

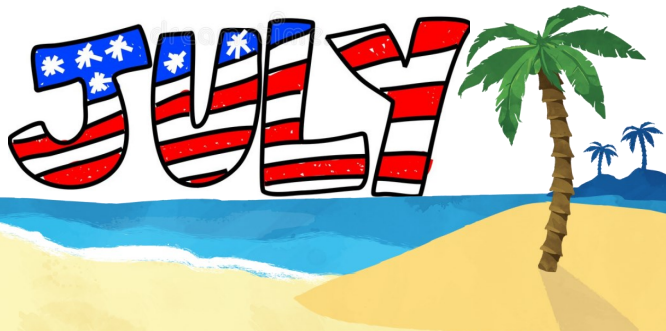
Adult Services Presents

THE BUZZ



The Arc
of Somerset County

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



The best view comes after the hardest climb.

THANK YOU KARA!

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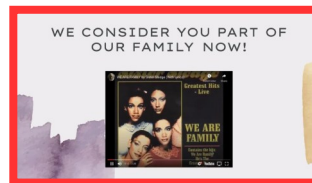
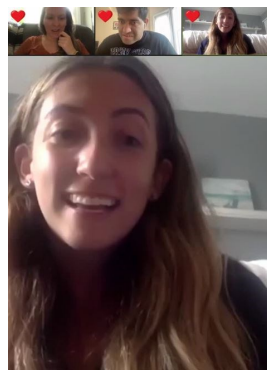
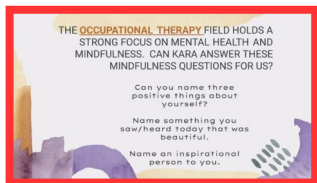
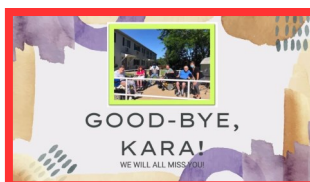
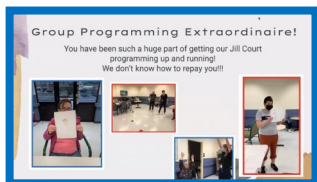
Photographers

Cliff Leon
Karen Kowalski

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

Please contact:
Karen Kowalski

Shooting the Breeze was bitter sweet today as we said farewell to our good friend, Kara - the OTA student working with The Arc of Somerset County! We took a walk down memory lane as we discussed all her successes and her progress made in the past several weeks. Some of these successes were all of her creative program planning for Jill Court as well as her blossoming leadership skills in her infamous "Fantastic 4" group! Kara is a sweet and smart student, and we all cannot wait to see how she changes the field of OT for the better! As part of the farewell presentation celebration, we prompted Kara of a mindfulness question: who is someone who inspires you. She stated her sister, and then presented the question to her fellow group members. Cliff had the wonderful answer of our very own Karen Kowalski and states that, "everyone should have a person like Karen in their lives" and we couldn't agree more! THANK YOU KARA, and good luck! We will miss you.



THANK YOU
DSPs
FOR ALL YOU DO

The Adventures of the Fantastic Four

Written by Kara Milke, OTAS

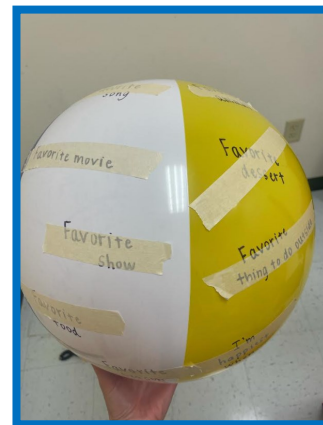


It was a fantastic Friday for the Fantastic Four group! We began with a fun activity involving pinching clothespins off the top of a bucket. Whoever removed the last clothespin got to choose a song of interest to play on the speaker! Our first winner was Charlie - choosing his favorite artist, Kenny Rogers with the song, The Gambler. Geri won next and chose her all-time favorite, Led Zeppelin! We then worked on our range of motion by throwing a beach ball to a desired spot on the ground that presented with different questions and motions. We all performed yoga arm stretches, got to hear Steve sing, listened to Jayne hum a tune, listed different types of animals without repeating, and stated 1 positive thing that happened to us this week! Can't wait to see what the Fantastic Four group has in store for next week!



