

Adult Enrichment

active life day program

AE NEWS & FUN!!

MARCH 2016



[www.facebook.com/Adult Enrichment Lancaster](http://www.facebook.com/AdultEnrichmentLancaster)

Daylight saving time starts at 2 a.m. on Sunday, March 13



Clocks should be turned forward one hour



9:15 – 10:00 AM Daily Current Events

10:00 – 11:30 ----- Arts and Crafts/ Independent Living Skills

11:30 – 12:30 ----- **Lunch.**

12:30 – 1:15 ----- Newsletter/world Culture.

1:15-2:00-----Art/Acting.

TUESDAY

9:15 – 10:00 -----Keyboarding.

Outing and Regular classes every 2nd Tuesday of the month

10:00 – 10:45 Keyboard/ Spanish or **Dance & Movement one time a month.**

10:45 – 11:30 -----ILS/ World Culture.

11:30 – 12:30 ----- **Lunch.**

12:30 – 1:15 -----Dance/Book Club.

1:15- 2:00-----Virtual Travel / Comic Book.

WEDNESDAY

Outing and Regular classes every 4th Wednesday of the month.

10:00-11:00-----Classic Viewing /Newsletter.

11:00-11:30---Sign Language /Health & Beauty

11:00-11:30 ----- **Lunch.**

12:30 – 1:15 -----Science / Music Appreciation.

1:15-2:00 -----Wildlife/ Brain Busters.

THURSDAY

9:15 – 10:00 -----Keyboarding.

10:00 – 11:30 -----Chorus.

10:00 -10:45 ----- Classic Viewing.

10:45- 11:30 -----Sign Language.

11:30 – 12:30 ----- **Lunch.**

12:30 – 1:15 -----Gardening & Nature/ History or German ./Keyboarding

1:15 – 2:00 ----- Music Bio, Photography.

FRIDAY

10:00- 10:45---Arts & Crafts/Cooking Essentials.

10:45 – 11:30 -----Photography/Coloring.

11:30 – 12:30 ----- **Lunch.**

12:30 – 2:00 -----Movie Club

Outing every 3er Friday of the month.

12:30 – 1:15 -----Computer Basic Skills.

1:15 – 2:00-----Group Games.

Daily Social Time 8:00 – 9:15 AM & 2:00 – 3:00 PM

Outing Groups

TUESDAY (Please Bring at least 20\$ for outings.)

Group 1: (7) Jon R., Kathy, Dewey, Allison, Dareek, Ralph, Darla

Staff: Tina, Beth, Tania (Alisha, Jared, D'Andrea)

Group 2: (6) Kate, Chrissy, Matt, Robert C., Jimmy, Trevor

Staff: Amparo, Cindy, Attendant (Alisha, Jared, D'Andrea)

Group 3: (5)Lynn, Sam, Angela, Marta, Glen

Staff: Tina, Beth, Tania (Alisha, Jared, D'Andrea)

Group 4: (7)Carly, Katie, Loni, Wilfredo, Danielle, Ernie, Ekot.

Staff: Amparo, Cindy, Attendant (Alisha, Jared, D'Andrea)

WEDNESDAY (Please Bring at least 20\$ for outings.)

Group 1: (9)

Steph, Jon W, Judi, Wilfredo, Gloria, Robert C., Dan, Mike V, Bob

Staff: Tina, Cindy, Beth, Attendant (Alisha, Jared, D'Andrea)

Group 2: (8) Jon R., Alvin, Suzie, Jessenia, Dewey, Angela, Jon F, Kathy

Staff: Amparo, Tania, Attendant(s) (Alisha, Jared, D'Andrea)

Group 3: (8) Kate, Chrissy, Rosie, Mack, Ben M, AQ, Ritchie

Staff: Tina Cindy, Beth, Attendant (Alisha, Jared, D'Andrea)

Group 4: (8)Leroy, Jayann, Robert P, Sam, Laura, Dareek, Mike G, Jay.

Staff: Amparo, Tina, Attendant(s) (Alisha, Jared, D'Andrea)

FRIDAY (Please bring at least 20\$ for outings.)

Group 1: Ritchie,James, Danielle, Ernie, Angie

Group 2: Jon R., Dareek, , Marta, Jayln, Robert T.

Group 3: Trevor, Ekaterina, Robert C., Joey, Steph.

