





active life day program

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

10.00 - 11.00Aits and Craits/ Free Time
Computer / Independent Living Skills (ILS).
11:00 - 12:00Lunch.
12:00 – 1:00 Newsletter/ Free Time
Computer/world Culture.
1:00-2:00Creative Expressions/ Free

TUESDAY

Time Computer / Acting.

Outing and Regular classes every 2nd Tuesday of the month 10:00 - 11:00------Health & Wellheing / Free

10.00 11.00 Health & Wellbellig / Free
Time Computer / Spanish.
1:00 - 12:00Lunch.
12:00 - 1:00Virtual Travel/Social Club / Dance.
L:00 -2:00Book Club/ Free Time Computer /
Creative Thinking

WEDNESDAY

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

10:00-11:00Cla	assic Viewing / 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. Dancexercise.

THURSDAY

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

FRIDAY

10:00-11:00Arts & Crafts/ Home Economics.
11:0 - 12:00Lunch.
12:00 - 1:00Group Games / Movie Club
12:00 – 1:00 Free Time Computer
1:00 - 2:00Photography / Movie club

Outing every 3rd Friday of the month.

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



MAY 2018

Group 1: Jan, May, Sept Jon R., Donald, Kathy, Dewey, Allison, Dareek, Robyn, Destiny

Staff: Amparo, Open (John)

Group 2 Feb, June, Oct: Kate, Chrissy, Matt, Shelly, Gary, Jayln, June,

Gretchen

Staff: Beth, Takeisa (Jared)

Group 3 Mar, July, Nov: Lynn, Trista, Sam, Angela, Marta, Glen, Melissa,

Grace, Stephanie

Staff: Tina, Tania (Katie)

Group 4: April, Aug Carly, Katie, Crystal, Wilfredo, Danielle, Ernie, Loni

Staff: Amparo, Cindy (Jeff)

Wednesday

Group 1: Jan, May, Sept Wilfredo, Bob T., Chrissy, Sierra, Robert P.,

Benessia

Staff: Cindy, Open (Jared)

Group 2: Feb, June, Oct Jon R, Suzie, Jessenia, Jon F, Kathy, Crystal, Susan

Staff: Tania, Tina (John)

Group 3: Mar, July, Nov Kate, Jayann, Rosie, Mac, Ben M, Trevor, Jimmy, Destiny

Staff: Beth, Amparo (Jeff)

Group 4: April, Aug Joey, Sam, Laura, Dareek, Mike V., Jay, Shelly

Staff: Cindy, Takeisa (Katie)

Friday

Group 1: Feb, April, June, August, Oct., Marta, Susie, Carly, Joey, Grace,

Staff: Tina, Takeisa

Group 2: Jan, Mar, May, July, Sept, Nov. Donald, Katie H., Dareek, Debie,

Bennesia, Kathy Staff: Tina, Takesia

From the Directors Desk

The Spring Concert will be held on Thursday, May 24th at Manor Church. The concert begins at 12pm. Everyone is welcome to attend and light refreshments will be served following the performance. Hope to see you there!

-Jared



National Nurses Day

National Nurses Day is celebrated in the United States annually on May 6th to raise awareness of the important role nurses play in society. It marks the beginning of National Nurses Week, which ends on May 12th, the birthday of Florence Nightingale.

What if we didn't have nurses?

Rosie – People would get sick. And they might need to go to the hospital.

Jon W. – There would be less motivation to go to the hospital.

Joey – There would be no one to tell the doctors about our condition.

Jamie – Nurses usually take my blood pressure every time I go to the doctors.

What does it take to be a good nurse?

Rosie – to be a nurse you really need to care about people..

Jon W – You have to be cute. You have to be polite.

Jamie – They need to check on you to make sure you are ok when you are in the hospital.

Joey – A person who smiles a lot, happy, up beat.

What do nurses do for us?

Rosie – Keep us well. Nurses help us monitor our medications.

Jon W. – Check our vitals. Make hospital stay more pleasant. Bring you food.

Jamie – Take our blood. They use butterfly needles for my veins. And they assist the doctor in taking care of us.

