



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

Arts and Crafts / Fron Time

10:00 - 11:00Aits and Craits/ 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.					

10.00 - 11.00

Comic Book.

#### **TUESDAY**

Outing and Regular classes every 2nd Tuesday of

the month				
<b>10:00 - 11:00</b> Health & Wellbeing /				
Free Time Computer / Spanish.				
11:00 - 12:00Lunch.				
<b>12:00 – 1:00</b> Virtual Travel/ Free Time				
Computer / Dance.				
<b>1:00 –2:00</b> Book Club/ Free Time Computer /				

#### WEDNESDAY

Outing and Regular classes every 4th Wednesday of					
the month.					
<b>10:00-11:00</b> Classic Viewing / Free Time					

Computer / Social Club.	3,
11:00-12:00	Lunch.
12:00 - 1:00	History / Free Time
Computer / Wildlife.	
<b>1:00-2:00</b> M	lusic Appreciation / Free Time
Computer / Science	

#### **THURSDAY**

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

#### FRIDAY

10:00-11:00Arts & Crafts/Free Time Computer	. /
Culinary Adventures.	
11:0 - 12:00Lunch	h.
12:00 - 1:00Group Games / Movie Clu	b.
12:00 - 1:00Free Time Computer	r.
1:00 - 2:00Photography / Movie clu	b.

#### 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

### **Groups for Outings**

#### Tuesday

<u>Group 1: Jan, May, Sept</u> (8) Jon R., Donald, Kathy, Dewey, Allison, Dareek, Robyn Staff: Amparo, Takeisa ( D'Andrea)

Group 2 Feb, June, Oct. (9) Kate, Chrissy, Matt, Jimmy, Trevor, Shelly, Gary.

Staff: Beth, Tania (Alisha)

<u>Group 3 Mar, July, Nov.</u> (9) Lynn, Trista, Sam, Angela, Marta, Glen, Jayln, Melissa, Loni Staff: Cindy, Tina (Jared)

Group 4: April, Aug. (8) Carly, Katie, Ekat, Crystal, Wilfredo, Danielle, Ernie.

**Staff:** Amparo, Takeisa (Jeff) **Wednesday** 

Group 1: Jan, May, Sept (9) Steph, Wilfredo, Gloria, Mike V, Bob, Chrissy

Staff: Cindy, Takeisa (Alisha)

Group 2: Feb, June, Oct (8) Jon R., Susie, Jessenia, Dewey, Jon F, Kathy,

Staff: Tina, Beth (D'Andrea)

Group 3: Mar, July, Nov (8) Kate, Jayann, Rosie, Mac, Ben M, AQ, Ritchie, Trevor

Staff: Amparo, Tania (Jeff)

Group 4: April, Aug (7) Joey, Judi, Sam, Laura, Dareek, Mike V, Jay,

Staff: Cindy, Takeisa (Jared)

#### Friday - Movie Club

Group 1: Jan, April, July, Oct, Nov (3) Marta, Wendy, Susie. Carly

Staff: Tina, Beth

Group 2: Feb, May, Aug, (7) Richie, Danielle, Robyn, AQ, Joey, Jayann

Staff: Cindy, Takeisa

Group 3: March, June, Sept (4) Donald, Robert T., Gloria, Shelly

Staff: Amparo, Takeisa

### From the Directors Desk





I would like to start off by thanking everyone for their hard work and contributions to our Gertrude Hawk Chocolate's fundraiser. Thanks to you, it was a success! Also, as a reminder, all candy orders can be picked up from Adult Enrichment the week of March 20<sup>th</sup>.

This past month we had the privilege of adding two new staff members to our AE team, Keara and Katie. We are excited to have them join us and I know that they are looking forward to getting to know and work with all of you!

~ Jared



# **JOKES**

#### Contributed By Newsletter Class

- There were two muffins sitting in an oven. The first muffin looked at the second muffin and said, "Man, it's getting hot in here!"
   Then the second muffin looked at the first muffin and said, "Oh my Gosh! A talking muffin!"
- What do you call two banana peels? A pair of slippers.
- 3. Why did the orange stop rolling down the hill? It ran out of juice.
- 4. Why do people wear shamrocks on St. Patrick's Day? Real rocks are too heavy!
- 5. What do they call the Irish Jig at McDonald's Shamrock Shake
- 6. What is a leprechaun's favorite cereal Lucky Charms
- 7. When is an Irish potato not an Irish potato? When it's a French fry!



### **Shamrock Shakes**

Prep: 10 min. Ready In 10 min.

"This has become a St. Patrick's Day tradition in our house. The kids love it, and so do I."

