

Adult Enrichment

active life day program



AE TIME

2014

Mother's Day

Sunday, May 11

Monday, May 26

Remember -
our fallen heroes.
They are the reason
that we are free.



MONDAY

- 8:00 – 9:15 -----Social Time.
9:15 – 10:00-----Current Events.
10:00 – 11:30
◆ 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 2nd 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.



Tuesday, May 6

**Please note new arrangement on outing day:
The group that is staying at AE will be bringing their lunches.**

Upcoming Events

- ❖ **AE CLOSE** for Memorial Day 5/26/14
- ❖ **Meeting 5/5/14**
- ❖ **Outing Wed. Only Group #2**
"FAVORITE T-SHIRT DAY" 5/28/14
(Dress Up Day)
- ❖ **Staff Meeting 5/19/14**
- ❖ **Outing Tues. Only Group #2**
Woodwild & Wendy's
- ❖ **Vote on the first Tuesday and Wednesday of May for Outing**

Groups for Outing

Tuesday Group #1

Kate, Angela, Chrissy, Dewey, Allison, Kathy, Ernie, Robert C., Matt
Staff: Amparo, Chelsea (Alisha, Lisa, Jean)

Tuesday Group #2

Lynne, Jon R., Jon Mac., Wilfredo, Laura, Gerilynn, Marta, Carla, Danielle

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, Jean)

Wednesday Group #2

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

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

From the Directors Desk:

Spring is finally here and that means our annual chorus show is right around the corner. Please mark Thursday, June 5th on your calendars and plan on joining us for an afternoon at the "Phony Tony" awards. Details about the show will be distributed later this month.

In other exciting news Adult Enrichment's chorus "Choices in Harmony," now has a music video! The video, which will be presented at the USDF gala May 9, shows some behind the scene footage of the preparation for and performance of the song "So Long, Farewell," one of the many Broadway show tunes covered at this years musical performance. Look for the video on Adult Enrichments Facebook page on May 12. You can find us at : Adult Enrichment Lancaster
<https://www.facebook.com/pages/Adult-Enrichment-Lancaster/375117479270224>

See you at the show!
~Alisha



MAY BIRTHSTONE

Researched by:
Ben Walker

EMERALD

April 21 - May 20.
Zodiac sign of Taurus

The birthstone for May, the emerald, is a symbol of rebirth, is believed to grant the owner foresight, good fortune, and youth. Emerald, derived from the word *smaragdus*, meaning *green* in Greek, was mined in Egypt as early as 330 B.C. Today, most of the world's emeralds are mined in Colombia, Brazil, Afghanistan, and Zambia. The availability of high-quality emerald is limited; consequently, treatments to improve clarity are performed regularly.



MAY BIRTH FLOWER

Researched By
Ben Walker

LILY OF THE VALLEY

May's birth flower is the **lily of the valley**, which signifies sweetness, humility, and a return to happiness. If you want to show your loved one that your life is complete with them, give them a few lilies of the valley.

The Lily of the Valley differs from the Easter lily that might be pictured when hearing this flower's name. The Lily of the Valley is actually signified by its large, basil shaped leaves with pretty clusters of white bell shaped blooms drooping towards the earth like falling tears. It is thought that this flower has some medicinal benefits like enhancing memory, or improving speech; however, all parts of this flower are poisonous and could create great illness or paralysis when ingested. As the good luck birth month flower of May, the Lily of the Valley signifies a return to happiness marked by a legend of a nightingale that does not return until May when the flower blooms.

IN MEMORY OF MOM

Contributed By
Ernie McClain



My mom was a lovely person to spend time with. She was outgoing and fun to be around. She was a great person to talk to when you were having problems. She used to call me Snookums. She was an excellent cook. Some of my favorite things she would make were fried chicken and baked macaroni and cheese. We used to go to the mall and eat at the food court. We went on bus trips to the outlet malls. We went to church and she loved to see me sing with the church choir. We went to lots of family reunions and saw all sorts of aunts, uncles and cousins and sometime their dogs. We went out to eat with lots of different friends and family. I miss her a lot because it was more fun to do things with her.