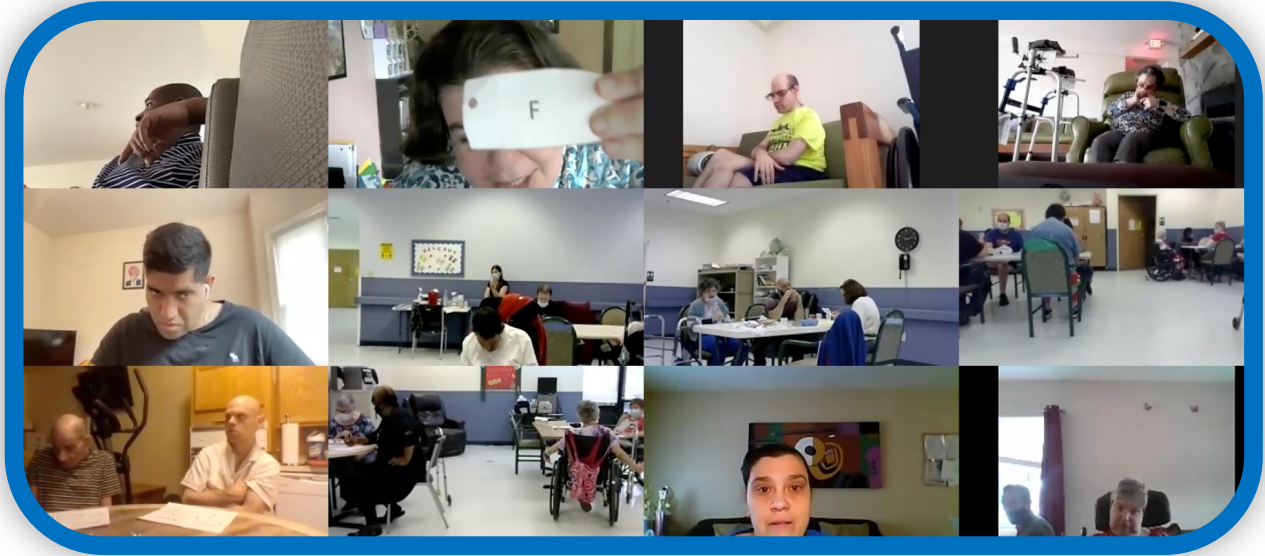
Written by Kara Milke, OTAS

It was a pleasure to have a guest appearance by the one and only, Chris Corvino during the Fantastic Four group! We were able to show Chris all of the wonderful activities such as threading a pool noodle onto a piece of ribbon and tossing a beach ball to one another and answering fun questions! We even got Chris to participate - he has great catching skills! We all enjoyed singing to some of our favorite artists like Led Zeppelin, Willie Nelson, Kenny Rogers, and Jimmy Buffet! We learned some interesting facts about one another such as our favorite ice cream flavors, what our favorite food is, and what collections we all have! We had a wonderful time with Chris and hope he makes another appearance soon!



**Mondays
&
Fridays
at 10AM**

Mary's BINGO Group



This Week in Literacy



We continued to have fun with words during the literacy classes we had this week. We talked about words that can be put together to make new words. When you add the words news and paper together, it becomes newspaper. The group took turns looking at each word and saying a word that can be added to the end. When Lesley heard the word air, she talked about the air-conditioner, airport and airplane. When the group was shown the word fire, Ara talked about a fire-drill, while Doreen mentioned a fire-alarm. Doreen also talked about wearing sunglasses outside and wearing a seatbelt so that you can be safe in the car. When Bill saw and heard the word foot, he said football. Everyone did such a great job with the activity and had lots of fun!

HAPPY BIRTHDAY

JULY



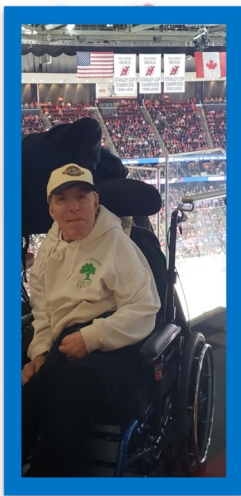
JAYNE



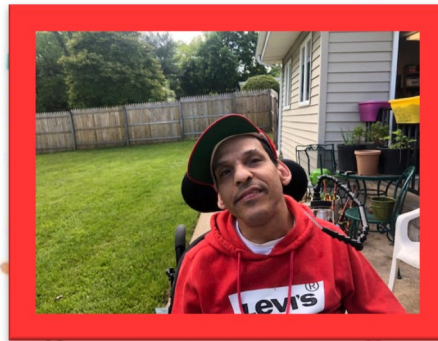
FRANCES



LORI



William



Alex

Virtual Programming

The Arc of Somerset County is thrilled to be able to offer a wide array of virtual 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 virtual 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
- **“Art with Alec & Tonya”:** Join fellow artists as they learn about different types of pencil and paper drawings. Make sure to have paper, pencils and either colored pencils, crayons or markers
- **“Royal School of Yoga”:** 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



Virtual Zoom Schedule

(July 26th—July 30th)



Monday, July 26th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

2:00-2:30: Art with Alec/Tonya

Meeting ID: 481 232 8925
Password: 12345

Tuesday, July 27th

**1:00-1:30: "Music for Hope and Inspiration" -
*Outside at JCATC and Virtual
Special Violin Performance***

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: Literacy Class—All Welcome

