

Adult
Services
Presents

THE ♥ BUZZ



The Arc
of Somerset County

141 S. Main Street
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www.thearcofsomerset.org



PIZZA PARTY AT CEDAR GROVE!!!

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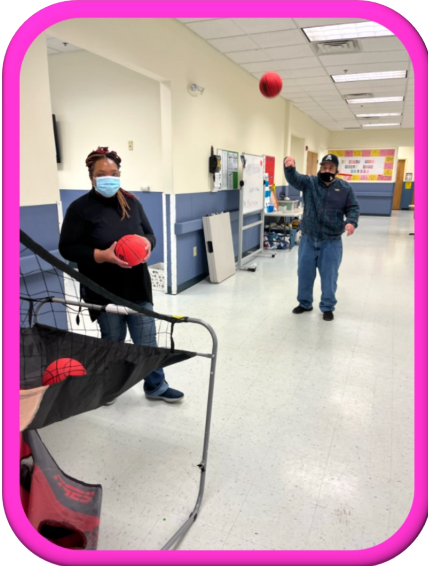
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Looking for a fun
opportunity?
Be a guest contributor
for The BUZZ

Please contact:
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or
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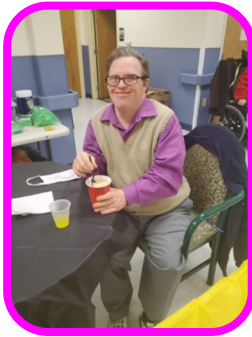


What's the Buzz?



Origami with Joe & Adam

Superbowl Party



4

The Fantastic Four

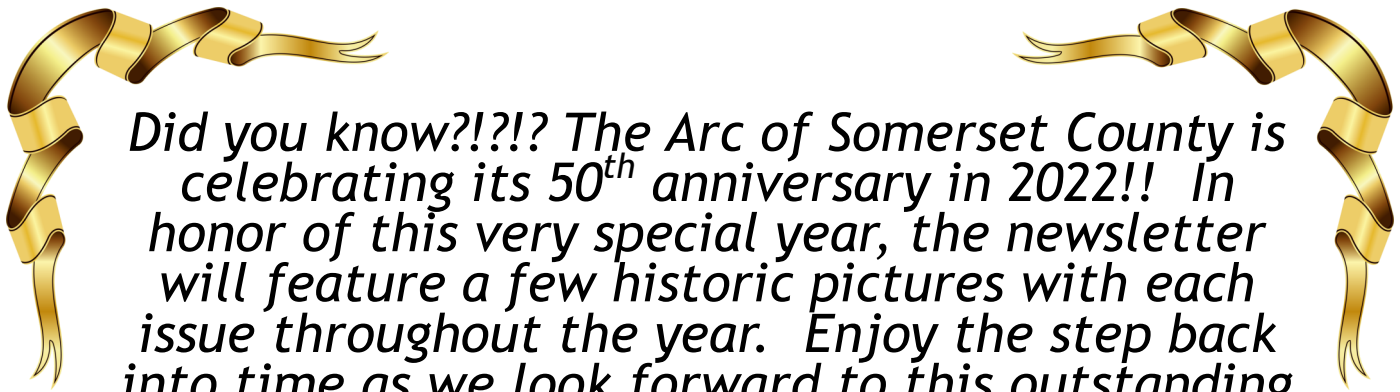
By Kaitlyn Vinals, OTS

This week we all worked as a team to complete a fun game of Pictionary! Jayne, Gerri, and Charlie put their minds to work trying to guess all of the pictures that were being drawn. We went through several categories like Food, Places, and Objects and the group did awesome guessing every picture correctly! We 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!