From the Directors Desk

Thank you to everyone who sold and purchased items from our Wolfgang Fundraiser, because of you we raised \$1700 for Adult Enrichment! Orders will be available starting the week of March 14th. Small orders will be sent home with participants and all large orders can be picked up throughout the week at your convenience. Contest winners are as follows:

1st prize: Jayann

2nd prize: Laura

3rd prize: Chrissy

I will be sending home a survey with each of our participants about the possibility of extending our hours of operation. Please take the time to complete and return the form. Your input helps us better serve our participants!

~Alisha

Volunteer

Opportunities



By Annette Whitlock

As an AE program aide on Thursdays and a mom to an AE participant (hi Jonathan!), I see some of our most giving and thoughtful people are the caregivers themselves. So, as the volunteer UDS Foundation Volunteer Coordinator, I will be reaching out to all of you periodically letting you know of volunteer opportunities that you may be interested in.

For instance, we are in need of financial donations and manpower hours for AE's upcoming Summer Fun Week June 6-10. We are anticipating that some participants will want to add extra hours to their week so they can participate fully in this special opportunity. We will accomplish this through a scholarship program funded through donations. And with more participants, we will need volunteers to assist our staff.

If you are interested in donating financially, you may send in a check addressed to: Adult Enrichment Attn: Alisha Norman 1325 Elm Ave., Lancaster 17603. If you are interested in volunteering your time, please fill out the attached Volunteer Questionnaire and return to me at Adult Enrichment or at the address on the form.

Note the other volunteer opportunities at the bottom of the form.

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." --

Albert Pipe

*Required information

UDSF VOLUNTEER APPLICATION

*Name_____

*Email_____

*Address_____ *Best contact
phone#_____

Age category (youth, young adult, middle age, retired)_____

Male/Female_____

- What are your particular skills?
- What are your interests and hobbies?
- When are you available?
- Do you drive?
- Have you volunteered with UDS before? If so, briefly describe.
- How did you learn about UDSF?

Please circle the volunteer opportunities you are interested in:

- Service Dogs
- Challenger Football
- Holiday Season Gift Wrap Booth
- Adult Enrichment
- Independent Living Services (full service personal care)
- UDS Foundation Boards
- Holiday Parties
- UDSF Annual Gala

Specific tasks we need now or in the near future are listed below. Please circle those you may be interested in helping with.

- Auction items and/or Committee members to solicit items needed for our Annual Gala May 13.
- Help at the Service Dogs' chicken barbecue May 20.
- Be a guest speaker or a "Helping Hand" at Adult Enrichment.
- Help at the Adult Enrichment's Summer Fun Week held at Manor Church June 6-10.

Return to Annette Whitlock, Volunteer Coordinator, at 345 Rozet Ave., Lancaster, PA 17602
Questions? Contact her at (240) 678-2337 or annette.m.whitlock@gmail.com

9 Facts That Tell the True Story of Johnny Appleseed

Researched by Laura

1. JOHNNY APPLESEED WAS A CHILD OF WAR.

Born in Leominster, Massachusetts, on September 26, 1774, Chapman grew up in the midst of the American Revolutionary War, in which his father served as a minuteman at the Battle of Bunker (Breeds) Hill and helped construct the defenses of New York against British invasion with George Washington.

2. HE WAS NO MEANDERING PLANTER.

Chapman developed as an orchardist and nurseryman, and by the early 1800s was working on his own. While his legend imagines him as a messy nomad, Chapman was in fact much more pragmatic. Frontier law allowed people to lay claim to land through development of a permanent homestead. Such a claim could be made by planting 50 apple trees. So in his travels through Pennsylvania, Ohio, and Illinois, Chapman would plant swaths of seeds to begin an orchard, then sell them to settlers once the land had grown bountiful. This made him quite the land baron as he traversed 100,000 square miles of Midwestern wilderness and prairie. When he died on March 11, 1845 at the age of 70, he owned more than 1200 acres.

3. HIS APPLES WEREN'T FOR EATING.

The apples that Chapman favored for planting were small and tart "spitters"—named for what you'd likely do if you took a bite of one. But this made them ideal for making hard cider and applejack. This was a far more valuable crop than edible apples. In *The Botany of Desire*, Michael Pollan writes,

Up until Prohibition, an apple grown in America was far less likely to be eaten than to wind up in a barrel of cider. In rural areas cider took the place of not only wine and beer but of coffee and tea, juice, and even water.

