

#### 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

10:00 - 10:45

- ◆ Book Club / World Cultures.
- ◆ 2:00 3:00 -----Social time.

  TUESDAY

#### IULUDAI

- 8:00 9:15 ------Social time. 9:15 – 10:00 ------Current Events. Outing every 4<sup>th</sup> Tuesday of the month
- 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
- ▼ 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 – 1:15 ------Newsletter, Computer. 1:15 – 2:00 -------German/History/

Science 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/ Group Games

10:45 - 11:30 ----- Special

Topics/Painting

11:30 – 12:30 -----Lunch

12:30 – 1:15-----Classic

viewing/movie
1:15 – 2:00-------Mental Floss.
2:00 – 3:00 ------Social time.

**AE NEWS & FUN!!** 

## **FEBRUARY 2015**



www.facebook.com/Adult Enrichment Lancaster

# National Wear Red Day in United States

Symbol of their support of women's heart health.
Friday, February 6, 2015



## **Upcoming Events**

- Art & Craft Sale!
- ❖ Staff Meeting 2/9 & 2/23
- Outing Group #2 2/11 Bowling
- Outings group #2 2/24 Bowling



February 14, 2015

Tuesday

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

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

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

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

Wednesday

<u>Group 1:</u> (13) Steph, Kate, Jon W,. Chrissy, Wilfredo, Richard, Dareek, Carla, Gloria, Rosalie, Robert C., Mackenzie.

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

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

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

### **From the Directors Desk**

We will be kicking off the month by holding our annual Wolfgang Candy Fundraiser. Order forms and money will be due back to me by <u>February 20, 2015</u>. Candy will be available for pick up at AE the week of **March 23, 2015**.

Just a reminder we will now utilize WGAL to notify you when we are closing for inclement weather. Please log onto **WGAL.com**. If you do not have access to the internet, you can call AE and listen to a voicemail announcing closure. Please do not call RRTA and ask if we are closed.

As most of you know our dear friend Mac is now residing at Conestoga View Nursing Home. Mac would love to hear from his friends. Please feel to visit Mac or send him a letter. Below is his address:

Jon McFarland 900 East King Street Room 605 SE Lancaster, Pa 17602 717-299-7850

~Alisha



# Valentine's



# Art & Craft Sale! Unique Gift Ideas



















Start First week of February 2015
During AE Program hours
8:00 AM - 3:00 PM





# National Wear Red Day in United States

Friday, February 6, 2015

The first Friday of February has been designated by the awareness campaign, Heart Truth, as National Wear Red Day in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health.

# 20 FACTS ABOUT MERCURY?

Researched By: Dewey Coplin

- 1. Second-smallest planet.
- Closest to the sun.
- 3. One rotation is 58.65 days.
- 4. Orbits the Sun in 88 days.
- 5. 36 million miles away for Sun.
- 6. Surface temp rater -290degree F to 810degree F.
- 7. 3029 diameter in miles.
- 8. No moons.
- 9. Mass ratio to earth (earth is 1) is 0.055.
- 10. Gravity ratio to earth (earth is 1) is 0.38.
- 11. Rich in Iron.
- 12. The core is 2235 miles in diameter.
- 13. Atmosphere is 52% Oxygen.
- 14. Atmosphere is 39% Sodium.
- 15. Atmosphere is 8% Helium.
- 16. Atmosphere is 1% Potassium and other gassers.
- 17. There was a Meteorite striped which was very big that it made mountains on the other side by the sock waves.
- 18. Mariner 10 took pictures of Mercury first.
- 19. I got 19 for the book "Universe"
- 20. This the most interesting fact: Mercury's orbit doesn't behave the way it should under classical Newtonian mechanics. This is one of the anomalies that led Einstein to develop his theory of relativity. The gravity of the sun actually warps the space near Mercury, which is why it's orbit is weird.



#### **AE BOWLING**

Contributed By Katie, Mack, & Wilfredo

For a Wednesday outing, we went to a bowling alley. Wilfredo was delighted to score a strike, and a spare.

Not only did Kate score a strike she got a few spares too! Mack, on the other hand, simply found the occasion to be a wonderful escape and liked getting to know the group a little better.

With the addition of pizza and soda for lunch, the occasion was found to be a joyous time by all.