BILLY & AMY



KEVIN, BURTON & AMY

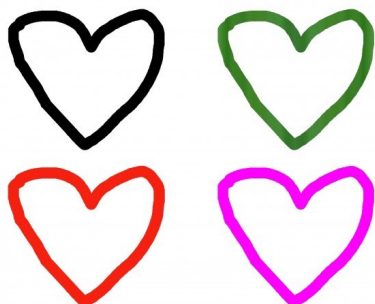
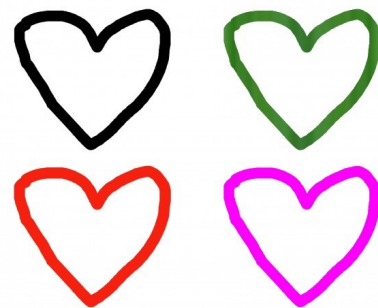
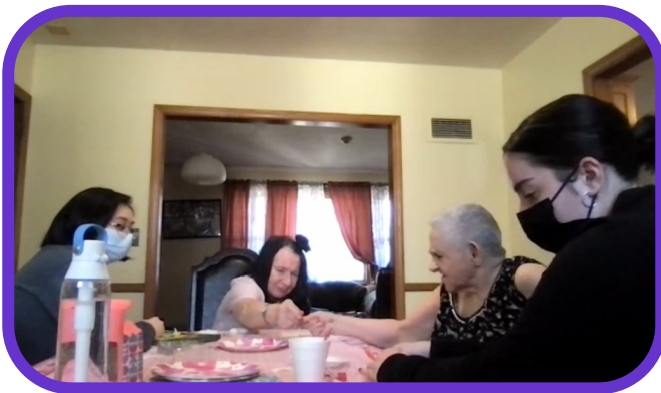




Crafty Ladies

By Kaitlyn Vinals, OTS

In honor of Valentines Day this upcoming week, we focused on making heart shape decorations to celebrate a little early! Angie and Lynda were so creative in decorating their ceramic hearts with materials like paint, stickers, and markers. We had so much fun talking about how we all celebrate Valentines Day, and the Crafty Ladies shared a lot of their memories celebrating. We can't wait to have more fun next week!



Mondays
at
1PM

Yoga with Jane

THANK YOU JANE





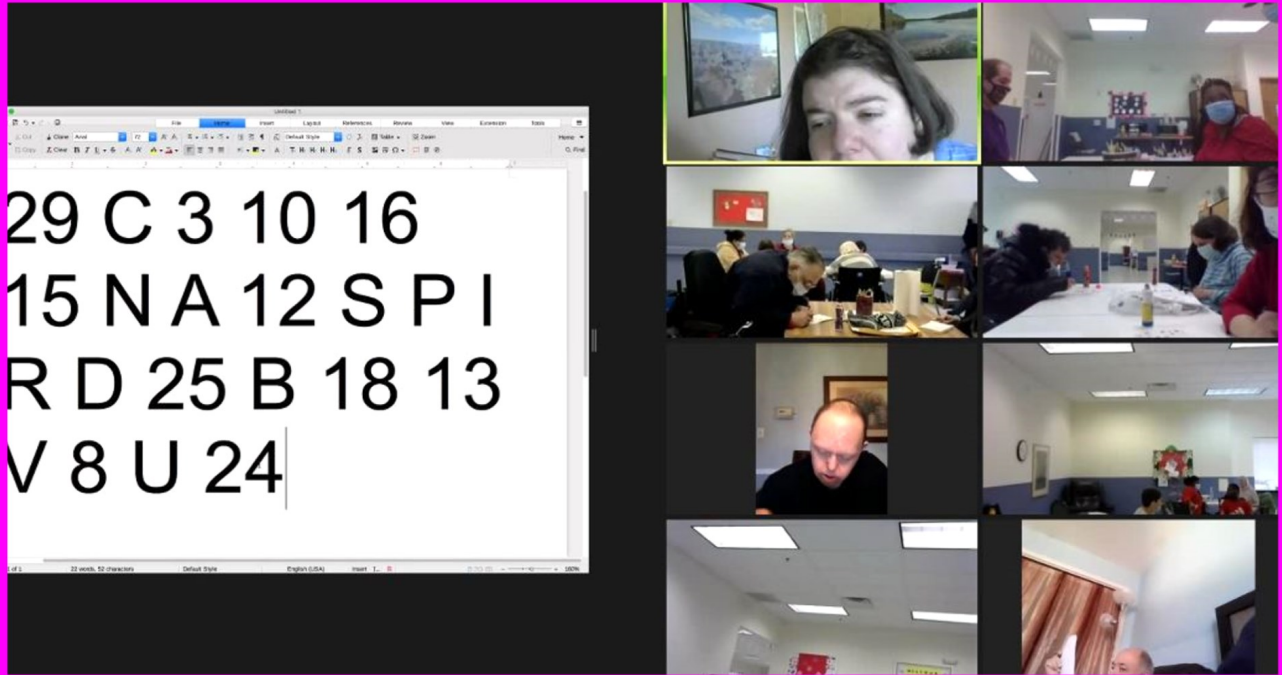
This Week in Literacy

The Commons reading group read the poem “If I Could Have a Pair of Wings” by Anita E. Posey this week. The poem was about different birds and flying insects and where they go when they fly. While discussing the poem, Charlie talked about how he likes to watch the birds outside of his apartment during the springtime. Steve said if he had wings, he would fly down to Florida where it is warm. Everyone agreed that going down south in the winter sounded like a good idea. Luckily, spring is getting closer every day!



