

Adult Enrichment

active life day program

AE NEWS & FUN!!

OCTOBER 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 / 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.
Dancercise .

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.

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](http://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, Jayln W, Grace C,
Danielle L, Caryn H.

Group 2

Staff- Cindy & Lory (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 & Tynnetea (Katee)

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

Group 2

Staff- Symone & Lory (Kate E.)

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

Friday (3rd of the month)

Group 1

Staff - Tina, Lisavette

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

Group 2

Staff - Tina, Tynnetea

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

Group 3

Staff - Tina, Lory

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

FROM THE DIRECTORS DESK

Adult Enrichment is excited to have our parents and caregivers join us on Friday, October 18th at 11:30am for our annual Friends and Family Picnic! Please be sure to RSVP by Tuesday, October 15th! 717.397.5600

Halloween is Thursday, October 31st and as always AE members are encouraged to wear their best costumes! Happy Halloween!

~Jared



NATIONAL DESSERT DAY OCT 14TH

While no one knows for sure when National Dessert Day was started in the United States, one thing is known for sure, and that's how the word "dessert" was invented. It comes from the French word "desservir" which literally means to remove that which had been served. It would be a meal which was served after all of the dishes had been removed from the table.

Crystal-Cheese cake (cherry)

Kathy-Chocolate chip cookies

Jon-Chocolate covered bacon

Christina-Chocolate ice cream

Gretchen-Chocolate cake

Victor-Apple pie

Derek-Brownies

Recipe-

($\frac{1}{2}$ cup butter, 1 cup white sugar, 2 eggs, 1 teaspoon vanilla extract, $\frac{1}{3}$ cup unsweetened cocoa powder, $\frac{1}{2}$ cup all-purpose flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon baking powder.

Frosting: 3 tablespoons softened butter, 3 tablespoons unsweetened cocoa powder, 1 tablespoon honey, 1 teaspoon vanilla extract, 1 cup confectioners' sugar.)



WORLD TEACHER DAY



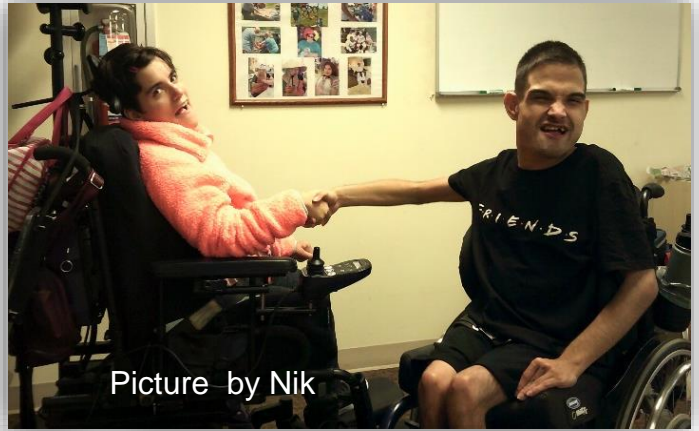
World Teachers' Day, also known as International Teachers Day, is held annually on October 5. Established in 1994, it commemorates the signing of the 1966 which is a standard-setting instrument that addresses the status and situations of teachers around the world. This recommendation outlines standards relating to education personnel policy, recruitment, and initial training as well as the continuing education of teachers, their employment, and working conditions. World Teachers' Day aims

to focus on "appreciating, assessing and improving the educators of the world" and to provide an opportunity to consider issues related to teachers and teaching.

NATIONAL NEW FRIEND DAY



Picture by Gretchen



Picture by Nik



Picture by Christina



Picture by Jordan

National new friend day is all about making room for new connections in your life, and celebrating the potential for friendship everywhere you go. Research has found time and time again that strong social support is a key to living your happiest, most fulfilled life. So get out there and add some new friends to your docket!

Derek- Be friendly

Christina- Talking with friends

Jacob- Talking with friends

Jon- Laugh at their jokes

Crystal- Be kind

Kathy- Being nice and help out

Victor- laugh with people

Gretchen- Joke and talk with friends

HALLOWEEN

Halloween is an annual holiday celebrated each year on October 31, and Halloween 2019 occurs on Thursday, October 31. It originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints; soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating sweet treats.