Teriyaki Chicken, Pineapple and Red Pepper Kabobs

Servings 4

Ingredients

8 to 12 bamboo skewers
1 lb. boneless skinless chicken breast tenders (not breaded)
1-cup teriyaki sauce or marinade
1 red bell pepper, cut into 1-inch chunks
1/4 teaspoon pepper.
1 tsp. garlic (finely chopped)

Directions

Soak bamboo skewers in water to cover for 30 minutes. Meanwhile, cut chicken into 1-inch pieces; place in resealable food-storage plastic bag or container. Add teriyaki sauce, pepper and garlic, seal bag and shake gently to mix. Refrigerate at least 30 minutes to marinate. Heat gas or charcoal grill. Drain chicken, discarding marinade. Thread chicken, pineapple chunks and red pepper pieces onto bamboo skewers in whatever order you wish, dividing evenly among skewers. Place kabobs on grill over medium heat. Cover grill; cook 4 to 5 minutes on each side or until chicken is no longer pink in center. Serve immediately.

Expert Tips

Chicken breasts can be substituted for the chicken tenders, if desired. If you have time, marinate for 2 to 4 hours. This will give the chicken a deeper flavor.



Chelsea's Assistant

Contributed By
Mary Jane Robbins



I get to be Chelsea's assistant during painting on Mondays. I have to get the paint and put it in my basket. Chelsea made me a basket for my walker. I

hand the paint out to everyone so they can make pictures. I also help to clean up the paint brushes. I collect them and Kathy washes them. We put the paint on little pieces of cardboard. I also help Jon to get the brushes wet. I enjoy helping Chelsea because it makes me feel good and it is fun.



Contributed By
Daniel Rogusky

Ever reached the end of the day and find yourself saying, "That was the perfect spring day I just had."? Well, for me personally, this would be the next-closest thing to the perfect spring day. The day would start out sunny and warm about 50 degrees (and climbing) with a light breeze blowing. After breakfast I would go play an 18 hole round of golf followed up by lunch at the clubhouse. I would then come home and take a nap before taking a long, peaceful walk where I bring my lyric book to write lyrics. At sunset, I would be thankful for such a great day and go and visit dreamland.



Ping-Pong

Contributed By
Ernie McClaen

It was fun and exciting and a new experience. We made Ping-Pong paddles out of paper plates and little wooden sticks. The tables were joined together and the ball was a small little plastic ball. We were playing in teams. One team won, one team lost, but it was all in fun. I hope we can play this game again; it was fun, wonderful, and fantastic. Miss Amparo made us all laugh by singing and distracting us.



EASTER

Contributed By
AE Group Class

What we did for Easter

Victor- color Easter eggs

Kate- I will not be getting an Easter Basket

Angie- cooking out

Leroy- Have a big dinner

Dan- Getting together with family

Jayann- we will be staying home.

Wilfredo- Having an Easter parity at my sister's house

Mary Jane- hanging out with my family

Danielle- spending time with family and friends.

Justin- eating chocolate

MAY

Contributed by
Jonathan Whitlock

Things you probably don't (want to) know about the month of May

<http://www.holidayinsights.com/moreholidays/may.htm>

May is 'National Hamburger Month.' I'll say no more about that.

The fourth week of month is Emergency Medical Services Week.

The first Friday is International Tuba Day. The first Friday is *also* 'Space Day.' No one knows if there is any relation there.

May fourth is 'National Renewal Day.' This is a day dedicated to libraries!

The sixth is National Tourist Appreciation Day. (Where would Lancaster be without this species?)

The sixth is also National Nurses' Day. Of course, this goes with # 2 on our list.

There ya have it. Here's to a month full of perplexities and dilemmas!

Thank you mother, love you mother

Contributed By
Daniel Rogusky

Mothers mean so many things to us. Whether we admit it or not, we will not forget many of the life lessons our parents taught us. Below are some clients and staffs memories of /with their mothers.

Katie - I spent time in the community with my mom.

Ally – I loved her laugh, her smile, her smell and her doing what I asked her to do.

Laura – We did the Mothers Day Convoy.

Susie – We always went out to dinner and out shopping.

Daniel – I could talk to her about almost anything.

Jean – “If you don’t have anything nice to say, don’t say anything at all,” and “when it’s in your hands, put it in the right place.”

Lisa – My mother is my best friend and always supportive.

Always remember to never take your mom for granted.



Walking outside

Contributed By
Jonathan Rogers

We can finally take walks outside. It was too cold and there was snow before. It’s warmer now and flowers and trees are growing. My favorite thing about the walks is that it’s warmer. The sun shines and I feel good. On the walks we stop and sit on the bench and relax. We also talk. I like short walks better than long walks. The walk make everybody happy.



