

Christmas Reindeer Word Search



P	R	A	N	C	E	R	S	E	D	D
P	N	E	E	R	E	L	E	N	O	A
R	C	E	V	E	E	D	D	O	N	R
E	H	T	E	I	B	A	A	R	N	U
S	R	E	G	N	L	N	S	T	E	D
E	I	H	S	D	I	C	H	H	R	O
N	S	C	A	E	T	E	E	P	C	L
T	T	O	N	E	Z	R	R	O	U	P
S	M	M	T	R	E	E	E	L	P	H
E	A	E	A	E	N	H	A	E	I	A

Words to find:

BLITZEN
DASHER
PRESENTS
SANTA

CHRISTMAS
DONNER
DANCER
SLEIGH

COMET
NORTHPOLE
REINDEER
VIXEN

CUPID
PRANCER
RUDOLPH

A Cultivated Nest.com



DECEMBER

2018 Lifelong Learning Activity Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Special Programs
Morning Wake Up Art Re-Cycling UW Action Club Computer Lab Walking Club	Morning Wake Up Art Fitness Club Culinary Arts STEP Too Action Club	Morning Wake Up Art STEP Action Club Bowling Humane Society	Morning Wake Up Art YMCA Swimming Newsletter Action Club FFY Activities	Morning Wake Up Art Church Volunteer Action Club Bowling Action Club	Client Training 12/13/18 Client Rights

SPECIAL EVENTS

Dec. 11th – Annual Christmas Breakfast 9:00am-11:00am

Dec. 24th – Christmas Eve Day, Day Program is closed

Dec. 25th – Christmas Day, Day Program is closed

Everyone is invited!



Cold weather is here, don't forget to wear

your coat



and your hat & scarf



and your gloves



**Please remember to pack a cold lunch especially
on days the clients bowling.**

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Page 5 – Fun Page

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Page 8 – Fun Page

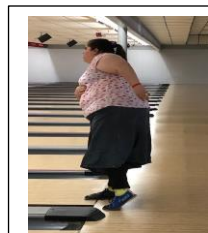
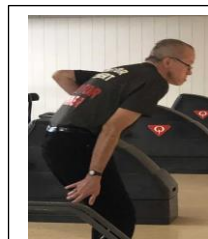
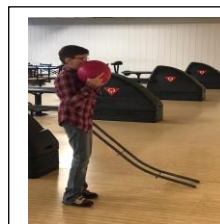
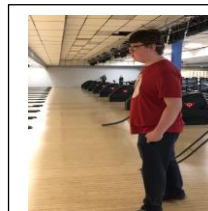
Page 9 – Clients Corner

Page 10 – STEP & Culinary Arts Calendar

Page 11 – Bowling Fun

**Your Newsletter news crew this issue: Amber, Bob, Kenton,
Nichole,**

Bowling Fun





WHO WE ARE

Stone Belt is a not-for-profit organization that provides resources and supports for individuals with disabilities.

Established in 1958, it is the oldest and largest agency of its kind in south central Indiana.

Community Activities

Group Recycling, Computer Lab, Community Awareness, Fitness/Walking Club, Culinary Arts, STEP, STEP Too, Humane Society, Bowling, Swimming, Gym time, & Volunteering in the Community.

Classroom Activities

Morning Wake Up, Current Events, Exercise/Stretching, Newsletter, Photography, Art (Studio), Arts & Crafts, Academic Skills, Story Time, Movies, Games, Sign Language, Performing Arts, Health Matters, Bingo and much, much more.

The Stone Belt



Buzz



DECEMBER

2018 Edition

The Stone Belt Buzz was created by clients and staff of Stone Belts Lifelong Learning program in Columbus, Indiana to provide up-to-date information about the daily programs provided.



preparing, empowering and supporting individuals with disabilities

1531 13th Street Columbus, IN

(812) 376-7149 www.stonebelt.org

Tickle My Funny Bone



Q. What do snowmen do in the winter?

A. Chill Out!

Q. What does the Gingerbread Man use to make his bed? A. Cookie Sheets!

Q. What do you call an elf that sings?

A. A Wrapper!

Q. Why did the Christmas tree go to the barber?

A. It needed to be trimmed!

Birthdays

1st - Jennifer H.

