

Adult Services Presents

THE BUZZ



141 S. Main Street
Manville NJ 08835
www.thearcofsomerset.org

Guess the closest number of coins in the newsletter and have an opportunity to win a Buffalo Wild Wings gift card!



Computer Class at Jill Court

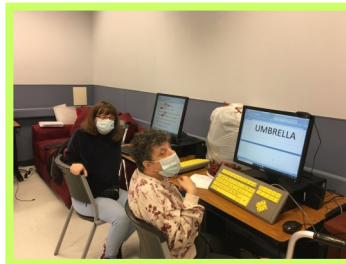
Publisher & Editor
Cliff Leon
Karen Kowalski

Photographers
Cliff Leon
Karen Kowalski
Mary Scibelli

Looking for a fun opportunity?
Be a guest contributor for The BUZZ

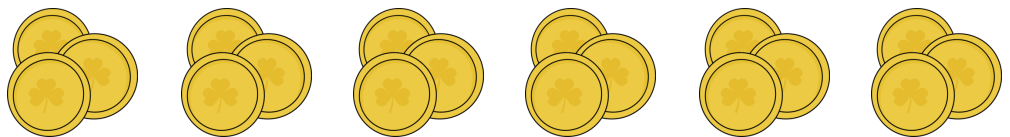
Please contact:
Karen Kowalski
or
Cliff Leon

By Mary Scibelli



Barbara P and Barbara W are hard at work during computer class. Barbara P is working on an activity where she reads the text on the screen and looks for the color words (like red, yellow and blue). Next she uses the mouse to select the word and changes the color of the text to match the word. For example, when she read “The blue whale lives in the blue sea.” she selected both of the blue words and changed the color of the text to blue. She also cheered on her friend Barbara W who is sitting next to her as she practices her typing skills.

THANK YOU
FOR ALL YOU DO
DSPs



4

The Fantastic Four



By Kaitlyn Vinals, OTS



This week we all teamed up to play a game called "What's the Rhyme?" We were all given a word to start with and then had to think of as many words as we could that rhymed with the first word. After we came up with our list, the whiteboard was flipped over and we had to work together to remember all of the words we came up with! Gerri, Jayne, and Charlie worked so well as a team to remember all of the words on our list and a bunch of words that rhymed with things like "EAT," "ALL," "HOP" and "CAT." We can't wait for next week!





Crafty Ladies

By Kaitlyn Vinals, OTS



This week we focused on some of our favorite things and formed a group around that! Angela was able to do one of her favorite activities and paint her nails red and pink. Angela did a great job doing this activity all on her own and showing the rest of us how to do it! At the same time, Lynda worked on a collage with all of her favorite things as well. We worked together to rip and glue a bunch of pictures of things such as "Looney Tunes" Characters as well as beautiful pictures of nature. We had so much fun talking about other things we enjoy and can't wait for next week!





The Arc's 50th Anniversary



Did you know?!?!? The Arc of Somerset County is celebrating its 50th anniversary in 2022!! In honor of this very special year, the newsletter will feature a few historic pictures with each issue throughout the year. Enjoy the step back into time as we look forward to this outstanding year of celebration!



LINDA H.



JOE O.



Inspirational Quote

WORK FOR
A CAUSE,
NOT FOR
APPLAUSE.
LIVE LIFE TO
EXPRESS,
NOT TO
IMPRESS.