# **COOKING CLASS**

By Amparo Gongora

# **Tri-Color Pasta Salad**

#### Ingredients:

- 1 pound package of tri-color rotini pasta
- Small red onion, chopped
- Small red bell pepper, chopped
- 1 can of medium pitted black olives, sliced
- 1 15- to 16-ounce can garbanzo beans (chickpeas), drained
- · Cherry or grape tomatoes, cut in half

#### Instructions

Boil the pasta al dente according to package directions. Drain, rinse well and set aside. To the drained pasta, add all of the chopped vegetables, **except for the tomatoes.** Stir; mix all together well with the dressing. <u>Just before serving, add the chopped tomato.</u>

## **Greek Dressing**

- ½ cup olive oil
- 1/4 cup of lime juice
- 3/4 teaspoon garlic powder
- 1 teaspoon oregano
- 3/4 teaspoon basil
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 teaspoon chopped garlic
- 1 cup feta cheese (6 oz.)

In a bowl, mix together the olive oil, lime juice, garlic powder, oregano,

basil, salt, pepper, and chopped garlic, whisk vigorously until well blended.

#### Add the feta cheese.

Store tightly covered at room temperature.



Contributed By Jonathan Rodgers Type By Wilfredo Rivera

In cooking class we made a veggie pasta salad. It had onions, olives, pasta and Greek dressing. I loved it I would make it again.

> Contributed by Angela Spencer Type By Danielle Lichty

We made pasta salad with vegetables. It was fun making it. We put dressing on it that we made and chopped up vegetables. There were onions, red peppers, tomatoes and feta cheese. It was good, I'd make it at home.

## HERSHEY KISS MICE

Contributed By Jonathan Rodgers Typed By Matt Bieganski



We had a lot of fun making mice out of Hershey kisses, foam hearts eyes and a nose. With the help of staff we used a hot glue gun to put them together. We made up greeting for the tails. We will be selling them for valentines day.

#### **SCRAMBLER**

Contributed By Susan Corpman

- 1. NETVOIAENS YDA
- 2. RAPIDYEESNTDS
- 3. TRHEA
- 4. UDCIP
- 5. OWARR
- 6. VELO
- 7. RFWELSO
- 8. DAYNC
- 9. RADSC
- 10. IFYALM
- 11. RDEFINS
- 12. QNAATSEEUIECC
- 13. ZRLZASIB
- **14. OWSN**
- 15. ESNONMWN

#### ANSWER:

NALENTINES DAY, PRESIDENTS DAY, PRESIDENTS DAY, PRESIDENTS, CANDY, CARDS, FAMILY, PRIZZARD, SNOWMEN.

## **VALENTINE'S DAY**



Contributed
By Victor Miller
Typed By
Matt Bieganski





February 14th is Valentine's day, otherwise known as sweat hearts. Its a day dedicated to sweat hearts. If you have a sweat heart,

you can make her breakfast in bed or take her out to dinner. Some people believe in Cupid. He is a little fellow who has wings and a bow and arrow. He lives in the clouds. He watches to shoot arrows at people to make them fall in love. I like the idea and think it'd be fun to be shot by Cupid's arrows. It would be nice to get a valentine that way.

# **New Year Goals for 2015**

Laura lose more weight
Ernie be a better friend
Zach work more
Wilfredo beat my score in Wii bowing
Carly lose weight

Loni lose weight

Mack make new friends

Javann lose weight

# THE CHORUS CORNER

Contributed By Daniel Lichty

Chorus members are asked to try to watch episodes of "The Muppet Show" or some parts of the different Muppet movies. Please try and do this so you can come prepared to share your ideas from what you have seen/heard. One of the ways to watch the Muppets is to go on YouTube or search on the internet. All ideas are welcome; really!





**BETH MINNICH** 

- What are some things that scare you?
   Big Dogs
- 2. Do you have any brothers or sisters? How many? I have 3 brother and 3 sisters
- 3. What is your favorite TV show as a kid?

  Bugs Bunny
- 4. What is the first thing you do when you wake up? Whine because I must get out of bed
- 5. What are some things that make you really happy?
  My family
- 6. Do you like spicy food? Yes!!

- 7. What is your favorite sport?
  Running
- 8. When did you first travel by airplane and where?

