

Adult Enrichment

active life day program

AE NEWS & FUN!!

FEBRUARY 2020



Picture by Mike

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

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

11:00 – 12:00-----Lunch.

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

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 / Free Time Computer / Spanish.

11:00 – 12:00-----Lunch.

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

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

WEDNESDAY

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

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

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

12:00 – 1:00 -----History / Free Time Computer / Dancercise.

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

THURSDAY

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

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

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

1:00 – 2:00 -----Brain
Busters/Photography

FRIDAY

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

11:0 – 12:00 -----Lunch.

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

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

Movie Outing every 3rd Friday of the month.

**Daily Social Time 8:00 – 9:15 AM &
2:00 – 3:00 PM**

Groups for Outings

Tuesday (2nd of the month)

Group 1

Staff- Amparo & Shelby (Kate E.)

Feb, April, June, Aug, Oct Stephanie M, Lynn S, Gary W, Dan R, Melissa G., Jimmy G.

Group 2

Staff- Cindy & Alexis (John)

Jan, March, May, Sep, Nov- (5) Katie H, Carly L Marta P, Robyn F, Dewey C.

Wednesday (4th of the month)

Group 1

Staff- Symone & Shelby (Kate E.)

January, May, September (6) Bob T, Jon F, Josh B., Kate M, Jayln W., Austin R.

Group 2

Staff- Takeisa & Lisavette (Katee)

March, July, November (6) Bob T, Jon F, Josh B., Kate M, Jayln W., Austin R.

Friday (3rd of the month)

Group 1

Staff - Tina, Lisavette

January, March, May, July, September, November: (6) Carly, Donald, Ernie, Marta, Jesse, Cordell H.

Group 2

Staff - Tina, Alexis

February, April, June August, October (6) Katie H., Robyn, Jayann, Kathy M., Missy

♥ FROM THE DIRECTOR'S DESK ♥

Adult Enrichment will be having a special Valentine's day celebration on Thursday, February 13th ! Be sure to keep an eye out for more details.

Happy Valentine's Day!

Be sure to check out these great articles in this edition of AE News!:

- Black History Month
- Groundhog Day
- National Pie Day
- Mardi's Gras
- Super Bowl
- AE Spotlight

~Jared



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

BLACK HISTORY MONTH



Black History Month is an annual observance originating in the United States, where it is also known as African-American History Month. It has received official recognition from governments in the United States and Canada, and more recently has been observed unofficially in Ireland, the Netherlands, and the United Kingdom. It began as a way of remembering important people and events in the history of the African diaspora. It is

celebrated in February in the United States and Canada, while in Ireland, the Netherlands, and the United Kingdom it is observed in October.

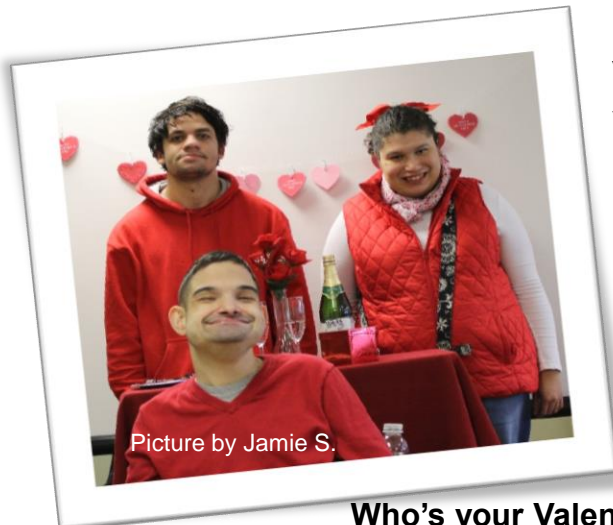
What does Black History Month mean to you and how can you celebrate it?

Max: I can celebrate Black History Month by making a speech

Jon. W: Watch biographies about Harriet, Martin Luther King, Rosa Parks

Victor: Write poems about African American History

Valentine's Day



Picture by Jamie S.