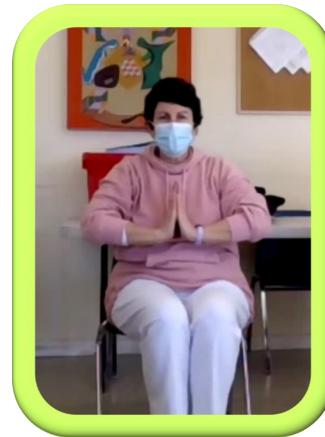


Mondays
at
1PM

Yoga with Jane



THANK YOU JANE





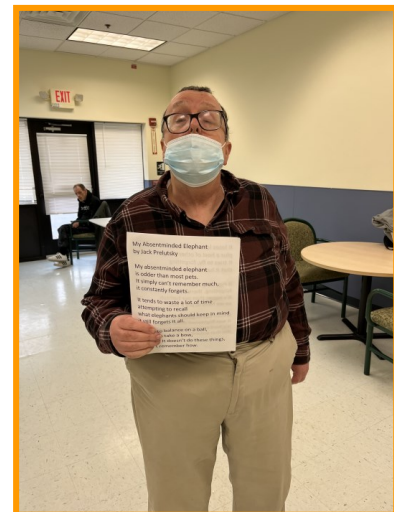
This Week in Literacy



By Mary Scibelli

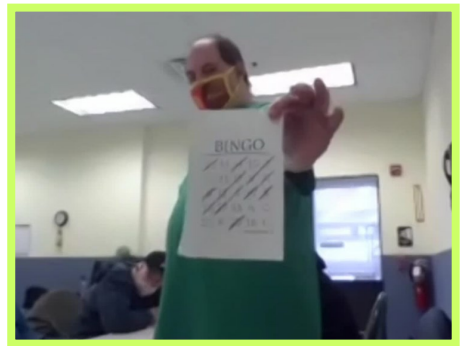
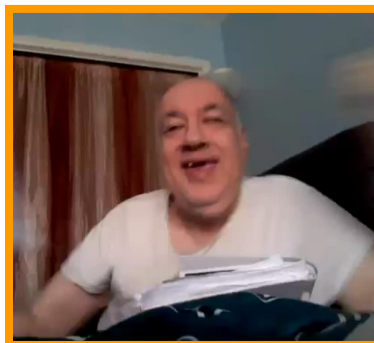
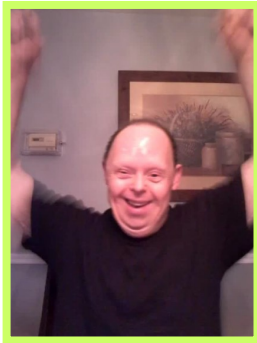


There are poems about absolutely everything! This week Charles, Geri, and Jayne took turns reading a poem called “There are Zebras on the Ceiling.” Charles was quick to add that if there were actually zebras on the ceiling, they would fall down. We agreed that is an especially silly poem where anything is possible. Jayne read about a bear being in the bed and that’s definitely not a good place for a bear to be. Steve B., Kamala, Alex and Mary took turns reading the poem “My Absentminded Elephant.” Kamala read about how the elephant forgot how to balance on a ball and Mary read about how the elephant kept losing his peanuts. Meanwhile, Barbara P is looking through the poetry book to find new poems for everyone to read. Keep reading everyone!



Mondays
&
Fridays
at 10AM

BINGO with Mary!!!



February BINGO Winner!!!



DOREEN

HAPPY BIRTHDAY



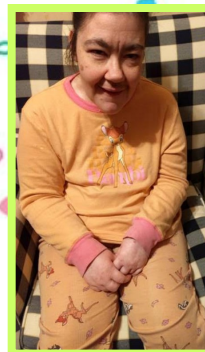
March



DAMANDEEP



TRACEY



ULANA



RANDY



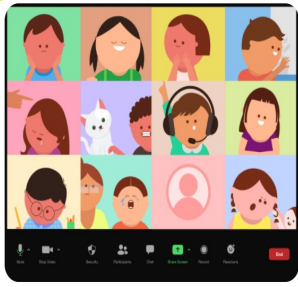
What's the Buzz?



Jill Court playing kick ball!!!



Danny enjoying doing a puzzle !!



Hybrid Programming

The Arc of Somerset County is thrilled to be able to offer a wide array of hybrid programming for individuals within residences *and* for those whom are served through our day habilitation programs. All individuals are welcome to attend any and all groups in order to catch up with friends and participate in fun and interactive activities. Please refer to the this months hybrid calendar and feel free to contact Director of Adult Services, Karen Z. Kowalski, with any questions at: karenk@thearcofsomerset.org

- **Bingo:** Enjoy time with friends while playing “Bingo” with Mary Scibelli in this very popular group! Any new individuals interested in joining this group, please contact Karen Kowalski to coordinate so that you can receive bingo cards
- **Yoga with Jane:** Enjoy a relaxing start to the week with Jane and friends with yoga. Yoga poses can be done seated or in standing based upon ability level.
- **Literacy classes:** Join Mary Scibelli with her very engaging classes wherein literacy concepts are taught. Would be helpful for participants to have pencil and paper or someone to assist with this.
- **“Music for Hope and Inspiration”:** Join musicians and those whom just enjoy music for this varied music programs featuring guest musicians on a variety of instruments such as guitar, piano, voice, harmonica, accordion. Participants are encouraged to sing, clap, dance to the music or just smile, make comments and enjoy a good musical time with friends!
- **“Self-Advocacy Group”:** Join Suman and the Self-Advocacy Group to learn about current issues and events surrounding self-advocacy. Please contact Karen Kowalski for more information if interested.
- **“Shooting the Breeze with Friends”:** Spend time catching up with friends whom are both virtual and in-person so that we can keep up our community connections on a variety of topics that are important to us and just to say ‘hi
- **“Stressbusters” Open Discussion—**Share your experiences with stress and/or anxiety. Discuss coping skills and how to use them.