#### **Ingredients**

- 2 cups vanilla ice cream
- 1 1/4 cups milk
- 1/4 teaspoon mint extract, or more to taste
- 9 drops green food coloring

2 tablespoons chocolate syrup, or to taste (optional)

2 tablespoons whipped cream, or to taste (optional)

1/2 teaspoon green decorator sugar, or to taste (optional)

**Directions** 

Blend ice cream, milk, mint extract, and food coloring together in a blender until smooth.

Drizzle chocolate syrup around inside walls of 2 tall glasses; pour shake into glass. Top with whipped cream and green decorator sugar



### Cindy

# THE IRISH JIG

The **Irish Jig** is a form of lively folk dance with its accompanying tune. It came from England in the 16th-century. The name, Jig, comes from the French word 'gigue,' - an older word for a fiddle. An Irish jig is one of many dances that is done to fiddle music, specifically, Celtic fiddle music. There are Irish and Scottish jig music, but the most well known is the Irish jig.

Saint Patrick was born in Britain. But the year of his birth is uncertain. Patrick's real name was probably Maewyn Succat. His father, was an army officer and a deacon. Though this family was involved in church, young Patrick did not make their faith his own. When he was young, his life was ordinary. But when he was 16 years old, Irish pirates kidnapped him along with many others.

They and sold them into slavery on the island of Ireland. Patrick spent the next six years in prison In the northern part of Ireland. As a prisoner, Patrick worked, herding sheep and pigs. During this time, he turned to God. He saw his kidnapping and imprisonment as punishment, because he had not chosen to follow God in his younger years. Now, he spent a lot of time in prayer. Patrick experienced a vision that led him to stow



away on a boat heading to Britain. He escaped back to his family.

Later, Patrick had a dream that the Irish were calling him back to Ireland, to tell them about God. He did not feel prepared to be a missionary. So he went to France and was trained in a monastery. He became a dedicated student. Twelve years later he returned to Ireland as a bishop, sent with the Pope's blessing.

Patrick traveled all over Ireland, for twenty years. He baptized people, established churches, schools and monasteries. Not everyone liked what Patrick said or did. His history includes periods of imprisonment. But he always either escaped or gained freedom by giving gifts to his captors. Patrick died on March 17<sup>th</sup> 461 (or possibly 493, depending on which historian you ask). He left Ireland transformed into an island of people who knew their God. Ever since his death, March 17<sup>th</sup> has been remembered as St. Patrick's Day.















# **MARCH BIRTHDAYS 2017**



March 3<sup>rd</sup> Susan



March 4th Cindy



March 5th Trista



March 7th Jayln



March 14th Tania



March 24th Ben



March 25th Rosalie

## **Arts & Crafts- Valentine's Day**

Contributed by Arts and Crafts Class

We made the clay so we could make hearts and such with cool cookie cutters. In the next class (Feb.  $10^{th}$ ) we decorated the ornaments with red, pink, gold, multicolor glitter after covering the ornament in mod podge (which is sort of like glue.). When they dry, we put ribbon or string thru the hole in the ornaments and hang them on the arts and crafts tree in the arts & crafts room.



### Valentines ornaments, you'll need:

3/4 cup flour1/2 cup salt1/2 cup cornstarchSome warm water and a bowl to mix in.

#### What You Do:

Mix the flour, salt and cornstarch in bowl. Gently add warm water until the mixture becomes slightly hard.



Roll your dough to 1/4 inch thickness, and use a cookie cutter to cut out your hearts.

If you'll be hanging your hearts, poke a hole in each ornament with a drinking straw.

Place your hearts on a cooling rack to dry.

### **Drying your ornaments:**

A warm, sunny spot is ideal for drying your ornaments. We placed our clay hearts on the hearth in front of our fireplace, and they were dry in a matter of hours. They'll take longer to dry in a cool, damp environment.











### **DANCE CLASS**

by Tania

In dance the participants get to pick a dance theme each week. Some previous themes (which are demonstrated through viewing videos):

