

Adult Enrichment

active life day program

AE NEWS & FUN!!

NOVEMBER 2019



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/Acting.

1:00-2:00-----Creative Expressions/
World Exploring

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 / Dancercise.

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

THURSDAY

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

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

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

1:00 – 2:00 -----Brain
Busters/Photography

FRIDAY

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

11:0 – 12:00 -----Lunch.

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

1:00-2:00 -----Free Time Computer/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](https://www.facebook.com/Adult-Enrichment-Lancaster)

Groups for Outings

Tuesday (2nd of the month)

Group 1

Staff- Amparo & Lisavette (Kate E.)

Feb, April, June, Aug, Oct, Dec- Stephanie M, Lynn S, Gary W, Grace C, Danielle
L, Caryn H, Jimmy G

Group 2

Staff- Cindy (John)

Jan, March, May, July, Sep, Nov- Katie H, Marta P, Dewey C, Robyn F, Carly L.
Alondria S., Melissa G.

Wednesday (4th of the month)

Group 1

Staff- Takeisa (Katee)

Feb, April, June, Aug, Oct, Dec- Bob T, Jon F, Josh B., Ben M., Christina

Group 2

Staff- Symone (Kate E.)

Jan, March, May, July, Sep, Nov- Kate M, Mac C, Allegra S, Luis H, Jayln W.

Friday (Movie Club 3rd of the month, starting in January 2020)

Group 1

Staff - Tina, Lisavette

October, February, May: Katie H., David, Jesse, Benessia

Group 2

Staff - Tina

November, March, August: Robyn, Jayann, Kathy M., Missy

Group 3

Staff - Tina

January, April, September: Carly, Donald, Ernie, Marta, Jordan

FROM THE DIRECTOR'S DESK

I would like to thank everyone for attending this
years Friends and Family Picnic. It was one of
our best turn outs yet and it was wonderful
having you all with us!

I would also like to extend a special thank you
to Sherri Hull for providing the beautiful fall
decorations for our picnic. Thank you, Sherri!



Adult Enrichment is closed on
Thursday, Nov. 28th and Friday,
Nov. 29th in recognition of the
Thanksgiving holiday!



Picture by Jordan



Picture by Nik



Picture by Jamie



National Family Caregiver Month

National Family Caregiver Month is a month to honor those who help provide care to those with disabilities, the elderly, and those who need additional help. Caregivers provide care to everyone who needs help with many things, including getting dressed, getting meals ready, taking showers, doing laundry, transfer to a wheelchair, feeding and many other things. This is a very important job, as the caregivers take care of a lot.

We appreciate all the help we have in our lives! We would like to say thank you for all you do, but it doesn't encompass all the appreciation we do.

We would like to say thank you to the following favorite caregivers:

Gretchen: Katee W., my Dad, my Mom and my aunt

Kathy: Jessica from my house

Christina: My sister Pam

Derek: Rose from my house and my parents

Victor: Lisa and Laurie from my house

Jimmy: My caretaker Jose

Jacob: My Mom and Dad

BLACK FRIDAY

Black Friday is celebrated the day after Thanksgiving. People go shopping for sales on this day. Some stores open on Thanksgiving Day to start the Black Friday sales. Although we think it is the color of the hearts of the people who shop on this day, many businesses will "go in to the black," which means they are making money for the year. It is amazing to know that an estimated 174 MILLION people go shopping on Black Friday. Sales are in store or online.

Things we want to buy on Black Friday:

Jimmy: The Office DVDs

Kathy: clothes

Victor: a wheelchair

Derek: headphones

Jacob: movies about wrestling

Crystal: clothes

Gretchen: the Golden Girls DVD set

Brittany: electronics such as a TV

Christina: anything and everything

Jon: a Christmas tree

Amparo: clothes



Day of the Dead



In Photography Class all the participants made a paper plate skull mask for "Day of the Dead".