Mondays
&
Fridays
at 10AM

BINGO with MARY!!!



HAPPY BIRTHDAY

FEBRUARY



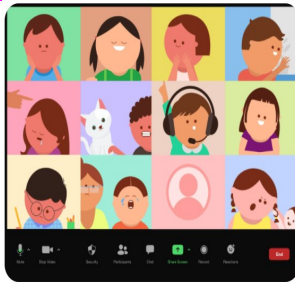
Patricia



Adam



Mary



Hybrid Schedule

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
February 21st**

**Friday
March 4th**

Hybrid Schedule

Monday, February 21st

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, February 22nd

1:00-1:30: **Music for Hope & Inspiration**
At JCATC & virtual: Vinnie

Meeting ID: 481 232 8925
Password: 12345

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

Meeting ID: 481 232 8925
Password: 12345

Wednesday, February 23rd

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

Meeting ID: 701 845 7910
Password :12345

Thursday, February 24th

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

Meeting ID: 701 845 7910
Password: 12345

Friday, February 25th

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

Meeting ID: 481 232 8925
Password: 12345

Monday, February 28th

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 1st

1:00-1:30: **Music for Hope & Inspiration**
At JCATC & virtual: Justin Brown

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 2nd

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

Meeting ID: 701 845 7910
Password :12345

Thursday, March 3rd

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

Meeting ID: 701 845 7910
Password: 12345

Friday, March 4th

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

Meeting ID: 481 232 8925
Password: 12345

Tuesdays
at
3:30PM

Shooting the Breeze with Friends



AMERICAN SIGN LANGUAGE



By Kaitlyn Choy, OTS

Bobby kicked us off during this “Shooting the Breeze” by singing along to “We Will Rock You” by Queen. Matt joined in on the singing too! We then danced along to “Billy Jean” by Michael Jackson. We talked about the upcoming Super Bowl, where the Rams will be playing against the Bengals. We also learned that along with hip-hop artists Eminem, Dr. Dre, Snoop Dogg, Kendrick Lamar, and Mary J. Blige, two deaf rappers will be performing in American Sign Language (ASL) for the halftime show! In light of this news with Valentine’s Day nearby, we all learned how to sign “I love you” in sign language!



Tuesdays
at
3:30PM

Shooting the Breeze with Friends

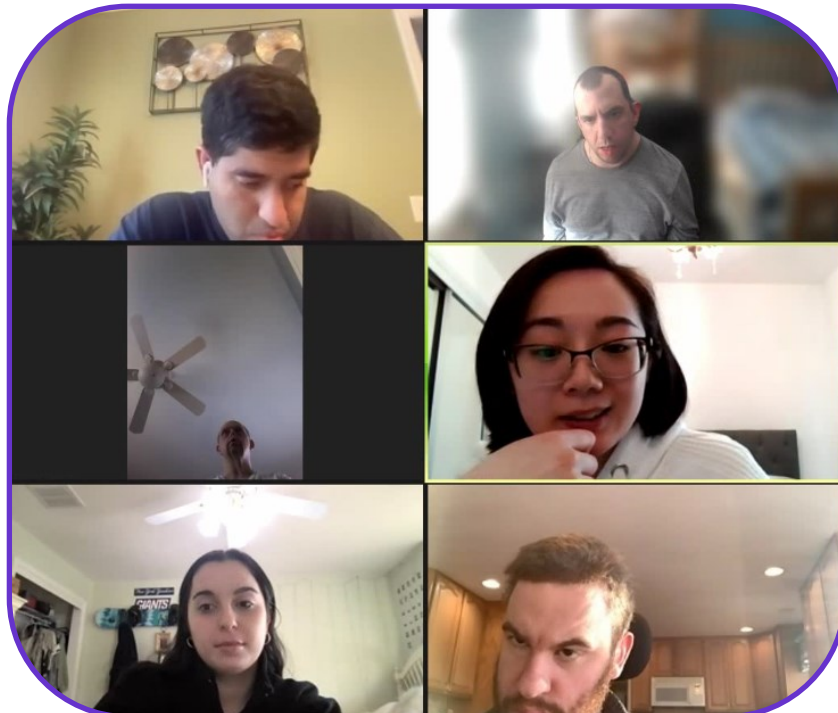


GUESS THAT ARTIST



By Kaitlyn Choy, OTS

Bobby started Shooting the Breeze with Friends off again singing along to “Drive My Car” by The Beatles. Bobby, Matt, and Damandeep joined us in for another game of Guess the Artist: Valentine’s Day edition, featuring love songs! The songs played during the game included “Somebody to Love” by Queen, “Falling In Love with You” by Elvis Presley, “All of Me” by John Legend, “Shallow” by Lady Gaga and Bradley Cooper, and “Faithfully” by Journey. Matt blew us away once again with his musical knowledge guessing most of them correctly! Awesome job!