WISH LIST

1. 20-40 old or used CDs (Compact Discs)
2. Stained Glass Paints, 6-12 colors
3. 4 Black puff paints
4. Old or used Maps of all sorts, to be used in decorations for the concert.

SCRAMBLE WORDS

NHALLOEEW
SELENIOT
YCAND
OOYKPS
SLEVAE
OIKACTRTRERT
LCOO
TCOMUSSE
MSHORIVEROOR
NOTEMSR

ANSWER:

Halloween, Elections, Candy,
Spooky, Leaves, Trick or Treat,
Cool, Costumes, Horror Movies,
Monster.

CHRISTOPHER COLUMBUS DAY



Picture by Caryn

Christopher Columbus day is a national holiday that is said to be surrounded with some controversy and misunderstanding. The common beliefs are as follows "In 1492 Columbus sailed the ocean blue." He is credited with the discovery of the Americas.

While researching this article we discovered that Columbus was not the first to discover the Americas and he actually landed in the Bahamas. Previously other travelers had visited the Americas and it was already inhabited by indigenous people. It is true that Columbus did captain the three ships called The Nina, Pinto and Santa Maria with a crew of 90. 40 of the crew were left behind because of one ship running aground. Christopher Columbus returned to the America's 3 times before he died at 55. No one knows what he looked like because there was never a confirmed portrait done of him.

BLINDNESS AWARENESS MONTH

History

May, 2013 World Health Assembly Approved Global Action Plan. The 66th World Health Assembly replaced Vision 2020 with the Global Action Plan for the Prevention of Avoidable Blindness and Visual Impairment 2014-2019

World Blindness Awareness Month was established for every October to help people understand the realities of living without sight. The World Health Organization estimates that almost 285 million people suffer from blindness or visual impairment worldwide. In the United States about 4 million Americans are blind and 47,000 (1 person every minute) become blind each year.

At least 40 of the 50 United States and countries worldwide organize events through the month of October as part of World Blindness Awareness Month to bring awareness to blindness and related blindness issues.

Courtesy Rules of Blindness

Our sighted friends often ask for advice regarding what they should do or say when meeting a blind person. Blind people are ordinary people, so please don't be nervous around us. We are also highly capable people, so please don't grab our arms, our canes, or our guide dogs if we haven't asked you to do so. For more tips, we invite you to read our courtesy rules of blindness.

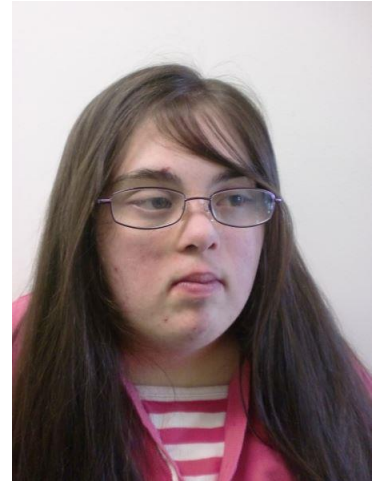


HAPPY BIRTHDAY

OCTOBER 2019



October 8th Esther B.



October 10th Laura S.



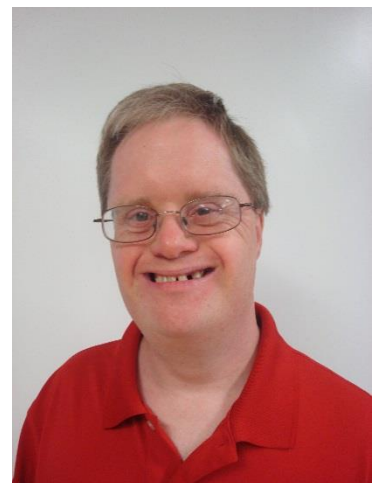
October 14th Kyle E.



October 21st Ernie M.



October 25th Luis H



October 25th Jimmy G.

MEET TYNETTEA !

