to be "you are an angel."

#### **Fun Facts about Daffodils**

Daffodils were brought to Britain by the Romans who thought they had healing powers.

Medieval Arabs used the juice of the wild daffodil as a cure for baldness.

Roman soldiers carried poisonous daffodils to help them die more quickly if they were mortally wounded in battle.

A Greek scholar named Theophrastus first wrote about daffodils around 300 BC in his Enquiry into Plants, which became an important influence on medieval science.

The daffodil is the emblem of Wales and is worn on St. David's Day, celebrated every year on March 1.



# QUESTIONS ASKED BY THE ADULT ENRICHMENT GROUP:

## Ernie Mc Clain In the spotlight Interview



- **1.** What musical artist do you most often listen to?
  - Kirk Franklin gospel singer
- 2. What is your favorite sport?

  Baseball
- **3.** Do you like spicy food? Yes, the spicier the better.
- What is your favorite holiday? Christmas.
- 5. What do like to do for fun? Cook.
- 6. What is the first thing you do when you wake up? The thank God for another day
- 7. What's your favorite color?
  Red

- **8.** What is your favorite Restaurant? Kingdom Buffet
- **9.** Do you like traveling?
- **10.** What are some things that make you really happy?
  - Family, friends and my girlfriend.
- **11.** What is your Favorite day of the week? Sunday
- **12.** Who are some people you'd like to meet some day?
  - Jazz Musicians, Naughty by nature.
- **13.** What is your favorite outing? Going for walk.
- 14. Do you have any brothers or sisters? How many?16.

## Dragon Buffet on January 8, 2014

Contributed by Jayann McCue

**AE** went to the Dragon Buffet for lunch. It is located on Fruitville Pike near the Kmart. We rode on Big Green there and back. They had good food; chicken, shrimp, veggies, garlic bread, noodles and more. I went up to get my appetizers and then my lunch. My favorite foods were the chicken, shrimp and garlic bread. I guarantee that if you are looking for a new place to eat, you should try the Dragon Buffet. I think you will like it. I did not try the coconut chicken because there were too many other kinds of food to choose from. We all had fun.

## The First Day of Spring

Contributed By Jessenia Santana



There's no more snow. The flowers grow. The trees get leaves.

It gets warmer. I don't have

a favorite flower, I like them all. They smell good. I like to go out-side with my friends. I like to stay home and watch T.V. we plant flowers.



## To Kill A Mocking Bird

Contributed by Jon McFarland

Gregory Peck stars as courageous Southern lawyer Atticus Finch, who is raising 2 children on his own. The children are very curious about

their neighbor and their fathers law practice. Many twists and turns in this very suspenseful movie. A Must see!

### SCRAMBLERS

Contributed by: Susie Corpman

- 1. MSORKCHA
- 2. PELUCERANH
- 3. AATDYSCSIPTR
- 4. NGSRIP
- 5. RLOFSWE
- 6. TBYHIDRA
- 7. FYOGOIDRAD
- 8. ERNGE
- 9. ERNA
- 10. MLBA

### Answer:

RAIN, LAMB BIRTHDAY, GOOD FRIDAY, GREEN, PATRICKS DAY, SPRING, FLOWERS SHAMROCK, LEPRECHAUN, ST



## Weather

Researched by: Jon McFarland

According to The Old Farmer's Almanac, we will have average temperatures and below normal precipitation for the month of March.

### **2014 Moon Phases Date**



New Moo- march 1st



First Quarter – March 8th



Full Moon – March 16th



Last Quarter – March23th

Spring begins with the vernal equinox at 12:57 PM on March 20th.

## STRAWBERRY DREAM CAKE

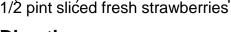
Research By Laura Sauder

Ingredients

1 (18.25 ounce) package white cake mix 1/2 cups frozen sweetened strawberries, pureed

12 ounces cream cheese

8 (1 ounce) squares white chocolate
1 cup heavy whipping cream
1 (8 ounce) container frozen whipped topping, thawed



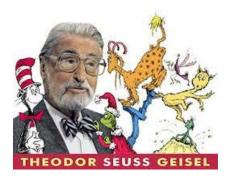


## **Directions**

Preheat oven to 350 degrees F (175 degrees C). Grease two 9 inch round cake pans. Make cake per directions except substitute the 1 1/2 cups of strawberries for the water and add 1 extra egg, (if cake mix calls for 2 eggs add 3), and 8 ounces of the cream cheese at room temperature. Beat well and pour into the prepared pans.