History

The Day of the Dead celebrations in Mexico developed from ancient traditions among its pre-Colombian cultures. Rituals celebrating the deaths of ancestors had been observed by these civilizations perhaps for as long as 2,500–3,000 years. The festival that developed into the modern Day of the Dead fell in the ninth month of the Aztec calendar, about the beginning of August, and was celebrated for an entire month. The festivities were dedicated to the goddess known as the "Lady of the Dead," corresponding to the modern La Calavera Catrina. By the late 20th century in most regions of Mexico, practices had developed to honor dead children and infants on November 1, and to honor deceased adults on November 2. November 1 is generally referred to as Día de los Inocentes ("Day of the Innocents") but also as Día de los Angelitos ("Day of the Little Angels"); November 2 is referred to as Día de los Muertos or Día de los Difuntos ("Day of the Dead")

WISH LIST

1. Nikon COOLPIX B500 Digital Camera (Plum) with Accessory Bundle (For Photography Class)
1. Stained Glass Paints, 6-12 colors
2. 4 Black puff paints
3. Old or used Maps of all sorts, to be used in decorations for the concert.
4. New speakers for the Green room



VETERANS DAY



Picture by Caryn H.

Veterans Day is a day that celebrates soldiers and those who have served in the Armed Forces. The different branches of the military include the Army, Navy, Air Force, Marines, National Guard, and the Coast Guard. Veteran's Day is held each year on November 11. This holiday honors those who have served in the military, regardless if they have served in a war or not. Believe it or not, 2019 marks the one hundredth year of celebrating Veterans' Day, as it was founded in 1919.



Picture by Shaun

There are different ways to celebrate Veterans' Day. We can celebrate this day by placing flags on soldiers' graves and waving them throughout the day, thanking those who have served, wave to soldiers, honoring those who have earned a medal while in the military, and salute a soldier.

We would like to thank those of you who have served in the military! Without you, we would lack several things. We hope you have a great time being honored for your service!

SCRAMBLE WORDS

1. ELVSAE
2. MSKPNUIP
3. BOFTLLOA
4. GITNIGVKHANS
5. ETYRUK NNRDERI
6. ALCBK YFIRDA
7. WETSE TTPOOA EIP
8. AYD TLHIG VAGNSI
9. MOEVERBN
10. CNRO AREDB

ANSWER

NOVEMBER, CORN BREAD
'PIED, DAY LIGHT SAVING,
BLACK FRIDAY, SWEET POTATOES
THANKSGIVING, TURKEY DINNER,
LEAVES, PUMPKIN, FOOTBALL,

THANKSGIVING DAY



Picture by Jon R.

Thanksgiving celebrates the Pilgrims coming over to America from England. The Native Americans helped the Pilgrims survive the first winter in the new land. During this time, they had a feast to celebrate this time.

Thanksgiving is always celebrated on the fourth Thursday of November in the United States. It became an official holiday in 1863. Did you know that Canada celebrates Thanksgiving on the second Monday of October?

Ways to celebrate Thanksgiving include eating turkey, mashed potatoes and gravy, stuffing, corn, spending time with family, watching football on

television, and much more. They also celebrate with the Macy's Thanksgiving Day Parade and the Westminster Dog Show. The Dallas Cowboys and the Detroit Lions are two football teams that always play on Thanksgiving.

How many people at AE eat the following foods on Thanksgiving?:

Turkey—12 people

Mashed Potatoes—8 people

Corn—9 people

Stuffing—6 people

Brussel Sprouts—5 people

Sweet Potatoes—8 people

Pies—7 people

Cranberry Sauce—10 people



Which show would we prefer to watch on Thanksgiving: Macy's Thanksgiving Day Parade or Football?:

Gretchen: the thanksgiving parade

Brittany: the parade

Christina: football

Jon: the parade

Jimmy: football

Kathy: the thanksgiving day parade

Victor: football

Derek: parade

Jacob: parade

Crystal: parade

Amparo: neither

Katee: parade





Nov. 5th Jayann M.

Nov. 26th Amparo G.

DAYLIGHT SAVING



Picture by Ben M.

