

OCTOBER 2015



Enrichment Lancaster

Annual Halloween Party At Oct. 30,2015

October 10/2/15 **Johnny Apple Seed Visit**

Upcoming Events

Tuesday of the month.

Rosa's Pizza

Tuesday 10/13/15

Outing Group #2

Long's Park

Wednesday 10/28/15

❖ Staff Meeting on 10/14 & 10/28

Wednesday of the month.

Outing every 2nd

❖ Outing every 4th

Outings group #2

Groups for Outing

October,12

Happy Columbus Day!

TUESDAY

Group 1: (11) Jon R., Katie, Lynn, Kathy, Sam, Dewey, Angela, Ali Marta, Dareek, Debbie. Staff: Rebecca, Tania, Dakota (Alisha, D'andrea)

Group 2: (11) Kate, Carly, Chrissy, Wilfredo, James C. Matt, Danielle, Ernie, Loni, Robert, Ralph, Staff: Amparo, Beth (Alisha, D'andrea)

WEDNESDAY

Group 1: (14) Steph,, Kate, Jon W,. Chrissy, Wilfredo, Gloria, Rosalie, Robert C., Mackenzie, Dan, Ben M., Michael V, Judi., Debbie Staff: Rebecca, Dakota (Alisha, D'andrea)

Group 2: (13) Jon R., Leroy, Alvin, Jonathan F.Jayann, Susie, Robert P., Jessenia, Sam, Dewey, Laura, Angela, Dareek. Mike G, Kathy Staff: Beth, Amparo, (Alisha, D'andrea)

MONDAY

9:15 - 10:00 AM Daily Current Events

10:00 - 11:30----- Arts and Crafts/ Independent Living Skills 11:30 - 12:30 ------Lunch. 12:30 - 1:15 ------Art/Acting. 1:15-2:00-----Newsletter/world Culture.

TUESDAY

9:15 - 10:00 -----Keyboarding. Outing and Cooking every 2nd Tuesday of the month 10:00 - 10:45 Essential Cooking/ Spanish or

Dance & Movement one time a month. **10:45 –11:30-----**-ILS/ World Culture. 11:30 - 12:30------Lunch. 12:30 -1:15 ------Dance/Virtual Travel. **1:1 5- 2:00-----**Book Club/ Comic Book.

WEDNESDAY

Outing and Cooking every 4th Wednesday of the month.

10:00-11:00------Classic Viewing / Newsletter. 11:00-11:30----Sign Language / Health & Beauty. 11:00-11:30 ------Lunch. **12:30 – 1:15 -----**Science / Music Appreciation. 1:15-2:00 ------Wildlife/ Brain Busters.

THURSDAY

9:15 – 10:00 Keyboarding.
10:00 - 11:30 Chorus.
10:00 -10:45 Classic Viewing.
10:45-11:30Sign Language
11:30 -12:30Lunch.
12:30 – 1:15 Gardening & Nature/ History
or German , Keyboarding
1:15 - 2:00 Music Bio, Photography.

FRIDAY

10:00- 10:45---Arts & Crafts/Cooking Essentials. **10:45 - 11:30** ------Photography/Coloring. 11:30 - 12:30 -----Lunch. 12:30 - 2:00 ------Movie Club. 12:30 - 1:15 ------Computer Basic Skills. 1:15 - 2:00------Group Games.

Daily Social Time 8:00 - 9:15 AM

& 2:00 - 3:00 PM

From the Directors Desk

Thanks to everyone who came out to our open house! If you weren't able to make it, you can check out some photos on our Facebook page. We will be updating our page more frequently to show all the exciting things we are up to so if you haven't "liked" us yet, please do so!

I would like to inform everyone of some policies at Adult Enrichment. We ask that you limit the amount of bags you bring to program to one and ask that lunch bags be clean and small to medium sized. Participants should not bring in items from home to give to other participants.

We will continue to sell \$5 tickets to our Boscov's fundraiser October 20th. This is a great cause, please help support our program with your participation. If you need tickets please see me.

