

פרשת מטות-מסעי
July 21, 2017

Fun Station...

Last Thursday, our Otsar Day Hab ventured on a leisure trip to Fun Station in Lynbrook, Long Island for a day of arcade games. Our group has gone before, though, there are always new games offered to play. **Harold** likes to go for the games that automatically give prizes. In this way he is assured to bring home something special for his niece. **Chayala, Adele** and **Miriam** chose nice shiny rings after collecting tickets from the games they played and others chose stickers and small bouncy balls. The games were lit up brightly with colorful lights and sound effects were heard which only made the games more enticing. Fun Station staff was kind to reserve a nice area for the lunch break and relaxation. Our group felt rewarded well with their gifts and great company!!!

Arts and Crafts...

This week, **Kamla** stepped in for **Hindy** and comfortably guided the arts and crafts Monday groups with a project, making a hanging accessory holder. Each one of our participant got to choose their own holder, some with printed floral designs and some holders were made of a solid color material. Whatever the choosing, our arts and crafts groups adorned the holder with different colored and shaped, sticky plastic gems and felt cut outs. Before the gems went on, those participants that were interested were able to color their own pictures or artsy patterns on the holder. Regular clear plastic hangers with clips were wrapped around with a strip of flowered material and dazzled on each end with a shiny bow. Our Otsar groups carefully clipped the hanger on to the accessory holder which then completed the project. Kamla demonstrated to everyone how one would hang the holder and gave different ideas of what to keep inside. The summer fun projects continue on next week.





Fitness...

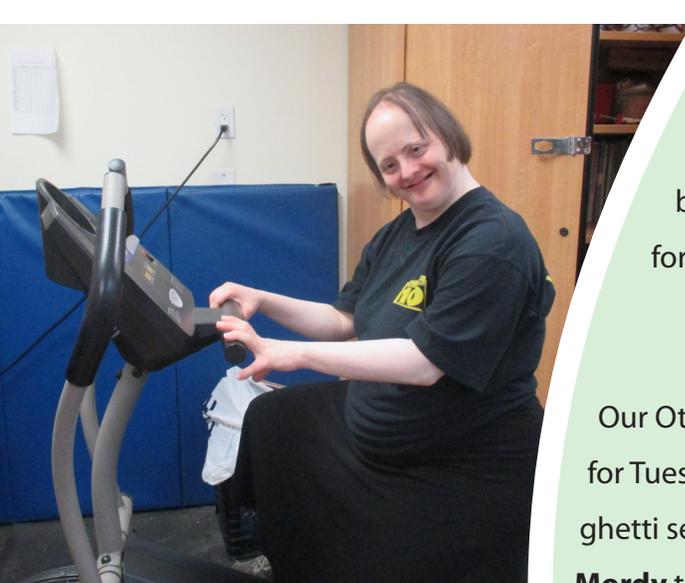
"Jogging, jog in place, put on a happy face..." as we learn from **Mendy Music**, our lively audio fitness CD that is played weekly in our day hab, giving us a boost to get on our feet and exercise. Along with Mendy Music, our staff encourages us to work out our muscles and strengthen our hearts while walking on our equipped treadmill and circulating our legs on the exercise bike. This week, we found, **Maria, Shoshana, Bracha, Pavol, Marc S** and their friends taking turns with five to ten minute intervals and rotating either with the treadmill or the bicycle. While passing by, one could hear great talk between them and staff about the importance of exercising properly and often. The virtual paths on the treadmill screen only made the fitness more enjoyable and easier to accomplish. Along with the proportioned meals, Otsar Day Hab is one of the healthiest groups out in Brooklyn!!!

Sorting...

As of June, Otsar's preschool program closed and the building was left with lots of cleaning up to do. We know how difficult and sad it was to say goodbye to a program that thrived for many years, therefore we offered our assistance in organizing the leftover preschool supplies. Turns out, this task was quite enjoyable. **Eddie J, Roger** and **Lila** took their seats around the table in the arts and crafts room and were asked to test out many regular washable markers and large Do-A-Dot paint markers. Those markers that passed the test (with flying colors!!) were packed up neatly in the marker boxes. The ones that were dried out were counted for and then thrown out. This was a big and important job that took time and patience. Our group, with the markers passed the test of working fantastic as a team!!

Indoor Sports...

It has been a while since our specialty group stayed indoors. Due to Wednesday's high temperature, it was too hot to be outside and we opted to play indoor sports. Great idea, said **Maria**, and onwards did the group begin with a game of ball throwing. **Sasha** and **Mark** threw the ball back and forth and then **Yanky** did the same. **Yaakov** waited



patiently until he caught the ball as well. Next on the schedule was a game of table top basketball. **Pavol** aimed well and got the ball in on first try and then **Eddie J** followed right after. Make way for the Otsar champions!!!

In the Kitchen with Anat...

Our Otsar groups had a great time this week in the kitchen. On the menu for Tuesday there was delicious turkey meatballs and whole wheat spaghetti served with cauliflower kugel. **Simcha Meyer, Lila, Bruce, Sara** and **Mordy** tied their aprons, pulled on the cover sleeves, stretched gloves over their hands and straightened their hair nets all suited up and ready to cook. After the cauliflower was boiled and soft, the group mixed together eggs, canola oil, mushrooms, onions and spices and folded it into the cauliflower, poured the batter into a few tin pans and baked in the oven until the kugel was golden and lightly crisped. In the afternoon, another group put on the kitchen uniform and was excited to bake oatmeal squares. **Lisette** was happy to help mix in rolled oats with dark sugar free chocolate chips, whole wheat flour and many other wholesome ingredients. Wednesday came and **Mildred** joined the kitchen group this time as she was thrilled to find out that the group was making homemade pizza squares for lunch. **Mildred, Lisette, Adele** and more of their friends assisted Anat in forming and rolling the pizza dough. The dough was pressed into many tin baking pans and dressed with homemade deep red tomato sauce and sprinkled on shredded mozzarella cheese. To provide some choices of pizza, the kitchen group added mushrooms, peppers and onions. The heavenly aroma of the pizzas filled each room in the day hab and everyone was anxiously waiting for the "lunch bell to ring". Of course, a nice fresh diced cucumber and tomato salad was prepared as a side to the pizza. Wednesday afternoon, **Eshka, Simcha Meyer, Pavol** and others assisted in preparing egg salad sandwiches on whole wheat bread for Thursday's trip to Green Acres. They also sliced cucumbers and peppers to eat with the sandwiches. Another wonderful week was had by all those in the kitchen!!