

Adult Enrichment

active life day program

AE NEWS & FUN!!

MAY 2015



www.facebook.com/AdultEnrichmentLancaster



ALL GAVE SOME, SOME GAVE ALL

MAY 27

MONDAY

- 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.

TUESDAY

- 9:15 – 10:00 -----Current Events.
Outing every 4th 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
 ❖ Musical Bio
 ❖ Virtual Travel

WEDNESDAY

- 9:15 – 10:00 -----Current Events.
Outing every 2nd 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 Busters
 ♦ Science / Wildlife

THURSDAY

- 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

FRIDAY

- 9:15 – 10:00 -----Current Events.
 10:00- 10:45 ----- Classic Viewing
 10:45 – 11:30 ----- Arts & Crafts/
 Group Games
 11:30 – 12:30 -----Lunch
 12:30 – 2:00 **Movie 1st Friday of the month.**
 12:30 – 1:15 -----Special Topics.
 1:15 – 2:00-----Mental Floss/
 Mural Paint

DAILY SOCIAL TIMES

8AM-9:15AM 2PM-3PM

CINCO DE MAYO CELEBRATION

All Participants are invited!

**On Tuesday 5/5/15
 Piñata, music, games
 and more..**

Upcoming Events

❖ Staff Meeting
 5/11/15

❖ **Outing Group #1 EI Rodeo**

On Wednesday 5/13

❖ **Outings group #1**

Applebee's on Tuesday
 5/26

❖ **Save the Date** Thursday
 June 6/4/15 at 11 AM.

Spring Muppet Show



Groups for Outing

Tuesday

Group 1: (11) Jon R., Lynn, Kathy, Sam, Dewey, Zach, Angela, Allison, Marta, Dareek, Debbie.

Staff: Annette, Dakota, Tania (Alisha, Paul, D'Andrea)

Group 2: (10) Kate, Carly, Nichole, Chrissy, Wilfredo, Richard, Matt, Danielle, Ernie, Loni, Robert C.

Staff: Amparo, Beth (Alisha, Paul, D'Andrea)

Wednesday

Group 1: (13) Steph., Kate, Jon W., Chrissy, Wilfredo, Richard, Ekaterina, Gloria, Rosalie, Robert C., Mackenzie, Dan, Danielle

Staff: Rebecca, Amparo (Alisha, Paul, D'Andrea)

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

Staff: Beth, Dakota, Tania (Alisha, Paul, D'Andrea)

From the Directors Desk

As spring and summer weather begins to arrive AE will be spending more time outside. Participants should wear sunscreen to program and are encouraged to bring along a hat and sunglasses.

All participants are invited to our Cinco de Mayo celebration 5/5/15. We will have snacks, games and music. Please RSVP to this event.

I am excited to announce that Paul Geiger will be joining our team as a Program Specialist. Please take a moment to welcome Paul over the next month and look for his spotlight in next months addition.

~Alisha



**Adult
Enrichment**

active life day program

Cinco De Mayo

Fiesta

**All participants are
invited!!**

Tuesday 5/5/15

**Piñata, music, games
and more...**

**Please let us know if
you will attend**

MARSHMALLOW SHOOTER

What you need:

12 oz. Styrofoam cups (not plastic). Do not go bigger. But an 8-oz. size for little hands works pretty well.

Balloons that inflate to 12". The Spritz brand at Super Target is the best for spring and bounce and long-life.

Scissors

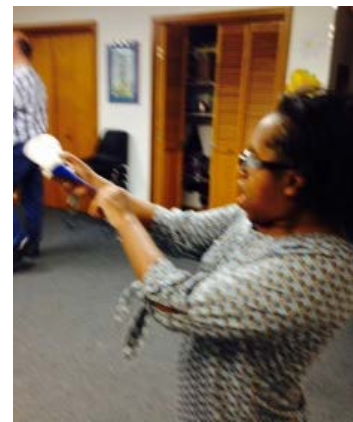
Mini-Marshmallow

Directions:

1. Tie a knot at the base of each balloon.
2. Snip less than $\frac{1}{4}$ " from the top (round part) of the balloon. (Our photo shows the hole after it was stretched over the cup, so it looks much bigger.)
3. Use your scissors to cut out the bottom of each Styrofoam cup.
4. Stretch your balloons over the bottoms of your cups. Cover at least $\frac{1}{3}$ to $\frac{1}{2}$ of the cup.
5. Drop a marshmallow into the cup, aim and FIRE! (Best distances can be obtained by marshmallows that are nestled near the knot before firing.)

