

Adult Enrichment

active life day program

AE NEWS & FUN!!

SEPTEMBER 2019



9:15 – 10:00 AM Daily Current Events MONDAY

10:00 – 11:00----- Independent Living Skills (ILS) / Arts and Crafts / Free Time Computer.

11:00 – 12:00-----Lunch.

12:00 – 1:00-----Newsletter/Acting / Free Time Computer.

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 / Spanish / Free Time Computer.

11:00 – 12:00-----Lunch.

12:00 – 1:00-----Virtual Travel/ Social Club / Dance.

1:00 – 2:00 -----Book Club/ Forces of Nature/ Free Time Computer.

WEDNESDAY

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

10:00-11:00-----Mindfulness / Social Club / Free Time Computer.

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

12:00 – 1:00 -----History / Dance-exercise / Free Time Computer

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

THURSDAY

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

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

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

1:00 – 2:00 -----Brain Buster / Photography.

FRIDAY

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

11:0 – 12:00 -----Lunch.

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

1:00-2:00 -----Photography / Movie club / Free Time Computer.

Groups for Outings

Tuesday (2nd of the month)

Group 1

Staff- Amparo & Kate E. (John)

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.

Wednesday (4th of the month)

Group 1

Staff- Takeisa & Kate (Katee)

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

Group 2

Staff- Symone & Lory

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

Friday (3rd of the month)

Group 1

Staff - Tina, Kate

Nov, March, June, Sept. -Jesse, Donald, Grace C, Benessia.

Group 2

Staff - Tina, Lory

Jan, April, July. (6) Katie H., Dareek, Carlos, Jayann, Robyn, Ernie.

Group 3

Staff - Tina, Kate

Group 3: Oct, Feb, May, August. (5) Carly, Marta, Matt, Jordan, David

FROM THE DIRECTORS DESK

Now that summer is coming to a close, it is time to get ready for our Annual Friends and Family get together. This year we will be hosting this event on Friday, October 18th. A flyer with more information regarding this event will be sent home later this month.

Be sure to save the date and we look forward to having you join us!

~ Jared



[www.facebook.com/
Adult Enrichment Lancaster](http://www.facebook.com/AdultEnrichmentLancaster)

LABOR DAY

Labor Day is celebrated on the first Monday in September every year. This year it occurs on September 2nd. Labor Day celebrates the American workforce and contributions that workers have made to the development, growth, prosperity, and well-being of the country. We feel fortunate to live in a prosperous country and are grateful to all the members of the workforce that help contribute to our economy.

How do we celebrate Labor Day?

Victor – I have a picnic.

Derek – I eat hot dogs, hamburgers and coleslaw.

Jacob – I spend time with Mom and Dad and other family members.

Gretchen – I stay home and my staff barbecues hamburgers and hot dogs.

Christina – I stay home and spend time with my sister.



Kathy – Sometimes we go down to Rehoboth to our beach house. My parents take me down there.

Jon W. – My church has a picnic that we attend every year.

Crystal – On Labor Day, I stay home with my mom and she cooks hamburgers. And then I go to the beach so I can soak up the sun.



9/11 Remembrance

18 years ago, on September 11, 2001, Islamist extremists hijacked four planes that were flying above the US. Two of them were flown into the Twin Towers of the World Trade Center in New York City. Another was crashed in the Pentagon, the top military building in the capital city, Washington, D.C.

These attacks killed

nearly 3,000 people and triggered a major effort in the U.S. to combat terrorism. Shortly after these attacks, in place of the Twin Towers a 9/11 memorial was built. The design consists of two pools with the largest man made waterfalls in the US. The pools symbolize the loss of life and the physical void left by the attack. Also featured around the pools are the names of lost loved ones.

How we can remember 9/11

- Moment of silence
- Visit the 9/11 memorial
- Wear Red, White and Blue



HISPANIC HERITAGE MONTH



Nation Hispanic Heritage Month starts on September 15th and ends October 15th. September 15th is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la Raza) is October 12. Today 18% of the American population are of Hispanic or Latino origin.

