

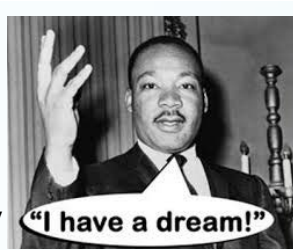
# Adult Enrichment

active life day program

# AE NEWS & FUN!!

## JANUARY 2015

Monday  
Jan 19  
Martin  
Luther  
King Day



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



### 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 – 10:00 -----Current Events.
- 10:00- 10:45 ----- Arts and Crafts/ Brain Games
- 10:45 – 11:30 ----- Classic Viewing
- 11:30 – 12:30 -----Lunch.
- 12:30 – 1:15 -----Special Topics.
- 1:15 – 2:00-----Mental Floss.
- 2:00 – 3:00 -----Social time.

### Groups for Outing

#### Tuesday

**Group 1:** (11) Jon R., Carly, Lynn, Kathy, Sam, Dewey, Zach, Laura, Angela, Allison, Marta.

**Staff:** Amparo, Chelsea (Alisha, Lisa, Jean, Dakota)

**Group 2:** (11) Mac, Kate, Chrissy, Wilfredo, Richard, Dareek, Danielle, Ernie, Carla, Loni, Robert C.,

**Staff:** Annette, Chelsea (Alisha, Lisa, Jean, Dakota)

#### Wednesday

**Group 1:** (12) Steph, Kate, Jon W., Chrissy, Wilfredo, Richard, Dareek, Carla, Ekaterina, Gloria, Rosalie, Robert C.,

**Staff:** Rebecca, Chelsea (Alisha, Lisa, Jean, Dakota)

**Group 2:** (13) Jon R., Leroy, Alvin, Jayann, Suzie, Robert P., Dan, Jessenia, Sam, Dewey, Zach, Laura, Angela,

**Staff:** Amparo, Beth (Alisha, Lisa, Jean, Dakota)

### Upcoming Events

#### ❖ Staff Meeting

1/12 & 1/26

Program Closed 1/23

#### ❖ Outing Group #2

1/14 Bowling

#### ❖ Outings group #1

1/27 Bowling

## From the Directors Desk

Please be aware program will be closed Friday January 23, 2015 for a staff in-service day. Participants should make alternate plans for the day and should cancel their transportation with RRTA . I apologize for the inconvenience.

Outing groups have changed. These groups will remain for 2015. Please take a look at the calendar to see what group you are in for our bowling outings.

We still do not have a move date. We are ironing out some details at our new location, but will continue to provide services at our Charter Lane site. As more information becomes available, I will provide it to you.

Happy New Year!

~Alisha

# WORLD CULTURES

Contributed By AE Group

We learned about Christmas traditions in Holland and Sweden. In Holland they believe in Sinterklaas instead of Santa Clause. He comes by steamboat with his servant Black Peter. Dec 5<sup>th</sup> is the day to give out presents. The children leave hay and carrots in their shoes.

Sweden starts with a Saint Lucia ceremony on the morning the 13 of December. The youngest daughter from each family puts on a white robe with a red sash. She wears a crown of evergreens with two lighted candles attached. She wakes up her parents and serves them coffee and Lucia buns. They don't put up the Christmas trees till two days before Christmas. Decorations may include candles, apples, Swedish flags etc.

We decided we liked Holland traditions best.

## ILS Recap of 2014

*Compiled by the ILS Class*

For those of you who don't know what ILS is, it's our Independent Living Skills class held each Monday morning. What do we do? Learn how to become more independent at home, here at AE, and in the community. With that in mind, here are a few things that the participants remember learning....

Computers – online shopping and comparison pricing

Writing letters to our new pen pals at Albright Life

Money skills thanks to the Budget City board game and counting/recording AE's soda income

Cleaning skills, practiced every day at AE and hopefully at home

Organizing skills

Grooming skills thanks to 15-year-old cheesy video tapes

Learned how to speak up for ourselves

Learned the difference between passive, aggressive, and assertive behavior and that assertive is the best way

Learned about our comfort zones and set goals to stretch them

Set goals for better health

Set goals for more independence with lunch.

