

Stone Belt

Lifelong Learning Newsletter

Volume 1, Issue 2

October 2011

This newsletter is produced and distributed by a committee of Stone Belt clients and staff. Please send comments, calendar events, story ideas, and requests to receive this newsletter electronically to LLnewsletter10@stonebelt.org.

Creating a Stronger, Healthier You



Have you ever been told you need to eat your fruits and vegetables to be strong and healthy? Well that isn't the only thing a person can do. Being physically active is one of the best things you can do for yourself. Taking control of their personal fitness is exactly what four Lifelong Learning clients are currently doing.

Photo by Brandon D.

Jason, Chris W., Melissa, and Brandon K. are participating in a seven-week Adapted Strength Training program at the YMCA. Supported by YMCA and Stone Belt staff and volunteer Brandon Duncan, participants learn proper techniques and then work out on fitness equipment. The goal is to be comfortable with the machines and to create a personalized workout individuals can continue to do on their own. When talking with participants, they all agree this program will help them to be strong, stay healthy, and feel good about themselves. So this is a challenge for everyone out there. Think of a few steps you can take to create a stronger, healthier you and put them into action.



Photo by Brandon D.

Where Are YOU Supposed to BE?

Interested in making fabric art in sewing class or being part of the Lifelong Learning Newsletter Committee? Want to learn some new dance moves or practice yoga on Thursday afternoons? With all the new and exciting programs and classes underway at the Monroe County Lifelong Learning Program, let us know where YOU are supposed to be.

Sew Far, Sew Good

Sewing class is in full swing! They are finishing up their first month of classes. Members of the Mosaic Lighthouse (Room 100) and other Lifelong Learning program areas have been working with Instructor Chris Headdy and staff Clarissa Saunders on their first fabric art project.

Clients Tyler, Congji, Shirley, and Misha, just to name a few, have been working on their autumn wreaths. Fabrics of different design and texture, wooded sticks, and a straw wreath are the only three



Photo by Jeff B.

materials needed for this project. Individuals use the sticks to poke swatches of fabric into the wreaths. While every person follows the same instruction, each wreath is as unique as the person making it. Be sure to stop in on Thursday afternoons for a glimpse at their work!

Donations Bring Exciting Program Opportunities

Thanks to the generous donations of six computers and a video camera, the Monroe County Lifelong Learning Program is preparing to transform Route 66 (Room 16) into an audio/video/computer lab. To get a better idea of how people wanted to use the lab, Instructor Adrienne Propsom conducted focus groups with clients and staff in each of the program areas.

Excitement about the lab was great. Many clients said they want to develop practical computer skills, like typing, managing email, and searching the internet; skills Shirley F. hopes will help her get a job. Others want to use the lab for a variety of creative projects. Cooking Class plans to use the computers to make a cookbook comprised of their favorite recipes. Aaron B. says he looks forward to recording songs on CDs and Brandon K. is already hard at work practicing his moves for a dance video he wants to make to Michael Jackson's *Thriller*.

In addition to the new equipment, Route 66 is slated to get new flooring. Once the flooring is in place, the donated computers will be installed and the new lab will be up and running. Anyone out there with a zombie costume tucked away somewhere in closet should contact Brandon K. He'll be casting extras soon.

At Long Last, Yoga is Back!

Last fall, as part of Stone Belt's Artist-in-Residence Program, locally renowned instructor Allana Radecki conducted a 10-week yoga course with Lifelong Learning clients. As they grew in their practice and skills they also bonded as a group, and it quickly became an experience none would forget. This fall, the Monroe



Phyllis practices her asana

Monroe County Lifelong Learning program proudly brings yoga back, with classes conducted by veteran Stone Belt staff Georgia Emmert. All are invited to attend. So if you need an energizing break from your program area or office come join the group in the gym for an hour long yoga session each and every Thursday at 1:00pm.