**Monday
March 7th**

**Friday
March 18th**

Hybrid Schedule

Monday, March 7th

10:00-10:45: **BINGO with Mary** - *all welcome*

Meeting ID: 481 232 8925
Password: 12345

11:15-11:45: **Stressbusters**

Meeting ID: 412 415 5729
Password: 794009

1:00-1:30: **Yoga with Jane**

At the Commons & virtual:

Meeting ID: 481 232 8925
Password: 12345

Tuesday, March 8th

1:00-1:30: **Music for Hope & Inspiration**

At JCATC & virtual: Guest musician

Meeting ID: 481 232 8925
Password: 12345

3:30-4:00: **Shooting the Breeze with Friends**

Meeting ID: 481 232 8925
Password: 12345

Wednesday, March 9th

9:30-10:00: **Literacy Class—All Welcome**

Meeting ID: 701 845 7910
Password :12345

Thursday, March 10th

11:15-11:45: **Literacy Class** - *all welcome*

Meeting ID: 701 845 7910
Password: 12345

Friday, March 11th

10:00-10:45: **Bingo with Mary**

Meeting ID: 481 232 8925
Password: 12345

Monday, March 14th

10:00-10:45: **BINGO with Mary** - *all welcome*

Meeting ID: 481 232 8925
Password: 12345

11:15-11:45: **Stressbusters**

Meeting ID: 412 415 5729
Password: 794009

1:00-1:30: **Yoga with Jane**

At the Commons & virtual:

Meeting ID: 481 232 8925
Password: 12345

Tuesday, March 15th

1:00-1:30: **Music for Hope & Inspiration**

At JCATC & virtual: Coffeehouse Project

Meeting ID: 481 232 8925
Password: 12345

3:30-4:00: **Shooting the Breeze with Friends**

Meeting ID: 481 232 8925
Password: 12345

Wednesday, March 16th

9:30-10:00: **Literacy Class—All Welcome**

Meeting ID: 701 845 7910
Password :12345

Thursday, March 17th

11:15-11:45: **Literacy Class** - *all welcome*

Meeting ID: 701 845 7910
Password: 12345

Friday, March 18th

10:00-10:45: **Bingo with Mary**

Meeting ID: 481 232 8925
Password: 12345

Tuesdays
at
3:30PM

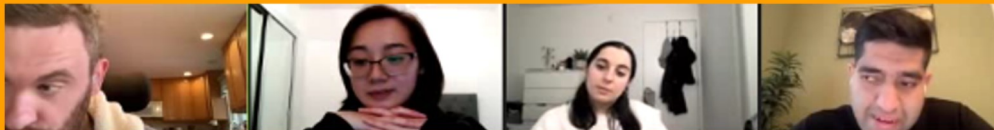
Shooting the Breeze with Friends



By Kaitlyn Choy, OTS



Today in Shooting the Breeze with Friends, Matt and Damandeep joined us for a Rhyming Memory Game! We all worked together to think of rhymes for the words, “air” and “bee.” We came up with 11 words that rhyme with “air” and 7 words that rhyme with bee! Then we worked together to remember as many words we thought of as we could! It was really fun thinking of rhymes together! It would be such a fun activity to do again sometime!



Air

Fair

Where

Bear

Pear

Pair

Care

Hair

Stare/Stair

Chair

Share

Tuesdays
at
1PM

Music for Hope & Inspiration

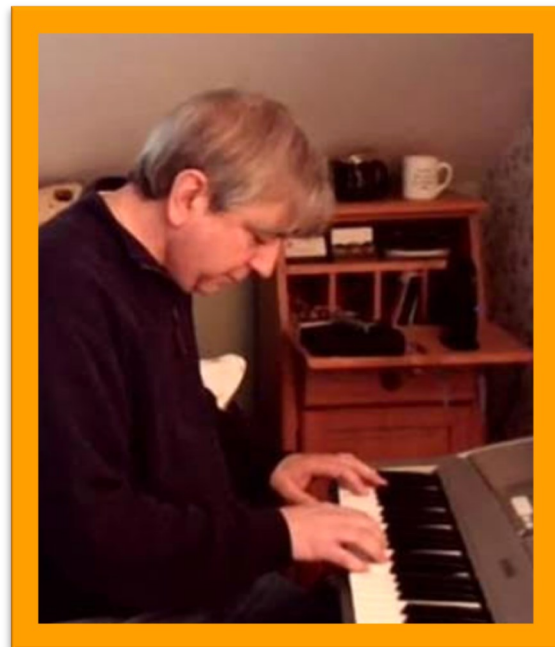


VINNIE

By Kaitlyn Choy, OTS



Vinnie gave us a special virtual performance in Music today featuring love songs in the spirit of Valentine's Day! He beautifully played his accordion and keyboard for us! The songs we listened to him play are "I Saw Her Standing There," "Darlin'," "And So It Goes," "Love Me Tender," "Surfer Girl," "Be Careful It's My Heart," and many others! Thank you, Vinnie, for the wonderful performance and for sharing your love of music with us! We can't wait to see what's in store for next time!



