



Adult Enrichment Center
1813 E Dyer Rd. Unit 411
Santa Ana, Ca. 92705

AEC Remote Service Packet | Health and Fitness | Monday 1.10.2022

Thank you for participating in AEC remote services. AEC has included materials to complete this packet (Paper, pens, pencil, crayons)

Physical Exercise:

****It is helpful to have a towel, a yoga strap, or even a belt to assist with these movements.**

Warm-Up: Complete each motion for 20 seconds. Repeat sequence two times.



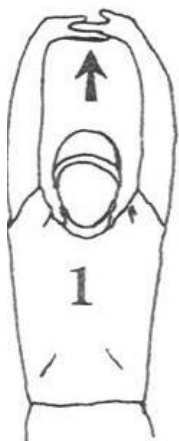
Illustrated by © Jessica Emmett - www.jessica-emmett.com

This image can be used for personal and non-commercial use with credit. This image is a basic guide only, always consult a qualified archery instructor.

Stretching

Instructions: Do each exercise below. Repeat the sequence two times.

****If you do not have a towel for step 3, then simply reach your arms as high as possible.**



15 seconds
(page 43)



10 seconds
each side
(page 42)



15 seconds
(page 85)



15 seconds
each side
(page 79)



30 seconds
each leg
(page 71)



30 seconds
(page 53)



20 seconds
(page 52)



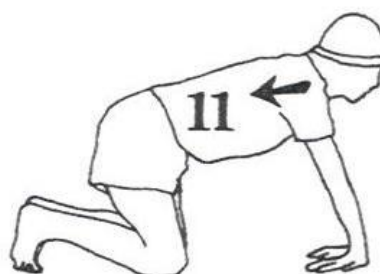
25 seconds
(page 65)



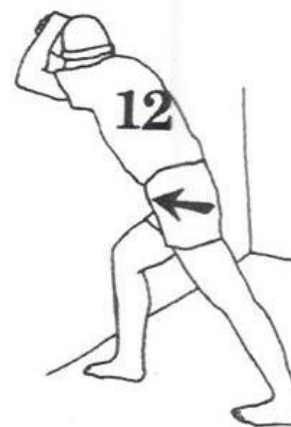
30 seconds
(page 56)



30 seconds
each leg



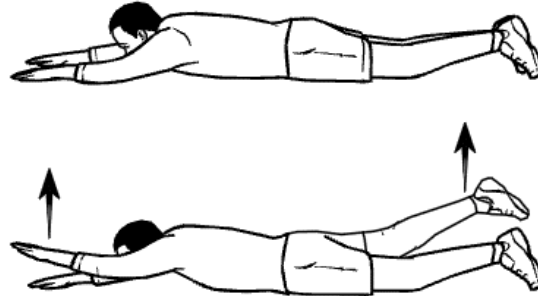
20 seconds
(page 40)



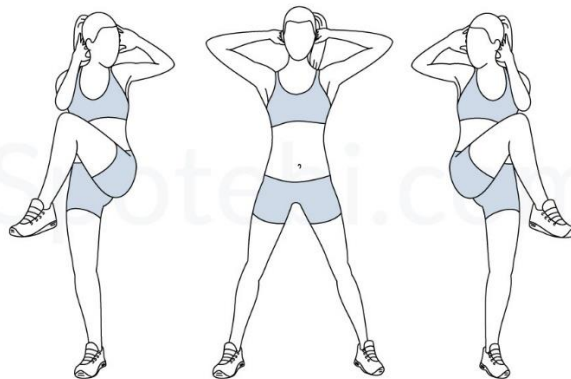
20 seconds
each leg

Workout: Complete each exercise in the sequence. Following the sequence, take a 1-minute break. Repeat the sequence 2-3 times.

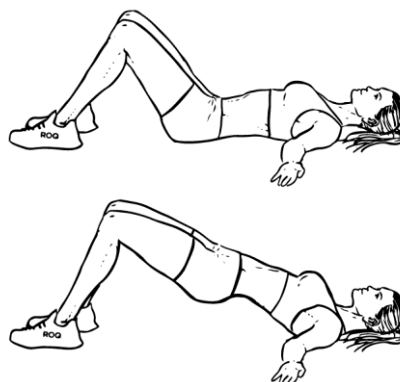
Swimmer: Lie on the ground with your arms stretched out in front of you, shoulder-width apart, palms flat on the ground. **Look down at the ground with** chin slightly tucked. Then slowly raise your left arm up and your right leg up. Hold for two seconds at the top and then slowly return to the ground. Alternate by lifting the right arm up and the left leg up. Repeat these 8 times.