Native American, Square, Polka, Tango, Salsa, Merengue, Jive/Swing, Charleston, Twist, Jazz, Modern, Tap, Rain, Break, Robot, Ballroom, and International Dances from around the world; Russian Hat, Spanish, Brazilian, Hawaiian. Also the participants love favorite like; Cha Cha, Electric Slide, Macarena. Other dance crazes like Zumba, Krumping, Pogo (Head Banging), Whip Nae Nae, Cupid Shuffle, Gangnam Style. More dance themes include 70's, 80's, 90's dance music. In dance we have formed Conga Lines and danced the Limbo and had a Soul Train Line, where participant showed off their best dance moves. Sometimes the participants will dance as a couple. On the rare occasion a participant will bring in his accordion and dance around the room while playing it, which made the participants and the staff laugh. Dance class is a fun. high energy happy time, which boosts participant's mood and is great exercise for all. Recently in dance class, once a month we started to have a dress up theme era dance class where the dance participants get to dress up in a particular era. The first Dress up class was where we dress up as people would have in the 50s. Each Month, for now on, we will dress up as if we lived in the 60s,70s, 80s, 90s, etc. Other Possible Dance class Themes: Hawaiian/Luau, Mardi Gras, Beach party, Disco party, etc. During Dance Class, it's like using a time machine to dance through time, where we experience different amazing aspects of dance.















### **Creative Expressions Class**

In creative expressions class we are making a map picture. We picked the maps that we wanted to use. We soaked the maps in coffee to make them look old. We put mod podge on cardboard to attach the maps. We mounted the maps on the cardboard and mapped a route, that we picked, on them. We will choose travel words or phrases to stencil on our maps. Some of the things we can put on our maps are "travel", "passageway", "Trenton NJ", "traveling around the world", and "Railroad". In the words of one participant, "We pursue dreams of traveling around the world", this is why this project was fun.





### Interview with: Sierra And Aaron

Questions Asked By: The Adult Enrichment Group



#### Sierra:

- 1. What is your favorite food? Wendy's
- 2. What is your favorite movie?

  The new Beauty and the Beast; and John Wayne
- 3. Do you like sports?
  I like Tennis.
- **4. What is your favorite color?**Black
- 4. What is your favorite Pizza topping? Pepperoni
- **5. Who is your favorite singer?**Kelly Clarkson
- **6. How many cats do you have?** One, named Meow
- **7. What is your favorite TV program?**Cory in the house
- **8. How many brothers and sisters do you have?** One sister, Cheyanne.
- 9. What School did you go to? Hempfield
- **10. What do you like to do at home?** I like to watch TV.
- **11. Do you have any pets?**Three dogs: Nova, Precious and Soffie
- **12. What did you do before you came to AE?** I relaxed at home.

#### Aaron

- 1. What kind of sports to you like?
  Basketball
- 2. What is your favorite music genre to listen to? One Direction, Big Time Rush
- 3. What is your favorite kind of ice cream?

  I like the chocolate and vanilla twist at Knoebles.
- **4. Who is at your home?**Mommy, Daddy, and my two sisters, Willow and Meadow. I call Meadow, "Snookums".
- 5. Do you like baseball? No
- **6. Do you like computer games?**I used to play Tonka Dig'n Rigs and Pedal to the Metal.
- 7. What is your favorite Chinese food? Egg rolls
- **8. What is your Favorite food?** KFC fried chicken
- 9. What is your favorite drink?
  Vanilla bean milkshakes
- 10. How old are you? I am 23 going on 24
- **11. Do you like to go outside?** I like to be inside more.
- **12.** Do you like to ride bike?

  No, I have a Medical condition where my knee dislocates easily.

### **GUESS THE WORD FROM THE PICTUES!**

Contributed by Jon W.





Answer: Spring Flower

### Scramble words

Contributed By Newsletter Class

**KEHAS** 

**EMIT** 

**AFEL** 

**ELCPARNHUE** 

**RPADEA** 

**NREEG** 

**NATIS** 

**TPAKRIC** 

**HMCRA** 

IJG

**RVELOC** 

**AMYR** 

**BBEAKLLATS** 

**VYAN** 

YHNJON

**APPELESED** 

SRHII

YENPN

**KLCUY** 

GDOL

**BWINORA** 

### Answer

FUCKK, GOLD, RAINBOW BASKETBALL, NAVYJOHNNY, APPLESEED, IRISH, PENNY, SAINT, PATRICK, MARCH, JIG, CLOVER, ARMY, SHAKE, TIME, LEAF, LEPRACHAUN, PARADE, GREEN,