  Boston
- 9. What is your favorite AE class? History
- 10. What musical artist do you most often listen to?

  Darius Rucker
- 11. What do you like to do for fun? Running
- 12. What is your favorite TV show at the moment? Gray's Anatomy



## **Presidents Day**

Contributed By Alondria Simms

Barak Obama is the 1<sup>st</sup> black president of the United states. His wife is Michelle Obama. They have 2 children and a dog. Obama cares about poor people who do not have money. He is a good

president and helps people out a lot. Obama likes kids and thinks Sesame Street is a good show for them to watch. Michelle Obama was on iCarly one time and said she watches it with her daughters. Overall, I think Obama is a good guy.

## Map of states

Contributed and typed By Kathy Sherr

On Monday afternoon Rebecca taught world cultures. We learned state capitals like Tallahassee, Florida, and Boise, Idaho, by playing a game. Rebecca is going to make a map of the world. AE learns new things in the class. Each week we learn about the states. There are two different maps on the AE wall.

# What we Like About Ourselves

Mack- I am very kind

Angie- I am a good cook

Dewey- I was able to stop drinking soda

MJ- I can learn to play the keyboard

Elliot- I like to hang out with people

Wilfredo- I like different kinds of food

Loni- I can sing

Ernie- I love music

JayAnn- I am friendly

Kate- I get along with people very well

Justin- I am a good singer

Daniel- I give good advice!







The Special Olympics of Lancaster County Bowling Tournament was held Saturday January 17<sup>th</sup> 2015 at Leisure Lanes.

One Hundred and three bowlers participated. Helpers were at each lane from Warwick High School's national honor society.

Bowlers came from Dutch and Leisure Lanes. This is a yearly evening. It is a kickoff to tournament season. Twenty to twenty five athletes

will go on to the Eastern Sectionals in Allentown. Some will go to the State sectionals hosted at Penn State University, and perhaps a lucky someone will go to the national competition. Last year this was held at Princeton New Jersey. Elliott and Shaun both got third place at the tournament. The teams at Leisure Lanes had three members and each player got a ribbon. Blue for the gold, red for silver, and yellow for bronze.



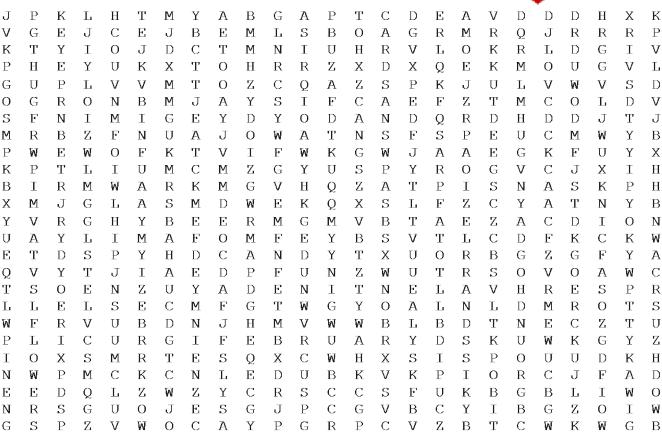






Contributed by Kathy, Allison, Ben, Danielle, Kate Type by: Danielle Lichty





VALENTINE DAY PRESIDENT DAY CUPID LOVE ADORE FLOWERS CANDY

ARROW

CARDS
HEARTS
FAMILY
KISS
HUGS
COLD
GIFTS















# **FEBRUARY 2015**







#### **MONDAY**

- Current Events
- •Arts & Crafts (A&C)
- Independent Living
- Skills (ILS)
- Painting
- Book Club
- •World Cultures

#### **TUESDAY**

- Current Events
- Keyboarding / Spanish
- /Dance & Movement.
- Music Appreciation
- •3-D Art
- Outing

#### WEDNESDAY

- Current Events
- •Cooking/ QEU Movie once a
- Brain Busters
- · Science / Wildlife
- •Outing every 2nd Wednesday

#### **THURSDAY**

- Current Events / Kevboarding
- Chorus/ Brain Games
- Newsletter, Computers
- German/History / Science

#### **FRIDAY**

- Current Events
- Group Game/Arts &
- Crafts (A&C)
- Special Topics
- Classic Viewing/ Movie
- Painting
- Mental Floss