Thursday Science Class

After everyone made there shooters we had a fantastic marshmallow food fight. Some fought dirty, not saying who!!! We lost a few good marshmallow shooters during the battle, but everyone had a great time. We found marshmallows for a week after, it was well worth it.





Stephanie Mastriana
May 4th



Leroy Poletti
May 20th



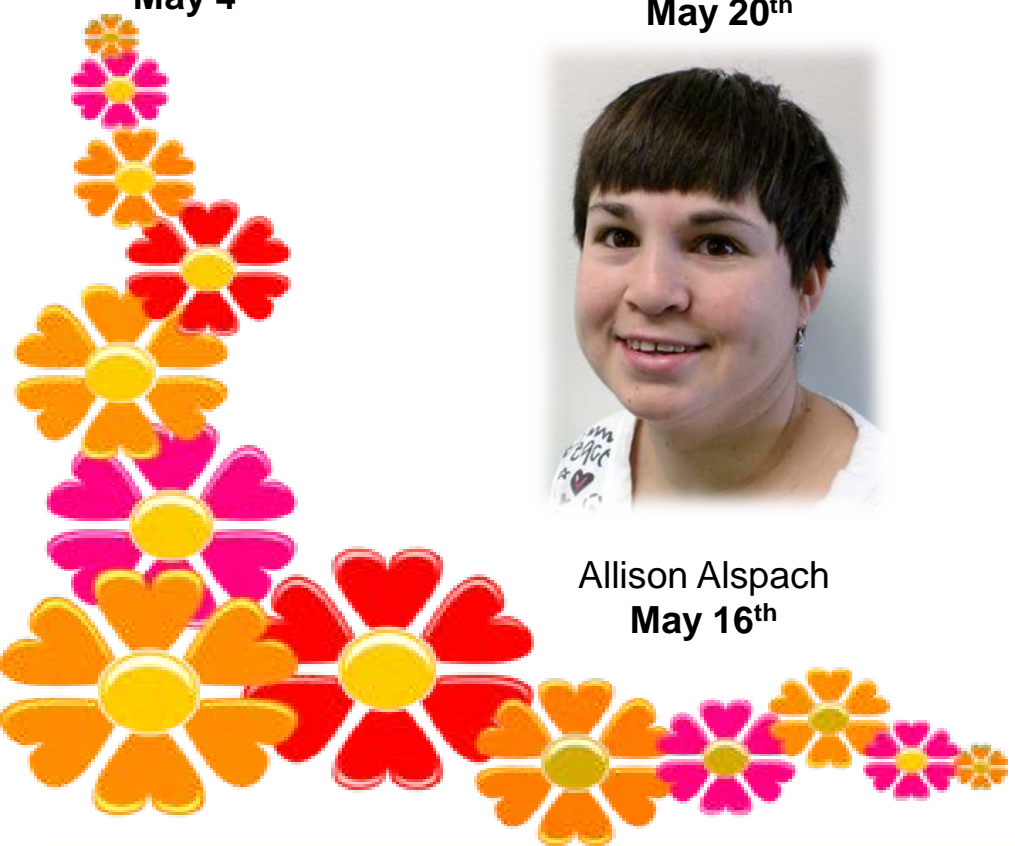
Kathy Sherr
May 27th



Allison Alspach
May 16th



Richard Schnader
May 30th



Fire Safety Training

Contributed & typed by
Laura Sauder

The Guest Speaker came in today His name is Alex and he showed us a DVD on fire in college dorms and with kids and teens. It showed us where to go when a fire happens, tips on how to go outside. When fire goes in the rooms, how to work fire extinguishers and test out smoke alarms .We had fun today.