Valentine's is celebrated on February 14th each year. Valentine's Day is named after St. Valentine, who was executed after he was caught wedding Christian couples illegally. Valentine's Day is a day for lovers to express their affection with greetings and gifts. The holiday has origins in the Roman festival of [Lupercalia](#), held in mid-February. The festival, which celebrate the coming of spring.

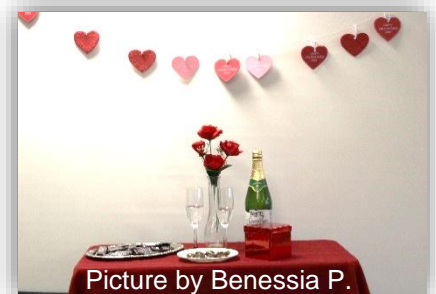
Who's your Valentine? What does Valentine's Day mean to you?

Loni: Valentine's Day makes me feel like I'm in love

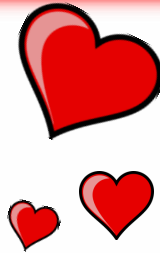
Victor: My Valentine is Trista and I'm going to take her out to dinner.

Gretchen: I like Valentine's because I get to eat candy

Crystal: I'm going to spend Valentine's Day with my boyfriend.



Picture by Benessia P.



WishList

1. Stained Glass Paints, 6-12 colors
2. 4 Black puff paints
3. Gift cards (Dollar Tree, Giant, Walmart, That Pet Place)
4. Basic tube Acrylic paint set
5. Hot glue sticks
6. 30 Stretched Canvas 11x14"
7. 8 Stretched Canvas 18 x 24
8. 16 oz. Liquid Acrylic paint of different colors
9. Glitter of different colors
10. 1 Box of 6" Jumbo Popsicle stick
11. New speakers for Green Room



ACTING CLASS

This Little Piggy

Acting Class had fun with 'Mother Goose Presents: This Little Piggy'. Everyone helped choose the Mother Goose costume for Jay to wear. The toes did not fully appreciate the Rhyme that Mother Goose was attempting to share. They kept interrupting her. Mother Goose got a little flustered. It was a funny skit, and fun to read through, together.



National Pie Day

January 23, 2020



SUPER BOWL



This year the two teams in the Super Bowl are The San Francisco 49ers and The Kansas City Chiefs. This will be the 54th anniversary of the National Football League's championship game. It will be broadcast on the 2nd of February. Companies spend 5 million dollars to run a 30-second TV ad during the game. This leads Coauthor Jonathan Whitlock to state "leaving the rest of the companies wondering, is it really worth it?" The Pepsi halftime show will see a performance by Jennifer Lopez and Shakira. Tickets to the game start at \$3,500 and go as high as \$35,000. Here are who the group thinks will win:

49ers to win

Jacob
Alexis
John K
Allie
Ben W
Austin

Chiefs to win

Christina
Crystal
Derek
Loni
Gretchen
Alexis
Destiny
Aaron
Keisa
Shelby
Jared

Dolphins

Jonathan W

SPOTLIGHT

ALEXIS & SHELBY PERSONAL CARE ATTENDANTS

INTERVIEW QUESTIONS By: AE Newsletter Group

ALEXIS



1. **Where are you from?** Albany, New York. I moved here when I was 12 years old.
2. **Where did you go to school?** McCaskey High School.
3. **When is your birthday?** April 20th
4. **Do you have any pets?** I have a Pit Bull named Roxie.
5. **What is your favorite movie?** The original Lion King.
6. **Do you have any children?** I have a one year old daughter named Alaina.
7. **What is your favorite holiday?** Thanksgiving
8. **What kind of music do you like?** R&B.
9. **Do you have any hobbies?** Drawing
10. **What is your favorite food?** Chicken – hot wings.

