

Adult Services Presents

THE BUZZ



The Arc
of Somerset County

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



Whoever guessed the closest number of candy canes in the newsletter wins a BARNES & NOBLE gift card!
AND THE WINNER IS...

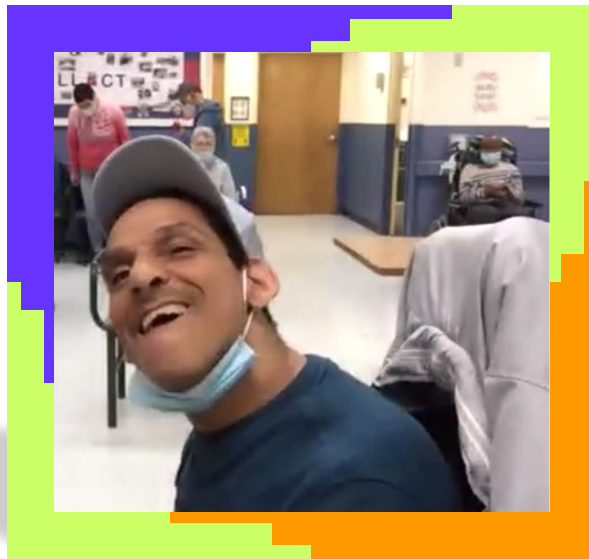
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Karen Kowalski

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

Please contact:
Karen Kowalski
or
Cliff Leon



ALEX

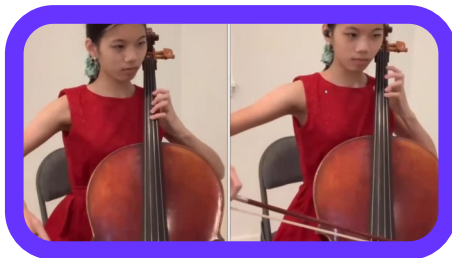
Guessed: 212 Total: 225

CONGRATULATIONS

THANK YOU
DSPs
FOR ALL YOU DO

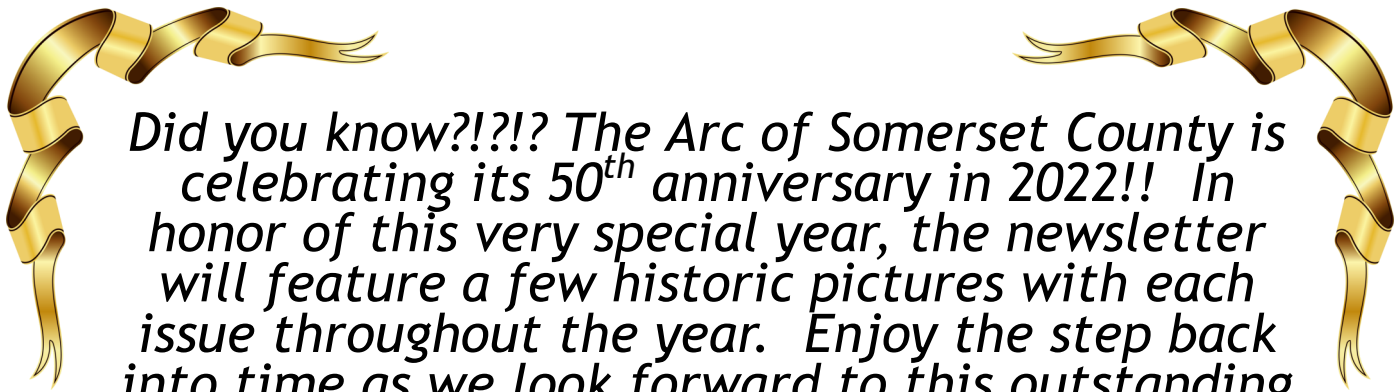
The Bernards Ensemble

A huge thank you to our friends and fellow musicians, The Bernards Ensemble, for the outstanding virtual holiday performance. Music brings us all together and this performance certainly showed this. The Bernards Ensemble has provided us with in-person performances and then supported us with music throughout the pandemic which assisted with our community connections and valued participation in music. We certainly appreciate the group's philanthropy towards community access to music and look forward to more in the future with this dynamic group of young musicians!