Æ GOES TO THE MOON!!

Contributed by
Jonathan Whitlock

PART #1



The whole thing began once on a Thursday, when Rebecca's husband came in after lunch.

"Jim! What a pleasant surprise!" she exclaimed gleefully. "Um, if you guys will excuse us for one sec," she smiled just before the two slipped into the personal care room.

"Alright guys, you got me," Amparo said to the group who'd been discussing topics for the next newsletter. She asked the group, "And what other topics are we covering?"

As they discussed, people suddenly began hearing angry bickering coming from within the room.

"Now Ernie," Amparo continued, "I think you wanted to write about..."

Participants began looking strangely at each other as they began to hear muffled shouting coming from the room. (Everybody heard Jim's muffled voice shout, "To the MOON, Reba!" in his best Jackie Gleason impression.)

At last after about ten minutes, the shouting inside the room died down. All eyes were fixated on the door when Rebecca and Jim came out, holding hands and smiling.

"Well," Amparo said hesitantly, "We heard your lively, animated conversation in there."

"Yeah," said several participants in unison, grinning.

"Well, yeah, um..." Rebecca began, "We uh..." she cleared her throat, "we were discussing ideas for future, um, AE activities..."

"Yeah," chuckled Jim, "We heard several of you were interested in NASA!"

"Yes!" several participants exclaimed in unison.

At this point, Amparo jumped in. "Yes, well, we have a..."

Leroy interrupted, "A lot of work to do to get prepped for the blast off!"

Some cheering ensued among the participants. Amparo took a deep breath and sighed, putting a hand on her forehead. "Sometimes..." she began.

As the fervor increased among the participants, Amparo was amazed as Kate called out, "Well, we'll first need to get space suits, wouldn't we?"

"Wait, wait" Amparo began. "I really don't think we'd be able to find the suits, let alone afford the..."

Ben jumped in saying, "Look! Here on NASA.com they have good sales that make them really affordable."

"Wow, those are good prices!" Amparo pointed out when she saw the site found.

Rebecca and Jim were at a computer nearby viewing similar sites. "Hey, look at this Amparo."

She walked over and stared at the screen disbelievingly. "Wow," she said after a minute.

So the steps were listed, the votes were cast, and the date was set for the outing. It was on a Wednesday, of course. When the day of the outing arrived, selected participants arrived at AE, each with \$20 – for lunch of course, as had been recommended in a prior newsletter).

About half the participants went. The other half stayed behind to play games and watch a movie... **To be continued.**

Erin de go Braugh!



Contributed and typed by
Dan Rogusky

A few weeks ago I taught a group about my trip to the Republic of Ireland. I brought in a bunch of artwork, flags, maps, and my families' pictures from the O'Emerald's Isle. I presented many different, unique facts about Ireland. Everyone seemed very interested in my trip and at the end asked some interesting and intelligent questions. At the end of the presentation, Rebecca and I showed the live music video of the U2 song "Sunday Bloody Sunday." I very much enjoyed teaching the class and look forward to doing it again hopefully sooner rather than later.

Happy belated Saint Patrick's Day to all; and long live Ireland!

GUTEN TAG

Contributed by
Carly Long, Kate Manners, Justin Fisher, Mackenzie Cauler &
Typed by Dan Rogusky

Guten tag means good day in German. We've learned some numbers and the alphabet in German class. We also learned the days of the week and the months of the year. We also learned some colors like blau (blue), rot (red), grun (green), schwartz (black), and weiss (white). We've also played bingo in German using German letters and numbers. In the past we learned family names in German made a German baby (a German pancake), and we tried German candy called Happy Hippos. They were really good.