SHELBY

1. **Do you have hobbies?** I like to crochet. I crochet little animals.
2. **What is your favorite Disney movie?** Tarzan and Hercules
3. **When is your birthday?** February 11th
4. **What is your favorite food?** Chicken Wings, plain or garlic parmesan.
I like to make my own or go to Jack's in Millersville for them.
1. **Do you have a favorite sport?** I like to watch hockey and soccer. I played field hockey in high school. I was the goalie.
1. **What is your favorite TV show?** I like the remake of Lost in Space.
2. **Do you have a favorite genre?** Mysteries, Sci Fi, and Monster Movies
3. **What would be a good vacation?** A cabin in the woods would be nice.
4. **Tell us something on your bucket list?** Traveling to California by bus, train or driving...to see the country.
5. **What is your favorite outdoor activity?** Swimming
6. **Do you have a favorite color?** Pastel pinks, blues and purples
7. **Who would you like to meet from history?** Harriet Tubman



NATIONAL PIZZA DAY

Sunday, February 9 is National Pizza Pie Day 2020 in the United States. National Pizza Day is celebrated on the 9th of February each and every year. It is a holiday across the world where people enjoy the most iconic and popular dishes in the world and try to spend as much of their time with their friends and family.

Favorite Pizzas

Victor: Victor enjoys eating pepperoni pizza

Crystal: Stromboli is good. It's like pizza too

Max: I like to eat pepperoni and cheese pizza

Derek: I like Hawaiian pizza

Gretchen: I like pepperoni

Jacob: I like all pizza



PEPPERONI PIZZA BAGEL

Ingredients

- 1 Bag of Plain Bagel
- 1 cup store bought pizza sauce
- 2 cups Mozzarella cheese, shredded
- 1 6 oz. package slices pepperoni

Directions

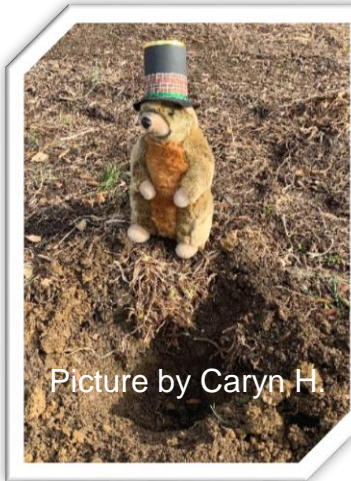
Preheat oven to 350°F.

Split bagel in half and place split-side-up atop baking sheet. Spread 2 tablespoon pizza sauce on each bagel half. Top each half with 2 tablespoons Mozzarella, 3-4 slices pepperoni and ½ teaspoon Parmesan. Place baking sheet in oven, until cheese is melted (approximately 8-10 minutes).

❖ **Optional:** Garnish each pizza bagel with oregano, Italian seasoning and serve.



GROUND HOG DAY



Picture by Caryn H.

Groundhog day is celebrated on February 2nd. Groundhog Day is celebrated in PA and Canada as a tradition. The Groundhog comes out of hibernation and it is alleged that if he see his shadow we will have 6 more weeks of winter, and if he doesn't we will have an early spring allegedly.

Also it is a funny movie from the 90's (Jon W.) that Bill Murray starred in.



Picture by Jon R.

How can we celebrate Groundhog Day?

Jon W- We can celebrate Groundhog Day by reading the paper or watching the movie

Crystal- we can learn about them

Loni- We can write about it and tell our friends about how groundhogs live

Presidents' Day



Presidents' Day is celebrated on Monday February 17th this year. **Presidents' Day**, officially Washington's Birthday, in the United States, is a holiday (third Monday in February) popularly recognized as honoring George Washington and Abraham Lincoln. The **day** is sometimes understood as a **celebration** of the birthdays and lives of all U.S. **presidents**.

How can we Celebrate Presidents' Day?

Victor- Eating a cake

Christina- Have a birthday party for the presidents

Crystal- wear red, white and blue

Max- say the Pledge of Allegiance

MARDI GRAS DAY



Once a year New Orleans descends into a flurry of chaos, crowds, and colorful masks as the city celebrates Mardi Gras – the last day of the Carnival celebration. Mardi Gras, or Fat Tuesday as it's also known, is the Christian feasting period before the start of Lent on Ash Wednesday.