Where water could house dangerous bacteria, cider was safe. (And delicious.)

4. JOHNNY APPLESEED'S SIGNATURE LOOK IS PRETTY TRUE TO LIFE.

Chapman was often noted for his threadbare clothes and preference for bare feet. But these eccentricities may have been offerings to his faith, the Church of Swedenborg (also known as The New Church), a Christian denomination established in 1787. The second part of his signature look—that sack of apple seeds—most definitely was. Because the Church forbade its members harming God's creation, Chapman became a vocal animal rights activist and vegetarian. He also refused to use grafting to create his orchards, believing that this growing technique physically hurt the source plants. So, he carried a large sack of seeds everywhere he traveled. However, his oft-depicted tin pot hat has not been authenticated.

5. HE PLANTED NO METAPHORICAL SEED.

Another strongly held belief of Chapman's was that marriage was not for him. As the Church of Swedenborg promoted abstinence for those unmarried, Chapman remained chaste his entire life, leaving no children to inherit his lands or curtail the tall tales that sprouted like his trees did.

6. IN DEATH HE GREW LEGENDARY.

Though some say Chapman had picked up his nickname by 1806, it wasn't until after his death in 1845 that the legend of Johnny Appleseed really took off. Considering his distinctive look, uncommon views, and contribution to the settling of the frontier, it's little wonder his legend proved so powerful. Of course, over the years he was made to seem less entrepreneurial and the use of his apples was played down as they made their way into children's books and this Disney cartoon:

7. PROHIBITION KILLED MUCH OF JOHNNY APPLESEED'S LEGACY.

By the time the U.S. government outlawed alcohol in 1920, Chapman had become an American folk hero. But this didn't stop the axes of FBI agent who mercilessly tore down orchards to prevent the making of homemade hooch. Aside from slaughtering Chapman's trees, this also nearly killed America's connection to hard cider. The beverage rooted deep in our history has only recently seen a resurgence in popularity.

8. YOU CAN STILL VISIT ONE OF CHAPMAN'S TREES.

Nova, Ohio, holds a 176-year-old tree, the last known to be planted by Johnny Appleseed himself. It grows tart green apples, which are now used for applesauce and baking in addition to cider making. While Chapman might be glad to see his seeds still bearing fruit, he'd likely be sad to hear this tree is a noted bud source for grafting new apple trees.

9. CHAPMAN FOREVER CHANGED THE APPLES OF AMERICA.

Pollan credits Chapman's preference for seeds over grafting for creating not only varieties like the delicious and golden delicious, but also the "hardy American apple." Since apples that are grafted are the same as the parent tree, they don't change. But by forgoing grafting, Johnny created the conditions for apple trees to adapt and thrive in their new world home. Pollan writes, "It was the seeds, and the cider, that give the apple the opportunity to discover by trial and error the precise combination of traits required to prosper in the New World. From Chapman's vast planting of nameless cider apple seeds came some of the great American cultivars of the 19th Century.

MARCH BIRTHDAYS



March 3rd Susan



March 4th Cindy



March 7th Jayln



March 14th Tania



March 24th Ben M.



March 25th Rosalie



March 14, 2016



International Day of Happiness

Sunday, March 20th, 2016

Contributed by Jon R. And
typed by Jonathan W.



This is a day to disconnect from technology and to connect to friends, families, pets, and people we may not know so well. It's a day to keep people from being lonely. Even when we have a lot of people around we can be lonely when we don't have others that pay attention to us. Ways we can reach out to others is to include everyone in our conversation, put our electronics away, smile at others (a good way to communicate with strangers), and focus on our friends and family when they want to talk. We can also share positive messages with each other by writing notes, sending cards, writing a letter, going to visit them, calling them on the phone, giving compliments, and talking to them. The International Day of Happiness is a day for us to reach out.

D'ANDREA's PUPPY DOG NAME "MARLY"



NATIONAL NATIONAL PUPPY DAY

Contributed by Mary Jane and
typed by Jonathan W.