BASEBALL

Contributed and typed by
Mackenzie Cauler



I really like baseball because its a very easy to follow and learn. The history of baseball is pretty interesting too. Many people say it was invented by Abner Doubleday who was a civil war veteran, but that is not true. Albert Goodwill Spolding said that Abner Doubleday did not invent baseball. The rules of baseball have changed since the 1800s, before you could hit the ball anyway you wanted and you had to throw to the ball at a person to record a out. Now you have to throw it in somebody's glove to record a out.

ILS Teaching Projects

Starting in January, Annette gave us the assignment to choose a topic and teach it to the class. For many of us, this was our first opportunity. But for a few, this was nothing new. Ben, for instance, remembers teaching a reading class in Price Elementary. Dewey remembers teaching how to make negatives to make stamps at his job at Ready Stamps in San Diego. Jonathan currently co-teaches the 7 and 8-year-olds in a Sunday School class at church every Sunday. As for the rest of us, here is what we taught and how we felt about the experience:

Ekat: I was teaching participants how to use the Movie Maker program on the computer. I hooked up the laptop onto the TV and demonstrated to the class. Then the class did the same thing and I was helping them if they needed it. I enjoy teaching computer related classes.

Victor: I looked back on Valentine's Day with my class. I enjoyed sharing the cards from different time periods. I enjoyed gathering all the information together. I used Dakota in case I needed help with the classes' questions.

Ally: I taught piano, like finger numbers and how to know the names of the notes by seeing the black keys grouped in twos & threes. I liked teaching and would like to do it again.

Kathy: I talked about the Delaware Valley Golden Retriever Rescue because I like the way my mom works with that organization. And I like golden retrievers because they're so pretty.

Wilfredo: I taught "There's a Hole in the Bucket" song, its history, and that there is a National Hole in the Bucket Day. I showed the Sesame Street video of that song.

Ben: I taught how to read with expression by reading part of the book, Tales of a Fourth Grade Nothing by Judy Blume. I then had the group read a part, too, to see how well they would do reading.

Jonathan W: I gave a presentation of the biology of the dinosaurs. I brought in old pictures of dinosaurs I had drawn back in the day. I took notes on my I-pad.

Angie: I taught about Michelangelo's David statue. I prepared by selecting pictures from the internet and choosing a video. My David was different because he was wearing Levi jean shorts!

Dewey: I taught how to solve the Cube – the Rubik's Cube. I found it was harder than I thought to teach, being hard to talk while doing it. Maybe next time I will use a video. I think it would be easier to do it one-on-one. I would be willing to teach anyone here who would like to learn. (The class liked him bringing in ones for them to try.)

Gloria: I was the first one to do this. I taught about respecting people. I thought about what I was going to say, and then I put it down on paper. I gave my presentation, and then asked them what they thought. Did I like doing it? No. I thought it was scary.

(Jon R's project is to interview his RRTA bus driver once he gets back to a regular one.)

Stephanie: I taught about Boston Terriers because I like dogs. I brought in a book that told how they breed. I shared pictures of Bronco, my Boston Terrier, on the computer. I thought it was really cool to be in front of other participants.

Leroy: I taught a class on restaurant reviews and whether they were wheelchair accessible or not. I shared both good and bad. Annette gave me the challenge to call on of my favorite restaurants, Katie's Kitchen, to see if they are accessible. And if so, I will suggest it for a restaurant to go to for our next outing.

Lessons Learned: Be prepared. Take notes. Speak up. Use visuals. Use eye contact. Get them involved. Ask questions. Have fun. It's okay to be nervous; just do your best.

MAY BIRTHDAY SIGN

Researched & Type by Allison Alspach & Shaun Whitehead



The month of May has been graced with two birth flowers namely the Hawthorn and the Lily of The Valley. These two are quite a contrast since the Hawthorn is a tree that has thorns while the Lily of the Valley is a perennial with bell-shaped flowers and beautiful scents. Aside from the look of the Hawthorn tree, its blossoms are delicate and are protected by the vicious looking thorns.