### **MARCH WORD SEARCH**

#### Contributed by Newsletter Class

Q Н U Χ Ν S F F P K W Υ Q Ν W В M Н S J R Ε K Χ U ٧ Α 0 Z Α В F R В K D В D L M F Q W S L Ε UΙ C Т R Ε ٧ Χ Μ S W ٧ W Н U N ٧ Ν S R Ρ Ρ Ζ R Υ L U L J P Χ Α Q 0 N В В W L P Υ C Α Ζ R S Ζ Q Ζ C K D A G L Χ M C В 0 C C S P Р P C Υ D ٧ Ν Α Н R ΥJ L Ν Н Ε W Ζ Τ U Η C Т В Q Α L ΥK P L J U G Κ Ζ W Μ 0 Т Κ F Q S Ε C В Χ D S Ζ D C S W L M N K O K Α K ٧ Ζ Α D K G Ε M L E H Μ Μ S R T M В K K J Н Н Ν G Η S Ν Α ٧ Υ Q В L Ν Y M Ρ Η R Α G U D M W Α K R G G Ε R D Χ Н Х L Х A G L 0 Ν K Ε S Ε 0 P F В Х Н Q U R L С R Т N U K W G Α Ζ T R Ε SN R P F Н Κ Α U M Q K W В D Α Α D U Ζ S C Ζ S C ٧ Ν Н U U Т K ΙU J R 0 Н ٧ Ε G Ν Α M J R ٧ Q D Χ Υ I Ε N<sub>B</sub> Н I Ν W W G C Ε Ζ R 0 P C R Ε 0 Α Τ Н U M ٧ Χ ΧN F ı M Ν Χ Α Α J W J P S R K R Α Ρ L Ε E E D P S Ν В K R Q F S Ν M Ζ В Ζ 0 Ζ Τ C L Н J J K C Α Т Ε S G Q Ρ N В Ρ W Χ Ζ R S C 0 Ε Ε Т Т Η Χ R O Ρ D K G D Υ Χ R 0 U Ν M Ζ J M S D 0 K Ε ٧ R G ٧ W Α Κ L L Ε Ζ В Ε S C Ζ Χ Χ D ٧ D U G Α R K G W Ε Υ N C Ν ٧ Н G Υ ٧ Ε ٧ Q Υ F Q U Η J S ΑI N Т Χ Ζ U Υ Κ C U L J 0 C Κ Н Ρ Q 0 D M Μ L H D D R Q Μ Κ C Υ C R Q U Α R F Α N U Υ D Τ S Κ Ε K F 0 M N Α Χ W G K C Ζ В W Χ В Τ Ζ Ρ ΗU Χ J Ν R Υ Α В Ρ Ν

SHAKE TIME LEAF LEPRACHAUN PARADE GREEN SAINT PATRICK MARCH JIG CLOVER ARMY BASKETBALL NAVY APPLESEED
JOHNNY
IRISH
PENNY
LUCKY
GOLD
RAINBOW

### Cheesy Vegetable Soup

Contributed by Health & Wellbeing

1 cup skim milk

½ cup shredded chedder cheese

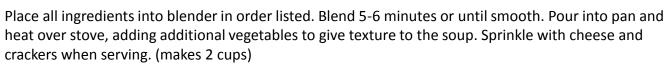
1 1/1 cups broccoli, cauliflower, carrot frozen veggies steamed

1 tsp diced onion

½ chicken or veggi bouillon cube

Dash of garlic powder

Pepper to taste





# COMIC BOOK







Learning about comics is very interesting. Recently we made our own Comic Book.

The name of our Comic Book is Bow Bow and Nemo it's about a fish and a snail. It was a lot of fun to make. Bow Bow is our fish at AE and Nemo is our snail.

We enjoy looking and cutting out comic stripes from the newspaper. We plan to learn how to draw and write more stories for comics. Here is a look at our Comic Book, hope to be creating and learning a lot more about comics.



