

Adult Enrichment

active life day program

AE NEWS & FUN!!

MARCH 2019

Clocks will go forward one hour at 1am on Sunday, March 31

Picture by Jamie

9:15 – 10:00 AM Daily Current Events MONDAY

10:00 – 11:00-----Arts and Crafts/ Free Time Computer / Independent Living Skills (ILS).

11:00 – 12:00-----Lunch.

12:00 – 1:00-----Newsletter/ Free Time Computer/world Exploring.

1:00-2:00-----Creative Expressions/ Free Time Computer / Acting.

TUESDAY

Outing and Regular classes every 2nd Tuesday of the month

10:00 – 11:00-----Health & Wellbeing / Free Time Computer / Spanish.

11:00 – 12:00-----Lunch.

12:00 – 1:00-----Virtual Travel/ Social Club / Dance.

1:00 – 2:00 -----Book Club/ Free Time Computer / Forces of Nature.

WEDNESDAY

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

10:00-11:00-----Mindfulness / Free Time Computer / Social Club.

11:00-12:00-----Lunch.

12:00 – 1:00 -----History / Free Time Computer / Wildlife.

1:00-2:00 -----Music Appreciation/ Science. Danceexercise .

THURSDAY

10:00 – 11:00 -----Movers & Shakers / Free Time Computer /Chorus.

11:00- 12:00-----Lunch.

12: - 1:00 -----Garden & Nature/ Free Time Computer / Keyboarding.

1:00 – 2:00 -----Brain Buster/ Free Time Computer /Photography.

FRIDAY

10:00- 11:00-----Arts & Crafts/ Home Economics.

11:0 - 12:00 -----Lunch.

12:00 – 1:00 -----Group Games / Movie Club.

12:00 – 1:00 -----Free Time Computer.

1:00 – 2:00 -----Photography / Movie club.

Movie 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](http://www.facebook.com/Adult-Enrichment-Lancaster)

Groups for Outings

Tuesday (2nd of the month)

Group 1

Staff- Amparo & Takeisha (John)

Feb, April, June, Aug, Oct, Dec- Stephanie M, Lynn S, Gary W, Jayln W, Grace C, Melissa G.

Group 2

Staff- Cindy & Lory (John)

Jan, March, May, July, Sep, Nov- Katie H, Marta P, Dewey C, Robyn F, Matt B, Alondria S.

Wednesday (4nd of the month)

Group 1

Staff- Cindy & Lory (Rachael)

Feb, April, June, Aug, Oct, Dec- Robert P, Bob T, Kathy S, Jon F.

Group 2

Staff- Amparo & Kate (Rachael)

Jan, March, May, July, Sep, Nov- Kate M, Mac C, Ben M, Allegra S.

Friday (3rd of the month)

Group 1

Staff - Tina, Takeisa

Nov, March, June, Sept. Jesse, Donald, Destiny, Grace C, Benessia.

Group 2

Staff - Tina, Lory

Jan, April, July. Katie H., Dareek, Carlos, Jayann, Robyn, Ernie.

Group 3

Staff - Tina, Kate

Group 3: Oct, Feb, May, August. Carly, Marta, Matt, Jordan, David.

FROM THE DIRECTORS DESK

Hi Everyone!

Regarding our annual fundraiser, candy delivery can be expected the week of April 8th. As the exact arrival day is not know, AE staff will notify you when the candy is officially here and available for pick up!

Reminder:

Daylight Savings is March 10th. Don't forget to "Spring" your clocks forward as longer days and warmer rays are right around the corner!

~Jared



Saint Patrick's Day

Contributed by: Jonathan W, Jon R,
Derek R, Jamie S, Kathy S.

Saint Patrick's Day is celebrated on March 17th each year. The day is meant to recognize the Feast of St. Patrick and his heritage. Patrick was originally from Brittan where at 16 years of age he was taken as a slave to Ireland where he stayed for 6 years. After 6

years it is reported that he had a dream that he felt was from God to escape aptivity and return to Britain. In Britain ST Patrick studied for several years to become a priest. He felt his calling was to return to Ireland to convert atheists.

He did this for forty years and was reported to be very successful.