National Puppy Day is March 23rd, 2016. I used to have a dog named Lulu. She was a Chihuahua. National Puppy Day is to celebrate the magic that puppies bring into our lives. Dogs are good to have around, and they are good companions. You can walk them, feed them, bathe them, and groom them. You can buy pet toys for them, as well as feed them dog biscuits. Just as well, you can enjoy TV with them. Some people even talk to their dogs. Dogs are known to bark and growl to protect their owners. Some dogs chew on furniture, shoes, etc. Some dogs are easy to train. You can adopt them, and give them a good home. Dogs wear collars. Puppies need exercise every day. You can buy your puppy a bed. You also have the opportunity to buy outfits for your puppy. Yes, you can even brush their teeth!



Musical Brain Busters

Contributed by Victor M.
and typed by Ekaterina



We're starting a new class at AE. It's an upgrade of an old class, brain busters. We're doing the musical artists along with their videos. We, the participants get to choose who do. Our first week, we did Stevie Wonder. We were asked where he grew up, where he went to school and other things like his birthday. The questions are mixed in with his music videos. I like the class because it's more uplifting because of the music. The old brain buster's format was boring, but the new class's music videos help to spice up the class. I would recommend this class to anyone who enjoys music and learning about the artists.

DAYLIGHT SAVING' TIME

Contributed
by Stephanie
typed by Jonathan W



Daylight Savings Time is when we set the clocks one hour ahead. This year it on March 13, 2016. DST or summer time is the practice of advancing clock during summer months by one hour so that in the evening daylight is experienced. DTS gives us the opportunity to enjoy sunny summer evenings by moving our clocks a hour forward in the spring.

EASTER

Contributed by Robert P.
typed by Dan



This year Easter is on March 27, 2016. Easter is a Holiday. Easter is the day Jesus arose. Easter can be celebrated by having Easter egg hunt. Boiled eggs and put them in food coloring. Also you can eat Easter candy. You can dress up and go to church at church sing songs about the resurrection of Christ. Jesus died on the cross, and arose 3 days later. A week before Easter is Palm Sunday. Lilies are the Easter flower. Also there is a Easter Bunny. During the Easter hunt, you can find plastic eggs with money in them. Kids get basket to put the eggs in them. On Easter, usually have a dinner.

NATIONAL DOCTOR'S DAY

Contributed by Wilfredo &
typed by Ekaterina



National doctor's day is March 30. Every year on March 30, in the United States, it's a day to celebrate the contribution of those who serve the country by caring for its citizens. We go to the doctors to get a check-up. When you're feeling ill, you can go to your doctor. The doctor can order blood tests, lab work, ext. when you go to the doctor, you can get weighed, check your blood pressure and temperature. You can be X-rayed. Doctors can eat their lunches in cafeteria. After lunch they go back to work, taking care of everybody. I like to go to the doctors; I wish I was a doctor. Doctors give me a check-up and keep me healthy. Thank you, doctors.

Music Appreciation

Contributed By: Gloria &
typed by: Daniel



I like Music Appreciation because I have always loved music. My favorite music is Billy Joel, Phil Collins and Journey. I just like the way that they sing. In the musical appreciation class, I have the opportunity to teach but choose not to. Some of my friends teach and they do a good job. My favorite thing to learn about in music appreciation is information about the singers that I didn't know before. There really hasn't been a favorite class for me because I liked them all. We listen to music and watch music videos. We talk about who likes or doesn't like the videos. This is my favorite class at AE. I would suggest to anyone new that they choose this class.



SCRAMBLE



Contributed by Susan
and typed by Laura



- 1.ANOWIBR
- 2.HISRI
- 3.SDCTIYKPIARAASYN
- 4.ENLPCAHREU
- 5.ENER
6. RHMACH
- 7.ODCL
8. LUCKIN
- 9.ODGL
- 10.RLRROEVCFOOFAV
- 11.WBRIOAN
12. EABTSKS
- 13.DWIN
- 14.AYNCD
- 15.SEGG
- 16.TLECOHCOA
17. IBRBTA
18. TRSEEA
- 19.ELYLJBNEAS
20. CCIHK

ANSWER:

BEANS, CHICK
CHOCOLATE, RABBIT, EASTER, JELLY
RAINBOW, BASKETS, WIND, CANDY, EGGS,
LUCKIN, GOLD, FOUR LEAF CLOVER,
LEPRECHAUN, GREEN, MARCH, COLD,
RAINBOW, IRISH, SAINT PATRICKS DAY,

JOKES

Contributed by
Newsletter Group



Q: What does a nosey pepper do?