Meeting ID: 701 845 7910
Password :12345

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

Meeting ID: 481 232 8925
Password: 12345

Wednesday, July 28th

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

Meeting ID: 701 845 7910
Password :12345

**11:15-11:45: Literacy Class—All Welcome
all welcome!**

Meeting ID: 701 845 7910
Password :12345

Thursday, July 29th

**11:15-11:45: Literacy Class—All Welcome
all welcome!**

Meeting ID: 701 845 7910
Password :12345

Friday, July 30th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345



The Arc of Somerset County's

A LIFE ON CANVAS ART SHOW



Wednesday August 4th & Thursday August 5th
6:00 pm - 7:00 pm

Outside of Union Avenue Apartment

Art works of Marcia, Kathy and Damandeep will be featured
in addition to other artists.

Social distance and all current regulations ensured

RSVP to Karen Kowalski by 8.2.21 to coordinate timing of art viewing.

karenk@thearcofsomerset.org

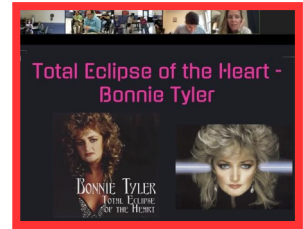
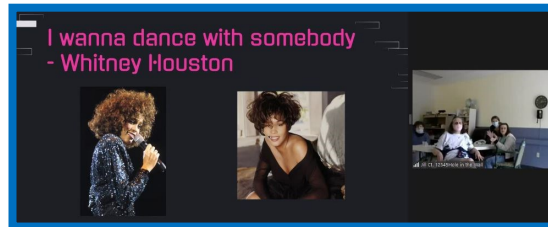
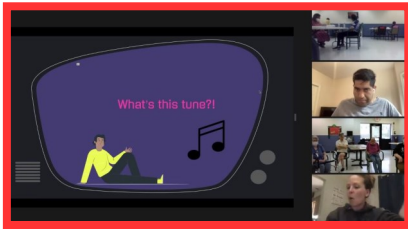


Tuesdays at 1pm

Music for Hope & Inspiration Group

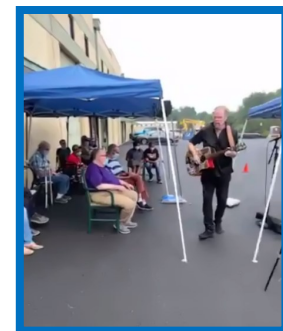
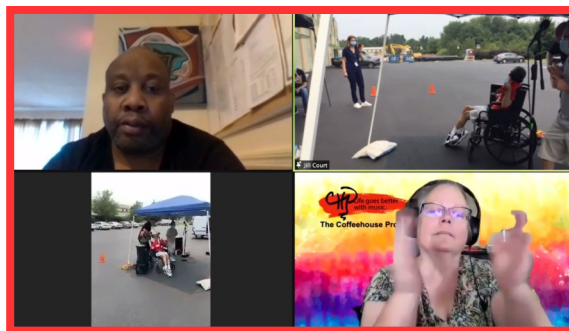
Name That Tune: 80's Edition!!!

'Music for Hope and Inspiration' today was incredibly fun as we played a classic game of "Guess That Tune!" with a spin on the theme: 80's EDITION! Everyone sang along and shouted out the title of the song, or artist, as we went through an 80's playlist that had a little bit from every genre. Some of the songs we had to guess were "I Want To Dance With Somebody" "Summer of 69" "Eye Of The tiger" and "Beat it". Our friends at Jill Court were on a roll as they shouted their guesses while our virtual friends sang along to the lyrics. It was a great time! Looking forward to what our next "Guess That Tune" theme will be hopefully in the near future! Thanks for playing!



Thank You Coffeehouse Project!!!

One of our favorite visitors made an appearance today to Jill Court for 'Music for Hope and Inspiration' - The Coffeehouse Project! They did not disappoint with their exhilarating playlist today. Some of the songs they played include "Dancing in the Street", "Under the Boardwalk", "Summer Breeze", "Summertime Blues", and "These Boots Were Made for Walkin". There was definitely a Summer song theme here, and all our friends were feelin' the heat at Jill Court! Many of them did not let the warm sunshine keep them from getting off their feet though - Elvina was dancing, Scott was playing his air guitar, Alex shook the tambourine, and Frannie sang us a song - great job everyone! Ray even sang "409" by the Beach Boys using the microphone - go Ray! It's always a party when The Coffeehouse Project visits - thanks for making our day. We'll be tuning our air guitars till your next arrival.