~Alisha



SCIENCE CLASS

ROCKETS

Contributed & Typed by Laura

We are learning about rockets in class. We are making model rockets to launch in the air outside. We are finding information online and having fun in class. Rockets types are cool to learn about. Dakota is a nice teacher, science class is fun and happy. Rockets are a fun thing to do and work on at program. Everybody is having fun and rockets are cool to use.

SPECIAL OLYMPICS

Contributed by Robert P. & Typed by Debbie



Special Olympics I bowl in the special Olympics. I've been doing it for a long time. I've won three ribbons two gold medals. It's not all about the winning. I have two bowling balls and I carry them in a ball bag that rolls. I have to practice on Sunday's

and Tuesday's and I take bowling lessons on Friday. It's a lot of work but it's something I really enjoy. My mom and my dad come and watch me in my tournaments. They are my biggest fans. I practice at Dutch lanes and go to Penn state for my state finals. The best thing about bowling is that I get to go back to where I went to school near Penn state. One of the Penn state coaches Passed on a while ago. He didn't coach me, but there is a new coach now.

CELEBRAL PALSY

Contributed by Stephanie

Cerebral Palsy or CP for short is a disorder that affects my ability to move. It is a lifelong disorder but it doesn't usually get worse over time. I was born with the disorder so I've been dealing with it my entire life. It mostly affects my legs, making them stiff, and it affects my speech making it harder for people to understand me. However, just because I'm disabled it doesn't mean I don't get to do things. I had the opportunity to attend school just like everyone else. I attended and graduated Solanco High School. I got to go to prom my junior and senior year. I still get out into the community with my staff and the Adult Enrichment program. I socialize and attend classes. I love to go out to eat with my friends that I have at AE. So even though I've had to face challenges with my Cerebral Palsy it hasn't stopped me from having a life.

FALL

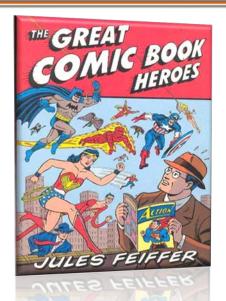


Contributed by Leroy & Typed by Debbie



The Weather gets cooler. We have to wear warmer clothes. We have Halloween in the fall were we get to wear different costumes. The arrival of night comes quicker in the fall. We have Labor Day in the fall which is the first Monday in September. Also in the fall, families get together and cook a meal for thanksgiving. Many animals store food for the winter and some may prepare to hibernate. The leaves change colors. On some trees the leaves will wither and fall off.

COMIC BOOK CLASS



Contributed by Wilfredo

In comic book class we work on personal comics.

We create and watch comic based shows and movies. We also get to bring in and share our own comic books to share with the rest of the group. We have a weekly rotation for what we do. The first week of the class we get to work independently on our own original comics. The second week we look at comic books as a group and individually. The third and fourth week we

watch a comics show and if there are five Tuesdays in a month, we work on a group comic for the newsletter. We are still working on our group comic because we don't always work on it each month. The class is taught by Dakota and I have been in his class since we were in the old location.



GETTYSBURG

Contributed by Sam & Typed by Debbie

My family and I went to Gettysburg for vacation because my younger sister wanted to go on a ghost tour. I watched a video at one of the welcome centers about the battle and the war in general. We took a day trip there and during

the daytime we went to different shops went to a buffet for dinner and walked around the different battle areas and monuments. After the sun set my whole family started driving around but my sister started her ghost tour. The tour guide was dressed in post battle of Gettysburg attire and talked in a creepy voice. She talked about some of the reported ghost sightings in town and was very knowledgeable, while my sister was walking we drove to different grave sites and it was very scary. After the tour was over we drove home. My advice to anyone who wants to visit Gettysburg is to beware.

NEWSLETTER CLASS

Contributed & Typed
By E-kat

In newsletter class I type articles and find pictures online for most of the classes. Also I type hand-written articles that other people wrote and correct them. I type articles about vacations, holidays, breaks, hobbies, etc. The pictures I find are about holidays and themes of the newsletter.



The others write their own articles, they're gathering at one table and discussing the themes they want to write in a newsletter. They creating their own articles,



some of their articles are about pen pals others are about their vacations and favorite holidays.