# CHOICES IN HARMONY PERFORM AT PARK CITY MALL CENTER



Our **AE** Chorus had an encore performance of this year's holiday concert on Thursday, December 11<sup>th</sup>, at Park City's Center court. This roving reporter asked some of the chorus members, "What did you like about singing at the mall?" We received some interesting responses:

**Ernie:** It was nice seeing people stop their shopping and then listen, sway, or sing along. My old pre-school teacher was even there. We got to chat and she gave me a big hug.

**Jon R:** I liked singing music in the mall.

**Justin:** I liked the oneness of us all singing there.

**Jon W:** I liked the exposure it gave to our program. It also provided an opportunity for the people who normally don't come to our concerts a chance to hear us.

**Ally:** I liked that all the people stopped and even sang along for some of the carols.

**Angie:** I just enjoyed getting into the holiday season there.

**Annette-** The mall is full of shoppers who often keep to themselves while rushing from one store to another. I think we touched people's hearts as they took the time to stop and listen.



# THE UGLY SWEATER CONTEST

Contributed by  
Alli, Ernie, Danielle and Jonathan W.



It was fun! We had the men, women, and staff divide into groups so we could judge them. Dewey won for the ugliest sweater for the third year in a row! Laura won for women's and Rebecca won for the staff. There were lots of ugly sweaters. Amparo's ugly sweater lit up! Steph's mom made her a reindeer sweater and it was so cute! The whole contest was wonderful, exciting, and effervescent. There are some plans being made for next years sweaters. Stayed tuned.....

# CHRISTMAS CONCERT OUR FAVORITE MEMORIES



As we look back at our Christmas concert. We will share some of our favorite memories.

**Victor-** My favorite song we sang was Jingle Bells. I liked the costumes and the food.

**Kate M-** I loved the costumes and the songs we performed. I enjoyed the audience singing with us. I Loved bringing the Christmas spirit.

**Shaun-** I had fun playing my trumpet and I liked the songs we sang.

**Kathy-** I had fun saying my lines. I think the costumes were very pretty. It was fun how we came in singing both sides.

**Jayann-** I enjoyed everything about the concert. Especially my family who came to support me.

**Danielle-** I really enjoyed playing the piano for the first time in front of an audience. I had fun singing the 12 days of Christmas and dressing up in the costume. We hope you had as much fun at the Christmas concert as we did. If you couldn't make it please look at our Facebook page and watch it.



# ADULT ENRICHMENT CHORUS

“CHOICES IN HARMONY”

“Carolers Are Coming To Town”





# JINGLE BELL BOOTY

Contributed by AE Group

We played this game during the **AE** Christmas party. You take a Kleenex box and tie it onto your booty, staff put on the "Shake it off" song by Taylor Swift. We had a great time moving our bodies around trying to get the bells out of the box. This game was fun for everyone.



## BALLOONS GAME "Like Antlers"

Contributed By AE Group

At the Christmas Party we played lots of games, during one of them we had to put balloons in the party hose so they would look like antlers. We had so much fun working in teams and laughing together.







# SNOWMAN GAME

Contributed By AE Group

We had so much fun at are Christmas Party. One of the games we played was wrap the snowman. We took rolls of toilet paper and wrapped each other up to look like snowman. We put carrot noses on each one. and taped eyes and finished with a top hat. Some of are lucky friends were: Kate, Leroy, Alvin, Victor, Jon R., it was really funny everyone laughed and and a good time.



# WINTER

## JANUARY 2015

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

ARCTIC  
BLIZZARD  
JACKETS  
COLD  
BOOTS  
SLEDDING  
STORM

GLOVE  
HIBERNATE  
BLUE JEANS  
NEW YEAR  
SCARF  
SEASON  
JANUARY

CELEBRATE  
HOLIDAY  
SNOW  
SNOWFLAKE  
SNOWMAN  
SWEATER  
SHOVEL

# National 9/11 Memorial Museum

## by Kathy Sherr

On December 6, 2014 my Mom and I took a bus trip to New York City for a day to visit the National 9/11 Memorial Museum. Mom got tickets ahead of time and my nephew, Ian, met us there. We spent three hours in the museum. Then we went to lunch at O'Hara's. It rained most of the day. We had to take a cab to a hotel near where we met the bus. The traffic was gridlocked. We will NEVER FORGET 9/11, which happened 13 years ago. There is a wall in the museum that says, "**No Day Shall Erase You from the Memory of Time.**" *Virgil*