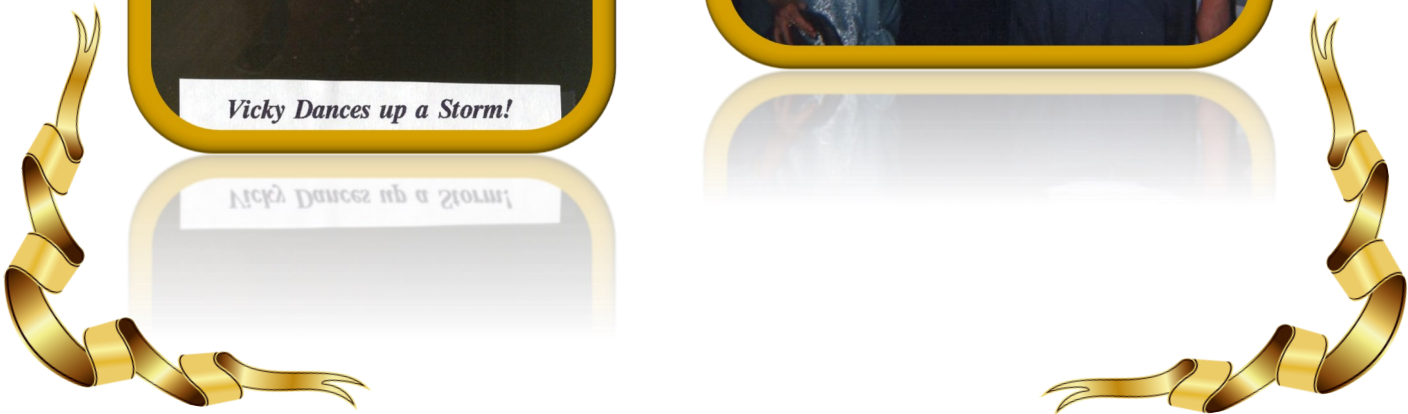
The Arc's 50th Anniversary



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!



Vicky Dances up a Storm!



Inspirational Quote

**May each day of the coming
year be vibrant and new,
bringing along many reasons
for celebrations & rejoices.
Happy New Year!!**





This Week in Literacy

The reading group at Jill Court spent the class before Christmas reading and finding the answers to riddles about the holiday. Kamala, Steve B, Diana and Mary also read a poem called “A Christmas Puppy” and made a list of happy words including excited, fun, cheer, jolly, joy, spirited and surprise. Finally, the group worked together to make a Christmas poem of their own with the letters in the word Christmas.

Candy Cane
Holiday
Reindeer
Icing Cookies
Santa
Tree
Merry
Angel
Snowman



**Mondays
&
Fridays
at 10AM**

BINGO with Mary!!!



HAPPY BIRTHDAY

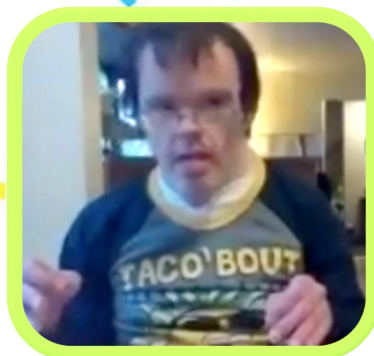
January



CHARLIE



LISA

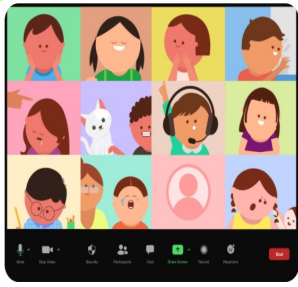


TOMMY



MICHAEL





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
- **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
January 10**

**Friday
January 21st**

Hybrid Schedule

Monday, January 10th

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, January 11th

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

Meeting ID: 481 232 8925

Password: 12345

Wednesday, January 12th

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

Meeting ID: 701 845 7910

Password :12345

Thursday, January 13th

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

At JCATC & virtual: Tommy Strazza

Meeting ID: 481 232 8925

Password: 12345

Friday, January 14th

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

Meeting ID: 481 232 8925

Password: 12345

Monday, January 17th



Martin Luther

King, Jr. Day

Program closed

Tuesday, January 18th

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, January 19th

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

Meeting ID: 701 845 7910

Password :12345

Thursday, January 20th

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

Meeting ID: 701 845 7910

Password: 12345

5:00-6:00pm: **General Advocacy Meeting**

Meeting ID: 508 102 0273

Password: 9A4nFe

Friday, January 21st

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

Meeting ID: 481 232 8925

Password: 12345

Tuesdays
at
3:30PM

Shooting the Breeze with Friends

By Ejiroghene Okopie, OTS

Today during shooting the breeze, Matt and Damandeep were able to join us for virtual Trivia! Trivia ranged from random food topics to facts around the world. The trivia questions were challenging, but they both displayed great critical thinking to solve the tough questions. After scoring everyone's answers at the end there was a tie! We would love to see more people participate during our next week of shooting the breeze!