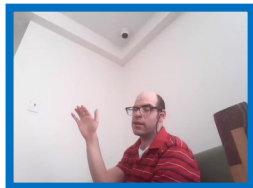
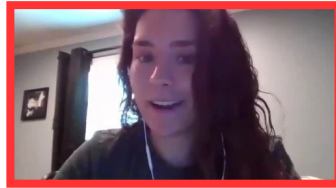


**Mondays
at
2pm**

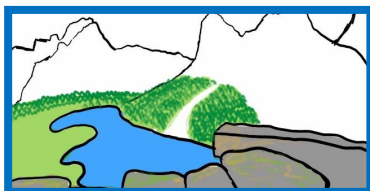
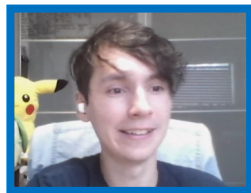
**Art with
Tonya & Alec**

Summer Birdhouses

The “Art with Tonya” group created beautifully designed summer birdhouses as they also discussed the joys of the summertime weather and activities!



Thank you Alec!



Thank you Tonya, Alec and all artists for your love and passion for the process of art creation. Look for the summer art show flyer coming soon.

Word Search

A Day at the Beach

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

Find the following words in the puzzle.
 Words are hidden ↑ ↓ → ← and ↘ .

BLANKETS
 BOARDWALK
 BOAT
 CHILDREN
 COOLER
 CRAB
 DOGS
 FRISBEE

GOGGLES
 LIFEGUARD
 OCEAN
 PAIL
 PICNIC
 RADIO
 SAND
 SANDALS

SEAGULLS
 SHELLS
 SHOVEL
 SNORKELS
 SUN
 SUNBLOCK
 SUNBURN
 SUNGLASSES

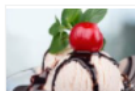
SWIMMING
 SWIMSUIT
 TIDE
 TOWELS
 UMBRELLA
 VOLLEYBALL
 WAVES



July Holidays

(July 25th–August 7th)

Sunday, July 25th



National Hot Fudge Sundae Day



National Parents' Day



National Wine and Cheese Day

Monday, July 26th



National Aunt and Uncle Day



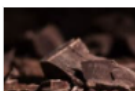
National Coffee Milkshake Day

Tuesday, July 27th



National Creme Brûlée Day

Wednesday, July 28th



National Milk Chocolate Day

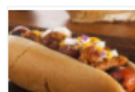


World Hepatitis Day

Thursday, July 29th



National Chicken Wing Day



National Chili Dog Day



National Lasagna Day



National Lipstick Day

Friday, July 30th



International Day of Friendship



National Cheesecake Day



National Father-in-Law Day

Saturday, July 31st



Harry Potter's Birthday



National Avocado Day



National Mutt Day



World Ranger Day

Sunday, August 1st



DOGust 1st: Universal Birthday for Shelter Dogs



National Friendship Day



National Girlfriend Day

July Holidays

(July 25th—August 7th)



National Sisters Day

Friday, August 6th



Spider-Man Day



Cycle to Work Day

Monday, August 2nd



National Coloring Book Day



National Root Beer Float Day



National Ice Cream Sandwich Day



National Lighthouse Day

Tuesday, August 3rd



National Watermelon Day



National Mustard Day



Tom Brady's Birthday



Purple Heart Day

Wednesday, August 4th



Barack Obama's Birthday



National Chocolate Chip Cookie Day



U.S. Coast Guard Birthday

Thursday, August 5th



Work Like a Dog Day



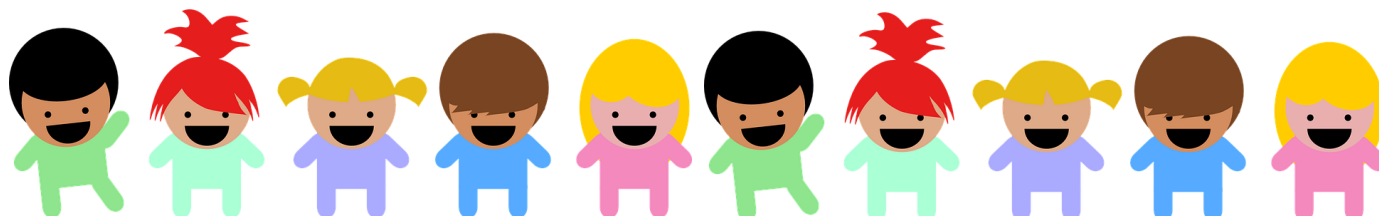
Guess That Baby!



1. I am a 100% jokester who has friends galore
2. I used to work handing out samples of delicious treats that were almost as sweet as my girlfriend.

WHO AM I?

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



1. I spend my days playing with kids.
2. I have three older kids of my own.
3. I have an office in Manville.
4. I love getting my hands in the dirt gardening!

WHO AM I?



Jill Glassman

ICE CREAM MAZE