Bake at 350 degrees F (175 degrees C) for about 20 to 25 minutes or until golden brown. A toothpick inserted in the center will not come out clean when this cake is done since it is so moist. Let cake cool fully before frosting.

To Make Frosting: Heat the heavy cream until just beginning to boil. Pour it over the white chocolate (chopped) and the remaining 4 ounces cream cheese. Mix well and let cool. Once cool fold into the whipped topping. Use to frost cooled cake and garnish with sliced fresh strawberries.



## **Dr. Seuss Biography**



"If you can see things out of whack, then you can see how things can be in whack." Dr. Seuss

(March 2nd, 1904-September 24th, 1991)

By Jonathan Whitlock

Dr. Seuss' name was 'Theodor,' in 1904
He was born on March fourth, need I say more?
His parents, Theo Roberts and Henrietta Seuss,
Gave birth to a child that saw things screw-loose...

At 18, he went to the college Dartmouth
Where he worked with a magazine, but was quickly thrown out.
Then commenced with a love of cartooning and verse
Writing storybooks, focused on lessons a bit terse

Throughout all the years, he made many a book 46 tales he told, we should all take a look They got lessons on life, that we all can relate From losing one's way, to getting a date

Songs are sung, rhymes are rhymed ABC's are reviewed, and rhythms are timed He's become such a part of our cultural stew, That we all face the paradox of 'hearing a who!'



## ST PATRICK'S DAY CHARMS - THE INVENTIONS & HISTORY OF

T PATRICK'S DAY

Research By

Laura Sauder





For every holiday, there are inventions, trademarks, and copyrights created to serve those celebrating the holiday. St Patrick's Day is no exception, for example the term leprechaun has been used in hundreds of different trademarks. On St Patrick's Day parades are held in many cities where there is a large population of Irish folk. Every green hat, streamer, flag, and other party favors used by merry-makers during the parade was created by an inventive mind. Take a look at few

## History of St Patrick's Day

St Patrick's Day has its origins in ancient times. Patrick lived in the British Isles, a land invaded and conquered first by the Romans and then by Germanic tribes. Patrick was captured and taken as a slave at the age of sixteen.

Legend has it that one night while he was praying, a voice told him to escape and find a ship that was waiting for him two hundred miles away. Patrick got to the ship, sailed to Europe, and disembarked in what is now probably France. He led several of the ship's crew through a dangerous forest, praying all the time. Neither Patrick nor any member of his crew was captured. When some of the men were about to die of starvation, wild animals appeared for them to eat. Events such as these appeared to be miracles and gave rise to later legends surrounding Patrick.

Once home, Patrick felt that he was called by God to perform an important mission. He believed it was his duty to go back to Ireland and convert the Celtic people to the Christian religion.

Patrick arrived in Ireland and became a missionary, travelling from village to village and talking about his faith. Once, several members of a tribe approached Patrick and told him that they found it difficult to understand and believe in the Holy Trinity. Patrick thought a moment, then stooped down and picked one of the plentiful shamrocks growing wild around Ireland. Stories of Saint Patrick, for by then he was a saint, reached far and wide. His most famous feat is forcing the snakes out of the entire country of Ireland. Even though there are many different stories about how he accomplished such a task, it is probably not true.

St Patrick died on March 17 and the Irish people set aside the day to mourn. He became the patron saint of Ireland. Mourning turned to commemorating him and celebrating his life. Americans have inherited this custom. On St Patrick's Day in the United States, millions of people celebrate whether they are Irish or not!



## WHEN IRISH EYES ARE SMILING

Contributed By Jon McFarland



Winter is soon over

Hash browns are good at breakfast

Elevators are fun to ride

Neptune is the 8th planet from the sun

Irish stew taste good on a winter day

Radios play music Ice is cold

**S**piders build webs

Horses live on farms

Eagles fly high in the sky
Yogurt is good for you
Eskimos live in igloos
Spring is my favorite season



An apple a day helps keep the Dr. away Radishes are bitter Earth day is in April

September has 30 days

March is known as the windiest month of the year
Iguanas make great house pets
Lima beans are gross
Indians live in teepees
Norway is a fun place to visit
Grapes grow on vines

## ST. PATRICK'S DAY

Contributed By Jon Rodgers



Green is the color of St. Patrick's Day.