Standing Bicycle Crunch: Stand up straight and slightly tuck in your butt. Put your hands behind your head, with your elbows out wide. Exhale as you lift your left knee and twist your upper body towards the left so that your right elbow makes contact with your left knee. Inhale as you return to the original position. Then switch sides. Repeat for 20 times: meaning 10 times for each side.



Bridge: Lie on your back with both feet flat on the ground in front of you, knees bent. Exhale as you push through your heels to lift your hips up as high as you can. Hold at the top for 3 seconds. Inhale as you return to start. Repeat 10 times.



Name: _____

Personal Hygiene

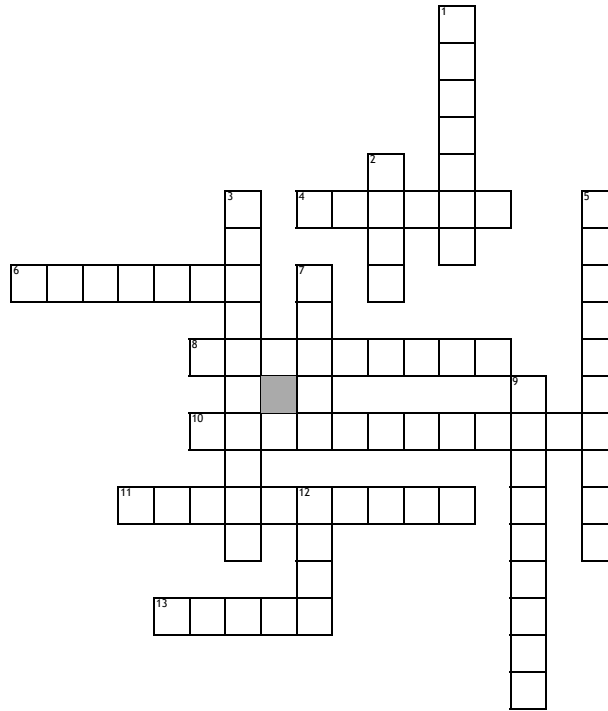
W N O A T O W E L I M X T H S T F A H Z J F Q R
Q O G O E Z E T N A R O D O E D D X A T C G U C
E A H X F Z Z J P J A M X V L E Q U U A W L T V
Y R X S R E P P I L C L I A N W A I D Y M V W W
F M A Z W H S U R B R I A H Y A Q R A S F V Z P
X S F P M E Y P W J T Q H J P T W S P I I J T O
O I V K A J N Z J T D A T T A K A E A A C N S P
E M C I G O F S Y B P Y R H R V O W R K A H L U
B S G Y Q J S C H U O E E E Q I Q M F R Z C C J
N O K B I A J G Q L W I B W U L O O F A H Z Y I
N S D U B C H S R O Q W P T S N F H O Z K H M W
Q A U Y B O F X H O J T R O H S O R N X T N X T
C F M H W T T S B E B B M H G K W Q U N K P V F
O O Q E L A Y E L F S K X N R I P N S A Y A R L
N T E D T Y S N X V H G K U F D Y H A J S V F W
D M O R J S M H D W B W J L H K A I O E V F F G
I Z H O X I A M D I W K O N A M E F X L P F B Z
T N B O T C H P S U T S B P P C L T D Y Z T T H
I Z P W S H Q X H Z S G M O H T O L C E C A F V
O J P I L G B T C T T A O I W H A Q Q N Q L Y Q
N J T I G H N R U L O E S O L U L K E K W S N V
E Z P R T D F R U K E O A Y Z K U M U J N S S B
R U G T X Q A H Q S U A T C K R Y Q V M V W R F
J X W N H J V K K N H C N D C L B S H Z O O U N

toothpaste shower nailclippers floss toothbrush conditioner shampoo loofah facecloth
clean towel soap qtip hairbrush deodorant bodywash

Name: _____

Date: _____

Personal Hygiene



Across

- 4. you get into this when you want to get clean
- 6. you wash your hair with this
- 8. you use this in the show to help you get clean
- 10. you cut your nails with these
- 11. you brush your teeth with this
- 13. you use this to detangle your hair