A: Gets jalapeno business

Q: What do you call an alligator in a vest?

A: An Investigator

Q: Did you hear about the race between the lettuce and the tomato?

A: The lettuce was a "head" and the tomato was trying to "ketchup"!

Q: What do you get from a pampered cow?

A: Spoiled milk.

Q: Why did the belt get arrested?

A: He held up a pair of pants.

Q: How do you make a tissue dance?

A: Put a little boogey in it!

Q: What did the baby corn say to the mama corn?

A: "Where's Popcorn?"

Q: What do you call sad coffee?"

A: Despresso.

Goofing Off



NATIONAL GOOF OFF

Contributed by Dewey and
typed by Laura

On March 22nd every year it is National Goof Off Day. Assuming you wont get in trouble go ahead and goof off. Play some games, watch TV, sit down read a book This day is set aside for anything . A few years ago, a survey was performed to find popular activities to goof off to. Among the top were playing video games: Nintendo, game boy etc., which is no surprise. It kind of makes you wonder who had the brainstorm to create this day? The origin of goof off day is unknown. it is believed that it was created by some hard working person who got fed up with what they were doing. Most likely, they finally lost it and took a day to goof off. How do we know it wasn't created by someone who was always goofing off? Because they would have created Goof Off Week! I am going to probably watch TV or play with my pets Buddy and Trinity.



Abraham Lincoln

Contributed By Susie C.
and typed by Ekaterina

Abraham Lincoln was born on 2/12, 1809. Lincoln was a giant of president. When historians rank

our chiefs, executives, Honest Abe always stands at the front of the class.

The Emancipation Proclamation is the executive freeing of the slaves, and the one act in which his name is most often associated. He became known as the Great Emancipator.

He was no harsh disciplinarian, he was a big softy. When one appeal for mercy turned up on his desk, he asked, "Does this man have no friends?" "No sir, not one," came the reply.

Lincoln said, "Then I will be his friend," and pardoned him.

His murder, at the hands of John Wilkes Booth, was only the last of the attempts on his life.

He died on 4/15/1865



FRIDAY MOVIE CLUB

Contributed by Jayln
and typed by Jonathan W.

We went to the movies today! We saw 'Kung Fu Panda 3.' The panda bears and waters were really cool. Our favorite part is when they were teaching the other pandas to do Kung Fu. The part where the pandas were showing Chi and Ying Yang was very interesting.

It was a funny movie for all ages. The music and singing along was fun. It was cool to see all the pandas gang up on the bad guy and send him back home. We love going to the movies.

What I Like About ILS Class

Contributed by Darla
and typed by Jonathan W.

What I like about ILS class is the act of writing pen pals and troops. I also like when we sat in a circle, and pass a beach ball that has questions on it. When the ball stops, participants answer one of the questions. In ILS class, we do chair exercises. We learn about health, nutrition, being independent, and speaking up for ourselves. We learn about making choices, how to have conversations, also assertive vs. aggressive, vs. passive. We learn about meal planning and grocery shopping. Also, we learn how to make friends; about appropriate boundaries. We learn about budgeting. This class incorporates all the things we need for life.



GIVESHKA



**QUESTIONS ASKED BY
THE
ADULT ENRICHMENT
GROUP:**

**In the spotlight Interview to:
AE ATTENDANCE**

Typed by: Daniel



YARITZA

1. Do you have any kids?

I have two.

1. What are their names?

Chadyel and Neisha.

3. What's your favorite holiday?

July 4th (Independence Day) at the beach eating good food.

4. What kind of food do you like?

Mexican and Italian.

5. What's your favorite TV show?

Magicians.

6. What are your favorite colors?

Baby blue and bright colors.

7. Do you like to read?

Yes, interesting, true stories

8. Do you have any pets?

A dog named Chico

9. Do you have any hobbies?

Hiking, skating (roller and ice), and racing cars.

10. What country are you from?

Puerto Rico.

1. Where would you like to go for a vacation?

Hawaii

2. What is your favorite color?

Pink

3. What elementary school did you go to?

Ross Elementary

4. What kind of food do you like?

Pepperoni pizza

5. What's your favorite TV show?

Shades of Blue

6. Who was the most influential person in your life?

Maternal grandmother

7. Do you have any kids?

Two

8. Do you have any hobbies?

I like to run, dance, and listen to music

9. How many places have you lived?

New York and Pennsylvania

10. Have you ever met anyone famous?

I once met Usher.