How can we celebrate Mardi Gras?

Loni: Throw a party

Derek: We could buy bead necklaces

Victor: Make some masks

SCRAMBLE WORDS

1. MEGA YDA
2. YDACN ERATH
3. RGISP EEFVE
4. PSURE WLBO
5. RMOP GTINH
6. TIGNH OT ENHSI
7. IASTN ELNAVENTI
8. DNOUGR OGH AYD
9. EAPL ERAY
10. IIKNSG

ANSWER

Game Day, Candy Heart, Spring
Fever, Super Bowl, Prom Night,
Night To Shine, Saint Valentine,
Ground Hog Day, Leap Year, Skiing

FEBRUARY BIRTHDAYS



Feb 6th Keri G.



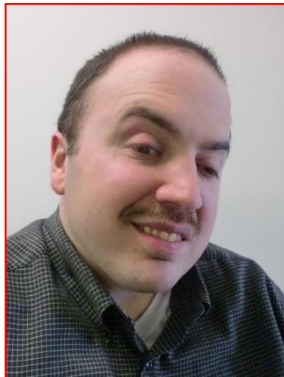
Feb 11th Nikolas U.



Feb 11th Shelby T.



Feb 20th Alondria S.



Feb 23rd Justin F.



Feb 25th Katie H.

FEBRUARY WORD SEARCH

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

ABRAHAM LINCOLN
FEBRUARY
HOT CHOCOLATE
NIGHT TO SHINE
SHOVELING
SPRING FEVER
WINTER COATS

ALL YOU NEED IS LOVE
GEORGE WASHINGTON
ICE SKATING
PRESIDENTS DAY
SKIING
SUPER BOWL

CANDY HEARTS
GROUNDHOG DAY
LEAP YEAR
SAINT VALENTINE
SNOW SHOWERS
THE BIG GAME

FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> •Current Events: <u>Symone & Cindy</u> • Arts & Crafts (A&C): <u>Amparo</u> •Independent Living Skills (ILS) <u>Keisha</u> • Newsletter: <u>Symone</u> • World Exploring: <u>Tina</u> • Creative Expression: <u>Cindy & Amparo</u> • Acting: <u>Cindy</u> 	<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 	<ul style="list-style-type: none"> •Current Events: <u>Keisha & Tina</u> •Mindfulness: <u>Tina</u> •Social Club: <u>Cindy</u> •Wildlife: <u>Cindy</u> •Science: <u>Amparo</u> •Dancercise: <u>Keisha</u> •Music Appreciation: <u>Keisha</u> •Outing 	<ul style="list-style-type: none"> • Current Events: <u>Tina & Keisha</u> • Chorus: <u>Brittany</u> •Garden & Nature: <u>Cindy</u> •Keyboarding: <u>Brittany</u> • Brain Busters: <u>Keisha & Brittany</u> •Photography: <u>Amparo</u> 	<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
3 <ul style="list-style-type: none"> • A&C: Cookie cutter valentine's art / ILS: Guest Speaker • Lunch • Newsletter: March News Letter/Acting: Valentine Forgetfulness • World Exploring: George Washington / Creative Expressions: Melted Snowman 	4 <ul style="list-style-type: none"> •Spanish: Clothing Vocabulary/ H&WB: Alcohol •Lunch •Dance: Taylor Swift / Travel: Bull Fighters/Social Club: Snow Fort • Forces of Nature: Gravity Movie / Book Club: Holes 	5 <ul style="list-style-type: none"> • Mindfulness: Relaxing / Social Club: Who Am I? •Lunch •History: / Dancercise: Bollywood •Music App: Pentatonix / Science: Solids Heated/Cooled 	6 <ul style="list-style-type: none"> • Chorus: • Lunch •Garden & Nature: Pinecone Birdfeeder •Brain Buster: Food Emoji / Photography: Take pictures for newsletter articles. 	7 National Wear Red Day <ul style="list-style-type: none"> •A&C: Cookie cutter valentine's art / Home Economics: Serving Food •Lunch •A -Group Games: Hangman/ B-Group Games: TBD •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