How We Can Celebrate Hispanic Heritage Month

1. Go to Taco Bell
2. Eat an empanada
3. Learn Spanish words
4. Drink a Corona



Picture by Shaun

First Day Of Fall

The first day of fall starts on September 23rd. and ends on December 20th. The first Day of Fall is when the second Equinox of the year happens. An Equinox is when there is the same amount of daylight time as night. The average fall temperature in PA ranges from 67 degrees to 47 degrees. During the fall season the trees shed for the winter and the leaves change

colors. If you live in the Northern Hemisphere around this time of the year you may be able to see the Northern Lights.

Things to do in fall:

- Rake leaves
- Football
- Lampeter community Fair
- Back to school
- Hunting

SCRAMBLE WORDS

1. CHSOOL
2. LFLA
3. ELAEVS
4. ESPEMRBE
5. RAEK
6. OKOB
7. SPROST
8. PNE
9. BROAL DYA
10. OHSDEIO

ANSWER:

SCHOOL, FALL, LEAVES, SEPTEMBER,
RAKE, BOOK, SPORTS, PEN, LABOR
DAY, HOODIES

Better Breakfast



September is better breakfast month. Breakfast is the most important

meal of the day and it is important to eat a health breakfast.

Things We Eat for Breakfast

1. Cereal
2. Omelet
3. Pancakes
4. French Toast
5. Coffee
6. Orange Juice
7. Milk
8. Hash Browns
9. Toast
10. Waffles



Picture by Christina D.

Family Health & Fitness Day

Family Health & fitness Day is celebrated on September 28th this year. It is annual celebrated on the last Saturday in September. It is day to get involved with the community and do healthy exercise and eat healthy snacks.

Things to do on Family Fitness Day

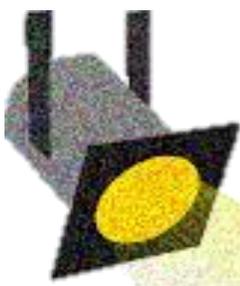
1. Yoga
2. Rock Climbing
3. Go to the gym
4. Walking
5. Eat a healthy snack
6. Drink Water/Gatorade
7. Jogging
8. Bike riding
9. Indoor Swimming
10. Dancing



Picture by Mike



Picture by Jordan



Meet, Christina!

Questions By: AE Newsletter Group



1. Do you like watching T.V.?

Yes, I like to watch cartoons.



2. Do you have any hobbies?

I like to go shopping.

3. Where did you go to school?

I went to school a long time ago in Alaska.

4. Do you have any brothers or sisters?

Yes, I have one sister and one brother.

5. What is your favorite color?

Red and purple

6. When's your birthday?

January 4th



7. Do you like coming to Adult Enrichment? What's your favorite thing to do at AE?

Yes. I like to paint.

8. Do you like to write?

Yes. I like to write my ABC's.

9. What do you like to do at home?

I like to set the table for dinner time.



Wish List

1. 20-40 old or used CDs (Compact Discs),
2. Stained Glass Paints, 6-12 colors
3. 4 Black puff paints (squeeze bottles)
4. Canvas Panels 11X14 (30)
5. Gift Cards (Walmart & Dollar Tree)

National Grandparents Day



National Grandparents Day is celebrated on September 8th. It is a Day to honor our Grandparents and be together as family and have fun.

How is National Grandparents Day celebrated?

1. Visit grave with flowers
2. Let them spend time with Grand children
3. Have dinner as a family
4. Go fishing with grandparents
5. Bake cookies with your grandparents

ARTS AND CRAFT CLASS PAINTS FOR SALE \$15 EACH





SEPTEMBER WORD SEARCH



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



BOOK	CROSSING	FALL
FESTIVALS	FOOTBALL	GUARD
HARVEST	HAYRIDES	HIKING
HOODIES	HUNTING	ICE HOCKEY
LABOR DAY	LEAVES	ORANGE
PEN	RAKE	SCHOOL
SCHOOL BUS	SEPTEMBER	SPORTS
	TREES	



HAPPY BIRTHDAY

SEPTEMBER 2019



Sept. 3rd Michael V.