Tuesdays
at
1PM

Music for Hope & Inspiration



JUSTIN BROWN



By Kaitlyn Choy, OTS

We were joined by the wonderfully talented Justin today for music! We had a fantastic time with Justin performing with his keyboard while Scott played his guitar and the rest of us shook our bells and shakers! The songs that were played today were "Time After Time," "Total Eclipse of the Heart," "Listen to Your Heart," "Ain't No Sunshine," "Let It Be," and "Eye of the Tiger." Thank you, Justin, for sharing your talent and passion for music with us!



A X S Q T
 A W I A R
 E G O I O
 R Z A R H A P
 Y W H F D Q J
 L P C O A S E



Word Search



Football Terms Word Search

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

BACKFIELD
 CENTER
 CORNERBACK
 DOWN
 DRIVE
 END ZONE
 EXTRA POINT
 FAIR CATCH

FIELD GOAL
 FULLBACK
 FUMBLE
 GUARD
 HALFBACK
 HAND OFF
 HUDDLE
 INCOMPLETION

INTERCEPTION
 KICKOFF
 LINEBACKER
 OFFENSIVE LINE
 PUNT
 QUARTERBACK
 RED ZONE
 RETURN

RUSHING
 SACK
 SAFETY
 SNAP
 SPECIAL TEAMS
 TACKLE
 TIGHT END
 WIDE RECEIVER

A	X	S	Q	T		
A	W	I	A	R		
E	G	O	I	O		
R	Z	A	R	H	A	P
Y	W	H	F	D	Q	J
L	P	C	O	A	S	E



LARGE Word Search



FOOTBALL



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

Down
Drive
Fumble
Huddle



Kickoff
Punt
Sack
Tackle



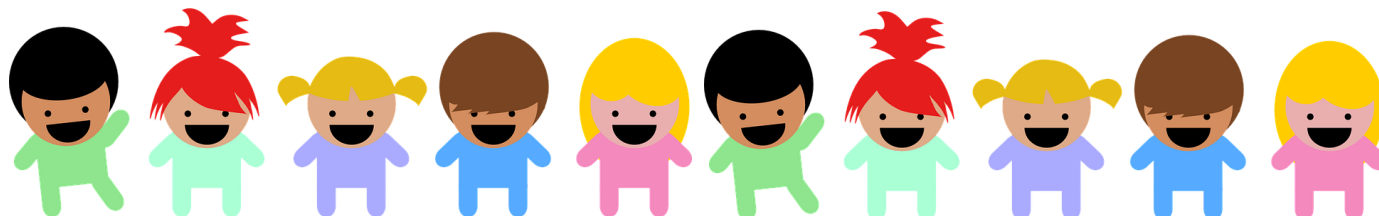
Guess That Baby!



1. I'm a twin
2. My father has a building named after him in Somerville NJ
3. I like to learn about history

WHO AM I ?

Find out the answer in the next issue of **The Buzz!!!**



1. My favorite sports team is the Red Socks
2. I love to cook, (especially pasta, that's my favorite
3. I enjoy working out at the gym

WHO AM I ?



Selena





Craftsman Corner

LIFT PROPERLY Prevent Back Injuries

DON'T!

- Don't lift with your back arched!
- Don't lift with the object far away from your body!
- Don't lift and twist!



DO!

- Do bend your knees when lifting!
- Do keep your back straight and be sure of a firm grip!
- Do keep the object close to your body!



St. Patrick's Day

word scramble

IIRHS _____

LDOG _____

OABIRWN _____

KAPCIRT _____

ADIELRN _____

NEEPHEARCU _____

MHSOKCRA _____

HRCMA _____

YKLCU _____

ENRAGE _____

BACBAEG _____

ORLECV _____

NETESENEV _____

TISNA _____

ARDEAP _____

ACDNE _____





How Many Coins Can You Find?

Instructions: Count how many coins you see in this issue of “The Buzz”. Whoever guesses the **closest or the exact number** of coins wins a Buffalo Wild Wings gift card!

You can submit your guesses by: contacting Karen Kowalski or Clifford Leon, telling an Occupational Therapist student, telling a staff at Jill Court or your group home.

Tiebreaker: If guesses are the same and if they are close or the exact number of coins the names will be put into a raffle with a drawing with one **ULTIMATE WINNER!!!**

Please submit your guesses by **March 15th**. The winner will be announced in the next issue of “The Buzz”.

