

active life day program

#### MONDAY

- 8:00 9:15 -----Social Time. 9:15 - 10:00------Current Events. 10:00 - 11:30 Arts and Crafts Independent Living Skills 11:30 - 12:30 -----Lunch. 12:30 - 2:00 Painting Book Club / World Cultures. 2:00 – 3:00 ------Social time. TUESDAY 8:00 - 9:15 -----Social time. 9:15 - 10:00 ------Current Events. Outing every 4<sup>th</sup> Tuesday of the month 10:00 - 10:45 Spanish / Keyboarding. Dance & Movement one time a month. 10:45 – 11:30 ------Music Appreciation. 11:30 - 12:30------Lunch. 12:30 - 2:00 ------3-D Art 2:00 - 3:00 -----Social time. WEDNESDAY
- 8:00 9:15 -----Social Time. 9:15 - 10:00 ------Current Events.

#### Outing every 2<sup>nd</sup> Wednesday of the month

10:00 - 11:30

- QEU Movie once a month.
- Cooking 2 -3 times a month.
- 11:30 12:30 -----Lunch. 12:30 - 2:00 Brain Science / Wildlife 2:00 - 3:00 -----Social Time. THURSDAY 8:00 - 9:15 -----Social Time. 9:15 - 10:00 -----Current Events/ Keyboarding. 10:00 - 11:30 ------ Chorus / Brain Games. 11:30 -12:30 ------Lunch. 12:30 - 2:00 -----Newsletter/Computer.

1:15 – 2:00 ------German/History.

#### 2:00 - 3:00 -----Social Time. FRIDAY 8:00 - 9:15 -----Social Time. 9:15 – 9:45 -----Current Events. 9:45 – 10:30 ------ Brain Games. 10:30 - 11:30 ----- Arts & Crafts/ Group Games 11:30 - 12:30 ------Lunch. 12:30 - 1:15 -----Special Topics. 1:15 - 2:00------Mental Floss. 2:00 - 3:00 -----Social time.



Find us on Like www.facebook.com/Adult Facebook Enrichment Lancaster



On Sunday November 2 set your clock Back one hour before going to bed.

#### Groups for Outing

Tuesday Group #1 Kate, Angela, Chrissy, Dewey, Alli, Kathy, Ernie, Robert C., Matt, Zach, Sam Staff: Amparo, Chelsea, (Alisha, Lisa, Jean)

#### Tuesday Group #2

Lynne, Mac., Carly, Wilfredo, Laura, Marta, Carla, Danielle, Robert P., Dareek, Alondria

Richard Staff: Annette, Beth, (Alisha, Lisa, Jean)

#### Wednesday Group #1

Jon R., Jon Mac, Leroy, Jon W., Jayann, Susie, Wilfredo, Laura, Dan, Rosie, Robert P., Dareek, Carla Staff: Chelsea, Beth, (Alisha, Lisa, Jean)

Wednesday Group #2 Kate, Steph, Alvin, Jon W., Chrissy, Angela, Dewey, Sam, Ekatrina, Jessenia, Robert C., Zach, Richard, Gloria Staff: Amparo, Rebecca (Alisha, Lisa, Jean)

#### Upcoming Events

Outings group one only

- Staff Meeting Nov. 3 & 17
- AE New site 1325 Elm Aven Lancaster, PA 17603
- Nov. 12 Park City Outing
- Guest Speaker on Bug
- " Lisa Sanchez" Nov. 21
- Chorus Dress Rehearsal at LDS Church Nov. 20
- Nov. 25 Park City Outing



AE Bazaar Save the date **December 5** 

#### From the Directors Desk

In preparation for our holiday concert we will be holding a dress rehearsal at the Church of Jesus Christ of Latter-day Saints on 11/20/14. Please arrange transportation to and from 1136 Sunwood Lane, at your regularly scheduled times. We will be transporting our lift to the church, so all participants can attend a full day. Please bring a brown bag lunch and drink.

We will be open Black Friday! Please come join us for a holiday craft and a hot dog lunch.

~Alisha



















We had awesome Halloween Party on October 29th. We so much fun.

10

A few of our favorites

- Pizza
- Games
- Customs
- Music •
- Prizes

Change in schedule baby pictures games. When can't wait till next year party.