QUESTIONS ASKED BY
THE
ADULT ENRICHMENT
GROUP:
In the spotlight Interview to:

CINDY

Program Aide

typed by Sam D

1. **What is your favorite color?** Purple
2. **Do you have any pets?** Parakeets-Angel Luna and Steve
3. **What did you think you'll be when you were little?** Still don't know what I want to be
4. **what is your favorite class?** arts and crafts
5. **What's your favorite TV show?** Castle
6. **What's your favorite singer?** Christian artist Kim Hill and Celine Dion
7. **What's your favorite food?** My mom's chicken pot pie
8. **How many kids do you have?** Three
9. **Which country would you go to if you had a chance?** Australia
10. **Do you like flowers?** I do like flowers, I like to work in my flower bed.



ART CLASS

Contributed by Leroy and typed by Staff

I like Art Class because I like the subjects that we pick out. I liked doing the one project that we had, the sprinkle art work. I put paint on the brush and when it was water, I sprinkled it on to the paper. I liked the rainbow colored art that we did a while ago. We put paint on the brush and put paint on the canvas and let it run down the side. Beth is my art teacher and she gives good instruction.

I would like to design a T-shirt in art class. I also suggested that we draw sharks.



WILDLIFE

Contributed by: Angie
and typed by: Daniel

Birds fly. They know the difference between summer and winter. During winter they want to go where it is warm. They might want to go to Florida.

Bears hibernate in the winter and they come out in the summer.

Tigers come out more in the summer than they do in the winter. The tiger is the largest member of the cat family. They hunt at night. They hide their cubs.

Groundhogs hibernate in the winter and come out in the summer. Groundhog Day is when if the groundhog sees his shadow, there is to be six more weeks of winter.

Bears when they have babies, they don't want anyone to come near their cubs. They live all over the world except Antarctica and Australia. Sometimes they hibernate in caves.

SPRING BEGINS

contributed by Derek
and type by Laura

Spring begins March 20th. In spring, flowers start to grow. Flowers and trees start to grow and change colors. In spring, the weather becomes warmer. In spring, the sun stays out longer.

Because it's warmer, you can go for walks, ride in a boat. Kids can play outside on the swing set. Kids can also play in the sandbox, you can also fly a kite. Also the birds sing. Also you can work in a garden. You can ride a bike, you can take a hot air balloon ride. Frogs croak, you can read a book at the park. You can walk your dog. You can ride on a horse.



Channel 8 News Weather Forecasting Adventures Spotlited

Contributed by Susie and
typed by Jonathan W.



Christine Ferreira came to AE on Feb. 18/16. She showed and explained to us how the Weather went throughout each and every day. She had a video with which she pointed out how it is showed and how hot and cold it is in each and every area. I told her we lived in Millersville- she showed me where it was. She asked who would like to be a Meteorology on TV and keep track of the everyday forecast. I don't think I would want to. I would be so confused! I learned a lot. I was very good and nice meeting her. She told is she may have us on TV of what we learned.



HEALTH AND BEAUTY CLASS

Contributed by Michael V. and type by Staff

What we like about the class?

When we make homemade lotions, oil scents, facial masks, and manicure etc., we have lots of fun. When we do manicure we paint our nails and massage our hands. We also exercise. We use the exercise ball, elastic stretch bands, do yoga, and walk. We watched videos about how to care about our health. Things keep us busy and we have fun.



THE POWER TO TEACH

Contributed and typed by: Daniel

Having the chance to teach classes is really, really exhilarating! I very much enjoy the way that sharing my plethora of knowledge affects my fellow participants at Adult Enrichment.

A few weeks ago, I taught a Music Appreciation class on the

history of the band Journey and it was really well received and there were many relevant follow-up questions. On February 18th, I am teaching a class on the Civil Rights movement of the 1960's so I will need to do some research on the topic this weekend when I go home with my parents. For this particular topic, I could possibly use my parents as a resource of knowledge about Civil Rights. I mean, really, my dad especially remembers living through those times vividly.



St. Patrick's Day is Thursday, March 17th, in 2016

Contributed and typed
by Jonathan W.