QUESTIONS BY: AE NEWSLETTER GROUP



1. What's your favorite color? Orange
2. Where did you go to school? Chichester HS
3. Why did you want to work here? I enjoy working with others and love helping out.
4. Do you have any pets? No pets
5. What's your favorite food? Pizza
6. Do you like salads? YES! Chicken Caesar salad
7. Do you like to watch TV? YES! I watch ID & Oxygen channel
8. Do you like to read? YES! Lol I read my text messages
9. When is your birthday? May 26
10. Did you go to college? YES! Delaware County Community College EMT certificate

INTERNATIONAL COFFEE DAY OCT 1ST



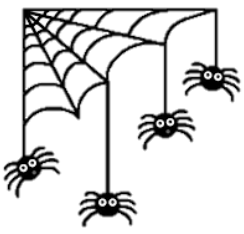
Picture by Shaun

International Coffee Day is a celebration of the coffee sector's diversity, quality and passion. It is an opportunity for coffee lovers to share their love of the beverage and [support](#) the millions of farmers whose livelihoods depend on the aromatic crop.

- Derek** –I like ice coffee from Dunkin Donuts
Gretchen- I don't like coffee
Victor- I order coffee every time I come to AE
Christina- I like milk in my coffee
Jacob-says he likes coffee
Jonathan-nope
Kathy-I tried it once and didn't like it
Crystal-I drink coffee everyda



Picture by Stefanus



OCTOBER 2019 WORD SEARCH



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

BLACK
COOL
FALL
HALLOWEEN
MONSTER
PUMPKIN SEEDS

CANDIES
COSTUMES
FRANKENSTEIN
HORROR MOVIES
ORANGE
SPIDER
TRICK OR TREA

COLUMBUS DAY
DIABOLICAL
GHOST
MISCHIEF NIGHT
PUMPKINS
SPOOKY LEAVES

OCTOBER 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> •History: <u>Symone</u> •Science: <u>Cindy</u> •Music Appreciation: <u>Keisha</u> •Dancercise: <u>Keisha</u> •Outing 	<ul style="list-style-type: none"> • Current Events: <u>Tina & Keisha</u> • Chorus: <u>Brittany</u> • Movers & Shakers: <u>Amparo</u> •Garden & Nature: <u>Cindy</u> •Keyboard: <u>Brittany</u> • Bain Buster: <u>Keisha</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/</u> •Movie Club: <u>Tina</u> •Photography: <u>Amparo</u> •Outing