Tuesdays
at
1PM

Music for Hope & Inspiration Group



TOMMY STRAZZA



By Kaitlyn Choy, OTS

Music was a blast with Tommy Strazza and Scott playing their guitars. Kaitlyn and Karen even broke out the shakers for us! Fran, Alex, and Amy showed us their best dance moves as we all shook to the music! Some of the songs performed included “Free Falling,” “Brady Bunch” theme, “Brown-Eyed Girl,” “I’m a Believer,” “You Are My Sunshine,” “Crazy Little Thing Called Love,” “Sweet Caroline,” “Twist and Shout,” and many more! Thank you, Tommy and Scott for the amazing performance!



Tuesdays
at
1PM

Music for Hope & Inspiration Group



THE COFFEEHOUSE PROJECT



By Kaitlyn Choy, OTS

Love was in the air today as we all sang and danced to love songs for Valentine's Day with The Coffeehouse Project! Scott played his guitar and Frances stole the show with her beautiful singing! Some of the lovely love songs we sang to include "Uptown Girl," "My Girl," "All I Have To Do Is Dream," "I Can't Help Myself (Sugar Pie, Honey Bunch)," "Sweet Caroline," "It's Now or Never," "For Once In My Life," and "I Want To Know What Love Is." Thank you, John for another wonderful music day! We can't wait to see what's in store for next time!



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



Word Search

Happy Valentine's Day!

Name: _____

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

BE MINE
BOYFRIEND
CANDY
CARDS
CHOCOLATE

CUPID
DATE
FEBRUARY
FLOWERS
GIRLFRIEND

HEARTS
HUGS
KISSES
LOVE
PINK

POEM
RED
ROSES
SWEETHEART
VALENTINES

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

Valentine's Day

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

- | | |
|----------------|---------------|
| Candy | Hearts |
| Cards | Kisses |
| Flowers | Love |
| Red | Pink |

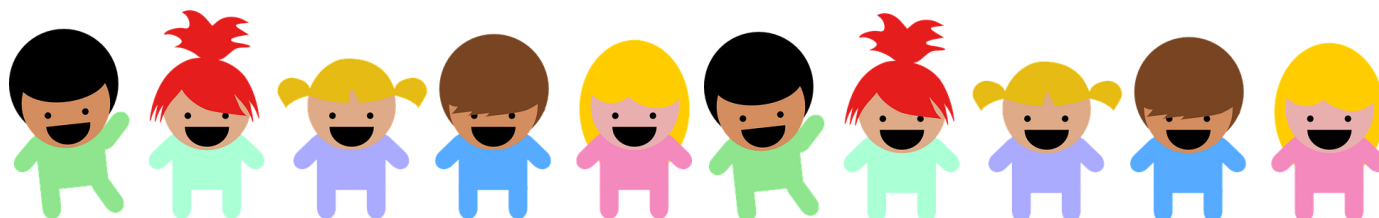


Guess That Baby!

- 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 ?

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

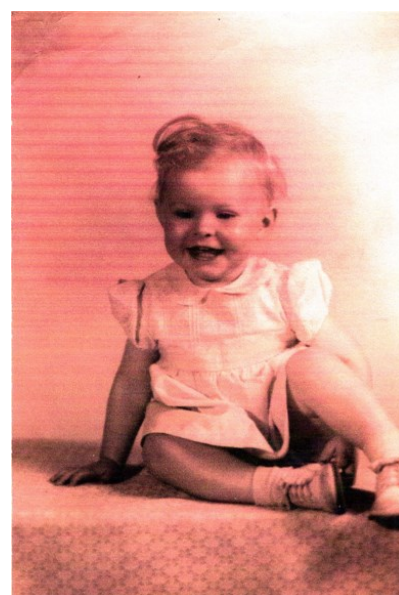


- 1. Loves to ride a motorcycle
- 2. Loves her 4 dogs
- 3. Is always on the phone

WHO AM I ?



Sandy



President's Day

Draw a line matching the words to the pictures



● Adams

● Lincoln

● Obama

● Washington

● Reagan

● Jefferson

● Eisenhower

● Kennedy