Contributed By Gloria Typed by E-kat

In newsletter Class we write articles about things we do at the program. For example: A participant might write about making pizza and fruit salad in a cooking class. Another participant might write about our outing for the month, like how we went to Friendly's and Longs Park. Finally we might have a participant talk about how we had a chorus concert a few months ago. These would be just a few examples of some of the articles we might write during newsletter class that we have on Mondays and Wednesdays.

COMING WINTER



Snow will be here before we know it. We'll need to put on warm hats, gloves and coats. I like summer better than winter because I don't have to wear all that stuff I can just leave the house. It gets real cold in the winter. In the summer we bump up our air conditioner because it's so hot. In the winter our days are shorter. I like the shorter days because I get more sleep. I'm not really looking forward to winter. I have to put my summer stuff away and get out my winter stuff. That's a lot of work. But there's not much I can do about that, so I guess I just have to deal with it.

CHORUS

Contributed by Jonathan R. Typed by Debbie





This year the winter concert for chorus will be Rocking Around Park City Mall. The Concert will be held at our usual spots at the church and park city, except this year we'll be

including our own mash ups of songs for the Christmas holiday. We have a song co – created by Dan R. and Jonathan W. which is mash up for different Popular Christmas songs. We also have songs that we added our own twist to like rocking around the Christmas tree that we changed the rocking around Park City Mall.

We also have some classics like Deck The Halls and where are you Christmas the Concert is in the Beginning of December and we would love to see you there.





Researched by Mary Jane

Columbus Day in United States

Columbus Day, which is on the second Monday of October, remembers Christopher Columbus' arrival to the Americas on October 12, 1492. This holiday is controversial because the European settlement in the Americas led to the demise of the history and culture of the indigenous peoples.

The Christopher Columbus monument is in Barcelona, Spain.

Observe Columbus Day

Some Americans celebrate the anniversary of the discovery of their country with church services and other activities. In some towns and cities, special church services, parades and large events are held. Many celebrations happen in the Italian-American community. The celebrations in New York and San Francisco are particularly noteworthy. In Hawaii Columbus Day is also known as Landing Day or Discoverer's Day.

What's open or closed?

Columbus day is a public holiday in many parts of the United states, but is not a day off in some states. Some government offices are closed because Columbus Day is still a federal government holiday. The day is a legal observance in states like Florida.

Many businesses and shops are open in states that don't have Columbus Day as a public holiday. Schools are not required to close but check with your school district or school calendar on Columbus Day school holiday closures. The same goes for post offices - check with your local post office. AE is open all day!

About Columbus Day

Christopher Columbus is often portrayed as the first European to sail to the Americas. He is sometimes portrayed as the discoverer of the New World. However, this is controversial on many counts. There is evidence that the first Europeans to sail across the Atlantic were Viking explorers from Scandinavia. In addition, the land was already populated by indigenous peoples, who had 'discovered' the Americas thousands of years before.

Columbus Day originated as a celebration of Italian-American heritage and was first held in San Francisco in 1869. The first state-wide celebration was held in Colorado in 1907. In 1937, Columbus Day become a holiday across the United States. Since 1971, it has been celebrated on the second Monday in October. The date on which Columbus arrived in the Americas is also celebrated as the Day de la Raza (Day of the Race) in Latin America and some Latino communities in the USA. However, it is a controversial holiday in some countries and has been re-named in others. Columbus Day celebrations are controversial because the settlement of Europeans in the Americas led to the deaths of a very large proportion of the native people. It has been argued that this was a direct result of Columbus' actions. It is clear that the arrival of the European settlers led to the demise of a large proportion of the history and culture of the indigenous peoples of the Americas. It has also been argued that Columbus should not be honored for discovering North America, as he only went as

far as some islands in the Caribbean and never got as far as mainland America.