Significance, Symbolism And Meaning Of The Hawthorn

The Hawthorn is full of symbolism and according to the Celts; it is full of duality and deals with balance. These flowers look gorgeous in bloom however it is said that one should never bring a cut branch into the home since it is a bad omen. When a branch is cut it gives off a smell that is similar to the smell of death or decaying flesh. This is quite a contradiction to the smell of the beautiful blossoms. It is the symbol of the union of opposites and this can be clearly seen with the delicate blossoms being surrounded by the sharp thorns. Historically it is also a symbol of fertility associated with female aspects while the Hawthorn is said to be charged with male energy.



Contributed By
Wilfredo Rivera &
typed by
Matt Bieganski

- I like** to play video games.
- I like** to go bowling.
- I like** to draw, make pictures and also trace them.
- I like** it when I have lunch.
- I like** to use the computer.



Contributed by
Alondria Simms

I like giving my mom
flowers on mothers
day. I take her out
for dinner and
shopping. We also
go and see a movie.

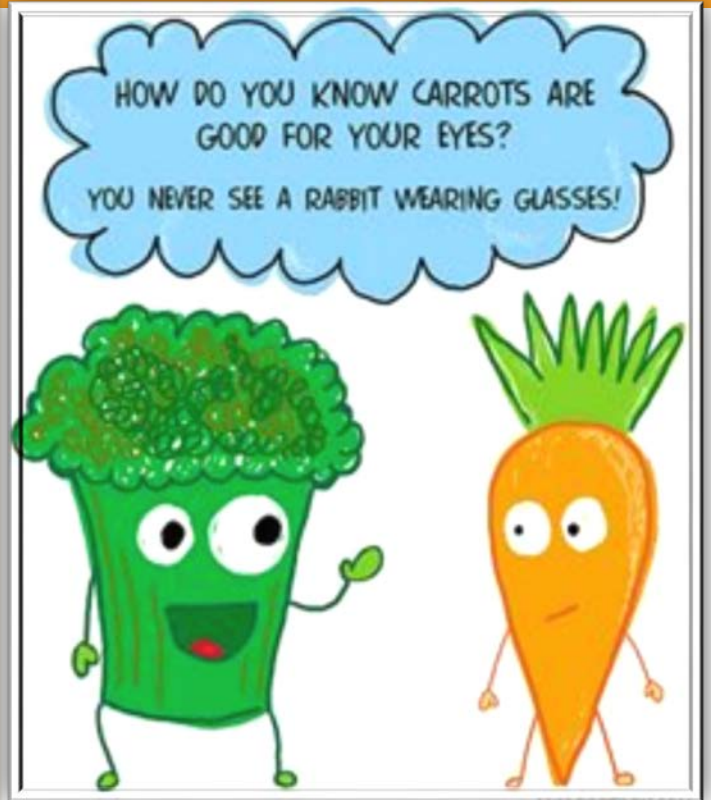
SCRAMBLE

Contributed by Susan Corpman and
Typed By Mackenzie Cauler

1. WFLEROS
2. MREOTDHAS
3. OLOBM
4. CIIPNC
5. A IEDYMMOLRA
6. LRCIVANA
7. CBEHA
8. DANS
9. LESLHS
10. SSLANDA
11. FGEILRDOA
12. OPOL
13. ISMW
14. SFHI
15. A ATNVITCO

ANSWER:

FLOWER, MOTHER'S DAY, BLOOM, PICNIC,
MEMORIAL DAY, CARNAVAL, BEACH, SAND,
SHELLS, SANDALS, LIFE GUARD, POOL,
SWIM, FISH, VACATION.