10 <ul style="list-style-type: none"> • A&C: Salt Painting/ ILS: Kitchen safety • Lunch • Newsletter: March NL / Acting: Charlie Brown • World Exploring: John Adams / Creative Expressions: Snowscape 	11 OUTING <p>Park City Mall (Bring \$20) Stephanie M, Lynn S, Gary W, Dan R, Missy G, Jimmy G.</p> <ul style="list-style-type: none"> •Spanish: Valentine's Vocabulary/H&WB: Exercise •Lunch •Dance: Michael Jackson/ Travel: Valentines Around the World/Social Club: Corn hole •Forces of Nature: Survival / Book Club: Holes 	12 <ul style="list-style-type: none"> • Mindfulness: Kindfulness/ Social Club: Marshmallow Crossbow •Lunch •History: PC / Dancercise: Hip Hop •Music App: Philharmonics/ Science: Valentine Science 	13 <ul style="list-style-type: none"> • Chorus: • Lunch •Garden & Nature: Ivy Frame • Brain Buster: Disney Emoji /Photography: Take pictures for newsletter articles. 	14 <ul style="list-style-type: none"> •A&C: Salt Painting / Home Economics: Shopping •Lunch •A -Group Games: Volleyball with balloons & Wii/ B-Group Games: Skippo Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
17 <ul style="list-style-type: none"> • A&C: Winter trees/ ILS: Cooking • Lunch • Newsletter: March NL / Acting: Puppet Theater • World Exploring: Thomas Jefferson / Creative Expressions: Recycled glass bottles 	18 <ul style="list-style-type: none"> •Spanish: Acting Verbs Game/ H&WB: PC •Lunch •Dance: Country Music / Travel: Underground Railway / Social Club: Sign Language •Forces of Nature: Off the Grid / Book Club: Holes 	19 <ul style="list-style-type: none"> • Mindfulness: Friendship / Social Club: Famous Couples •Lunch •History: PC / Dancercise: Disco Funk •Music App: Pitch Perfect / Science: Walking water Experiment 	20 <ul style="list-style-type: none"> • Chorus: • Lunch •Garden & Nature: Seed Tapes •Brain Buster: Taylor Swift /Photography: Take pictures for newsletter articles. 	21 MOVIE OUTING Robyn, Jayann, Kathy M., Missy, Benessia <ul style="list-style-type: none"> •A&C: Winter trees/ Home Economics: BINGO •Lunch •A -Group Games: Guess the song/ B-Group Games: TBD •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.
24 <ul style="list-style-type: none"> • A&C: Winter trees/ ILS: Count Coin • Lunch • Newsletter: /Acting: The Greatest Showman • World Exploring: James Madison / Creative Expressions: Recycled glass bottles 	25 <ul style="list-style-type: none"> •Spanish: Matching Games/ H&WB: PC •Lunch •Dance: Participant Choice / Travel: Snowmobile/ Social Club: Pictionary •Forces of Nature: Snow Storms / Book Club: Holes 	26 <ul style="list-style-type: none"> • Mindfulness: Basic Needs / Social Club: Magnetic Fishing •Lunch •History: PC / Dancercise: Just Dance •Music App: Karaoke / Science: Water Density Experiment & Facts 	27 <ul style="list-style-type: none"> • Chorus: • Lunch •Garden & Nature: Evergreen Trees •Brain Buster: Michael Jackson /Photography: Take pictures for newsletter articles. 	28 <ul style="list-style-type: none"> •A&C: Winter trees / Home Economics: Mac & Cheese •Lunch •A -Group Games: Ker-Plunk/ B-Group Games: TBD •Movie Club: Movie of the week / Photography: Take pictures for newsletter articles.