Nov 3, 2019 - Daylight Saving Time Ends

When local daylight time is about to reach Sunday, November 3, 2019, **2:00:00**

am clocks are turned **backward** 1 hour to Sunday, November 3, 2019, **1:00:00** **am** local standard time instead.

Sunrise and sunset will be about 1 hour earlier on Nov 3, 2019 than the day before.

There will be more light in the morning.

Also called Fall Back and Winter Time.

HALLOWEEN PARTY 2019



SPOTLIGHT

AMPARO INTERVIEW

QUESTIONS BY: AE
NEWSLETTER GROUP



- **How long have you worked at Adult Enrichment?**
Almost 16 years.
- **Where are you from?**
Colombia, SA.
- **Why do you work here?**
Because I enjoying working with the people we serve.
- **What is your favorite class to teach?**
Arts & Crafts is my favorite.
- **Do you have a background in teaching Arts and Crafts?**
I took some courses in my country and enjoy coming up with my own ideas.
- **If you could change one thing about AE what would it be?**
I would like a bigger, better equipped building.
- **How did learn about AE?**
I started working as an in-house home care and brought a participant to AE and liked the look of the place. I worked at AE for a few days and loved it. The director asked me to apply and I did.
- **What class do you teach?**
Arts and Crafts, Group Games, Spanish, Photography and Newsletter.
- **What is the hardest part of working at Adult Enrichment?**
Waking up in the morning.
- **How long have you been putting the Newsletter together?**
For at least 8 years.