Tuesdays
at
1PM

Music for Hope & Inspiration



TOMMY STRAZZA



By Ejiroghene Okopie, OTS

What an electric music showing today for the in-person and virtual attendees with Tommy Strazza! Holiday festivities started off strong today with dancing, clapping, and singing with Christmas and feel-good songs. Some of the songs that were performed today were “Jingle Bells”, “Frosty the Snowman”, “Brown Eyed Girl”, “Sweet Caroline”, “Run Rudolph Run”, and “Silent Night”. The maracas and tambourines were shaking today! We cannot wait for our next music showing, thank you for joining us Tommy, and Happy Holidays everyone!



Tuesdays
at
1PM

Music for Hope & Inspiration



TOMMY STRAZZA PT. 2

By Cliff Leon



As the holiday season is approaching, Tommy Strazza delighted us with his presence by singing Christmas songs such as “Rudolph The Red Nose Reindeer”, “Jingle Bells”, “Santa Clause is coming to Town”, and “Frosty The Snow Man”. Tommy then mixed it up by also singing our favorite classics such as So Happy Together, Free Falling and Sweet Caroline. Thank you, Tommy Strazza, for putting smiles on our faces and music in our hearts throughout the year. See you next year!



Tuesdays
at
1PM

Music for Hope & Inspiration



JUSTIN BROWN

By Cliff Leon



It was like a new years celebration at Jill Court today. Everyone danced in their seats and sang along as Justin Brown came by as our first musical guest of 2022! To kick off the new year Justin played “Auld Lang Syne” followed by “Brown Eyed Girl”, “Hallelujah”, “Fight Song” & “Proud Mary”. What a great way to start off the new year! Thank you Justin and we can’t wait to see what you have in store for us next time!!!



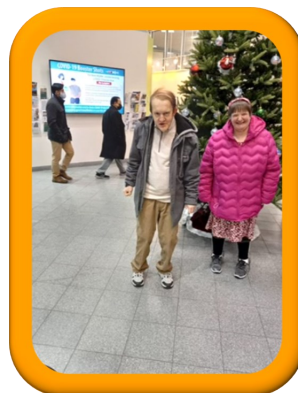
What's the Buzz?



Alex playing Zoom Ball!!!



Jingle & Jangle appear at JDC



Marcia's in-person award ceremony

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

Happy New Year



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

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

- | | | | | |
|-------------|-----------|-----------|----------|------------|
| BABY | CLOCK | FIREWORKS | HOURLASS | RESOLUTION |
| BALL | CONFETTI | FIRST | JANUARY | SPARKLER |
| BALLOONS | COUNTDOWN | FRIENDS | KISS | STREAMERS |
| BEGINNINGS | DANCING | GOALS | MIDNIGHT | TIMESQUARE |
| CALENDAR | DECEMBER | GOWN | MUSIC | TOAST |
| CELEBRATION | DRINKS | HAPPY | NOISE | TRADITION |
| CHAMPAIGN | EVE | HAT | PARTY | VOW |
| CHEERS | FAMILY | HOPE | PLANS | YEAR |



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



LARGE Word Search

Happy New Year

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

Ball

Hat

Balloons

Midnight

Clock

Noise

Happy

Resolution



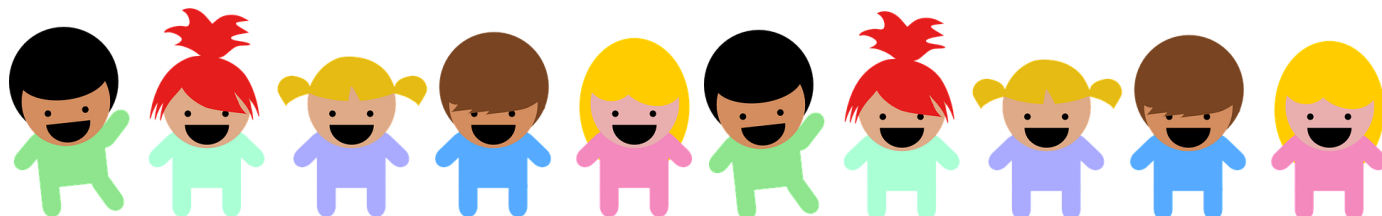
Guess That Baby!



1. I've been with the Arc for 14 years
2. I love candy corns, cupcakes Tostitos (with a hint of lime)

WHO AM I?

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



1. I was a Girl Scout
2. I LOVE Mickey Mouse
3. I am a whiz at the computer, love playing video games and face-timing my family!

WHO AM I?



JAYNE



COLOR ME





Craftsman Corner

FOGGY WEATHER

Stress less and follow these tips to drive safe!

- Drive slow and keep a safe distance from other vehicles.
- Turn on your emergency flashers.
- Use low beam headlights.
- Use painted road markings as a guide.
- Use fog lights in addition to low beams.
- Keep your windows and mirrors clean.



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