My Dads Birthday and Family Reunion

Contributed By
Kate Manners



My dads birthday this year is an Easter Sunday we will be celebrating both with a big party, and we will have family came from out of town. We will be having around 15 extra people in the house. My dad will be celebrating his 60th birthday, we will be having a cook out and cupcakes for dessert. It's time to party!!



FLORIDA

Contributed By
Gerilynn Shulman

Mom and I went to Florida in January for a winter vacation. We left on a very cold early morning. We couldn’t wait till we got in the sunshine and the warmer climate. No winter coats, boots or gloves! No more snow either! I had to brag to AE about it too. We came back in the beginning of April complaining about the weather here! It was warm in Florida but now it is freezing in Pennsylvania! We should of stayed in warm Florida yikes! No green grass or pretty bud leaves on the trees what ‘s up with that man lol. I’ve got SPRING FEVER!

Ask Dan

Contributed by
Dan Rogusky

A week or so ago, a good friend of mine passed away. How do I cope with the loss of my friend?

Learning about the passing of someone you care about is never an easy thing to deal with. One of the most important things to do is think back over your friend's life, remember as many of the good times as you can and be thankful that you were there to share those times with them. You can also remember all of their positive accomplishments and how much of a positive impact they had on the world around you. You should try, as best you can, to console your friends family and loved ones and let them know that you miss them as well. Lastly, just remember that you were as honored and blessed to share yourself with them as they were to share themselves with you. I hope my advice helps ease your sorrow and pain.

THREAD PAINTING

Contributed
By Danielle Lichty



It was fun. I had never done thread painting. You need string, paper, and paint to do it. It's a lot fun and easy

to make. Anybody can do it. We picked the best ones and made them into cards for the program. Some looked like pictures of dancers, flowers, and ballerinas. We used red, yellow, green purple, pink and orange. We used two or three colors. I don't remember what colors I chose but I liked the way it came out. I would like to do this again.



MR. PEABODY & SHERMAN

Contributed By
Wilfredo Rivera

Mr. Peabody and Sherman is about a dog and a boy who travel through time in a machine built by Mr. Peabody who is smartest being in the world. With the time machine the two travel to places like ancient Egypt and Florence during in renaissance. They also take part in important historic events like the French revolution and the Trojan War. In their travels they also meet some very important people like King Tutankhamen, Leonardo da Vinci and Agamemnon.

AE's music video

Contributed by
Laura Sauder



Lots of people came in to make a music video, they used one of our songs from our concert. They took video of us getting into our costumes. They set up a big black screen in the back of the room.

we're singing a lot of Broadway songs for the concert. Some of the costumes included face paint. They filmed for the whole day and did a sound check for the microphones before we started recording. They wore headphones and listened to songs on the computer. I liked the day but it was cold when the doors were opened. My favorite part was singing the songs.

MAKE A WISH TRUCK CONVOY

Contributed By
Jon MacFarland

Mice are furry little creatures
Alligators live in swamps
Kiwi is a very refreshing fruit
Eggs are a good source of protein

Ants can be pests at picnics

Whales can be killers
Iguanas make great house pets
Skunks have stripes
Holidays are fun to celebrate

Turtles have shells
Rabbits have long ears
Umbrellas come in handy when it rains
Camping can be adventurous
Kite flying is fun

Carrots are good for your eyes
Onions make you cry
Nurses assist Doctors
Vegetables are good for you
Olives are salty
Yogurt is yummy in the tummy



Contributed By
Kathy Sherr

My mom takes care of me in so many different ways.
My mom helps me make my bed.
My Mom help me keep my room clean and organized.
My mom does my laundry and puts my clothes away.
My Mom makes me nice dinners.
My mom takes care of my plants I have given her for Mother's Day.
I love my Mom!

Only I Got My Mom, Mothers' Day Poem

Contributed By
Jonathan Whitlock



M-O-T-H-

No wait, stop there.
We all know how to spell 'mom.'
But do we all know
Just what those letters mean?
Not just to me,
But to everyone?
We all have postmen
We all have cable providers
We all have Mo-
No, wait.
You don't have my mom.
Only I Got My Mom.
And my brothers do
And my sister do
And my dad do
And Marcel do
But not you.
To you, she's a worker.
Only I Got My Mom.
And to me, she's a worker, too
She don't get paid, tho
Not in money, anyway
No, wait...
Point is,
She's always there, for me
Weekends, too.