Jon R. - Take care of us in the hospital.



Sing Out Day

Open up your vocal chords and sing out loud from your heart on Sing Out Day. Celebrated every year on May 25 the unofficial holiday encourages people to sing out loudly.

Sing your heart out on Sing Out Day

Whether you make a living by singing, are a bathroom singer, a karaoke champion, or someone who is requested to sing at every party, this is the day to pretend that the whole world is your adoring audience and sing yourself hoarse!

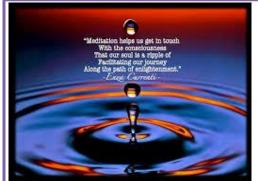
The holiday is also sometimes called International Sing Out Day.

How to Celebrate?

- Sing out as loud as you can, wherever you can. Don't hold back. You never know, there may be a talent scout around who may discover you!
- If singing is your passion, but if you have never had the courage to sing in front of others, today is your day to unleash your talent on the world.
- Go to a Karaoke Bar and sing your heart out.

Did You Know...

...that singing, especially in groups can be beneficial for health? Studies have shown that singing alleviates bad moods, reduces stress, and can actually improve the body's immune function. Now, that's a very good reason to celebrate Sing Out Day!



RELAXATION TECHNIQUES

Contributed by Independent Living Class

Recently in Independent Living Skills we had a class on relaxation.. They learned how to control their breathing to calm themselves in Meditation and how to relax. During class I played a video where the participants had to envision that they were taking a hot air balloon ride through the Universe. HOW TO MEDITATE-

with the hectic pace and demands of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate! But meditation actually gives you more time by making your mind calmer and more focused. A simple ten or fifteen minute breathing meditation can help you to overcome your stress and find some inner peace and balance.



- 1. EA RTECCON
- 2. NHOOR
- 3. DINK
- 4. RATS APDSENGL NARBEN
- 5. ADAMYY
- SYTEB SORS
- 7. SHOREE
- SRAST DNA PIERSST
- ROMETSH YAD
- 10. YAM LOPE

ANSWERS:

AE CONCERT, HONOR, STAR SPANGLED BANNER, MAYDAY, BETSY ROSS, STRIPES, KIND, STARS AND STRIPES, MOTHER'S DAY, MAY POLE

NATIONAL BEVERAGE DAY



National Beverage Day is observed annually on May 6. This is a day to sit back, relax and enjoy your favorite beverage. It may be hot, cold, blended, shaken,

sweet, sour, smooth, dry, freshly squeezed, frozen or any other type. The possibilities are endless! Everyone gets to celebrate their favorite beverage today!

HOW TO OBSERVE

Observe National Beverage Day by singing to a "beverage" inspired song while enjoying your tasty beverage!

Post photos of your favorite beverage on social media using #NationalBeverageDay Mary Jane likes Fanta orange and Dr. Pepper. Victor likes coffee and root beer. Jay likes Turkey Hill Tea. Kathy likes to drink plenty of water.



- 1. Gift cards (Dollar Tree, Giant, Walmart)
- 2. Lawn games, Matching games, Big pictures
- 3. Games- Brailling of cards
- 4. Watercolor paper
- 5. GLOSS MOD PODGE- For Arts and Crafts.
- 7. White Card stock
- 8. Masking Tape
- 9. Computer Speakers
- 10. Earphones for the computer room

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.



WORLD LINDY HOP DAY

Put on your dancing shoes and do the Lindy Hop, because May 26 is World Lindy Hop Day. Put on your dancing shoes and dance the Lindy Hop.

Also known as the jitterbug, Lindy Hop originated in Harlem, New York City in the 1920s and 1930s. The day commemorates Frankie Manning, who some consider one of the creators of the dance form.

A combination of different kinds of dances, including jazz, swing, and tap, Lindy Hop is a two-person dance where the partners dance hand in hand or in an embrace to jazz music. Just as in jazz, there is some form of improvisation that takes place during the dance.

How to Celebrate?

Learn how to dance the Lindy Hop.

Host a Lindy Hop dance party or participate in one near you.