HALLOWEEN COMES TO AMERICA

Researched by Laura

Celebration of Halloween was extremely limited in colonial New England because of the rigid Protestant belief systems there. Halloween was much more common in Maryland and the southern colonies. As the beliefs and customs of different European ethnic groups as well as the American Indians meshed, a distinctly American version of Halloween began to emerge. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbors would share stories of the dead, tell each other's fortunes, dance and sing. Colonial Halloween festivities also featured the telling of ghost stories and mischiefmaking of all kinds. By the middle of the nineteenth century, annual autumn festivities were common, but Halloween was not yet celebrated everywhere in the country. Today's Halloween Traditions

The American Halloween tradition of "trick-or-treating" probably dates back to the early All Souls' Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives. The distribution of soul cakes was encouraged by the church as a way to replace the ancient practice of leaving food and wine for roaming spirits. The practice, which was referred to as "going a-souling" was eventually taken up by children who would visit the houses in their neighborhood and be given ale, food, and money.

The tradition of dressing in costume for Halloween has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

GARDEN CLASS

Contributed & typed by Laura

We are doing a butterfly Sanctuary. We need garden stuff for the butterflies like plant seeds. We found some plants to grow in the garden too. It will be

fun to have butterfly's here and we will have a hummingbirds too. It will be fun to start this project in the spring and see it when it's done. We have so much fun and will be proud. If you want to see too we will post pictures in the newsletter in the spring.

SCRAMBLE

Contributed by Susan C. and Typed By Debbie & Dan

ELNAHLLWOE

NYCDA

THWCI

SSUOCELT

PRATSE

EWTHI9

URDALAC

OBDLO

YMUMN

TNAUMU

STGOH

IUPNMPK

PLSAYCNAPLE

OCAAKLEJNTR

ISFNNKERAET

ASTE

NRGAON

KLCBA

ANSWER:

ORANGE, BLACK O-LANTER, FRANKENSTEIN, BATS, GHOST, PUMPKIN, CANDY APPLES, JACK, GHOST, PUMPKIN, CANDY APPLES, JACK, GHOST, PUMPKIN, CANDY GHOST, BLACK

Monthly Jokes



Research by by Will & Jon R. typed by Jonathan W.



•Q: What is a tree's favorite drink?

A: Root beer!

•Q: Who goes to a bathroom in the middle of a party?

A: A party pooper!!

•Q: Did you hear about the guy whose whole left side was cut off?

A: Well, he's all right now.

•Q: What did the tie say to the hat?

A: You go on a head now. I'll just hang around.

•Q: Did you hear about the two bedbugs who met in the mattress?

A: They got married by the spring.

•Q: What do you call a guy who never passes gas in public?

A: A private tutor...

APPRECIATING MUSIC APPRECIATION

Contributed and typed By Daniel

Over the past few months, the music appreciation group on Wednesday afternoon has been going decade by decade through the musical fads and styles of the 20th century. A few

weeks ago, I taught a class about the 60's; more about Woodstock than anything else. The week after that we learned about the 20's and 30's and coolest of all, Annette and I danced the jitterbug; JITTERBUG! Mack taught a class about punk and as informative as that was it was different; not bad different, just different. I hope really soon we learn about the 1950's Sockhops!

COMICContributed By Jonathan W.



History of carving pumpkins

By Jonathan Whitlock



Undoubtedly one of the most recognized icons of Halloween is the jack-o-lantern. To look at the history of Halloween, it's good idea to look at the origination of our good friend Jack.

Halloween was originally called Samhain; it originated possibly from an old Irish myth about this man dubbed 'Stingy Jack.' This was a man who had a habit of making deals with the devil, and

outsmarting the old codger. They say that after Jack died, God wouldn't allow the trickster into heaven. The devil, upset by being duped, wouldn't allow the prankster into Hell. With nowhere to go, they say the old guy was sent off to wander the earth with nothing but a burning coal to light his way. Out friend Jack put the burning coal into a turnip to light his way, and legend has it, he's wandering the earth to this day, and the turnip has gradually morphed into a pumpkin. Yet Jack still continues to wander around, guided only by these lanterns.

OCTOBER BIRTHDAYS



Nuclear Reactor Presentation

Contributed by Will, Susie, Angie and Leroy & Typed by Debbie

This month we had a guest speaker come in and talk about his job as a control operator at peach bottom nuclear power plant. He talked about how nuclear power plants operate and the maintenance they do regularly. He also discussed how TMI and Chernobyl happened and what could have been done to avoid it. Angie S. had this to say about the presentation "I thought it was very interesting I didn't know anything about nuclear power, but he put it into terms I could understand." Wilfredo R. said it was alright it was fun asking him questions at the end." The class was set up by Rebecca a staff member and the speaker was her husband James.