Sept. 3rd Joshua W.



Sept. 8th Jonathan F.



September 18th Beth M.



Sept. 12th Nicole A.



Sept. 23rd Joshua B.



Sept. 25th Brittany T.



SEPTEMBER 2019



<p style="text-align: center;"><u>MONDAY</u></p> <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> 	<p style="text-align: center;"><u>TUESDAY</u></p> <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 	<p style="text-align: center;"><u>WEDNESDAY</u></p> <ul style="list-style-type: none"> •Current Events: <u>Cindy & Tina</u> •Mindfulness: <u>Tina</u> •Social Club: <u>Cindy</u> •History: <u>Symone</u> •Science: <u>Cindy / Symone</u> •Music Appreciation: <u>Keisha</u> •Dance-exercise: <u>Keisha</u> •Outing 	<p style="text-align: center;"><u>THURSDAY</u></p> <ul style="list-style-type: none"> • Current Events: <u>Tina & Keisha</u> • Chorus: <u>Brittany</u> •Garden & Nature: <u>Cindy</u> •Keyboard: <u>Brittany</u> • Brain Buster: <u>Keisha</u> •Photography: <u>Amparo</u> 	<p style="text-align: center;"><u>FRIDAY</u></p> <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
<p style="text-align: center; color: red; font-size: 2em; font-weight: bold;">CLOSED</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">Labor Day</p>	<p style="text-align: center; font-weight: bold;">3</p> <ul style="list-style-type: none"> •Spanish: Matching games / H&WB: •Lunch •Dance: Tap Dancing / Virtual Travel: Trains / Social Club: Bio's •Force of Nature: Climate / Book Club: Harry Potter Movie 	<p style="text-align: center; font-weight: bold;">4</p> <ul style="list-style-type: none"> •Mindfulness: Manicures / Social Club: Joni Erickson Tada •Lunch •History: / Dance-exercise: Participant Choice •Music App: Jimi Hendrix Science: Exercise 	<p style="text-align: center; font-weight: bold;">5</p> <ul style="list-style-type: none"> • Chorus • Lunch •Garden & Nature: Prune Rose Bush / Keyboard: • Brain Buster: Family Feud / Photography: Choose articles for Oct. 	<p style="text-align: center; font-weight: bold;">6</p> <ul style="list-style-type: none"> •A&C: Make AE Birthday day Cards/ Home Economics: Cast Iron Pans •Lunch •A -Group Games: / B-Group Games: Bingo •Movie Club: Movie of the week / Photography: Choose articles for Oct. Newsletter
<p style="text-align: center; font-weight: bold;">9</p> <ul style="list-style-type: none"> • A&C: jewelry / ILS: Worksheet & Taking Care Of Body • Lunch • Newsletter: Write Articles / Acting: Never Forget • World Exploring: California Gold Rush / Creative Expression: Pastels 	<p style="text-align: center; font-weight: bold; color: green;">10 OUTING – Landis Valley Museum</p> <p>Katie H, Marta P, Dewey C, Robyn F, Carly L. Alondria S.</p> <ul style="list-style-type: none"> •Spanish: Numbers & Math/ H&WB: •Lunch •Dance: Tap Dancers / Virtual Travel: Guest Speaker/ Social Club: Safety Book •Force of Nature: Paper Volcano Craft / Book Club: Harry Potter Movie 	<p style="text-align: center; font-weight: bold;">11</p> <ul style="list-style-type: none"> •Mindfulness: Personality Quiz / Social Club: FDR •Lunch •History: / Dancercise: Just Dance •Music App: Jimi Hendrix • Science: Gravity 	<p style="text-align: center; font-weight: bold;">12</p> <ul style="list-style-type: none"> • Chorus • Lunch •Garden & Nature: Clean up Gardens / Keyboard: • Brain Buster: Pretzels / Photography: Take pictures for newsletter articles. 	<p style="text-align: center; font-weight: bold;">13</p> <ul style="list-style-type: none"> •A&C: Finish the animal collage / Home Economics: Make Sweet Pot. Fries •Lunch •A -Group Games: / B-Group Games: Balloons Ping Pong •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