It is held in honor of Saint Patrick, a patron saint of Ireland. March 17th is said to be the death date of St. Patrick. In the early 17th century, this date was deemed as an 'annual feast day.' The day is really commemorating the arrival of Christianity in Ireland. However, once commercialism got it's greedy mitts on the holiday, it was deemed as a day to wear green, and to just 'get lucky.' Saint Patrick, in the 5th century, was a bishop, & missionary in Ireland. As legend as it, he was captured by pirates from his home in Great Britain, when he was 16. He was taken as a slave, to Ireland, where he then looked after animals. After working for six yeas, he escaped and returned to his family in Great Britain. There, he became a cleric, before returning to Ireland. Since, he became an ordained bishop, and by the seventh century, he was esteemed as the patron saint of Ireland. Saint Patrick's Day, or March 17, is said to mark the anniversary of the date of his death.



MARCH 2016

Contributed by Newsletter Class



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

IRELAND
LEPRECHAUN
GREEN
LUCKY
RAINBOW
GOLD

EGGS
JELLY BEANS
BASKET
CHICK
CHOCOLATE
FOUR LEAF CLOVER
GOOD LUCK

CLOVER
IRISH
SAINT PATRICK
EASTER
MARCH
RABBIT



MARCH 2016

MONDAY <ul style="list-style-type: none"> • Current Events • Arts & Crafts/ Independent Living Skills (ILS) • Newsletter/ World Cultures • Painting / Acting 	TUESDAY <ul style="list-style-type: none"> • Current Events • Spanish/ Essential Cooking • ILS/ World Cultures • Dance/ Virtual Travel • Book Club/Comic Book • Outing/Cooking 	WEDNESDAY <ul style="list-style-type: none"> • Current Events • Classic Viewing/ Newsletter. • Sign Language/ Health & Beauty • Science/Music Appreciation • Wildlife/Brain Buster • Outing/Cooking 	THURSDAY <ul style="list-style-type: none"> • Current Events / Keyboarding • Chorus/ Classic • View/ Signing Language • Gardening & Natural/ German or History • Keyboarding/ Music Bio/ Photography 	FRIDAY <ul style="list-style-type: none"> • Current Events • Arts & Crafts/Cooking Essential • Photography/Coloring • Movie Club • Computer • Group Games
	1 <ul style="list-style-type: none"> • Spanish: Action verbs • Cooking: Ice cones • ILS: Shop smart / World Culture: Country flag • Lunch • Dance: Square / Virtual Travel: Choppers • Comic Book: • / Book Club: Mango Princess 	2 <ul style="list-style-type: none"> • Classic Viewing: Boy/world Newsletter. • Etiquette: manners /Health & Beauty: Truth about Cereal- • Lunch • Science: Matter / Music App: Robert T. • Wildlife: Sting Ray / Brain Buster: TBA 	3 <ul style="list-style-type: none"> • Current Events/Keyboarding • Chorus: / Classic Viewing: Hardy Boys /Sign Language/Seasons • Lunch • History: Guitars / Musical Bio: Cher • Gardening & Nature: Seeds and planting / Photography: Tutorial Compact Camera 	4 <ul style="list-style-type: none"> • A&C: AE Cards /Cooking Essential: Croutons Photography: Tutorial Compact Camera • Bring your Own Camera / Coloring: Color for contest • Lunch • Movie Club: Movie of the week /Computer / Group Games: Ipad Life
7 <ul style="list-style-type: none"> • A&C: Easter Ornaments / ILS: Meal plan • Lunch • World Cultures Countries A-Z: /Newsletter • Acting Class: / Bears Painting: Acrylic Painting 	8 OUTING Bowling Group 3: Lynn, Sam, Angela, Marta, Glen Staff: Tina, Beth, Tania (Alisha, Jared, D'Andrea) (Spanish: Bingo) • Cooking: Dye eggs • ILS: Anti-stress / World Culture: Country flags • Lunch • Dance: 70s / Virtual Travel: Cars • Comic Book: / Book Club: Mango Princess	9 <ul style="list-style-type: none"> • Classic Viewing: Kotter / Newsletter. Etiquette: Manners /Health & Beauty: Dance & Movement • Lunch • Science: / Matter Music App: Jon F • Wildlife: Pigs / Brain Buster: TBA 	10 <ul style="list-style-type: none"> • Current Events/Keyboarding • Chorus: / Classic Viewing: Hardy Boys / Sign Language: Time • Lunch • German: Duolingo / Gardening & Nature: what seeds to plant • Musical Bio: Adele / Photography: Take pictures (Bring your Camera) 	11 <ul style="list-style-type: none"> • A&C: Easter Ornaments /Cooking Essential: Dye eggs Photography: Take pictures (Bring your Camera & New White T-Shirt) /Coloring: contest • Lunch • Movie Club: movie of the week /Computer/Group Games: Table Bowling