Feb 3rd Dakota Hurd Feb 4th Carla Rohrbach Feb 16th Alondria Simms



Cooking

Winter Fruit & Vegetables

•Lunch

Brain Busters

Billboard Song

Science: Volcanos

Wildlife: Polar Bears

**Brain Busters Trivia:** 

Outing Group #2

"Bowling"

Jayann, Suzie, Robert P.,

Bv: Annette

Feb 21st Sam Dorsheimer Feb 22<sup>nd</sup> Robert E. Potts III Feb 23rd Justin Fisher

#### A&C: Scrap paper heart wreath

/ILS: Teaching Projects

- Lunch
- Painting: Van Gogh/ World Culture: Naming Bodies of water

Book Club: Lassie

• A&C: Scrap paper

10:30-1:00

Lunch

heart wreath / ILS:

**Outing to Albright Life** 

Painting: Van Gogh /

Naming Bodies of water

World Culture:

Book Club: Lassie

· Keyboarding:

/ Spanish: Numbers & Months

- Music App: :
- Where Are They Now?/World Music
- Lunch
  - 3-D Art: Fabric Bowels/ Silk Scarves Book Club: TBA

- / Spanish: Tell the time
- Are They Now?/World Music
  - Lunch
- 3-D Art: Fabric Bowels / Finish Silk
- scarves
  Book Club: TBA

Angela,

- Staff: Amparo, Beth (Alisha, Lisa, Jean)

Jon R., Leroy, Alvin,

Dan, Jessenia, Sam,

Dewey, Zach, Laura,

- Keyboarding
  - •Chorus: Concert/ Brain Games
  - •Lunch
  - Computer, Newsletter/
  - History: Washington DC / Science: Balloon
  - Hovercraft

#### 6 Wear Red



- Group Games: Bowling
- Lunch
- Movie

- Kevboarding:
- Music App: Where

#### 18

- By Beth Soft Pretzels
- Lunch
- Wildlife: Weasels
- Billboard songs70's

- Keyboarding •Chorus: / Brain Games
- •Lunch
- •Computer, Newsletter
- German: Review
- German ABC / Science:
- How to blow up a balloon

- **Group Games:** Sorry /A&C: Coaster Special Topics:
- M+M's Feeling game Lunch
- Classic Viewing:
- Love Lucy
   Painting: Van Gogh
   Mental Floss

- A&C: Bottle cap earrings/ ILS: Write Albright thank you note; count soda money
- Lunch
- Painting: Print Trees / World Culture: Maps Coordination's / Book Club: Lassie

# 17

- Keyboarding: / Dance and movment.
- Music App: Hodge Podae/
- Lunch
- 3-D Art: Fabric
- Bowls/ Wax Lantern Book Club: TBA

- Cooking
- Science: Volcanos
- **Brain Busters Trivia:**

#### Keyboarding

- •Chorus: / Brain Games
- •Lunch
- Computer, Newsletter
- History: James Buchanan / Science: Calming Bottles
- 20 **Group Games:** Electronic Life / A&C:
- Popsicle Stick Bracelets
- Special Topics: Pack a Healthy Lunch
- Lunch Classic Viewing:
- Sanford & Sons
  Painting: Print Tress
  Mental Floss

#### 23

- A&C: Wax paper resist /
- **ILS:** Teaching Projects Lunch Painting: Landscapes / World Culture:
- Maps Coordination's Book Club: Lassie

#### 24 Outing Group #2

Kate, Chrissy, Wilfredo. Richard, Dareek, Matt, Danielle, Ernie, Carla,

#### 25

#### **QUE MOVIE**

- **Brain Busters Trivia:**

#### 26

- Keyboarding
- •Chorus: / Brain Games
- •Lunch
- •Computer, Newsletter •German: German Bingo
- / Science: Human Body -Blood

- Group Games: Stay alive Tournament /A&C: Popsicle Stick Bracelets Paint &
- Designs Special Topics:
- Grocery shopping with ads/
  - Lunch Classic Viewing:
  - Gilligan's Island Painting:
- Landscapes Mental Floss

# Bowling"

Loni, Robert C., Staff: Annette, Beth

(Alisha, Lisa, Jean)

#### Big Hero 6 Muppets 2

- Billboard songs70's