Did You Know? that some people believe that the name, Lindy Hop, may have originated after the aviator Charles Lindbergh whose nickname was Lindy who successfully finished his solo flight between New York and Paris, media headlines read Lindy Hops the Atlantic.



MEMORIAL DAY

This year Memorial Day is on Monday May 28th. Victor said that he usually goes for a cookout at Long's Park. Kathy said that she celebrate by going to her parents beach house in Rehoboth, where they have a picnic. Mary Jane said that she and her family go up the mountain for a holiday. Memorial Day is a celebration for Soldiers/Veterans who died for their country during War time.

Why is Memorial Day celebrated?

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Originally known as **Decoration Day**, it originated in the years following the Civil War and became an official federal holiday in 1971. Also people go to the gravesites of soldiers who passed away and put flowers on their graves. **Memorial Day** is a solemn **day of remembrance** for everyone who has died serving in the American armed forces. The holiday, originally known as **Decoration Day**, started after the Civil War to honor the Union and Confederate.



Law Day

Law Day in the United States is celebrated May 1st every year. The U.S. government has distinct, independent branches. They are the legislative, executive, and judicial branches. These three share power, and each branch serves as a check and balance of the others to help preserve political liberty. We the people must continually act to ensure that our constitutional democracy endures, preserving our liberties and advancing our rights. The Law Day 2018 provides an opportunity to reflect on and consider how our government and the court system is working and how it will affect those who will come after us.

Question: Why do we have laws?

Rosie – So people don't get crazy. If we didn't have laws everything would be chaotic.

Joey - Laws keep us safe.

Jamie - Laws keep us safe, IF we follow them.

Jon W. – Laws give cops a job.

Jon R. – I don't know.

Question: How would your life be different without laws?

Rosie – You might get killed. People would be getting hurt.

Jon W. – Utter Chaos. It would be every man for himself, like in the stone ages.

Joey - I would not be alive.



Question: Would there be any benefits to not having laws?

Jon W. – If everyone lived a life of honor and etiquette, things might work out. We need laws because there are too many punks.

Rosie – There would still be bullies, right? You would be worried a lot.

Jamie – People would get away with things.

Victor – There would be a lot of fighting.

Question: What are some laws that affect us on a daily basis?

Joey - Speed limits.

Rosie – Stealing, if people don't have any money, and they really want something, they will take it. Going through a red light or a stop sign. In the walkways, wait till the light changes to cross the street. Jon W. – Always pay for stuff you buy.

Kathy S – Texting, you can't text and drive at the same time.

Rosie – We should have more gun laws.

Question: What would it take for society to thrive without laws?

Jon W. – There would have to be a stronger moral pull.

Gloria – if people would learn to get along.

MJ - No cell phones and no cars.

National Teacher Appreciation Day

Traditionally, the Tuesday of the first full week of May is the National Teacher Day in the USA.

How would you define a teacher?

Jamie – A gym teacher helps you get in shape.

Rosie - Creative and smart

Victor - Intelligent

Jon W. - One who teaches

Share a good memory of a teacher.

Rosie – My Home Ec. teacher taught me how to knit a sweater. I won a spelling bee and got a ribbon from my spelling teacher.

Jon R. – Beth and Tina

Jamie – In 7th grade I won a trophy for highest average. My sister and I were in the paper for being on the honor roll. My 7th grade Health teacher gave me and a few classmates a reward

for doing a good job on a group project.

MJ - Amparo

Kathy S - Tania, teaching Wild Life

Jon W. – My fifth Grade teacher always told really funny jokes. He got the whole English class rolling with laughter.

Gloria – Beth, teaching History.

Who was your most influential teacher?

MJ - At CDC, I liked Miss Walker.

Rosie – When I lived in Columbia, a seamstress taught me how to sew.

Jon W. – In college Mrs. Crawford helped me get all my paintings into a show. Years later she helped me get into another show at the school.

Who was your funniest teacher?

Jamie – My Fifth Grade teacher, Mrs. King. She always fell asleep in class and we would laugh at her.

Rosie – My Gym teacher was like a drill sergeant.

Jon R. – My Dad.

Who was the teacher you would most want to be like?