There are many stories of his time in Ireland. In today's time, St Patrick 's Day means different thing to different people:

- Jon w- "I can pinch that don't wear green"
- Jamie S- "I watch the Leprechaun Movies"
- Kathy S- "We used to eat corn beef"
- Derek R- "I like to watch Parades"
- Jon R- "wears green!"



Picture by June



Red Cross American Month

Contributed by
Jon W, Jamie, Kathy S, Derek, Linda
Pictures By Mike

March was first proclaimed Red Cross Month in 1943 by President Franklin D. Roosevelt to raise awareness of the organization and its humanitarian mission.

President Roosevelt's last radio talk to the nation on March 20, 1945 was in support of the Red Cross War Fund.

Mission of the American Red Cross:

The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross And Red Crescent Movement, will provide relief to victims of disasters and help people prevent, prepare for and Respond to emergencies.

GIVING DAY The Red Cross is asking everyone to support People impacted by disasters and #help1family on Giving Day Wednesday, March 28. Your donation can help provide hope and urgent relief such as food, blankets and other essentials to people who need it most. Giving Day is a 24-hour fundraising campaign supporting the work of the Red Cross, helping people across the country in need of emergency assistance. Donate now by visiting redcross.org/givingday



NATIONAL WOMEN'S HISTORY MONTH



Frida picture by Nik



Frida- picture by Wilfredo

Frida Kahlo was a [Mexican artist](#) who painted many portraits, especially [self-portraits](#), as well as works inspired by the nature and artifacts of Mexico. Her paintings are known for their brilliant colors as well as their vivid, emotional and personal nature. She has sometimes been called the mother of the modern-day "selfie" picture.

Malala Yousafzai is a present-day activist for the education of girls and women. She survived an assassination attempt by the Taliban as a teenager for publicly advocating education for girls. After she recovered, she continued to speak out on the importance of education. She won the Nobel Peace Prize in 2014.



Malala - picture by Dan



Cleopatra - picture by Ben M

Cleopatra: Cleopatra reigned as queen of Egypt during the 1st century B.C. and is one of the most famous female rulers in history. She is known for building up the Egyptian economy through establishing trade with many Arab nations. She was a popular ruler among the Egyptian people because she embraced the Egyptian culture and because the country was prosperous during her rule.



Astronaut picture by Ben

Ellen Ochoa is an American engineer, former astronaut and former Director of the Johnson Space Center. In 1993, she became the first Hispanic woman in the world to go to space when she served on a nine-day mission aboard the shuttle Discovery



Rosie the Riveter- picture by Jordan

Mother Teresa was a missionary who served in Calcutta, India, and left her teaching job to work with the poorest of the poor people in the slums. She started out with no money and no help, but volunteers started to pitch in and slowly she began to gain funding through donations. Years later, she started her own order called the Society of Missionaries, which has since spread all over the world to help the poor and provide relief work in many different countries.



Mother Teresa picture by Joshua

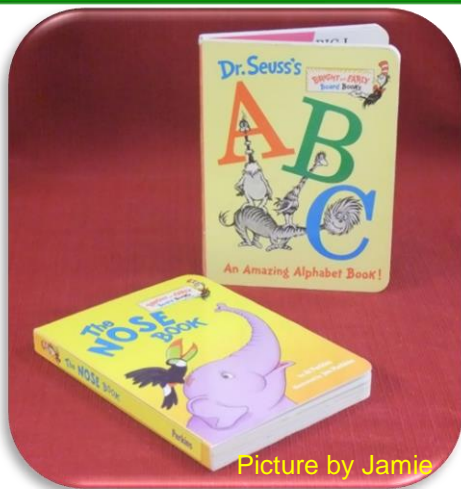
Rosie the Riveter is a cultural icon of World War II who represented the women who worked in factories and shipyards during the war. These women sometimes took entirely new jobs replacing the male workers who joined the military. Rosie the Riveter inspired millions of American women to work, and she is used as a symbol of American feminism and women's economic power.