	<p>1</p> <ul style="list-style-type: none"> •Spanish: Alphabet / H&WB: •Lunch •Dance: Line Dances / Travel: X-Games / Social Club: Checks / Force of Nature: Earthquake Movie / Book Club: The Lion, Witch and the Wardrobe 	<p>2</p> <ul style="list-style-type: none"> •Mindfulness: / Beginners Social Club: Alex Zanardi •Lunch •History: Twin Towers/ Dancercise: Paul Eugene •Music App: Four Tops •Science: Owls /Wildlife: 	<p>3</p> <ul style="list-style-type: none"> • Chorus: Christmas concert prep • Lunch •Garden & Nature: Green Haired Friend • Brain Buster: Guess Who / Photography: Take pictures for newsletter articles. 	<p>4</p> <ul style="list-style-type: none"> •A&C: Birthday Cards/ Home Economics: Checks •Lunch •A -Group Games: Bingo •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
<p>7</p> <ul style="list-style-type: none"> • A&C: Halloween Ornaments/ ILS: Laundry • Lunch • Newsletter: Acting: Click, Clack Cows That Moo • World Exploring: Eastern State Penn/ Creative Expression: Winter Art 	<p>8 OUTING –Wegmans Bring \$20 <i>Stephanie M, Lynn S, Gary W, Jaylin W, Grace C, Danielle L, Caryn H.</i></p> <ul style="list-style-type: none"> •Spanish: Bingo / H&WB: •Lunch •Dance: Zumba / Travel: Pumpkin Coach / Social Club: Helen Keller /Force of Nature: Earthquake Movie /Book Club: The Lion, Witch and the Wardrobe 	<p>9</p> <ul style="list-style-type: none"> •Mindfulness: Pet Rocks / Social Club: Stevie Wonder •Lunch •History: Mummies / Dancercise: Participant Choice •Music App: Temptations Science: Decorate Pumpkin / Wildlife: 	<p>10</p> <ul style="list-style-type: none"> • Chorus: Christmas concert prep • Lunch •Garden & Nature: Decorate Pumpkin •Brain Buster: Halloween Town / Photography: Take pictures for newsletter articles. 	<p>11</p> <ul style="list-style-type: none"> •A&C: Halloween Ornaments/ Home Economics: Pencil Holders •Lunch •A -Group Games: Balloons Ping Pong / B-Group Games: •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
<p>14</p> <ul style="list-style-type: none"> • A&C: Mason Jar Pumpkin/ ILS: Worksheet • Lunch • Newsletter: / Acting: Columbus • World Exploring: Small Pox Hospital / Creative Expression: Autumn Art 	<p>15</p> <ul style="list-style-type: none"> •Spanish: Action Verbs/ H&WB: •Lunch •Dance: Participant Choice / Travel: Niña, Pinta, Santa María Social Club: Helen Keller Force of Nature: Landslides Book Club: The Lion, Witch and the Wardrobe 	<p>16</p> <ul style="list-style-type: none"> •Mindfulness: Listening / Social Club: Aaron Farthingham • Lunch •History: Eyeglasses / Dancercise: Sweeten to the Oldies •Music App: Karaoke / Science: Poster / Exercising/ Wildlife: 	<p>17</p> <ul style="list-style-type: none"> • Chorus: Christmas concert prep • Lunch •Garden & Nature: Decorate outside •Brain Buster: Friday the 13th/ Photography: Take pictures for newsletter articles. 	<p>18</p> <h2 style="text-align: center;">FAMILY PICNIC</h2> 
<p>21</p> <ul style="list-style-type: none"> • A&C: Sea Shell Animals/ ILS: Guest Speaker • Lunch • Newsletter: / Acting: Little Old Lady • World Exploring: Jennie Wade / Creative Expression: Autumn Art 	<p>22</p> <ul style="list-style-type: none"> •Spanish: Conversation/ H&WB: •Lunch •Dance: Best of 2000/ Travel: Unicycle / Social Club: Cotton Ball Ghost/ Force of Nature: Dangerous Weather /Book Club: The Lion, Witch and the Wardrobe 	<p>23 OUTING – Park City Mall <i>Bob T, Jon F, Josh B., Ben M., Christina</i></p> <ul style="list-style-type: none"> •Mindfulness: Popsicle Signs / Social Club: Wiffel Ball •Lunch •History: Halloween / Dancercise: Hip Hop exercises •Music App: Music Jeopardy Science: The Brain / Wildlife: 	<p>24</p> <ul style="list-style-type: none"> • Chorus: Christmas concert prep • Lunch •Garden & Nature: Weed •Brain Busters: Pumpkins / Photography: Take pictures for newsletter articles. 	<p>25</p> <ul style="list-style-type: none"> •A&C: Sea Shell Animals / Home Economics: BINGO Lunch •A -Group Games: Matching Games / B-Group Games: •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
<p>28</p> <ul style="list-style-type: none"> • A&C: Jewelry / ILS: Soda Money • Lunch • Newsletter: / Acting: Creature • World Exploring: Harriet Tubman / Creative Expression: Autumn Art 	<p>29</p> <ul style="list-style-type: none"> •Spanish: Review Colors, numbers, etc. / H&WB: •Lunch •Dance: Michael Jackson / Travel: Magic Carpet/ Social Club: Sign Language/ Force of Nature: Clouds /Book Club: The Lion, Witch and the Wardrobe 	<p>30</p> <ul style="list-style-type: none"> •Mindfulness: Seeing/Social Club: Rice Crispy Brains •Lunch •History: Carmel Apples / Dancercise: Paul Eugene •Music App: Participant Choice Science: Rice Crispy Brain/ Wildlife: 	<p>31</p> <h2 style="text-align: center;">HALLOWEEN PARTY</h2>	