<p style="text-align: center; font-weight: bold;">16</p> <ul style="list-style-type: none"> • A&C: Leaf Prints Tree/ ILS: Guest Speaker • Newsletter: Write Articles / Acting: The Good Man & His Son • World Exploring: First Transcontinental Railroad • Creative Expression: Nat'l Play-Doh Day 	<p style="text-align: center; font-weight: bold;">17</p> <ul style="list-style-type: none"> •Spanish: Conversation/ H&WB: •Lunch •Dance: Participant Choice / Virtual Travel: Horse & Buggy/ Social Club: Bullying/Force of Nature: Season's / Book Club: Harry Potter Movie 	<p style="text-align: center; font-weight: bold;">18</p> <ul style="list-style-type: none"> •Mindfulness: Review Personality Quiz / Social Club: Ralph Braun •Lunch •History: / Dance-exercise: Tap Dancing •Music App: Four Tops / Science: How Making Ice Cream Works 	<p style="text-align: center; font-weight: bold;">19</p> <ul style="list-style-type: none"> • Chorus • Lunch •Garden & Nature: Prune Butterfly Bush / Keyboard: • Brain Buster: Participant Choice / Photography: Take pictures for newsletter articles. 	<p style="text-align: center; font-weight: bold;">20</p> <ul style="list-style-type: none"> •A&C: Leaf Prints Tree & paint the Canvas/ Home Economics: BINGO •Lunch •A -Group Games: / B-Group Games: Hangman •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
<p style="text-align: center; font-weight: bold;">23</p> <ul style="list-style-type: none"> • A&C: Paint the Tree & paint the Canvas/ ILS: Laundry • Lunch • Newsletter:: Write Articles / Acting: Chicken Little • World Exploring: Louisiana Purchase / Creative Expression: Pastels 	<p style="text-align: center; font-weight: bold;">24</p> <ul style="list-style-type: none"> •Spanish: Food Vocabulary / H&WB: •Lunch •Dance: Just Dance 80's / Virtual Travel: Walking/ Social Club: Sign Language •Force of Nature: Earthquake Movie / Book Club: Harry Potter Movie 	<p style="text-align: center; font-weight: bold; color: green;">25 OUTING – Leisure Lanes</p> <p>Kate M, Mac C, Allegra S, Luis H.</p> <ul style="list-style-type: none"> •Mindfulness: Apple Project / Social Club: John Hockenberry •Lunch •History: /Dance-exercise: Paul Eugene •Music App: Temptations Science: Making Ice Cream 	<p style="text-align: center; font-weight: bold;">26</p> <ul style="list-style-type: none"> • Chorus • Lunch •Garden & Nature: Dig up Potatoes / Keyboard: • Brain Buster: Jeopardy / Photography: Take pictures for newsletter articles. 	<p style="text-align: center; font-weight: bold;">27</p> <ul style="list-style-type: none"> •A&C: Leaf Prints Tree/ Home Economics: Kitchen Tools/Quiz •Lunch •A -Group Games: / B-Group Games: Matching Games •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
<p style="text-align: center; font-weight: bold;">30</p> <ul style="list-style-type: none"> • A&C: Stone art picture/ ILS: Count Money • Lunch • Newsletter: Write Articles / Acting: Hen that Laid Golden Egg • World Exploring: Homestead Act & Land Rush / Creative Expression: Winter Art 				