

# Accepting the Challenge Together

# AUpDATE



Volume 4, Issue 4  
April 2009

## Abilities Unlimited - In Center News

### Special Activities

- 1, 15-HyVee Coffee outing
- 2, 23 -Movie Outing
- 7 -Program Meeting
- 8, 22-Bowling
- 9, 29-University Center
- 14, 28-Pool/Darts
- 16-Work Incentive Outing
- 21-23-A Litter Bit Better
- 30-Silverlake Park

### On Going Activities

- 6, 13 20, 27-Harmony For Mayo
- 8, 22-Library
- 1, 15, 29-PACTT
- 3, 10, 17, 247-Channel One
- 10, 17, 247-RAFY
- 14, 21, 28-Goodwill

### FYI...

### Community Events

#### April 18 & 19 Autistic License

Free performance for adults and children over 10 at John Marshall High School

RSVP 254-8901

#### MN BIA Conference

April 23&24 St Cloud MN

Registration and information on their website

Welcome Spring, warmer weather, Robins, and rain....

As always, we are happy to see warmer days and opportunities to get outside and enjoy the sun. With the weather finally allowing us to do this, please note that with the unpredictability of the weather, we may at times need to change our plans for the day, hence the (\*) on a couple days on the calendar. When weather does not allow for us to go forth with our original plans, we will go with the back up.

Also, with the weather change, it is important to know that though it is warmer, it is not warm. The staff at AU continue to expect that participants would be dressed appropriate to the weather and temperatures.

Kitchen Band is back...Bringing back an AU tradition that goes back about 10 years of a group of people playing kitchen gadgets is a rather exciting thing around here. It is always fun to pull out the old photo album and see the pictures of the first AU kitchen band jamming away at our 2nd annual picnic and still see those folks here at AU today. Participants interested in being a part of this unique experience will be meeting during program times on Tuesday mornings. Reaching a level of 'perfection' does take time, so there are no public performances in the plan at this time, but am sure we will be working on those soon enough.

We have managed to complete one of our major in center projects, making magnets for the Brain Injury Conference later this month, will be plugging away on our booth project for the October BICC conference over the next few months and working on projects for the Art and Ability Show coming up this fall. That leaves one big slow to start project of creating dolls. Though this project has proven to be a bit more than first anticipated, it is still one we are moving forward with. We welcome anyone with crafting experience to stop in and help us with some layout glitches, such as hair and attaching it.

### 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.



Accepting the Challenge Together

Abilities Unlimited/Ability Building Center
P O Box 6938
1911 14th Street NW
Rochester, MN 55906

Phone: 507-535-7135
Fax: 507-281-6270
E-mail: brettg@abcinc.org



Thoughts to Ponder on and Other Good News

April is...



- Autism Awareness Month
International Guitar Month
Keep America Beautiful Month
Child Abuse Prevention
National Humor Month
National Frog Month
National Garden Month
Stress Awareness Month
National Poetry Month
Kite Month

~Birthdays~

- Deanna - 6
Kathy F - 13
Mark S - 15
Jessie - 18
Cindy - 26
JC - 28
Doris Day—3, 1924
Barbra Streisand—24, 1942

Monthly Special Thanks goes to:

Tanya, our speaker on oral hygiene

April Facts & Trivia

- April 91833 – 1st Public Library was opened in Peterborough NH
April 4, 1877 – 1st Home Phone was installed
April 6, 1898 – North Pole was discovered
April 6, 1930 – The Twinkie was born
April 1955 – 1st McDonalds was opened in Des Plaines Illinois
April 12, 1981 – Space Shuttle Columbia was launched, crewed by John Young and Robert Crippen
April 15, 1912 – The titanic sank 400 miles south of Grand Banks, Newfoundland.
April 11, 1921- Iowa became the first state to tax cigarettes.

<b>Sun</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
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	
			<b>1</b> HyVee Coffee Out—Van PAC TT (Van) April Fools Day	<b>2</b> Movie Outing (van)	<b>3</b> Channel One (Van) No RAFY today	<b>4</b>
<b>5</b>	<b>6 (bus)</b> Harmony For Mayo Trio Callisto (flute, cello, harp) Lips Atrium	<b>7</b> Program Meeting Sing Along Prevoc practice interviews No outings	<b>8</b> Library (bus) 1:30 Radar Craft Bowling (van)	<b>9</b> University Center Downtown Scavenger hunt (bus)	<b>10</b> Channel One (Van) RAFY (van)	<b>11</b>
<b>12</b> E A S T E R	<b>13 (bus)</b> Harmony For Mayo Claudia Schmidt (folk, blues, Jazz) Lips Atrium Thomas Jefferson birthday	<b>14</b> Goodwill (Van) Pool & Darts (no van)	<b>15</b> HyVee Coffee Out—(van) PAC TT (Van) TAX DAY	<b>16 (bus)</b> Prevoc outing Work Incentives Connection inservice	<b>17</b> Channel One (Van) RAFY (van) Daffy Duck Birthday	<b>18</b>
<b>19</b>	<b>20 (bus)</b> Harmony For Mayo Honors Choir SE MN (youth choral) Hage Atrium	<b>21</b> Goodwill (van) A Litter Bit Better Yellow Billed Cuckoo day	<b>22</b> A Litter Bit Better Library—(bus) Bowling (van) Earth Day	<b>23</b> A Litter Bit Better Quarry Hill North Park (bus) * Incenter movie backup	<b>24</b> Channel One (Van) RAFY (van) National Arbor Day	<b>25</b>
<b>26</b>	<b>27 (bus)</b> Harmony For Mayo Leon Joseph Littlebird (native American flute) Lips Atrium	<b>28</b> Goodwill (van) Pool & Darts (no van) Poetry Reading Day	<b>29</b> University Center Down- town Scavenger Hunt (bus) PAC TT (van)	<b>30</b> Silverlake Park * Cold lunch (bus) Bad weather mall		

# April Is:



# Humor Month

How did the soggy Easter bunny dry himself?

**With a Hare Dryer**

Why did the Easter egg hide?

**He was a Little Chicken**



**What do you call a woodpecker without a beak?**

**A Head Banger**



How was the Roman Empire cut in half?

**With a pair of Caesars!**

**What sort of animal is a slug?**

**A snail with a housing problem!**

What is green, four legs and two trunks?

**Two seasick tourists**



What is it that even the most careful person overlooks?

**His nose!**

Mr Smith: I hate to tell you, but your wife just fell down the wishing well.  
Mr Brown: It works!

How do you prevent a Summer cold?

**Catch it in the Winter!**



What kind of car does Mickey Mouse's wife drive?

**A minnie van!**