That is one of my favorite colors. Monday, March 17 is St. Patrick's

Day. We don't do anything to Celebrate. Spring is associated with St Patrick's Day, so are rainbows, gold coins, leprechauns, and pots of gold.

## **Hockey**

Contributed By
John Aszmus



Hockey will be starting the playoffs very soon. Penguins at this point look like they could win the cup. A few of the other teams that look like they will be in the playoffs.

- Boston
- Black Hawks
- Mighty Ducks

Looking forward to see who wins.



Contributed by Kate Manners

The Sunday before Easter celebrates
Christ coming to Jerusalem on a donkey.
It's a holy holiday on a Christian calendar which some churches celebrate.
Sometimes there's a procession of children waiving palm branches in the church. The minister talks about Christ's resurrection. The congregation receives palm branches to wave. There is an abundance of flowers all around the church. All of the separate congregations gather together for one combined service. Then everyone goes home and waits for Easter.





Contributed By Allison Alspach

NFL Super Bowl XLVIII
Sunday, February 2, 6:30 PM
MetLife Stadium, East Rutherford, New Jersey

# Seahawks

43 - 8

**Final** 



	1	2	3	4	Total
Seahawks	8	14	14	7	43
Broncos	0	0	8	0	8

I was cheering for the Seahawks. Bruno Mars and the Red Hot Chili Peppers sang for the half time show. The Broncos lost big time. They had to go home to their hometown when they lost. I was disappointed in the score. I'll watch it again next year. I hope my team, the Eagles make it. The Seahawks have won eight division titles and appeared in two Super Bowls, winning the championship in their second appearance <a href="Super Bowl XLVIII">Super Bowl XLVIII</a> Seattle is the only team to have played in both the AFC and NFC Championship Games, having relocated from the AFC to the NFC during league realignment prior to the 2002 season.



## Why I am Me!

Contributed By Dan Rogusky

Wherever I go, whatever I do, whomever I'm with, I always feel like I'm being judged. What can I do to be seen as more normal?

The first thing you must do is be comfortable with who you are, where you're at in life and who you've become as a person. The less you worry about what other people think and or feel, the better you'll be. The only person you have to please is yourself and your family.



# Spring Contributed By Kathy Sherr



When I think of spring the birds are singing, the daffodils are blooming, you can enjoy sunshine you can go place in the world

## **Snow Days at AE**

We have missed a week of **AE** due to the weather this year. This is how a few of us spent our time off.

Ernie: I shoveled the walkways

Allie: Watched TV Jon R: Slip n Slide

Wilfredo: Stayed inside and colored

Robert: Watched TV

Victor: Took a few naps and watched Soap Operas

Mac: Watched TV
Justin: Stayed home

Big John: Watched scary movies
Mary Jane: Spent time in my bedroom
Kate: Made a cake with my mom
Ben: Watched 101 Dalmatians Part 2
Angie: I watched the snow come down

Daniel: I slept















## **Guest Speaker**

Contributed By Ernie McClain

Last month we had a guest speaker named Micah Bias who taught us about capoeira. It is a combination of music, Brazilian culture, dance and martial arts. I thought the music was soothing and relaxing. Micah had us clap along and try to sing while he danced. We all thought it was very entertaining. I hope to see him again.





## MARBLE CRAFT

After getting loosened up with some exercise we had the chance to try our hand at a fun art project. Our guest speakers poured a small amount of water in a pan and added some oil and two colors of paint. We gently placed small sheets of water color paper into the pan and swirled the liquid over the paper to cover it. When we took the paper out, there was a beautiful, swirled design left from the areas saturated with the oil infused paint. It was fun to see the different designs. Micah Bias has been training in the ancient Brazilian martial art of Capoeira for 5 years. Micah has also been working in a direct care and supervisory capacity for individuals with IDD since 2008 giving him unique background and training to offer Special Needs Capoeira classes at 341 East Liberty Street.