### **SCRAMBLERS**

Contributed by: Susie Corpman & typed by Wilfredo Rivera

- 1. GRLPIIMS
- 2. SNIAIND
- 3. UETKR
- 4. NTGUSFIF
- 5. LOC KUTPMORYH
- 6. SIITBUIC
- 7. OMYAWRFLE
- 8. EPI
- 9. HUSAQS
- 10. UNPIPKM

#### ANSWER:

PILGRIM, INDIANS, TURKEY, STUFFING, PLYMOUTH, MAYFLOWER, BISCUITS, PIE, SQUASH PUMPKIN

### Ingredients :

1 cup canned pumpkin

- 1 cup white sugar
- 1/2 cup vegetable oil
- 1 egg
- 2 cups all purpose flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon milk
- 1 tablespoon vanilla extract
- 2 cups semisweet chocolate chips

### **Directions:**

Combine pumpkin, sugar, vegetable oil, and egg. In a separate bowl, stir together flour, baking powder, cinnamon and salt. Dissolve the baking soda with the milk and in. Add flour mixture to pumpkin mixture and mix well add vanilla, chocolate chips drop by spoonful on greased cookie sheet and bake at 350 degrees for approximately 10 minutes or until lightly brown and firm.

### **Moon Phases For November**

October is the month of the Full Hunter's Moon.

First Quarter Moon- November 2, 7:11 A.M.

Full Moon – November 8, 9:38 P.M.

Last Quarter Moon- November 15, 10:05 P.M.

New Moon – November 24, 2:14 A.M.

### Pumpkin chocolate chip cookies

Contributed and typed by Wilfredo Rivera

In cooking class we baked pumpkin chocolate cookies.

The recipe came from Alisha. In class I helped spoon the cookie dough onto the pan, I also sprayed the cookie sheets with cooking spray. After putting cookies the oven we had to time them for 10 min. We got to taste them after lunch they were awesome!







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



- 1. What was your favorite toy as a kid? My favorite toy was cars
- 2. What are some things that scare you? Monsters & Frankenstein
- 3. What is your favorite Holiday? My favorite Holiday is Halloween
- 4. What's your favorite color? My favorite color is yellow
- 5. What is your favorite outing? Rachel's
- 6. What are some things that make you really happy?
  TV

- 8. Do you like spicy food? Yes, I like spicy food
- 9. Who are some people you'd like to meet someday? Gabby
- 10. What kind of vacations do you like? China
- 11. Do you like traveling? Yes, I do
- 12. What do like to do for fun? Play grounds
- 13. What is your favorite AE class? Brain games



# **Jokes Unlimited**

Researched by Justin Fisher and Ben Walker



- 1. Did you hear about the hungry clock? It went back four seconds
- 2. What do you get from a pampered cow? Spoiled Milk
- 3. What did the bacon say to the tomato? Lettuce get together
- 4. What did the femur say to the patella? I kneed you
- 5. Why did the belt get arrested? He held up a pair of pants

- 6. Why are frogs so happy? They eat whatever bugs them
- 7. What do you get when you cross a cow and duck? Milk and quackers
- 8. What do you call a sleeping bull? A bulldozer
- 9. What do you call a laughing motorcycle? A Yamahahahaha
- 10. What do you call a bee that lives in America? USB

### **Election Day**

Contributed By Jon McFarland & Typed By Matt Bieganski

Eberbach Germany is Ephrata's sister city. Lima beans taste great. Engineers are smart Carrots are good for your eyes. Turtles have shells. Ice is cold. Olives are salty. Nature walks can be exciting

Doctors help people get well. Astronauts walk on the moon. Yogurt comes in many different flavors.

### Walking

Contributed By Ernie M.C. Clean & by Danielle Lichty

I enjoy walking in the city. I like the parks, meeting friends and walking with my family. I like looking at the different buildings in the city. I find that I feel good when I take walks, I love walking!

### **Special Olympics Powerlifting**

Contributed & Typed by Shaun Whitehead

Powerlifting for the Special Olympics is here again Saturday October 18<sup>th</sup>! Ceremonies began with Shaun Whitehead and Mitchell Kauffman carrying the Special Olympics banner, followed by all the participants entering the games. At the end of the line was Ethan carrying the torch. I got second in the bench press and the deadlift I got first. A good time was had by all and everyone left a winner.