# January 2015

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<ul style="list-style-type: none"> <li>•Current Events</li> <li>•Arts &amp; Crafts (A&amp;C)</li> <li>• Independent Living Skills (ILS)</li> <li>•Painting</li> <li>•Book Club</li> <li>•World Cultures</li> </ul>	<ul style="list-style-type: none"> <li>•Current Events</li> <li>•Keyboarding / Spanish /Dance &amp; Movement.</li> <li>•Music Appreciation</li> <li>•3-D Art</li> <li>•Outing</li> </ul>	<ul style="list-style-type: none"> <li>•Current Events</li> <li>•Cooking/ QEU Movie once a month.</li> <li>•Brain Busters</li> <li>• Science / Wildlife</li> <li>•Outing every 2nd Wednesday</li> </ul>	<ul style="list-style-type: none"> <li>•Current Events / Keyboarding</li> <li>•Chorus/ Brain Games</li> <li>•Newsletter / Computers</li> <li>•German/History</li> </ul>	<ul style="list-style-type: none"> <li>•Current Events</li> <li>•Group Game/Arts &amp; Crafts (A&amp;C)</li> <li>•Classic Viewing</li> <li>•Special Topics</li> <li>•Mural Painting</li> <li>•Mental Floss</li> </ul>

 <p><b>Jan. 1<sup>st</sup> Angela Spencer</b>  <b>Jan. 12<sup>th</sup> Christina Meyers</b>  <b>Jan. 14<sup>th</sup> Matt Bieganski</b>  <b>Jan. 17<sup>th</sup> Elliott Galebach</b>  <b>Jan. 25<sup>th</sup> Annette Whitlock</b></p>	<p>1</p> 	<p>2</p> <ul style="list-style-type: none"> <li>• <b>Group Games: Mad Libs / A&amp;C: Paper Roll Owl</b></li> <li>• <b>Classic Viewing: I Love Lucy</b></li> <li>• <b>Lunch</b></li> <li>• <b>Friday Movie</b></li> </ul>
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<p>5</p> <ul style="list-style-type: none"> <li>• <b>A&amp;C:</b> AE Cards /<b>ILS:</b> Goals &amp; Resolutions</li> <li>• <b>Lunch</b></li> <li>• <b>Painting:</b> Tissue Paper Painting / <b>World Culture:</b> Map games/ <b>Book Club:</b> Lassie</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>• <b>Keyboarding:</b> / Spanish Bingo</li> <li>• <b>Music App:</b> 1990's music OR A cappella</li> <li>• <b>Lunch</b></li> <li>• <b>3-D Art:</b> Finger print balloon/ Necklace Pouch</li> <li>• <b>Book Club:</b> Toulane</li> </ul>	<p>7</p> <p style="text-align: center;"><b>Cooking</b> By Amparo Macaroni Salad</p> <p><b>Lunch</b> <b>Brain Busters</b> <b>Science:</b> Volcanoes / <b>Wildlife:</b> Polar Bears <b>Brain Busters Trivia:</b> Board Games</p>	<p>8</p> <ul style="list-style-type: none"> <li>•<b>Keyboarding</b></li> <li>•<b>Chorus:</b> Brain storm Concert/ <b>Brain Games</b></li> <li>•<b>Lunch</b></li> <li>•<b>Computer &amp; Newsletter/</b></li> <li>• <b>History:</b> Harry Truman</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>• <b>Group Games:</b> Hang Man / <b>A&amp;C:</b> Jewelry</li> <li>• <b>Classic Viewing</b> Momma's Family</li> <li>• <b>Lunch</b></li> <li>• <b>Special Topics:</b> Calming Bottles</li> <li>• <b>Mural Painting:</b> Heart Mural</li> <li>• <b>Mental Floss</b></li> </ul>