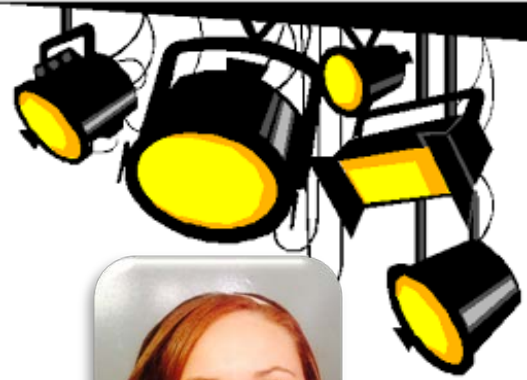
Monthly Joke

Searched by Ben Walker & Justin Fisher
and Typed by
Danielle Lichty



1. Why did the leaf go to the doctor?
It was feeling green
2. How many climate sceptics does it take to change a light bulb?
None it's too early to say if the light bulb.
3. How do you make a fruit punch?
Give it baking lessons
4. Why do they call it fast food?
Because if you don't eat it really fast you might actually taste it.
5. What do you call a bee that lives in America?
USB

6. Where do sheep go to get haircut
To the baa baa shop.
7. I invited a teddy bear to dinner yesterday. I offered some food?
But he said no thanks I'm stuffed.
8. Where did Anakin sky walker become evil?
I the sixth grade.
9. What is a super hero's favorite drink?
Fruit Punch.
10. Knock Knock
Who's there?
Tank!
Tank who?
Your welcome



QUESTIONS ASKED BY THE ADULT ENRICHMENT GROUP:

In the spotlight Interview to:

D'andrea Brown

WELCOME TO AE

1. Do you have family? *I have a big family.*
2. How long have you worked with people with disabilities? *7 years*
1. Where did you work before you came here? What did you do? *Community Services Group. I was a Residential Supervisor*
1. Have you lived in Lancaster all your life? If not, where? *No. I've lived in Alexandria Va, Atlanta, Ga , St. Thomas and Florida*
1. What do you like so far about AE? *Participants, great staff and fun classes.*
1. What are your hobbies? . *I like to read, going to plays and museums. I like play any sport or any outdoor activity. Also attending and being involved in church functions.*
2. If you could share only one word with the world, what would it be and why? . *I think we all have something to be thankful for and when we say thanks to someone it can change their day and their make them feel appreciated.*
3. What are you looking forward to with the warmer weather? . *I coach soccer and I'm looking forward to an awesome soccer season. More AE walks!*
4. What are your musical interests? *I like all kinds of music, I don't have any favorites.*
1. What can we do for you? *Respect! It goes a long way.*
2. Name one thing you would change about yourself . *I would be more physically active*
3. Who are some people you'd like to meet someday? *Hillary Clinton, Queen Elizabeth, Barack and Michelle Obama, John Legend or any one famous. I would have loved to have met Maya Angelo or- Mother Theresa.*
4. What are some thing that you really happy? *Family, Friends, food and fun.*

MAY 2015

Contributed by Kathy Sherr &
Typed by Danielle Lichty

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

MOTHER DAY
MEMORIAL DAY
FLOWERS
COOKING
SPORTS
BASEBALL
MUSIC

BIKES
PAINTING
KENTUCKY DERBY
RUNNING
HORSEBACK RIDING
CHEERLEADING
SWIMMING

CROSSING GUARD
DECORATION
WATCHES
CINCO DE MAYO
MARACAS
FIESTA



MAY 2015

Special thank you to AE Staff: Rebecca, Annette, Tania, Beth, Dakota, D'andrea, Amparo, and Alisha!

MONDAY

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

TUESDAY

- Current Events
- Keyboarding / Spanish /Dance & Movement.
- Music Appreciation
- 3-D Art
- Musical Bio
- Virtual Travel
- Outing

WEDNESDAY

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

THURSDAY

- Current Events / Keyboarding
- Chorus/ Brain Games
- Classic Viewing
- Newsletter, Computers
- German/History / Science

FRIDAY

- Current Events
- Movie 1er Friday of the month
- Classic Viewing
- Group Games/Arts & Crafts
- Special Topics/ Mural Painting
- Mental Floss



Happy Mother's Day



1

- **Group Games:** Name that TV show
- **Lunch**

Movie Friday



4

- **A&C:** Giant Flowers/ ILS: Budget City
- **Lunch**
- **World Culture:** Pioneer Game/**Painting:** Star War Painting / **Book Club:** Little House