### "What We're doing in ILS Class-"

Contributed and typed by Jonathan Whitlock

We're focusing on setting goals for lunches, i.e. planning them independently and making them healthier. Personally, I have begun making a menu the night before, instructing the family matron on just what to include in my lunch. Additionally, the participants have been discussing & listing what's in our own "comfort zones." (A comfort zone is something or someone we're comfortable with.) In class, we determined ways we can stretch outside our comfort zones. This involves accomplishing small goals. For example, something outside my comfort zone that I put involves teaching the class of children at church. This is something recently I've been asked to help with.



### **Black Friday!**

Contributed & typed by Dan Rogusky

Black Friday; The best and worst shopping day of the year all rolled into one and then some. Just think of all of the Black Friday sucker deals out there that gullible people fall for. As good as a deal looks on the surface, there's almost always a catch! For example, buy 14, get one free; really? How about NO! The sad thing is that yeah, people really are that stupid. Long story short, a little simple logic goes a long way! Don't be suckered by Black Friday. End of story. Yahtzee!



Contributed by Mary Jane Robinson & Typed by Danielle Lichty

My black Friday plans are to shop until I drop. My hope is to get all of my Christmas shopping done for my friends and family. I go out with my family each year. The morning of black Friday and shop until around 10:00 pm when we leave tired and happy. Some of the shops we visit include Wal-Mart, Kmart, The Christmas Tree shop and Target. We've been going out for black Friday shopping every year for the past 57 years! The tradition of Black Friday isn't just to get good deals on Christmas gifts its about spending time with my family. So it's a tradition we look forward to this year and every year after.



Contributed by Leroy Poletti and Typed by Wilfredo Rivera

Tigers weigh about 400 pounds.

- They came from south Africa.
- They are part of the big cat family.
- Their primary sour of food is meat. They hunt for zebra.
- They have 1-2 babies a year.
- They have excellent eye sight.



### MURAL

#### Contributed and typed by Danielle Lichty

This was the first time I ever made one and I would like to make one again.

Everybody really got into it, using a lot of colors. We had to first break up pieces of tile

and paint them. We glued them onto the mural board. We made a sunflowers. I can show you how you make a mural, it is very easy to learn. I'm looking forward to our next project.

### Spanish Class

Contributed by Zack & typed by Shaun Whitehead

In Spanish Class we talked about pumpkins. I learned how to say pumpkin in Spanish. I Like learning how to speak Spanish. The class here helps me to say more than just a few numbers. We've also leaned colors in Spanish. Amparo teaches in a funny way, using games and a lot of stuff to help us learn.

### **Brain Busters**

Contributed By Kate Manner & typed by Matt Bieganski

At the end of every month AE has a Brain Busters tournament. This mouth the categories were all about Three's Company trivia. We spent the last 3 weeks learning trivia. We end up breaking into teams for the training because we have such a large group. Once the teams finish competing and the winner is established the brain buster trophy is handed out. The most important part of the tournament of course is that we have fun and enjoy each others company. This past tournament teams for Three's Company were the Jack's and the Janet's, with the Jacks ending the tournament as the winners. Next month the trivia will be about movies and music from the 50s with a emphasis on Motown music and Disney movies.

#### **10 Tips to Avoid Bee Stings**



Researched and typed by Laura

Being stung by a bee or wasp is never fun, and for those with bee sting allergies it can be downright deadly. Fortunately, most bee stings are entirely avoidable.

Bees, wasps, and hornets sting primarily to defend themselves, so the key to avoiding bee stings is to make sure the bees don't feel threatened by you.

#### 1. Don't wear perfumes or colognes.

In other words, don't smell like a flower. Bees can detect and follow strong scents, and wearing perfumes or colognes will attract nectar-seeking bees and wasps from a distance.

#### 2. Avoid wearing brightly colored clothing, especially floral prints.

This goes along with #1 – don't look like a flower, either. There's a reason beekeepers wear white. If you're wearing bright colors, you are just asking bees to land on you. Keep your outdoor wear limited to khaki, white, beige, or other light colors if you don't want to attract bees.

#### 3. Be careful what you eat outdoors.

Sugary foods and drinks will attract bees and wasps for sure. Before you take a sip of your soda, look inside the can or glass and make sure a wasp hasn't gone in for a taste. Fruits also attract the stinging crowd, so pay attention when snacking on ripe fruits outdoors. Don't leave your peach pits or orange peels sitting around.