Read Cross American Day

Contributed by: Gretchen, Mary Jane, Victor, Brittany

Read Across America day is held on the 2nd of March each year and is organized by the National Educator Association. The date was chosen because it is the famous child authors Dr. Seuss's birthday. The day is meant to prompt reading and gives educators and learners across the country an easy way to connect. The program began in 1997 and has gained supports ever since. If you are interested in more information or offering support visit the

following website. <https://www.readacrossamerica.org/>



Picture by Jamie

Caregiver Appreciation Day

Caregiver Appreciation Day - March 3rd, 2019

Caregivers are paid or unpaid people who assist others with daily needs and tasks. Caregivers take on many responsibilities: helping with household chores, managing medical appointments and medications, assisting with bathing and dressing, and so much more.

Gretchen: I like that the staff are nice and treat me good. They are also crazy.

Jon Rodgers: I like all the staff at AE.

Victor: The staff are nice. I enjoy participating in chorus.



Picture by Stephanie

Brittany: The staff are cuckoo, really nice, and they treat us well. The staff are awesome. Thank you for everything you do!

National Peanut Butter Lover's Day

Contributed by Jon w, Jamie, Kathy S, Derek, Linda

March 1st is National Peanut Butter Lover's Day. The two main kinds of peanut butter are creamy and chunky. Whipped peanut butter is also available. Some brand names are Skippy, Jif, Peter Pan, Reese's, Best Yet, and other store brands. Creamy peanut butter is the most popular kind, but a few people enjoy chunks in their peanut butter. Some foods you can put peanut butter on are crackers, bread, bananas, apples, pretzels, pancakes, celery sticks, and apples.

Peanut butter can also be used in many types of baking: cookies, cakes, muffins, icing, and more.



Picture by Jessenia



Picture by Wendy



Picture by Shaun



Picture by Dan



NATIONAL CRAFT MONTH



In 1994, the Craft & Hobby Association created National Craft Month to help people rediscover and learn about the benefits of crafting. This are some different projects that we do at AE Arts and craft class



ADULT ENRICHMENT



1. Gift cards (Dollar Tree, Giant, Walmart, That Pet Place)
2. Games- Braille of cards
3. Paperclips for ¼ inch stacks of paper
4. 6-Slice Convection Countertop Toaster Oven

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.

Thank You!



Picture by Cordell

DAYLIGHT SAVING TIME

Contributed by Victor, Mary Jane, Gretchen, Brittany

Daylight Savings Time starts March 10th 2019 at 2:00 am. At this time, we will set our clocks forward one hour. Most areas of the United States observe Daylight Savings Time, with the exceptions of Arizona, Hawaii, Puerto Rico, and the United States Virgin Islands.

Daylight Savings Time is also observed in all ten Canadian provinces and three territories. However, there are exceptions within several provinces and the territory of Nunavut, including

most of Saskatchewan, which observes Central Standard Time year-round even though the province is in the Mountain Zone, which puts it on DST year-round. Under the Canadian Constitution, laws related to timekeeping are a provincial or territorial matter.

Germany was the first country to enact daylight saving time. They did so in 1916 in order to conserve electricity and fuel. Weeks later, the United Kingdom followed suit and introduced "summer time." Daylight Savings Time was not formally introduced in the United States until 1918.

Meet David!

Questions By: AE
Newsletter Group



- 1. What is your favorite color?**
Green and yellow.
- 2. What is your favorite food?**
Pizza, veggies, and noodles.
- 3. Do you have a favorite sport? If so, what is it?**
Bowling.
- 4. Do you like watching football?**
Yes.
- 5. What is your favorite TV show?**
Anything on Netflix.
- 6. Do you have any brothers or sisters?**
Yes, George. ???
- 7. What is your favorite season of the year?**
Summer and spring.
- 8. Do you enjoy coming to Adult Enrichment?**
Yes.
- 9. What is your favorite class at AE?**
Movie club.
- 10. Where did you go to school?**
Ephrata.
- 11. 12. How old are you?**
Twenty-one.

SCRAMBLE WORDS

1. MBAL
2. NIOL
3. OLCO
4. PRSGIN
5. RMAHC
6. WOESRLF
7. IETFBLREUST
8. TSANI CITPRKA AYD
9. LVCERO
10. MAKCOHSR

ANSWERS

LAMB, LION, COOL, SPRING,
MARCH, FLOWERS,
BUTTERFLIES,
STPATRICKSDAY, CLOVER,
SHAMROCK

MARCH BIRTHDAYS



March 5th Trista S.



