



Accepting the Challenge
Together



AUpDATE

Volume 4, Issue 1
January 2009

Abilities Unlimited - In Center News

Special Activities

1.6.2009

Program Meeting
Sing-A-Long

1.14.2009

R.A..D.A.R Craft
Record Bowls-\$4.00

1.15.2009

Pool & Darts
Scavenger Hunt

1.22.2009

Apache Mall-Coffee
Historical Society

1.29.2009

Movie-Mall Cop

Ongoing Outings

Mondays

Harmony For Mayo

Tuesdays

Gifts of Giving/
Paws & Claws
Goodwill

Wednesday

RAFY
Library/PACTT

Thursday

See Calendar

Fridays

Channel One
RAFY

ABC Holiday Store: AU hosted the 3rd Annual Holiday Store for 3 days in December. We raised over \$150.00 to put towards a summer dance for all ABC participants. Thanks to everyone who donated and helped out! As you pack up your holiday decorations, please consider donating anything that you don't want or need any longer. We will be working to locate a place to store items for next years store and hope to make it bigger and better than this year.

RADAR Craft Classes: This month's community RADAR class will be at 10:45 on January 14th at AU. The group will be making Record Bowls, that is, bowls made from those really great old vinyl records. No promises on the names of the bands on the records as the really good ones are hard to come by. There is a \$4 cost for this class to cover cost of materials.

Winter Dress: Participants must have a warm functional winter coat, hat and gloves or mittens to be considered for outings during the winter months.

Minnesota winters can be brutal and we can not predict when a vehicle will break down leaving us in the cold till rescuers arrive.



Please remember:

- We are accepting donations of pop cans to be used to help fund big activities for our program participants.
- AU Program meetings are held the first Tuesday of the month. All participants and interested parties are invited to attend. The meeting is held in AU from 10:45 to 11:30.



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Thoughts to Ponder on and Other Good News

January is...



Monthly Special Thanks goes to:

- Hot Tea Month
Oatmeal Month
Celebration Of Life Month
Get Organized Month
Book Blitz Month

- New Years Day-1st
Harlem Globetrotter's Day-7th
Positively Penguins Day-10
Organize Your Home Day-14th
Martin Luther King Day-19th
Inauguration Day-20th
Belly Laugh Day-24
Holocaust Memorial Day-27
Fun at Work Day-30

~Birthdays~






- Flower -Carnation
Birthstone-Garnet
Jennifer M (AU) - 11th
Verne (Mini-Me) Troyer-1st
Mel Gibson-3rd
Marilyn Manson-5th
Elvis Presley-8th
Muhammad Ali-17th
Neil Diamond-24th
Jackie Robinson-31st

January Facts & Trivia

- 1. The Beatles auditioned for Decca records, only to be rejected because the company felt "groups of guitars are on the way out."
2. Alaska became the 49th US state.
3. The first Winter Olympics began at Chamonix, France.
4. The first Super Bowl was televised by both NBC and CBS. Featuring the Green Bay Packers vs the Kansas City Raiders, it was one of the highest-rated single programs in the history of television to this time. Green Bay, led by quarterback Bart Starr, beat Kansas City by a score of 35 - 10.
5. Elvis Presley, was censored from the waist down by Ed Sullivan, but still reportedly brought in largest audience for a single television show, to that time, in a live worldwide concert from Honolulu, Hawaii.

Answers on page 4

January 2009

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Daily Group Schedule	10:40 Social Skills/History of.. 1:40 BI Ed/Life Makeover 3:00 Beading/Round table	10:40 Pre Voc/Animal Education 1:40 Cognitive/Mind over Mood 3:00 Arts/Cultures	10:40 Comm. skills/Remembering 1:40 Men's & Women's Group 3:00 Bio of.../The Unexplained	10:40 Life Skills/Earth Aware 1:40 Arts/Anger Management 3:00 Self Esteem/Book Club	10:40 Relationships/Music History 1:40 Healthy Living/How to... 3:00 Leisure/Laughter Therapy	
			HAPPY NEW YEAR	1 AU Closed New Years Day	2 Hy-Vee	3
4	5 Harmony for Mayo Twins Cities Hot Club Gypsy Jazz Lips Atrium	6 Program Meeting Sing-A-Long BINGO 	7 R.A.F.Y Library	8 Bowling Rochester Art Center	9 Channel One 	10
11	12 Harmony for Mayo Artaria String Quartet Classical String Quartet Lindow Atrium	13 Paws-N-Claws Goodwill 	14 R.A.D.A.R Craft-Record Bowls R.A.F.Y PACCT	15 Pool & Darts Scavenger Hunt ...	16 Channel One RAFY	17
18	19 No Harmony	20 Paws-N-Claws Goodwill Inauguration Day 	21 R.A.F.Y Library	22 Apache Mall-Coffee Historical Society	23 Channel One Hy-Vee	24
25	26 Harmony for Mayo Century H.S. Honors Orchestra Phillips Hall Chinese New Year "Ox "	27 Paws-N-Claws Goodwill	28 R.A.F.Y PACCT	29 Movie-Mall Cop	30 Channel One RAFY	31

What AM I ????



**Take a very close look at me,
and guess just what I might be.
There is a clue but no answer here:
I count down the year.**

**Look closely at the picture on the right, you may
recognize the Jingle Bell as the
December What am I picture...**



~Oatmeal Raisin Cookies~

- 1/3 cup butter, softened
- 2/3 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1 egg
- 1/2 cup applesauce
- 1 1/4 cups all-purpose flour
- 1 1/4 cups rolled oats

DIRECTIONS

1. In bowl beat butter till creamy. Add brown sugar, cinnamon, and baking soda. Stir until combined. Mix in applesauce and egg. Add flour, a little at a time. Stir in oats.
2. Drop dough onto ungreased cookie sheets. Bake at 375 degrees F (190 degrees C) for 8 to 10 minutes or until lightly browned. Enjoy!