Jon R. – Amparo

Joey – My Art teacher, Mr. Cifuni, for Art 9&10. He gave me options for homework, and let me dance on a Friday.

Jamie – Cindy

Rosie – My ice skating teacher.

Did you ever take an apple to your teacher?

Jamie - No

Victor – Yeah, once.

Rosie - My sister did.

Kathy S. – I took one to Mr. Shanabarger, in elementary school.

Gloria – No, but at Christmas time I gave them candy.



Meet Lory! Welcome to AE

Questions By: AE Newsletter Group

1. Why do you come to work here?

I like to work with people. It is a good fit for my personality.

2. Do you have any hobbies?

I like to spend time with my husband, Christian and kids, Alondra and Salomon, I also like to go to church, and out to eat.

3. What kind of music do you like?

Gospel Music, and R&B of the 80s, 90s and 2000s.

4. What is your favorite food?

I like Pizza. I don't like Macaroni and Cheese. I like Puerto Rican food.

5. Do you have any pets? I like pets, but I don't have any, yet.

6. Where did you go to school?

I went to school in Puerto Rico.

7. What is your favorite color?
I like Purple and Hot Pink.

8. Do you like sports?

I watch basketball with my husband. I like all types of sports, but in my house we watch basketball.

9. Who is the most influential person in your life?

10. Do you have brothers and sisters?
I have two brothers. I am the oldest.

11. Do you like to travel?

Yes, I like to travel. I've been to Florida, New York, Washington D.C. and Connecticut.



ALL ABOUT LILY OF THE VALLEY



Lily of the valley is known for its pure white, bell-shaped flowers and unforgettable perfume. This shade-loving plant is also a tough and reliable ground cover that will grow almost everywhere in the country. Planted beneath shade trees, on steep banks or against a foundation, it will give you a lush carpet of green from spring to fall.

Lily of the valley

Sometimes written **lily-of-the-valley**, is a sweetly scented, highly poisonous woodland flowering plant that is native throughout the cool temperate Northern Hemisphere in Asia, and Europe. Other names

include May bells, Our Lady's tears, and Mary's tears.

Its French name, *muguet*, sometimes appears in the names of perfumes imitating the flower's scent.



CINCO DE MAYO

Significante of Cinco de Mayo 2018 Cinco de Mayo 2018 is a celebration that is observed, yearly, on May 5. It is a day that commemorates the Mexican army's victory, on May 5, 1862, over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). In the United States Cinco de Mayo 2018 has become associated with the celebration of Mexican-American culture but should not be confused with Mexico's Independence Day which is celebrated on September 16.

Traditionally, Cinco de Mayo 2018 is seen as a time of celebration and pride. Although this day is not a federal holiday in the United States, many cities (especially those in the South-west) hold local parades and celebrations. Additionally, many people hang up banners and schools organize lessons and special events to educate their pupils about the culture and history of Americans of Mexican descent. Also celebrate the Cinco De Mayo by having parties with piñatas. You can eat tacos and have margaritas.



ARTS AND CRAFTS

The participants were asked what their favorite project was in Arts and Crafts and also how this class made them feel. These were some of their answers.

Mike: Arts & Crafts makes me feel good. My favorite project was the snowman made with white socks filled with sand. Ernie: Arts and Crafts makes me feel free because I can express myself. My

favorite project has been the snowman and the marble painting. Stephanie: Arts and Crafts makes me happy. My favorite thing we

have done to date has been marble painting.

Robyn: Arts and Crafts help me relax. I really enjoyed making chicks with yarn and the snowman made of white socks filled with sand.

Katie: Arts and Crafts help me be better at art projects. I really enjoy painting.

Brittany: Arts and Crafts make me happy because I can do a variety of projects such as Easter decorations made with paper plates.

The participants then asked the same question to the teacher Amparo and the class assistant. Takeisa.

Amparo: Arts and Crafts keep me busy. It can be challenging because of all the research and looking for fun ideas and activities for the participants.

Takeisa: Arts and Crafts help me free my creativity. I enjoy working with my friends, also known as the participants.



Picture by Jessenia





Mother's Day

What was/is your Mother good at?