March 7th Jayln W.



March 4th Jordan H.



March 4th Cindy T.



March 15th Allegra S.



March 25th Rosalie S.



March 24th Ben M.





MARCH 2019

WORDS SEARCH

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

BIRDS

BUNNIES

BUTTERFLIES

CLOVER

COOL

DAY LIGHT SAVINGS TIME

FLOWERS

GRASSHOPPERS

LAMB

LEPRECHAUN

LION

MARCH

RABBIT

RAINBOW

SAINT PATRICKS DAY

SHAMROCK

SPRING

SPRING CLEANING



<p align="center">MONDAY</p> <ul style="list-style-type: none"> •Current Events: <u>Cindy & Tina</u> • Arts & Crafts: <u>Amparo</u> • Independent Living Skills (ILS) • Newsletter: <u>Amparo</u> - • World Exploring: <u>Tina</u> • Creative Expression: • Acting: <u>Cindy</u> 	<p align="center">TUESDAY</p> <ul style="list-style-type: none"> • Current Events: <u>Cindy & Tina</u> • Spanish: <u>Amparo</u> • Health & Wellbeing: •Dance: • Virtual Travel: <u>Cindy</u> •Social Club: <u>Tina</u> • Book Club: <u>Cindy</u> •Forces of Nature: <u>Tina</u> •Outing 	<p align="center">WEDNESDAY</p> <ul style="list-style-type: none"> •Current Events: <u>Cindy & Tina</u> •Classic Viewing: •Social Club: <u>Cindy</u> •Wildlife: •History: Tina •Science: <u>Cindy</u> •Music Appreciation.: Tina •Danceexercise: •Outing 	<p align="center">THURSDAY</p> <ul style="list-style-type: none"> • Current Events: <u>Tina & Cindy</u> • Chorus: • Movers & Shakers: <u>Amparo</u> •Garden & Nature: <u>Cindy</u> •Keyboard: • Bain Buster: <u>Tina</u> •Photography: <u>Amparo</u> 	<p align="center">FRIDAY</p> <ul style="list-style-type: none"> •Current Events: <u>Tina & Cindy</u> •Arts & Crafts: <u>Amparo</u> •Home Economics: <u>Tina</u> •Group Games: <u>Amparo</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u> •Outing
				<p align="center">1</p> <ul style="list-style-type: none"> •Arts & Crafts: Watercolor Techniques /Home Economics: Decorations •Lunch •A-Group Games: Bingo / B-Group Games: Noodle Balloon Bash •Movie Club: Movie of the week •Photography: Take pictures for newsletter articles.
<p align="center">4</p> <ul style="list-style-type: none"> • Arts & Crafts: Watercolor Techniques / ILS: • Lunch • Newsletter: / World Exploring: Earth • Creative Expression: / Acting: Harriet Tubman 	<p align="center">5</p> <ul style="list-style-type: none"> •Spanish: Review/ H&WB: Self Care •Lunch •Dance: / Virtual Travel: Snowball Express 1 •Social Club: Drawing / Force of Nature: Build Volcano / Book Club: Harry Potter 	<p align="center">6</p> <ul style="list-style-type: none"> •Mindfulness: Compassion / Social Club: Act of Kindness •Lunch •History: Haym Solomon / Dancercise •Music App: Johnny Cash / Science: Mocking Birds / Wildlife 	<p align="center">7</p> <ul style="list-style-type: none"> • Movers & Shakers/ Chorus • Lunch •Special Guest Speaker: Sib Charles of Joni & Friends • Bain Buster: Finding Nemo •Photography: Take pictures for newsletter articles. 	<p align="center">8</p> <ul style="list-style-type: none"> •Arts & Crafts: Watercolor Techniques /Home Economics: Safety Book •Lunch •A-Group Games: Hot Potatoes /B-Group Games: Basketball •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