### **MARCH 2017**

MARCH 2011							
<u>MONDAY</u>	TUESDAY	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>			
Current Events: Beth/Cindy Arts & Crafts: Amparo Independent Living Skills (ILS) Tania Newsletter: Amparo, Cindy & Takesia World Cultures: Tina Creative Expression: Beth Acting: Cindy	• Current Events: <u>Beth/</u> <u>Tania</u> • Spanish: <u>Amparo</u> • Health & Wellbeing: <u>Beth</u> • Dance: <u>Tania</u> • Virtual Travel: <u>Cindy</u> • Book Club: <u>Beth</u> • Comic Book: <u>Tina</u> Outing	•Current Events: <u>Cindy</u> , <u>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> •Outing	Current Events: <u>Tania</u> , <u>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>	•Current Events: <u>Beth,</u> <u>Tina</u> •Arts & Crafts: <u>Amparo</u> •Culinary Adventure: <u>Tina</u> •Group Games: <u>Beth</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u>			
		1	2	3			
		Classic Viewing: Spy kids / Social Club: G.W.Carver Lunch Wildlife: African /History: Great Chicago Fire Science: G.W.Carver / Music App.: Original MTV	Chorus: /Movers & Shakers: Lunch Garden & Nature: Tornado Ally /Keyboard: Brain Busters: Abba / Photography: See and Chose pictures	•Arts & Crafts: Shamrock / Culinary Adventure: Activity Book •Lunch •Group Games: Trivial Pursuit /Movie Club: Movie of the week •Photography: See and Chose pictures			
6	7	8	9	10			
A&C: Make St. Patrick     Wreath / ILS: Troops/     Reading     Lunch     World Cultures:     Connecticut / Newsletter:     Acting Class: Whales/     Creative Expression: I am     Art	Spanish: St. Patrick Video and Spanish Vocabulary / Health & Wellbeing: Fiber Lunch Dance: Double Dutch/Virtual Travel: Snow Boarding Comic Book: Book Markers / Book Club: Black Stallion	Classic Viewing: Spy Kids / Social Club: Black Ffish Lunch Wildlife: Free Willy /History: Haunted Battlefields Science: Black Fish / Music App.: Hee Haw	Chorus: /Movers & Shakers: Lunch Garden & Nature: Camping Trip /Keyboard: Brain Busters: Beatles / Photography: Take a pictures to the Guinea Pig	•Arts & Crafts:: Make St. Patrick Wreath / Culinary Adventure: Coupons •Lunch •Group Games: Name that TV theme song /Movie Club: Movie of the week •Photography: Take a pictures to the Rat			
A&C: Birthday Cards /ILS: Workout Lunch World Cultures: Florida / Newsletter: Acting Class: Shamrock Show /Creative Expression: I am Art	OUTING Lynn, Trista, Sam, Angela, Loni, Marta, Glen, Jayln, Melissa • Spanish: Matching games / Health & Wellbeing: Personal Hygiene • Lunch bb+ • Dance: Conga/ Virtual Travel: Hoover Craft • Comic Book: Drawing Book / Book Club: Black Stallion	Classic Viewing: Spy Kids 2 / Social Club: St. Patricks *Lunch *Wildlife: Free Willy /History: Wright Brothers *Science: Planting Seeds / Music App.: 50's rock	• Chorus: /Movers & Shakers: • Lunch • Garden & Nature: DIY /Keyboard: • Brain Busters: Spongebob / Photography: See and Chose pictures	Movie Outing Donald, Robert T., Gloria, Shelly (Bring \$20) *Arts & Crafts: Birthdays Cards / Culinary Adventure: Kitchen Tools *Lunch *Group Games: Balloon Smack /Movie Club: Movie of the week *Photography: See and Chose pictures			
20	21	22	23	24			
A&C: Jewelry / ILS: Math Lunch World Cultures: Georgia / Newsletter: Acting Class: Beds, Brooms & Pajamas/ Creative Expression: I am Art	Spanish: Clothing Vocabulary/ Health & Wellbeing: Pillows Lunch Dance: Merengue / Virtual Travel: Ice Skate Comic Book: Kero Pets / Book Club: Black Stallion	OUTING Kate, Jayann, Rosie, Mack, Ben M, AQ, Ritchie, • Classic Viewing: Spy Kids 2 / Social Club: American Cities •Lunch •Wildlife: Bonobo /History: Victorian Homes •Science: Butterflies / Music App.: Boy Bands	Chorus: /Movers & Shakers: Lunch Garden & Nature: DIY /Keyboard: Brain Busters: Hits of the 1980's / Photography: See and Chose pictures	•Arts & Crafts: Jewelry / Culinary Adventure: Apple Crisps •Lunch •Group Games: You Pick /Movie Club: •Photography: See and Chose pictures			
27	28	29	30	31			
A&C: Poppy Flower \ ILS:     Count \$ / Bingo     Lunch     World Cultures: Indiana /     Newsletter:     Acting Class: Hey Diddle,     Diddle \ Creative     Expression: Working with     polymer clay	<ul> <li>Spanish: Bingo / Health &amp; Wellbeing:         Relaxation/Aromatherapy</li> <li>Lunch</li> <li>Dance: 70s/ Virtual Travel:         Electric Scooter</li> <li>Comic Book: Story Book /         Book Club: Black Stallion</li> </ul>	Classic Viewing: / Social Club: Balloon Volleyball Lunch Wildlife: Bonobo /History: FDR Science: Cats / Music App.: Mitch Miller	Chorus: /Movers & Shakers: Lunch Garden & Nature: DIY /Keyboard: Brain Busters: Hits of the 1990's/ Photography: Animals pictures	Arts & Crafts: Poppy Flower / Culinary Adventure: Phonics Fruit Lunch Group Games: Two truths and a lie /Movie Club: Movie of the week Photography: Animals pictures			