Contributed By
Victor miller

When I think of Memorial Day I think of picnics and parades, I love foods from the grill on this day. Don't forget the potato salad which I can eat all by myself. I also have the day off from A.E. I will attend a parade and eat my way through the day. We can't forget why we celebrate this day.

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

1. What is your favorite color?

Red

2. What do you like for your Easter dinner?

Ham

3. What are your hobbies?

Movies

4. Do you have any sisters or brothers?

Two brothers

5. What do you order in Restaurants?

Salad

6. What is your favorite sport?

Car Racing

7. What is your favorite Easter candy?

Chocolate bunny

8. What School did you go to?

Lafayette

9. What is your favorite vacation area?

Wildwood

10. What is your favorite time of year?

Christmas

11. What type of music do you like?

Hip-Hop

12. What is your favorite animal?

Dogs



An other "Newish" Cat

Contributed By
Dewey Coplin

A couple of weeks ago Jessica, my niece gave us her cat Gigi, she is a older cat, who still has her claws in the front & back. She was born on Sept. 20 1995 and Jessica got her as a kitten, Gigi is about 19 years of age which makes her a senior Citizen as far as cats are concerned. Along with her I got the rest of her food, her BIG cat tower, that's about six feet tall and a scratching post, that's about or as tall as the CEILING!, and her soft cat crate for trips to the vets (we now have 2 cats now) we also got a few toys.



Contributed By
Allison Alspach



The Tuesday group that stayed back, had a really good day. We watched the movie Frozen. It was really good! It had lots of music and a snow man named Olaf. So many of us liked it we went and bought it. We played a few games of bingo. Kathy, Ernie and Dewey won a game. We picked out prizes out of a box. We had a really fun day.

SCRAMBLERS

Contributed by:
Susie Corpman

1. PGNISR
2. LWSRFOE
3. YSTOMRDHAE
4. YIICCSPN
5. YAIREDDMMLO
6. EDRGNA
7. IRCLAVNA
8. NARI
9. TGLUARHE
10. IISRFNHEDNP

ANSWER:

SPRING, FLOWERS, MOTHERS
DAY, PICNICS, MEMORIAL DAY,
GARDEN, CARNIVAL, RAIN,
LAUGHTER, FRIENDSHIP







Weather

Researched by:
Jon McFarland

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

Moon Phases For May 2014

- ✧  First Quarter Moon May-6th
- ✧  Full Moon –May-14
- ✧  Last Quarter Moon–May-21st
- ✧  New Moon –May-28th



MOVIE

Contributed By
Jayann McCue

Wreck-it Ralph is a movie about video games. Ralph is upset because he is always the bad person.

Ralph decides he want to be the good guy for a change. He leaves the game in search of game he can be a hero in. In the end Ralph learns a lot of lessons on the way. It's a good movie for families.



Contributed By
Justin Fisher

My favorite place to eat is Pizza Hut. It is my favorite place because they have good pizza, good food ,&good drinks. My favorite food to get there is pepperoni pizza, but I like the stuffed crust the best .I think everyone would like a stuffed crust pepperoni pizza because it has gooey cheese in the crust I would suggest you try Pizza Hut if you get the chance ,because I know pizza and this is good.



MOTHERS DAY

Contributed By
Angie Spencer

When I think of Mothers Day I think of my own mother. My mother loved flowers especially Red roses. I wish my mom was still alive, I miss her very much. Remember Mothers Day, it's a good day to show your mom you love her.



EASTER

Contributed By
Jessenia Santana

I like decorating eggs for Easter. My Favorite color is red. I also Easter Egg hunts. I help put the candy in the eggs for the hunt. My Mom gives me a Easter Basket on Easter day with lots of chocolate.