8th - Elliott D.

11th - Martin B.

11th - Tony S.

15th - Brittany P.

19th - Amber T.

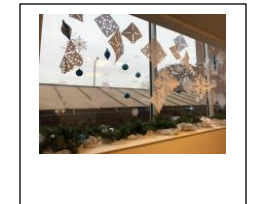
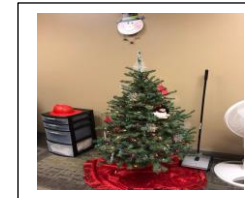
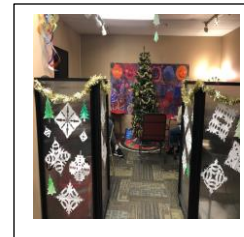
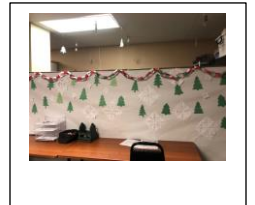
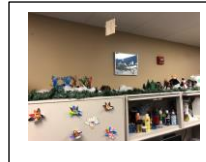
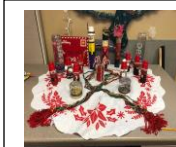
23rd - Zoe M.

25th - Kenton M.

**HAPPY
BIRTHDAY!**

Clients Corner

Clients have been working hard to get ready for our Annual Christmas Breakfast which is scheduled for Tuesday December 11th.



S.T.E.P. CALENDER

**4th & 5th – The ARC of Bartholomew County
(Santa's Workshop) Following Directions**
**11th & 12th – Bartholomew County Public Library
(Christmas Themed -Typing & Computer Skills**
18th – Volunteer @ Love Chapel Finance Office
**18th (TBD) & 19th – The ARC of Bartholomew
County-(Movie Day) Money Management Skills**
**25th – CLOSED for Christmas 😊 Enjoy your
holiday!**
26th – (TBD)Volunteer @ Orphan Grain Train

Culinary Arts Calendar

**4th – Hot Chocolate Cupcakes (for the Annual
Christmas Breakfast)**
11th – Annual Christmas Breakfast-No Culinary Arts
18th – Christmas Cookies
25th – Closed for Christmas

Fun Food-Filled Fact:

If you bake only one cookie recipe this holiday season, it should be these classic sugar cookie cutouts. Who can resist them on the holiday cookie tray? Whether you go all-out with icing and decorations or try just a few simple sprinkles, Christmas sugar cookies are the best way to say "Happy Holidays" to family and friends.



winter lessons:

HOW TO WALK ON ICE



WRONG WAY



During normal walking, body weight is supported through the stride, including the heel strike and toe push off. Walking this way on ice is dangerous and could result in slipping and falling.

RIGHT WAY



To walk on ice: Bend slightly and spread your feet out to lower and increase your center of gravity, take small steps or shuffle, lean forward slightly, and go slowly. In short, walk like a penguin.

WINTER WALKING TIPS



- 1 In cold temperatures, assume all wet areas are icy
- 2 Wear footwear that provides traction
- 3 Walk in designated walkways; ice and snow may be more prevalent on unused shortcuts
- 4 Keep your hands and arms free to help with balance
- 5 Concentrate on walking, don't multi-task

FITNESS CLUB

Calendar

Fitness at it's best!

4th – YMCA \$3 Fitness Room 45min -1 hour

**11th – YMCA \$3 Fitness Room 30 min/Gym
2on2 Basketball**

18th – YMCA \$3 Swimming

25th – CLOSED