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<p>12</p> <ul style="list-style-type: none"> <li>•<b>A&amp;C:</b> Wine Bottle Decorating / <b>ILS:</b> Write pen pals</li> <li>•<b>Lunch</b></li> <li>• <b>Painting:</b> Tissue Paper Painting / <b>World Culture:</b> Map Games</li> <li>/ <b>Book Club:</b> Lassie</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>• <b>Keyboarding:</b> / <b>Spanish:</b> Family Vocabulary /</li> <li>• <b>Music App:</b> 2000's OR 90's Favorites</li> <li>• <b>Lunch</b></li> <li>• <b>3-D Art:</b> Fabric Bowls/ Trash Fashion Show</li> <li>• <b>Book Club:</b> Toulane</li> </ul>	<p>14</p> <p style="text-align: center;"><b>Outing Group #1</b> "Bowling"</p> <p><i>Steph, Kate, Jon W., Chrissy, Wilfredo, Richard, Dareek, Carla, Ekaterina, Gloria, Rosalie, Robert C.,</i>  <b>Staff:</b> <i>Rebecca, Chelsea (Alisha, Lisa, Jean, Dakota)</i></p>	<p>15</p> <ul style="list-style-type: none"> <li>•<b>Keyboarding</b></li> <li>•<b>Chorus:</b> Brainstorm Plot/ <b>Brain Games</b></li> <li>•<b>Lunch</b></li> <li>•<b>Computer, Newsletter / German Review</b></li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• <b>Group Games:</b> Connect Four / <b>A&amp;C:</b> Craft Sticks art/ <b>Classic Viewing:</b> Happy Days</li> <li>• <b>Lunch</b></li> <li>• <b>Special Topics:</b> Role play with the phone</li> <li>• <b>Mural Painting:</b> Color Mixing</li> <li>• <b>Mental Floss</b></li> </ul>
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<p>19</p> <ul style="list-style-type: none"> <li>• <b>A&amp;C:</b> Jewelry / <b>ILS:</b> Count soda \$</li> <li>• <b>Lunch</b></li> <li>• <b>Painting:</b> Self Portrait / <b>World Culture:</b> Continent</li> <li>/ <b>Book Club:</b> Lassie</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>• <b>Keyboarding:</b> / Dance and movement.</li> <li>• <b>Music App:</b> Country OR Hodge Podge</li> <li>• <b>Lunch</b></li> <li>• <b>3-D Art:</b> Fabric Bowls/Trash Fashion Show</li> <li>• <b>Book Club :</b>Toulane</li> </ul>	<p>21</p> <p style="text-align: center;"><b>Cooking</b> By Chelsea 1950's Soda Shop</p> <ul style="list-style-type: none"> <li>• <b>Lunch</b></li> <li>• <b>Science:</b> Volcanos / <b>Wildlife:</b> Weasels</li> <li>• <b>Brain Busters Trivia:</b> Trivia Board Games</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>•<b>Keyboarding</b></li> <li>•<b>Chorus:</b> Assign Muppet Roles / <b>Brain Games</b></li> <li>•<b>Lunch</b></li> <li>•<b>Computer &amp; Newsletter/ History:</b> Dan Teaches!!</li> </ul>	<p>23</p> <p><b>Program Closed</b> <b>Staff In-Service Meeting</b></p>
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<p>26</p> <ul style="list-style-type: none"> <li>• <b>A&amp;C:</b> Cups and watercolors / <b>ILS:</b> Dealing with the Winter blue</li> <li>• <b>Lunch</b></li> <li>• <b>Painting:</b> Self Portrait painting / <b>World Culture:</b> Continents</li> <li>/ <b>Book Club:</b> Lassie</li> </ul>	<p>27</p> <p style="text-align: center;"><b>Outing Group #1</b> "Bowling"</p> <p><i>Jon R., Carly, Lynn, Kathy, Sam, Dewey, Zach, Laura, Angela, Allison, Marta.</i>  <b>Staff:</b> <i>Amparo, Beth (Alisha, Lisa, Jean, Dakota)</i></p>	<p>28</p> <p style="text-align: center;"><b>QUE MOVIE</b></p> <ul style="list-style-type: none"> <li>• <b>Lunch</b></li> <li>• <b>Brain Busters:</b> Tournament</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>•<b>Keyboarding</b></li> <li>•<b>Chorus:</b> / <b>Brain Games</b></li> <li>•<b>Lunch</b></li> <li>•<b>Computer &amp; Newsletter/ German :</b> Review</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>• <b>Group Games:</b> Tops /<b>A&amp;C</b> Snowy Candle Holders</li> <li>• <b>Classic Viewing:</b> Bewitched</li> <li>• <b>Lunch</b></li> <li>• <b>Special Topics:</b> Making a snack with Pictures</li> <li>• <b>Mural Painting</b></li> <li>• <b>Mental Floss</b></li> </ul>
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