5 **CINCO DE MAYO CELEBRATION!!**



6

Cooking
By Rebecca
Vitamix Frozen Desserts

- **Lunch**
- **Brain Busters:** Super Heroes
- **Science:** Plant Bulbs
- **Wildlife:** Loris
- **Brain Busters Trivia:** Super Heros

7

- **Keyboarding**
- **Chorus:** / Brain Games
- **Classic Viewing:** Price is right
- **Lunch**
- **Computer, Newsletter**
- **German:** Food
- **Science:** Musical Water Glasses

• 8

- **Classic Viewing:** Group Games: / A&C: Paint plant pots
- **Lunch**
- **Special Topics:** Bird Feeders
- **Mural Painting:** Mothers Day Cards
- **Mental Floss**

11

- **A&C:** Paint plant pots/ ILS: Write Penpals
- **Lunch**
- **World Cultures:** Pioneer Game
- **Painting:** Leonardo Da Vinci / **Book Club:** Little House

12

- **Keyboarding:** Spanish: Review
- **Music App:** Where are they now/ 80's
- **Lunch**
- **Musical Bio:** Stevie Wonder
- **Virtual Travel:** England / 3-D Art: Bubble Wrap Painting

13

Outing Group #1
El Rodeo

- Steph., Kate, Jon W., Chrissy, Wilfredo, Richard, Ekaterina, Gloria, Rosalie, Robert C., Mackenzie, Dan, Danielle
Staff: Rebecca, Amparo (Alisha, D'Andrea)

14

- **Keyboarding:**
- **Chorus:** Run thru 1st part / Brain Games
- **Classic Viewing:** Taxi
- **Lunch**
- **Computer, Newsletter**
- **History:** Harry Bingham
- **Science:** Plastic Bag Ice Cream

15

- **Classic Viewing:** Welcome Back Kotter
- **Group Games:** Sorry / A&C: Transplant plants
- **Lunch**
- **Special Topics:** Butterfly Feeders / **Mural Painting:** Chorus Set Painting
- **Mental Floss**

18

- **A&C:** Tissue Paper Flowers
- **ILS:** Counting Soda \$
- **Lunch**
- **World Cultures:** Pioneer Game
- **Painting:** Leonardo Da Vinci / **Book Club:** Little House

19

- **Keyboarding:** / **Dance & movement**
- **Music App:** Hodge Podge/ 80's
- **Lunch**
- **Musical Bio:** Blake Shelton
- **Virtual Travel:** England / 3-D Art: Crayon Wax Painting

20

Cooking
By Amparo
Chicken Pot Pies
Bring a Light Lunch

- **Lunch**
- **Brain Busters Trivia:** Super Heros
- **Science:** Plant Bulbs
- **Wildlife:** Babirusa

22

- **Keyboarding:** Chorus: Run thru 2nd part
- **Brain Games**
- **Classic Viewing:** Golden Girls
- **Lunch**
- **Computer, Newsletter**
- **German:**
- **Science:** Making Raisins

22

- **Classic Viewing:** Monkeys
- **Group Games:** Stay Alive
- **A&C:** Tissue paper
- **Lunch**
- **Special Topics:** Marshmallow Shooter / **Mural Painting:** Chorus Set Painting
- **Mental Floss**

25

AE WILL BE CLOSED



26

- Outing Group #1**
Applebees
Jon R., Lynn, Kathy, Sam, Dewey, Zach, Angela, Allison, Marta, Dareek, Debbie
Staff: Annette, Dakota (Alisha, D'Andrea)

27

QUE MOVIE

- **Lunch**
- **Brain Busters Game:** Super Heroes

28

Chorus- Dress Rehearsal at church

29

- **Classic Viewing:** Night Court
- **Group Games:** Yahtzee
- **A&C:** Tissue paper Pictures
- **Lunch**
- **Special Topics:** / **Mural Painting:** Leonardo Da Vinci
- **Mental Floss**