ALBRIGHT LIFE

Contributed and typed By Debbie





Our class went to Albright Life to meet our pen - pals. We had fun meeting our pen - pals for the first time. We enjoyed eating lunch and ice cream with them. We made ice cream by mixing ice, salt, vanilla, and milk together. I added rainbow sprinkles to my scoop of ice cream. Our homemade vanilla ice cream was delicious. We socialized and I ate my packed lunch with my pen - pal. Her lunched is served to her. My pen - pals name is Sally. Rebecca was our driver to the ice cream social. We rode in big green to and from Albright Life. The next day we wrote thank you letters to our pen - pals. I am looking forward to our next visit.













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

Katie & Judith



Typed by Dan

- 1. What kind of music do you like? **Pop music like One Direction.**
- 2. What is your favorite sport?

 Everything but soccer and tennis.
- 3. What do you like to do in your free time? Play on my IPad.
- 4. What is your favorite movie?

 The Blindside and Fast and the Furious.
- 5. What your favorite color? **Green.**
- 6. What is your favorite restaurant?

 Texas Roadhouse and Manor Buffet.
- 7. What is your favorite book? **Sports Illustrated.**
- What is your favorite holiday?Christmas because I get a lot of presents.
- What was your favorite vacation?Going to Cocoa beach on my cruise.
- 10. What is your favorite class at AE? **Dance Class.**

- 1. What is your favorite restaurant?

 Olive Garden
- 2. What is your favorite holiday?
 My birthday
- 3. What is your favorite music **Contemporary Christian**
- 4. Do you have any pets?
- 5. What is your favorite color? **Purple**
- 6. What is your favorite food?
 Ham loaf
- 7. What is your favorite hobby?
 Cooking, computers & music



2015



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CANDY CORN
COAT
COLD
COLUMBUS DAY
COSTUME
FALL

FALL FEST HALLOWEEN HAUNTED HOUSE LEAVES MASKS PARTY PUMPKIN
PUMPKIN PIE
PUMPKIN SEED
SCARY
SCARY COSTUME
SCREAM

MONDAY

- Current Events
- · Arts & Crafts/ Independent Living skills (ILS)
- · Art Class / Acting
- · Newsletter/ World Cultures

TUESDAY

- Current Events
- · Spanish/ Essential Cooking
- ILS/ World Cultures
- Dance/ Virtual Travel
- Book Club/Comic Book
- Outing/Cooking

WEDNESDAY

- •Current Events
- Classic Viewing: Dukes Of Hazards /
- Newsletter.
- Sign Language/ Health & Beauty
- Science/Music Appreciation
- •Wildlife/Brain Buster
- Outing/Cooking

THURSDAY

- Current Events /
- Keyboarding •Chorus/ Classic
- •View/ Signing Language
- •Gardening & Natural/ German or History
- Keyboarding/ Music Bio/ Photography

FRIDAY

- •Current Events
- Arts & Crafts/Cooking Essential
- Photography/Coloring
- Movie Club
- Computer Basic Skills
- Group Games



 Current Events/ Keyboarding · Chorus:

Classic Viewing: Leroy

Teach /Newsletter: Sign Language:

Lunch

1

Music Bio: Willie Nelson/ Photography: Pattern Texture (Bring your camera)

Gardening & Nature: **Pumpkins**

/History: Dan Teach

•Current Events/

Keyboarding •Chorus: / Classic Viewing:

•Musical Bio: MJ Teach / Photography: Out side

Gardening &Nature:

- Current Event
- Arts & Crafts: Decoupage bottle /Cooking Essential: Photography: /Coloring:
- Lunch

Johnny Apple Seed Visit

• A&C: Decoupage bottle / **ILS:** Appropriate Behavior

Lunch

- Acting Class: A bad case of the stripes/ Painting: Texture flower
- World Cultures: Titanic/Newsletter

- Spanish: Time in Spanish / Cooking Essentials: How to Cook Oatmeal
- ILS: Appropriate Behavior /World Culture: Antarctica Intro
- Lunch

Dance: Hula/ Virtual Travel: Italy / Comic Book: Person Comic / Book Club: Beauty & **Beast**

Cooking by Dakota Outing Group #2 Rosa's Pizza

Kate, Carly, Chrissy, Danielle, Ernie, Loni, Robert, Ralph,

•Classic Viewing: Dick Van Dyke Shau / Newsletter.