<p align="center">11</p> <ul style="list-style-type: none"> • Arts & Crafts: Leprechaun hat / ILS: • Lunch • Newsletter: / World Exploring: Land Forms • Creative Expression: / Acting: Johnny Appleseed Day 	<p align="center">12</p> <p align="center">OUTING- Wheatland Gallery/El Rodeo</p> <p align="center">Katie H, Marta P, Dewey C, Robyn F, Matt B, Lori</p> <ul style="list-style-type: none"> •Spanish: Animals / H&WB: Sleep •Lunch •Dance: / Virtual Travel: Snowball Express 2 •Social Club: Drawing / Force of Nature: Build Volcano / Book Club: Harry Potter 	<p align="center">13</p> <ul style="list-style-type: none"> •Mindfulness: Gratitude /Social Club: St Patrick's Day • Lunch •History: Gengis Khan / Dancercise •Music App: June Carter / Science: Rube Goldberg / Wildlife 	<p align="center">14</p> <ul style="list-style-type: none"> • Movers & Shakers / Chorus •Garden & Nature: Tomato Seeds / Keyboard: • Bain Buster: Fox & Hound •Photography: Take pictures for newsletter articles. 	<p align="center">15</p> <ul style="list-style-type: none"> •Arts & Crafts: Leprechaun hat /Home Economics: BINGO •Lunch •A-Group Games: Hangman /B-Group Games: St. Patrick's Day Activities •Movie Club: Movie of the week •Photography: Take pictures for newsletter articles.
<p align="center">18</p> <ul style="list-style-type: none"> • Arts & Crafts: Q-Tip Painted / ILS: • Lunch • Newsletter: / World Exploring: Bodies of Water • Creative Expression: / Acting: St. Patrick 	<p align="center">19</p> <ul style="list-style-type: none"> •Spanish: Shapes- Forms / H&WB: Acid Reflux •Lunch •Dance: / Virtual Travel: Logging Trucks •Social Club: Drawing / Force of Nature: Paint Volcano / Book Club: Harry Potter 	<p align="center">20</p> <ul style="list-style-type: none"> •Mindfulness: Happiness /Social Club: Basketball •Lunch •History: Ulysses Grant / Dancercise •Music App: Patsy Cline / Science: Lemonade Machine / Wildlife 	<p align="center">21</p> <ul style="list-style-type: none"> • Movers & Shakers / Chorus •Garden & Nature: Sweet Potatoes / Keyboard: • Bain Buster: Ice Age •Photography: Take pictures for newsletter articles. 	<p align="center">22</p> <ul style="list-style-type: none"> •Arts & Crafts: Q-Tip Painted /Home Economics: Review Safety •Lunch •A-Group Games: Memory / B-Group Games: Fishing •Movie Club: Movie of the week •Photography: Take pictures for newsletter articles.
<p align="center">25</p> <ul style="list-style-type: none"> • Arts & Crafts: Q-Tip Painted / ILS: • Lunch • Newsletter / World Exploring: Ancient Earth • Creative Expression: / Acting: Night of the Blizzard 	<p align="center">26</p> <ul style="list-style-type: none"> •Spanish: Colors / H&WB: Allergies •Lunch •Dance: / Virtual Travel: Jeep •Social Club: Drawing / Force of Nature: Volcano test / Book Club: Harry Potter 	<p align="center">27</p> <p align="center">OUTING- BOWLING</p> <p align="center">Jesse, Donald, Destiny, Grace, Benessia.</p> <ul style="list-style-type: none"> •Mindfulness: Self – Worth / Social Club: Cliches •Lunch •History: Civil War / Dancercise •Music App: Loretta Lynn / Science: Water Flush Direction / Wildlife 	<p align="center">28</p> <ul style="list-style-type: none"> • Movers & Shakers / Chorus •Garden & Nature: Plant Seeds/ Keyboard: • Bain Buster: Incredibles •Photography: Take pictures for newsletter articles. 	<p align="center">29</p> <ul style="list-style-type: none"> •Arts & Crafts: Q-Tip Painted / Home Economics: •Lunch •A-Group Games: Ker Plunk / B-Group Games: Mad Libs •Movie Club: •Photography: Take pictures for newsletter articles.