

Accepting the Challenge Together

AUpDATE



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May 2009

Abilities Unlimited - In Center News

Special Activities

Program Meeting
Sing-A-Long
Como Zoo
Oxbow Park
Whitewater State Park
Photo Hunt Downtown

On Going Activities

Harmony For Mayo
RAFY
Goodwill
Channel One
Rochester Public Library
Hy-Vee Shopping

Please remember:

- We are continuing to accept donations of pop cans, which will 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.
- It is that time of the year again where we are getting ready to do our all day outings, using Rochester City Lines to Harmony for Mayo, @ the Peace Plaza and Picnics in the Park.. Our Twin Cities trips will begin also, in the near future, so when looking at the monthly calendar, please note those that will require a cold lunch and preferably throw away containers, be brought., for that particular outing. Please remember if you are attending an outside event/outing to dress appropriately, wear sunscreen, wear comfy shoes & bring extra fluids. If you have any questions feel free to call, 280-3492.



*May is always thought of as the month that brings all things to life. We hope that everyone can take the time to enjoy some of life's wonders, as newness of the world begin to show up.

*Celebrate this enrichment with important dates such as Mother's Day, remembering those that we have lost, and one of the most fun day's of the year, May Basket hanging.

* The 5th and 17th of May, we will be acknowledging important freedom days

AU would like to send Becky V. Best Wishes as she explores new avenues throughout ABC.



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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



This And That

May is...



~Birthdays~

Phil F. 8th

Gary A. 12th

Doug R. 22nd

Terry N. 28th

Tim McGraw 1st

Pope John Paul II 18th

John F Kennedy 29th

May Recipe

Bread Pudding

- 6 slices day-old bread
2 tablespoons butter, melted
1/2 cup raisins (optional)
4 eggs, beaten
2 cups milk
3/4 cup white sugar
1 teaspoon ground cinnamon
1 teaspoon vanilla extract

DIRECTIONS



- 1. Preheat oven to 350 degrees F (175 degrees C).
2. Break bread into small pieces into an 8 inch square baking pan. Drizzle melted butter or margarine over bread. If desired, sprinkle with raisins.
3. In a medium mixing bowl, combine eggs, milk, sugar, cinnamon, and vanilla. Beat until well mixed. Pour over bread, and lightly push down with a fork until bread is covered and soaking up the egg mixture.
4. Bake in the preheated oven for 45 minutes, or until the top springs back when lightly tapped.

Mothers Day
May Day Baskets
Remembering loved ones

Exchange a recipe
For Bread Pudding Month

Get Caught Reading
Month

National Salsa Month

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	
					1 Channel One RAFY	2
3	4 Harmony for Mayo	5 Program Meeting Sing-A-Long	6 Library * bus	7 Oxbow Park All Day Outing *disposable cold lunch	8 Channel One RAFY	9
10 	11 Harmony for Mayo	12 Goodwill Hy-Vee	13 Photo Hunt Downtown * bus	14 Como Zoo All Day Outing *disposable cold lunch	15 Channel One RAFY	16
17	18 Harmony for Mayo	19 Goodwill Rec Lanes	20 Library * bus	21 Whitewater State Park All Day Outing *disposable cold lunch	22 Channel One RAFY	23
24	25 Memorial Day ABC CLOSED	26 Goodwill Hy-Vee	27 Photo Hunt Downtown * bus	28 Como Zoo All Day Outing *disposable cold lunch	29 Channel One RAFY	30
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Litter-Bit-Better



2009