Rosie - cooking and baking

Jon W. - teaching piano

Jayln – Math

Jon R.- Baking cookies

Gloria - cooking

Kathy S. - cooking and cleaning

MJ – Taking care of me, shopping, cooking and cleaning.

Joey – My Mother is a good spiritual director. My Mother helps people with anything about God.

Victor – She had a good sense of humor.

Jamie – She used to sing, but she wasn't very good at it. It was funny. She was good at cooking.



Rosie - 'Don't play hookie.'

Jon R. – I remember the macaroni and cheese that my mom made.

Joey – No whistling or burping before 10am.

Kathy S. – Don't walk slowly.

MJ – Hi

Jon W. – My mom has the cutest little burp.

What is a favorite memory with your mom?

Kathy S. - My Mom always loved us.

MJ – Going to Church together.

Jamie – She never played favorites between me and my sister. She treated us both the same.

Me, my Mom and my sister used to walk to Sacred Heart Church.

Victor – I never got a spanking.

Rosie – Baking Christmas cookies

Joey – We went to Washington DC and saw the Washington Monument when it had scaffolding around it.

Gloria - We went to the beach when I was little.

Jon W. – She has always been there no matter how life got. She has always been there to talk to, and be a Mom.

Jon R. – Going to church together.











What is Star Wars Day?

Star Wars Day celebrates the *Star Wars* film franchise created by George Lucas and is observed annually on May 4. The date is based on the pun "May the Fourth be with you" (May the 4th be with you), derived from the catchphrase "May the Force be with you" often heard in the films. The day was neither created nor declared by George Lucas or his company Lucas films, but it is celebrated by *Star Wars* fans around the world. Victor and Joey love the Star Wars Movies. Some Characters: Han Solo, Luke Skywalker, Chewbacca, Princess Leila, Darth Vader, Obi wan Kenobi, Anakin Skywalker, storm troopers, Sith Lord, Jabba the Hutt, JarJar Binks, Yoda, R2D2, C3P0, and Darth Maul just to name a few.



Candy Sale Winners Get To Pie Staff



















WORD SEARCH

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BLUE BRAVE FINALS FLAG FLOWERS GRAVES HONESTY LILIES
MATRIARCHAL
MAYFLIES
NURTURE
PARK
PICNIC
RED