#### 4. Don't walk barefoot.

Bees may nectar on clover blossoms and other small flowers in your lawn, and some wasps make their nests in the ground. If you step on or near a bee, it's going to try to protect itself and sting you. But if you're wearing shoes, it's only going to hurt itself, not you.

#### 5. Try not to wear loose-fitting clothes.

Bees and wasps might just find their way up your pant leg or into your shirt if you give them an easy opening. Once inside, they will be trapped against your skin. And what's your first impulse when you feel something crawling around inside your clothing? You slap at it, right? That's a recipe for disaster. Opt for clothing with tighter cuffs, and keep baggy shirts tucked in.

#### 6. Stay still.

If you're afraid of bees and wasps, this may sound as reasonable as eating Jello® with chopsticks. But the worst thing you can do when a wasp flies around your head is swat at it. What would you do if someone took a swing at you? If a bee, wasp, or hornet comes near you, just take a deep breath and stay calm. It's just trying to determine if you are a flower or some other item useful to it, and once it realizes you're just a person, it will fly away.

#### 7. Keep your car windows rolled up.

Bees and wasps have an uncanny knack for getting themselves trapped in cars, where they will buzz around in a panic trying to find a way out. If you're driving the car at the time, this can certainly be a bit unsettling. But wasps and bees can't get inside a car that's closed up, so keep the windows rolled up whenever possible. If you do find yourself giving a ride to an unwanted stinging insect, pull over when it's safe to do so and roll your windows down. Don't try to swat at it while you are driving!

#### 8. Rinse your garbage and recycling cans and keep lids on them.

Wasps love empty soda and beer bottles, and will check out any food waste in your garbage, too. Don't let food residue build up on your garbage cans. Rinse them well now and then, and always put tight-fitting lids on them to keep wasps away from your garbage. This can substantially cut down on the number of wasps hanging around your yard.

#### 9. Don't hang out in the flower garden.

The chances of being stung while admiring the flowers are small, but if you're really worried about bee stings, don't hang out where the bees are most numerous. Bees spend most of their time and energy collecting nectar and pollen from flowers. Don't get in their way. If you're dead heading flowers or gathering them for an arrangement, keep an eye out for bees and wait until they've moved on to another flower.

#### 10. Call a professional to have unwanted bees, wasps, or hornets removed.

Nothing makes a stinging insect angrier than when someone disturbs or destroys its home. Professional beekeepers or pest control experts can remove wasp or hornet nests or bee swarms safely, without putting you at risk for stings.



# Presents "Carolers Are Coming To Town"

Thursday December 4, 2014 : 11:00 AM The Church of Jesus Christ of Latter-day Saints 1136 Sunwood Lane, Lancaster

Luncheon is included; your generous donations are appreciated.





### **NOVEMBER 2014**

Contributed By Kathy Sherr & typed by Danielle Lichty

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THANKSGIVING TURKEY FILLING MASH POTATOS SWEET POTATOS PUMPKIN PIE APPLE PIE

ROLLS BUTTER GREEN BEANS PARADE GATHERING MUSIC FAMILY CRAMBERRY SAUCE BISCUIT GRAVY SQUASH APPLE CIDER STUFFING FOOTBALL CORN





### **Adult Enrichment**

Find us on www.facebook.com Facebook Adult Enrichment Lancaster

## Art & Craft Sale! First Annual

# AE BAZAAR!!

All the art and craft items are unique and handmade by individuals with disabilities.