14 <ul style="list-style-type: none"> • A&C: Jewelry • ILS: Budget • Lunch • World Cultures: Countries A-Z / Newsletter • Acting Class: Little Pigs / Painting: Finish Acrylic Painting 	15 <ul style="list-style-type: none"> • Spanish: Matching Game • Cooking: Food Staples • ILS: Budget / World Culture: FLAGS • Lunch • Dance: 80s / Virtual Travel: Duck Boats • Comic Book: / Book Club: Mango Princess 	16 <ul style="list-style-type: none"> • Classic Viewing: Grow pains / Newsletter • Etiquette: Manners / Health & Beauty: Massage Guess Speaker (Jean) • Lunch • Science: Matter / Music App: Chrissy • Wildlife: Polar bears / Brain Busters: TBA 	17 <ul style="list-style-type: none"> • Current Events/Keyboarding • Chorus: / Classic Viewing: Hardy Boys /Sign Language: Review • Lunch • History: Helen Keller / Gardening & Nature: When to plant • Musical Bio: Jack Johnson / Photography: Transfer photos to a white t-shirt 	18 <p>MOVIE DAY OUTING GROUP #3 Steph, Trevor, E-Kat, Robert C. Joey,</p> <ul style="list-style-type: none"> • Games • Lunch • Movie
21 <ul style="list-style-type: none"> • A&C: Coffee filter flower Basket / ILS: Troops • Lunch • World Cultures: Countries A-Z / Newsletter • Acting Class: Whales / Painting: Begin Ocean Pic 	22 <ul style="list-style-type: none"> • Dance & Movement: • Cooking: Pasta Fagioli • ILS: Troops / World Culture: Flags • Lunch • Dance: 90s / Virtual Travel: Trains • Comic Book: / Book Club: Mango Princess 	23 OUTING Red Robin Restaurant Group 3: Kate, Chrissy, AQ Rosie, Mack, Ben M, Ritchie Staff: Tina, Cindy, Beth, Attendant (Alisha, Jared, D'Andrea) • Classic Viewing: Gilligan / Newsletter. • Etiquette: Manners Health & Beauty: Dye cracker egg • Lunch • Science: Matter /Music App: Jon W. • Wildlife: Wolf /Brain Busters:TBA	24 <ul style="list-style-type: none"> • Current Events/Keyboarding • Chorus: / Classic Viewing: Hardy Boys • Sign Language: Weather • Lunch • German: Colors / Gardening & Nature: Plant Seeds • Musical Bio: TBA / Photography: Transfer photos to a white t-shirt 	25 <ul style="list-style-type: none"> • A&C: Coffee filter flower Basket / Cooking Essential: Pasta Fagioli • Photography: Transfer photos to a white t-shirt /Coloring: Choice of pics • Lunch • Movie Club: Movie / Computer/ Group Games: Wii Bowling
28 <ul style="list-style-type: none"> • A&C: Cards /LS: Nutrition • Lunch • World Cultures: Countries A-Z / Newsletter • Acting Class: Moo Cows / Painting: Ocean Pic 	29 <ul style="list-style-type: none"> • Spanish: Verbs Review • Cooking: Monkey Bread • ILS: Nutrition /World Culture: Flags • Lunch • Dance: Hiphop / Virtual Travel: Hot Air Balloon • Comic Book: / Book Club: Mango Princess 	30 <ul style="list-style-type: none"> • Classic Viewing: Green acres / Newsletter • Etiquette: manners Health & Beauty: Nail Designs with sharpies • Lunch • Science: Matter / Music App: Gloria • Wildlife: Flamingo / Brain Busters: TBA 	31 <ul style="list-style-type: none"> • Current Events/Keyboarding • Chorus: / Classic Viewing: Hardy Boys /Sign Language: Review • Lunch • History: Women's Rights / Gardening & Nature: Care for our plants • Musical Bio: Diana Ross / Photography: Transfer photos to a white t-shirt 	