NOVEMBER WORD SEARCH



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

BLACK FRIDAY

DAYLIGHT SAVING

FAMILY DINNER

NOVEMBER

RAKE LEAVE

THANKSGIVING

CORN BREAD

ELECTION DAY

FOOTBALL

PILGRIM AND INDIAS

STUFFING

THE MACYS DAY PARED

VETERANS DAY

CRANBERRY SAUCE

FALL WEATHER

MASHED POTATOES

PUMPKINS

SWEET POTATOPIE

TURKEY DINNER



NOVEMBER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> •Current Events: <u>Symone & Keisha</u> • Arts & Crafts (A&C): <u>Amparo</u> • Independent Living Skills (ILS) <u>Keisha</u> • Newsletter: <u>Amparo</u> • World Exploring: <u>Tina</u> • Creative Expression & Acting: <u>Cindy</u> 	<ul style="list-style-type: none"> • Current Events: <u>Cindy & Tina</u> • Spanish: <u>Amparo</u> • Health & Wellbeing: <u>Symone</u> •Dance: <u>Keisha</u> • Virtual Travel: <u>Cindy</u> •Social Club: <u>Tina</u> • Book Club: <u>Symone</u> •Forces of Nature: <u>Tina</u> •Outing 	<ul style="list-style-type: none"> •Current Events: <u>Cindy & Tina</u> •Mindfulness: <u>Tina</u> •Social Club: <u>Cindy</u> •Wildlife: <u>Symone</u> •Science: <u>Cindy</u> •Music Appreciation: <u>Keisha</u> •Danceexercise: <u>Keisha</u> •Outing 	<ul style="list-style-type: none"> • Current Events: <u>Tina & Keisha</u> • Chorus: <u>Brittany</u> •Garden & Nature: <u>Cindy</u> •Keyboarding: <u>Brittany</u> • Brain Busters: <u>Keisha & Brittany</u> •Photography: <u>Amparo</u> 	<ul style="list-style-type: none"> •Current Events: <u>Symone & Cindy</u> •Arts & Crafts: <u>Amparo</u> •Home Economics: <u>Tina</u> •Group Games: <u>Amparo/ Symone</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u> •Outing
				1 •A&C: Christmas tree & Stars / Home Economics: Healthy Food •Lunch •A -Group Games: Bowling / B-Group Games: •Movie Club: / Photography: Take pictures for newsletter articles.
4 • A&C: Christmas tree & Stars / ILS: Count money • Lunch • Newsletter: / Acting: Bears, Bears, Bears • World Exploring: Why We Explore / Creative Expressions: Starry Night	5 •Spanish: Number & Math/ H&WB: Exercise Fuzion •Lunch •Dance: Latin music / Travel: National Donut Day / Social Club: Jeopardy • Forces of Nature: Land Pollution /Book Club: Prince Caspian	6 •Mindfulness: Mistakes / Social Club: Sudha Chandran •Lunch •History: / Dancercise: Paul Eugene/ Latin •Music App: Dan & Shay Science: Dry Orange Slices/ Wildlife:	7 • Chorus: Christmas concert prep • Lunch •Garden & Nature: Pine Cone Wreath •Brain Buster: Pocahontas / Photography: Take pictures for newsletter articles.	8 •A&C: Flags Banner / Home Economics: Calorie Charts •Lunch •A -Group Games: Ping Pong Pitch / B-Group Games: M&M Games •Movie Club: / Photography: Take pictures for newsletter articles.
11 • A&C: AE Birthday Cards/ ILS: Job skills • Lunch • Newsletter: / Acting: American Thanks / World Exploring: Abandon Buildings / Creative Expressions: Starry Night	12 OUTING Fat Crab/Art Museum Katie H, Marta P, Dewey C, Robyn F, Carly L. Loni S., Missy G. •Spanish: Animals / H&WB: •Lunch •Dance: 70's music / Travel: Guest Speaker/ Social Club: Sign Language • Forces of Nature: Air Pollution /Book Club: Prince Caspian	13 •Mindfulness: Fear of Failure /Social Club: Hellen Keller 1 •Lunch •History: / Dancercise: Paul Eugene/70's music •Music App: Dj Jazzy Jeff and the Fresh Prince Science & Wildlife:	14 • Chorus: Christmas concert prep • Lunch •Garden & Nature: Dry Orange Slices •Brain Buster: Pinocchio / Photography: Take pictures for newsletter articles.	15 •A&C: UDS Christmas Bags/ Home Economics: Food BINGO •Lunch •A -Group Games: Games / B-Group Games: Guess the Disney voice (YouTube) •Movie Club:/ Photography: Take pictures for newsletter articles.
18 • A&C: Mason jar Flag ornament / ILS: Job skills • Lunch • Newsletter: / Acting: Thanksgiving Day Skit World Exploring: Colonial America / Creative Expression: Starry Night	19 •Spanish: Reviewing/ H&WB: •Lunch •Dance: Participant choice / Travel: Mayflower Voyage/ Social Club: Who wants to be a Millionaire • Forces of Nature: Water Pollution /Book Club: Prince Caspian	20 OUTING TBD Kate M, Luis H, Mac C, Allegra S •Mindfulness: Picture Goals / Social Club: Hellen Keller 2 •Lunch •History: / Dancercise: Paul Eugene/Participant choice •Music App: Bob Marley Science & Wildlife:	21 • Chorus: Christmas concert prep • Lunch •Garden & Nature: Citrus Ornaments •Brain Buster: Thanksgiving / Photography: Take pictures for newsletter articles.	•A&C: Mason jar flag ornament / Home Economics: Pumpkin Seeds •Lunch •A -Group Games: Games / B-Group Games: Wii Games •Movie Club:/ Photography: Take pictures for newsletter articles.
25 • A&C: UDS Christmas Bags/ ILS: Thankfulness • Lunch • Newsletter: / Acting: Squanto's Squash • World Exploring: Williamsburg / Creative Expressions: Starry Night	26 •Spanish: Figure Bingo/ •H&WB: •Lunch •Dance: Karaoke / Travel: Brainstorm a Trip/ Social Club: Sign Language • Forces of Nature: Ozone Layer /Book Club: Prince Caspian	27 •Mindfulness: Courage / Social Club: Lenin Moreno •Lunch •History: / Dancercise: Fuzion fitness/Just Dance Wii •Music App: Karaoke Science & Wildlife:	28 CLOSED THANKSGIVING	29 CLOSED BLACK FRIDAY