		11 M		
MONDAY	TUESDAY	WEDNESDAY	<u>THURSDAY</u>	FRIDAY
•Current Events •Arts & Crafts (A&C) • Independent Living Skills (ILS) •Painting •Book Club •World Cultures	•Current Events •Keyboarding / Spanish /Dance & Movement. •Music Appreciation •3-D Art •Outing	•Current Events •Cooking/ QEU Movie once a month. •Brain Busters • Science / Wildlife •Outing every 2nd Wednesday	•Current Events / Keyboarding •Chorus/ Brain Games •Newsletter / Computers •German/History	•Current Events •Group Ggame/Arts & Crafts (A&C) •Special Topics •Mural Painting •Mental Floss
3 • A&C: Lamps Centerpiece / ILS: Online Comparison Shopping • Lunch painting / World Culture: Abandon towns / Book Club: Lassie	4 • Keyboarding: / Spanish: Bingo Music App: Music of the 70's/ Billie Holiday • Lunch • 3-D Art Group 1 Package Jars/ Bock Club Edward Tulane Group 2 Salt Dough bowls	5 COOKING By Chelsea Vegetable Quesadilla • Lunch • Brain Busters: Thanksgiving • Science: Pumpkin Experiments Wildlife: Bald Eagle	<ul> <li>Keyboarding</li> <li>Chorus with scrip / Brain Games</li> <li>Lunch</li> <li>Computer &amp; Newsletter / History: Public Library</li> </ul>	7 • Hungry Hippo Tournament / A&C: Custom • Lunch •Special Topics: Movie •Mural Painting: Birds on wire • Mental Floss
<ul> <li>10</li> <li>A&amp;C: Lamps Centerpieces /</li> <li>ILS: Writing pen pals</li> <li>Lunch</li> <li>Painting: / World Culture: Abandon towns</li> <li>/ Book Club: Lassie</li> </ul>	<ul> <li>11</li> <li>Keyboarding:</li> <li>/ Spanish: Review</li> <li>Music App: Music hodge podge #1</li> <li>Lunch</li> <li>3-D Art: Group 1 Shrinky Dinks/ Book Club Edward Tulane Group 2 Salt Dough bowls</li> </ul>	12 OUTING Group #1 Park City Mall Kate, Angela, Chrissy, Dewey, Alli, Kathy, Ernie, Robert C., Matt, Zach, Sam Staff: Amparo, <u>Chelsea</u> , (Alisha, Lisa, Jean)	<ul> <li>13</li> <li>Keyboarding</li> <li>Chorus with scrip / Brain Games</li> <li>Lunch</li> <li>Computer &amp; Newsletter / German: Words of Thanksgiving</li> </ul>	<ul> <li>14</li> <li>Bingo: / A&amp;C: Bazaar Preparation</li> <li>Lunch</li> <li>Special Topics: Kool- Aud Scarfs Mural Painting: Birds on wire</li> <li>Mental Floss</li> </ul>
<ul> <li>17</li> <li>A&amp;C: Hats / ILS: Math-Soda \$</li> <li>Lunch</li> <li>Painting: / World Culture: Wampanoag Indians</li> <li>/ Book Club: Lassie</li> </ul>	<ul> <li>18</li> <li>Keyboarding: /Dance &amp; Movement:</li> <li>Music App: Music hodge podge #2</li> <li>Lunch</li> <li>-3-D Art: Group 1 Shrinky Dinks/Book Club Edward Tulane Group 2 Thanksgiving cards</li> </ul>	19 COOKING By Beth Sweet Potato Pie Lunch Brain Busters: Thanksgiving Science: Pumpkin Experiments / Wildlife: Wild Turkey Vs. Domestic Turkey	20 Chorus Dress Rehearsal at LDS Church 1136 Sunwood Lane Lancaster 17601	21 • Toss Across Tournament : / A&C: Activities Games • Lunch • Special Topics: Kool-Aud Scarfs Mural Painting: Where's AE • Mental Floss
<ul> <li>24</li> <li>A&amp;C: Hats / ILS: Appropriate Portion sizes</li> <li>Lunch</li> <li>Painting: / World Culture: History of Thanksgiving</li> <li>/ Book Club: Lassie</li> </ul>	25 OUTING Group #1 Park City Mall Jon R., Jon Mac, Leroy, Jon W., Jayann, Susie, Wilfredo, Laura, Dan, Rosie, Robert P., Dareek, Carla Staff: Chelsea, Beth, (Alisha, Lisa, Jean)	26 QUE MOVIE • Lunch • Brain Busters: Tournament	27 WE'RE CLOSED!	<ul> <li>28 Black Friday</li> <li>Trivia: /A&amp;C: Rain Stick</li> <li>Lunch</li> <li>Special Topics: Fun Day</li> <li>Mural Painting: Where's AE</li> <li>Mental Floss</li> </ul>
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November 5<sup>th</sup> Jayann McCue November 11<sup>th</sup> Ekaterina Gorozhanina November 26<sup>th</sup> Amparo Gongora

Cumpleaños