- •Sign Language: ALS Lesson /Health & Beauty: Exercise! •Lunch
- Science: Turtles /Music App: Bye Bye Birdie • Wildlife: Elephants /Brain

Sign Language: ASL

- •Lunch
- (Bring your camera) /

Pumpkins /German: Family

•Arts & Crafts: Decoupage bottle /Cooking Essential: Apples Photography: The month of October /

Coloring: Color •Lunch •Movie Club:

Titanic/Newsletter •Group Games:

- A&C:Decoupage bottle/ ILS: Friendship
- Lunch
- Acting Class: The Hallo Wiener/ Painting: Texture flower

· World Cultures: Titanic /Newsletter

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Wilfredo, James C. Matt,

Staff: Amparo, Beth (Alisha, D'andrea)

Classic Viewing: The munsters Newsletter.

Buster: Charlie Brown

- •Sign Language: ALS Lesson / Health & Beauty: Video •Lunch
- •Science: Turtles/ Music App: Records

•Wildlife: Meerkats Brain Busters: Charlie Brown

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Current

Events/Keyboarding •Chorus: / Classic Viewing:

Mac /Sign Language: ASL

•Lunch

•Musical Bio: Judy Teach / Photography: Out side P.

(Bring your camera) History: Transcontinental Railroad / Gardening &

•Arts & Crafts: Christmas bags /Cooking Essential: Photography: /Coloring:

Color •Lunch

•Movie Club: Outing- Movie Pan / Newsletter •Group Games:

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- A&C: Christmas bags /ILS:
- Make Choices
- Lunch Acting Class: How I grew up /Painting: Texture
- Word Cultures: Titanic/ Newsletter

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- Spanish: Halloween Bingo / Cooking Essentials: Mash
- ILS: Make Choices /World Culture: Antarctica Animals

 Lunch Dance: Michael Jackson's/ Virtual Travel: Italy / Comic Book: Comic Show / Book

Classic Viewing:

Macgyver

- Newsletter. •Sign Language: ALS Lesson
- / Health & Beauty: Manicure
- •Lunch •Science: Turtles/ Music App:

Kate Teach R&B •Wildlife: /Brain Busters:

Charlie Brown

Cooking by Rebecca Outing Group #2 Long's

Jon R., Leroy, Jonathan F. Alvin, Jayann, Susie, Robert P., Jessenia, Sam. Dewey, Laura, Angela,

Staff: Beth, Amparo, (Alisha, D'andrea)

Current Events/ Keyboarding

Nature: Fall Walk

•Chorus: / Classic Viewing: Sign Language: ASL

•Lunch

- Musical Bio: Ben Teach /Photography: Mistakes
- Gardening & Nature:Fall Leave / German: ABC's

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/Cooking Essential: Apple sauce / Photography: The month of October /Coloring: Color

Arts & Crafts: Jewelry

•Lunch

•Movie Club: Titanic /Newsletter

•Group Games:

- A&C: Halloween Wine Bottle / ILS: Soda Money & Conversation Skills Lunch
- World Cultures: Titanic / Newsletter

Acting Class: Worry Warts /Painting: Texture

 Dance & Movement / Essential Cooking: Apples

Club: Beauty & Beast

• ILS: Conversation Skills / World Culture: Antarctica climate Change

 Lunch Dance: / Virtual Travel: Italy / Comic Book: Comic

& Beast

Show / Book Club: Beauty

Park

Dareek.

Current Events/ Keyboarding •Chorus: / Classic Viewing: Sign Language: ASL

•Lunch

•Musical Bio: James Teach /Photography: Mistakes Gardening & Nature: / History: Clara Barton