SOLDIERS THOUGHTFUL VACATION WHITE SPRING STERN WAR

MONDAY TUESDAY **THURSDAY FRIDAY** •Current Events: Beth/Cindy • Current Events: Beth/ •Current Events: Cindy, Tina •Classic Viewing: Tania •Current Events: Beth, Tina • Arts & Crafts: Amparo • Current Events: Tania, Tina •Social Club: Cindy • Independent Living Skills Spanish: Amparo Chorus: Alyssa •Arts & Crafts: Amparo (ILS) Tania • Health & Wellbeing: •Wildlife: Tania Movers & Shakers: Amparo •Home Economics: Tina • Newsletter: Amparo - Cindy •Garden & Nature: Tina ·History: Beth •Group Games: Beth & •Dance: Tania Science: Cindy •Keyboard: Alyssa Amparo • Virtual Travel: Cindy •Music Appreciation.: Beth •Movie Club: Tina • World Cultures: Tina • Bain Buster: Beth · Creative Expression: Beth •Social Club: Tina •Dancexercise: Tania •Photography: Amparo •Photography: Amparo · Acting: Cindy • Book Club: Beth Creative Thinking: Tina 1 2 •A&C: Paint Maracas (Cinco • Spanish: Cinco de Mayo/ de Mayo) / Home Ec.: Flip H&WB: Salt content in food •Classic Viewing: Happy Days/ · Chorus: /Movers & Shakers: Book Lunch Social Club: Cinco de Mayo Lunch •Lunch • Dance: Battle/ Virtual Travel: Lunch • Garden & Nature: Air Pollution •A-Group Game: Two truths Cinco de Mayo •Wildlife: Badger /History: / Keyboard: and a lie B- Group: · Social Club: Origami / Creative Broadway/Palisades Science: Brain Busters: Chocolate/ Catch the Ball / Thinking: Budgeting / Book Tea/Music Bio.: John Denver/ **Photography: Newsletter** •Movie Club-Movie of the Club: Harry Potter Dancexercise: Battle **Pictures** week /Photography: **Newsletter Pictures OUTING - Hay Loft Candle** (Pack your own Lunch) Jon R., Donald, Kathy, Dewey, • A&C: DIY Dream Allison, Dareek, Robyn, Destiny •Classic Viewing: Laverne and • Chorus: /Movers & Shakers: Catchers /ILS: Troops Shirley/ Social Club: Tic Tac Toe • Spanish: Review/ H&WB: DIY **Fun Day** World Cultures : Deoderant •Lunch • Garden & Nature: Turtle Craft •Wildlife: Prairie Dog /History: Mayflower / Newsletter: Lunch / Keyboard: • Dance: Line / Virtual Travel: WWII Ghost ArmyScience: Brain Busters: Jetsons/ Acting Class: Mom Feet/Music Bio.: Disturbed/ Motorcycle **Photography: Newsletter** I.O.U./ Creative · Social Club: Mother's Day Dancexercise: Line Expression: Starry **Pictures** Cards / Creative Thinking: Spring Cleaning / Book Club: Harry Potter 14 **Movie Outing** Group 2: Donald, Katie H., • Spanish:Body Parts /H&WB: ·Classic Viewing: Moesha/Social Dareek, Bennesia, Debbie, · Chorus: /Movers & Shakers: • A&C: AE Birthdays Card Mindfulness Club: Pennsylvania Kathy M /ILS: Chair/Snack Lunch Lunch •Lunch •A&C: AE Birthdays Card / Lunch · Garden & Nature: Sea Turtles • Dance: Hawaiian/ Virtual •Wildlife: Anteater /History: Home Ec.: BINGO **World Cultures:** / Kevboard: Travel: Zipline Social Club: Johnny Cakes/Ploneers Science: Pilgrims/ Newsletter: Lunch Brain Busters: Magic/ Acting Class: Chicken Rain Forrest/Music Bio.: B-52's Five Senses/ Creative •A-Group Game: Guess the Little / Creative **Photography: Newsletter** Thinking: Critical Thinking Dancexercise: Hawaiian Sounds / B- Group: Bowling Expression: Starry Night Pictures /Book Club: Harry Potter •Movie Club-Movie of the week /Photography: **Newsletter Pictures** 21 **AE Concert** · Spanish: Go Fishing /H&WB: ·Classic Viewing: Bonanza /Social •A&C: Button Flowers / Home • A&C: Button Flowers /ILS: Count \$/Bingo Ec.: Flip Book **Heating Pads** Club: Scavenger Hunt Lunch •Lunch Lunch At Manor · World Cultures :Draw •Wildlife: Armadillo / • Dance: Break / Virtual Travel: •A-Group Game: Name the Mayflower / Duck Boat/Social Club: Emoji History: Pochahontas commercial Jingle/ Newsletter: Church • Acting Class: Memorial Challenge •Science: Nature Hunt / Music B- Group: Walk Day Tribute/ Creative Expression: Starry Night • Creative Thinking: Write a Bio.: Billy Ray Cyrus / •Movie Club-Movie of the Dancexercise: Break week /Photography: Story/ Book Club: Harry **12 PM** Potter **Newsletter Pictures** OUTING-Pizza Party w/ Judi @ Memorial **Conestoga View** Wilfredo, Bob T., Chrissy, Sierra, • Spanish: Bingo / H&WB: TBD • Chorus: /Movers & Shakers: Robert P. Benessia Lunch Lunch ·Classic Viewing: Ed,Edd, /Social • Dance: 80s / Virtual Travel: • Garden & Nature: Home made Club: Beach Boys Amusement Park Rides Social chalk / Keyboard: •Lunch Club: Allergies/Creative Brain Busters: Brady Bunch / **AE-Closed** •Wildlife: Snake /History: Thinking: Make book markers **Photography: Newsletter Pocahontas** / Book Club: Harry Potter **Pictures** •Science: /Music Bio.: Ariana

Grande/ Dancexercise: 80s