The S.T.E.P. group went to the fire station and learned how to use a fire extinguisher to put out a fire.

PASS
Pull – the pin
Aim – the nozzle
Squeeze – the nozzle
Sweep – low side to side

A visit with Dina Buno
Columbus Lifelong Learning clients and staff were thrilled to be visited by Dina Buno, star of her own real-life romantic comedy called “Dina is Dina in Dina”. Dina explained to us that her documentary is based on her own life with her then, soon-to-be-husband, whom are both on the Autism Spectrum. Dina talked about when she was younger and how she was in special classes, taking speech therapy, and how she was nervous around other people and how she needed help with her social skills. She talked about her family and how her mom was always there for her. She talked about how she was able to overcome the “label” of having autism. She became her own person and became independent.

Dina was in Columbus at the YES Cinema for her screening of her film starting at 6:00pm on Oct. 25th.
NOVEMBER

2018 Lifelong Learning Activity Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Special Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning Wake Up Art</td>
<td>Morning Wake Up Art</td>
<td>Morning Wake Up Art</td>
<td>Morning Wake Up Art</td>
<td>Morning Wake Up Art</td>
<td>Client Training 11/9/18</td>
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<tr>
<td>Re-Cycling UW Action Club</td>
<td>Art</td>
<td>Art</td>
<td>Art</td>
<td>Art</td>
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<tr>
<td>Computer Lab Walking Club</td>
<td>Fitness Club</td>
<td>STEP</td>
<td>YMCA Swimming Newsletter</td>
<td>Church Volunteer Action Club</td>
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<tr>
<td></td>
<td>Culinary Arts</td>
<td>Action Club</td>
<td>Action Club</td>
<td>Action Club</td>
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<tr>
<td></td>
<td>STEP Too</td>
<td>Bowling</td>
<td>Bowling</td>
<td>Bowling</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Action Club</td>
<td>Humane Society</td>
<td>FFY Activities</td>
<td>Ladies Group</td>
<td></td>
</tr>
</tbody>
</table>

We will be closed in observance of Thanksgiving on Thursday November 22\textsuperscript{nd} and Friday November 23\textsuperscript{rd}.

Happy Thanksgiving!
Cold weather is coming soon, don’t forget to wear your and your and your.

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

In this issue:

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LL Activity Schedule - pages 6 & 7
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S.T.E.P. and Culinary Arts Calendars – page 10
November Holidays & Events Calendar – page 11

Your Newsletter news crew this issue: Sam, Kent, Bob, Amber, Kenton, Brighid, Zoe

November Holidays & Events

1st – All Saints Day
4th – Daylight Saving Time Day
6th – Election Day
11th – Veterans Day
12th – National Pizza Day
15th – America Recycles Day
21st – World Hello Day
22nd – Thanksgiving Day
23rd – Black Friday
26th – Cyber Monday
27th – Giving Tuesday
28th – French Toast Day
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 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.

1531 13th Street Columbus, IN
(812) 376-7149  www.stonebelt.org
Tickle My Funny Bone 😊

What happened when the turkey got into a fight?
He got the stuffing knocked out of him!

What do you call a running turkey?
Fast food.

What did baby corn say to mama corn?
Where's popcorn?

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November Birthdays

Allan M. – 3rd
Taylor T. – 4th
Jamie T. – 4th
Stacy F. – 4th
Tammy B. – 6th
Tracy A. – 9th
Jane S. – 15th
Justin P. – 15th
Susie W. – 20th
Brighid B. – 23rd
Lori B. – 29th

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Clients Corner

Evan comes to Lifelong Learning every afternoon with his staff Benet. Evan likes to work on sensory items such as sorting beads.

The Action Club was collecting pinecones and acorns to make bats.

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What did baby corn say to mama corn?
Where's popcorn?
S.T.E.P. CALENDER

6th & 7th – The Appleworks
13th & 14th – Antique Malls
20th & 21st – The ARC of Bartholomew County - Team Building Skills
27th – Volunteer @ Love Chapel Finance Office
28th – Volunteer @ Orphan Grain Train

Culinary Arts Calendar

11/6 – Pumpkin Cheesecake
11/13 – Sweet Potato Casserole
11/20 – Baked Grilled Cheese & Tomato Soup
11/27 – Monkey Bread

Fun Food-Filled Fact:
Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A, Vitamin B, potassium, protein, and iron.

Art Class Prepares for the Halloween Party

Getting the skeleton ready
Enter sign for the party
Spooky decorations
Painting the tree trunk
Where the party is located
Making the fireplace

November 4th is Daylight Savings Time so, don’t forget to turn your clocks back one hour