## Contributed By Kathy Sherr

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FLOWERS CLOVER SHOWER GOLD SPRING WIND LEPRECHAUN HOCKEY GOOD FRIDAY DAFFODIL LION LAMB IRELAND

GREEN
LUCK CHARM
RAINBOW
BLARNEY STONE
IRISH JIG
AQUAMARINE

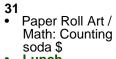








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MONDAY  Current Events Arts & Crafts Independent Living Skills Painting Book Club World Cultures	TUESDAY  Current Events Keyboarding / Spanish /Dance Movement Music Appreciation 3-D Art Outing	• Current Events • Cooking / QEU Movie • Discussion Group • Science / Wildlife • Outing	THURSDAY  Current Events / Keyboarding Chorus/ Brain Games Newsletter / Computers German/History	FRIDAY  Current Events  Music & Game  Arts & Crafts  Special Topics  Mental Floss
Jewelry /     Social:     Assertiveness     Lunch     Cityscape     Book Club /     Defining Culture	<ul> <li>Keyboarding / Bingo</li> <li>Musicals</li> <li>Outings Vote</li> <li>Lunch</li> <li>Felt Monsters</li> </ul>	5 Cooking By Annette "Turkey Wild Rice Soup" Outings Vote Lunch Funny Animal /To Kill a Mocking Bird.	<ul> <li>Keyboarding</li> <li>Chorus / Brain Games</li> <li>Lunch</li> <li>Computer &amp; Newsletter / Road Signs/ Building Names</li> </ul>	<ul> <li>Music &amp; Game</li> <li>Tape Painting</li> <li>Lunch</li> <li>Movie</li> <li>Wolfgang Candy Orders Due</li> </ul>
<ul> <li>Animals Collage / Guest speaker: Maple Sugaring</li> <li>Lunch</li> <li>Cityscape</li> <li>Book Club / Irish Heritage.</li> </ul>	•Keyboarding / Spring Vocabulary •Musicals • Lunch • Felt Monsters	Outing Group #2 Pasquale's pizza Kate, Steph, Alvin, Chrissy, Angela, John A, Dewey, Sam, Katrina, Jessenia, Robert C., Jamie. Staff: Beth, Rebecca (Alisha, Lisa, Jean)	<ul> <li>Keyboarding</li> <li>Chorus / Brain Games</li> <li>Lunch</li> <li>Computer &amp; Newsletter / Thaddeus Stevens</li> </ul>	<ul> <li>Music &amp; Game</li> <li>Paper Making</li> <li>Lunch</li> <li>National PI Day</li> </ul>
<ul> <li>Shamrock / Home: Important papers notebook &amp; inform.</li> <li>Lunch</li> <li>Black &amp; White painting</li> <li>Book Club / Ukraine</li> </ul>	Keyboarding / Dance & Movement     Lunch     Spring Concert Preparation	Cooking By Beth "Cooking with Beans" Lunch Penguins / To kill a Mocking Bird.	<ul> <li>Keyboarding</li> <li>Chorus Script / Brain Games</li> <li>Lunch</li> <li>Computer &amp; Newsletter /German</li> </ul>	<ul> <li>Music &amp; Game</li> <li>Thread painting</li> <li>Lunch</li> <li>Ping Pong Games</li> </ul>
Cut & paint paper roll / Home:     Problem Solving Skills     Lunch     Black & White painting     Book Club / Around the world games & food.	25 Outing Group #2 Leisure Lanes Bowling  Lynne, Jon R., Jon Mac., Wilfredo, Laura, Gerilynn, Marta, Carla, Danielle Staff: Annette, Beth, (Alisha, Lisa, Jean)	QEU Movie Wreck-it Ralph & Princess Ka'iulani  • Lunch • Loch Ness Monsters / 12 Angry men Science fair projects.	Keyboarding     Chorus     Costumes done     & tried on / Brain     Games     Lunch     Computer &     Newsletter /     Virtual Walking     Tour of     Lancaster	<ul> <li>Music &amp; Game</li> <li>Texture Painting</li> <li>Lunch</li> <li>Sun Catchers</li> </ul>



Lunch

Black & White

painting Book Club / Around the world games & food.



## **HAPPY BIRTHDAY**

March 3<sup>rd</sup> Susan Corpman March 25<sup>th</sup> Rosalie Schaeffer