11th Annual PALS Fun Show

Mark your calendars! Saturday October 15th is the 11th annual PALS Fun Show. Riders from around the area, including Stone Belt clients Keith L., Bobby P., Melissa, and Tom M. will be participating in riding demonstrations and showcasing the knowledge and skills they have gained through PALS riding lessons over the past year.

Ellington Stables, off of That Rd., is hosting this event. Festivities last from 10:00a-5:30p and are free to the public. Lunch will be available for purchase and several local celebrities will be making appearances throughout the day. Don't miss your chance to be a part of this wonderful celebration.



Keith L. rides his horse Veloz at a recent lesson. Keith has participated in the PALS (People and Animal Learning Services) program for the last six years.

Say Hello to...

Name: Brandon Duncan
Hometown: Spencer, Indiana
Birthday: July 11th
Favorite Color: Green
Favorite Food: Peanut butter sandwich
Favorite Snack: Sour candy
What inspires you?: "Cool Gothic art"

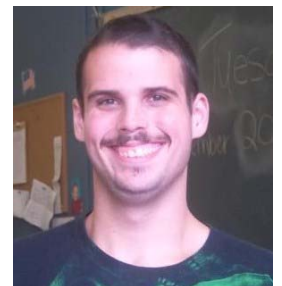


Photo by Julie

For many clients Brandon Duncan is a familiar face. He has been a volunteer in the Lifelong Learning Program for two years and was named Stone Belt's Volunteer of the Year in 2010. You can see Brandon around the building on Mondays and Tuesdays and at the YMCA on Wednesdays when he provides support to clients and staff during the Adaptive Strength Training class. While in the building Brandon helps out in each of the three classrooms. "My favorite part of the day is calling BINGO in Room 100." Brandon's ultimate goal is to become a Lifelong Learning staff.

OCTOBER

CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 NEWSLETTER COMMITTEE 1-3	4 NEWSLETTER COMMITTEE 1-3	5 DANCE CLASS 10:30-11:30 NAIL CARE 1 PM	6 YOGA 1-2 SEWING 2:30-3:30	7 COOKING CLASS 1-3	8
9	10 NEWSLETTER COMMITTEE 1-3	11 NEWSLETTER COMMITTEE 1-3	12 DANCE CLASS 10:30-11:30 NAIL CARE 1 PM	13 YOGA 1-2 SEWING 2:30-3:30	14 COOKING CLASS 1-3	15 PALS FUN SHOW!!!
16	17 NEWSLETTER COMMITTEE 1-3	18 NEWSLETTER COMMITTEE 1-3	19 DANCE CLASS 10:30-11:30 NAIL CARE 1 PM	20 YOGA 1-2 SEWING 2:30-3:30	21 COOKING CLASS 1-3	22
23/30	24/31 NEWSLETTER COMMITTEE 1-3	25 NEWSLETTER COMMITTEE 1-3	26 DANCE CLASS 10:30-11:30 NAIL CARE 1 PM	27 YOGA 1-2 SEWING 2:30-3:30	28 COOKING CLASS 1-3	29

UPCOMING HOLIDAYS (DAY PROGRAM CLOSED)		TAKE ME OUT TO THE BALL GAME! Come out to the Twin Lakes ball park on Sundays and cheer on the Stone Belt sponsored co-ed softball team, <i>The Belt Is Optional</i> . Six games remain this season. Dates and times are as follows: Oct. 2 nd at 5:15p; Oct. 9 th at 4:10p; Oct. 16 th at 2p and 3:05p; and Oct. 23 rd at 3:05p and 4:10p. Note the last two dates are double headers.
11/24 & 11/25	Thanksgiving	
12/23 & 12/26	Christmas	
1/2/2012	New Year's Day	

Want to contribute to the Lifelong Learning Newsletter? In addition to Tuesday afternoons, the committee now meets every Monday in Room 16 at 1:00 pm. October Newsletter Committee members: Jeff B., Sarah, Julie, Brandon K., Shirley, Adrienne Proppom, and Shawna Arnesen