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

FLOWERS
PICNIC
HOLIDAY
GRASS
WEEDS
LEAVES
SUN

MOWING
HIKING
YARD WORD
SOIL
MOTHER DAY
MEMORIAL DAY
RAKE
BIKING

BASEBALL
TORNADO
SWIMMING
REUNIONS
PROM
EXAMS
BUTTERFLY



MAY 2014

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<ul style="list-style-type: none"> •Current Events •Arts & Crafts (A&C) •Independent Living Skills (ILS) •Painting •Book Club •World Cultures 	<ul style="list-style-type: none"> •Current Events •Keyboarding / Spanish /Dance & Movement. •Music Appreciation •3-D Art •Outing 	<ul style="list-style-type: none"> •Current Events •Cooking / QEU Movie •Discussion Group •Science / Wildlife •Outing 	<ul style="list-style-type: none"> •Current Events / Keyboarding •Chorus/ Brain Games •Newsletter / Computers •German/History 	<ul style="list-style-type: none"> •Current Events •Music & Game •Arts & Crafts (A&C) •Special Topics •Mental Floss



May 4th Stephanie Mastriana
May 16th Allison Alspach
May 20th Leroy Poletti
May 27th Kathy Sherr

- 1**
- Keyboarding
 - Chorus / Brain Games
 - Lunch
 - Computer & Newsletter /German: Essen and Trinken

- 2**
- Music & Games
 - A&C: Mother's Day flower pots
 - Lunch
 - Special Topics: Movie

- 5**
- A&C: Mother's Day Cards
 - ILS: Making a difference
 - Lunch
 - Painting: Spring Still Life
 - Book Club
 - World Culture: Atomic Bomb

- 6 NURSES DAY**
- Keyboarding/ Spanish: Bingo Music App: Hodge Podge
 - Lunch: vote for outings
 - 3-D Art: Pompom Animals



- 7 Cooking/ Unique food Samples**
By Annette
- Lunch: vote for outings
 - Discussion Group: Science: Fair Project Mock Trial /Wildlife: Bugs

- 8**
- Keyboarding
 - Chorus / Brain Games
 - Lunch
 - Computer & Newsletter /History: Chester A. Author

- 9**
- Music & Games
 - A&C: Jewelry
 - Lunch
 - Special Topics: National Strawberry Day

- 12**
- A&C: Canvas Collage Parts 1
 - ILS: Problem Solving Skills
 - Lunch
 - Painting: : Spring Still Life
 - Book Club
 - World Culture: Italy

- 13**
- Keyboarding / Spanish: Animal Lottery Game / Music App: Jazz
 - Lunch
 - 3-D Art: Flowers Pots

- 14 Outing Group #2**
Ruby Tuesday
Kate, Steph, Alvin, Chrissy, Angela, John A, Dewey, Sam, Katrina, Jessenia, Robert C., Jamie.
Staff: Beth, Rebecca (Alisha, Lisa, Jean)

- 15**
- Keyboarding
 - Chorus: 1st ½ run thru /Brain Games
 - Lunch
 - Computer & Newsletter / German: Essen and Trinken

- 16**
- Music & Games
 - A&C: Bird Houses
 - Lunch
 - Special Topics: Limerick Day

- 19**
- A&C: Canvas collage Parts 2
 - ILS: Soda \$
 - Lunch
 - Painting: Pop Art Flowers
 - Book Club
 - World Culture: The Greatest Generation

- 20**
- Keyboarding / Dance & Movement
 - Music App: Jazz
 - Lunch
 - 3-D Art: Paper Flower

- 21 Cooking**
Cooking N/oats
By Beth
- Lunch
 - Discussion Group: Science: Fair Project Mock Trial / Wildlife: Tigers

- 22**
- Keyboarding
 - Chorus: 2nd ½ run thru /Brain Games
 - Lunch
 - Computer & Newsletter /History: Little Big Horn

- 23**
- Music & Games
 - A&C: Patriotic Arts
 - Lunch
 - Special Topics: National frog Jumping Day



- 27 Outing Group #2**
Goodwill & Wendy's
Lynne, Jon R., Jon Mac., Wilfredo, Zachary, Laura, Gerilynn, Marta, Carla, Danielle
Staff: Annette, Beth, (Alisha, Lisa, Jean)

- 28 QEU Movie**
- Lunch
 - Discussion Group: Science: Fair Project Mock Trial / Wildlife: Judge Science Fair

- 29**
- Keyboarding
 - Chorus: whole run thru! /Brain Games
 - Lunch
 - Computer & Newsletter /German: Review & Bingo

- 30**
- Music & Games
 - A&C: DIY Coffee Filters Flowers
 - Lunch
 - Special Topics: Making Chocolate Chip Cookies