Down

- 1. you blow your nose with this
- 2. You wash your hands with this.
- 3. you put this on your toothbrush
- 5. you wash your face with this
- 7. you dry you body with this.
- 9. you use this to stop you smelling
- 12. some people like to relax in this

AEC Remote Service Packet (Tuesday) (1/11/2022)

Thank you for participating in AEC remote services. AEC has included materials to complete this packet (Paper, pens, pencil, crayons)



Vincent Van Gogh

Born: March 15, 1853

Died: July 29, 1890

From: Netherlands

Time Period: Post-Impressionism

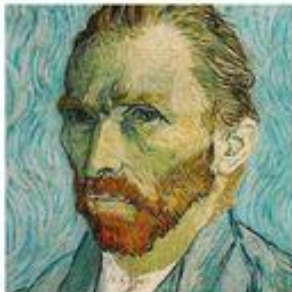
About:

Vincent Van Gogh is considered one of the greatest artists of the post-impressionist time period. He is most notably known for his painting "Starry Night". Before Van Gogh became an artist he was studying to become a minister. When he moved to Paris he began painting and was inspired by the light and color of the impressionist movement. Van Gogh struggled throughout most of his life, he was admitted into a mental hospital where he painted "Starry Night".

Famous Work:



Starry Night



Self Portrait



Sunflowers

Vocab: **Post-Impressionism:** A movement in art where artists reacted against the naturalism of the impressionists to explore color, line, and form.

Name: _____

Great Minds: Vincent van Gogh

by Lydia Laska

Vincent van Gogh was a famous artist and painter. Today, he is known for such paintings as "The Starry Night" and "Sunflowers." But the funny thing about fame is that sometimes you don't get appreciated while you're alive. Such is the case with Van Gogh. He wasn't recognized for his great work until after his death.

He was born in 1830 in the Netherlands. He had two brothers and three sisters. His father and grandfather were relatives while his mom took care of the family and household duties. Some other members of his family worked in the arts, like his younger brother Theo. Theo worked in an art gallery in Paris. He supported Van Gogh's art career and the two were close.

When he was young, Van Gogh enjoyed drawing but

never considered it as a career. In fact, he had many other jobs before becoming a full-time artist. For example, he worked as a teacher, a sales clerk in a bookstore, and followed his father's footsteps as a miller and missionary.

But at the age of 27, he decided to follow his heart and pursue art full-time. His first drawings were made using pencils, charcoal sticks, and watercolor. He preferred to draw pictures of middle-class and poor people. One of his earliest famous paintings was called "The Potato Eaters." It showed a peasant family chomping down on some potatoes for dinner.

Soon after, Van Gogh started using oil paints. In the beginning, he used darker colors. Not only that, but his paintings were often sad and a bit gloomy. His brother Theo had to sell the paintings, but nobody wanted to buy them. Then Theo introduced him to a new style of painting called Impressionism. This style is not about painting something realistic. It's more about capturing a moment in time or an "impression" of something.



"I've had a very bad time and now I've painted myself. I'm in a very bad mood, and the colors are all so dark." - Vincent van Gogh

Name: _____

Great Minds: Vincent van Gogh

by Lydia Laska

1. Based on the information in the article, who was an important supporter of Van Gogh's art career?

- a. His fellow painter, Paul Gauguin
- b. His brother, Theo
- c. His father and mother
- d. He did not have any supporters of his art career during his lifetime.



2. All of the following are famous paintings by Vincent van Gogh, except...

- a. "Sunflowers"
- b. "Wheat Field"
- c. "Portrait of Doctor Gachet"
- d. "The Potato Eaters"

3. What did Van Gogh do when he couldn't find anyone to model for his artwork?

4. Describe one of the struggles that Van Gogh had during his life.

5. What kind of painter was Van Gogh? What was the artistic movement all about?

Artist Study: Vincent Van Gogh



This is Vincent Van Gogh.
He was a painter that lived
in Holland.

He lived 1853-1890



The Starry Night is widely viewed as the greatest of all of Vincent van Gogh's works. The painting is of a scene that he saw from his window. It shows a dramatic nighttime sky with twinkling stars and twisting trees. He used thick intense colors and swirling strokes.

THE STARRY NIGHT

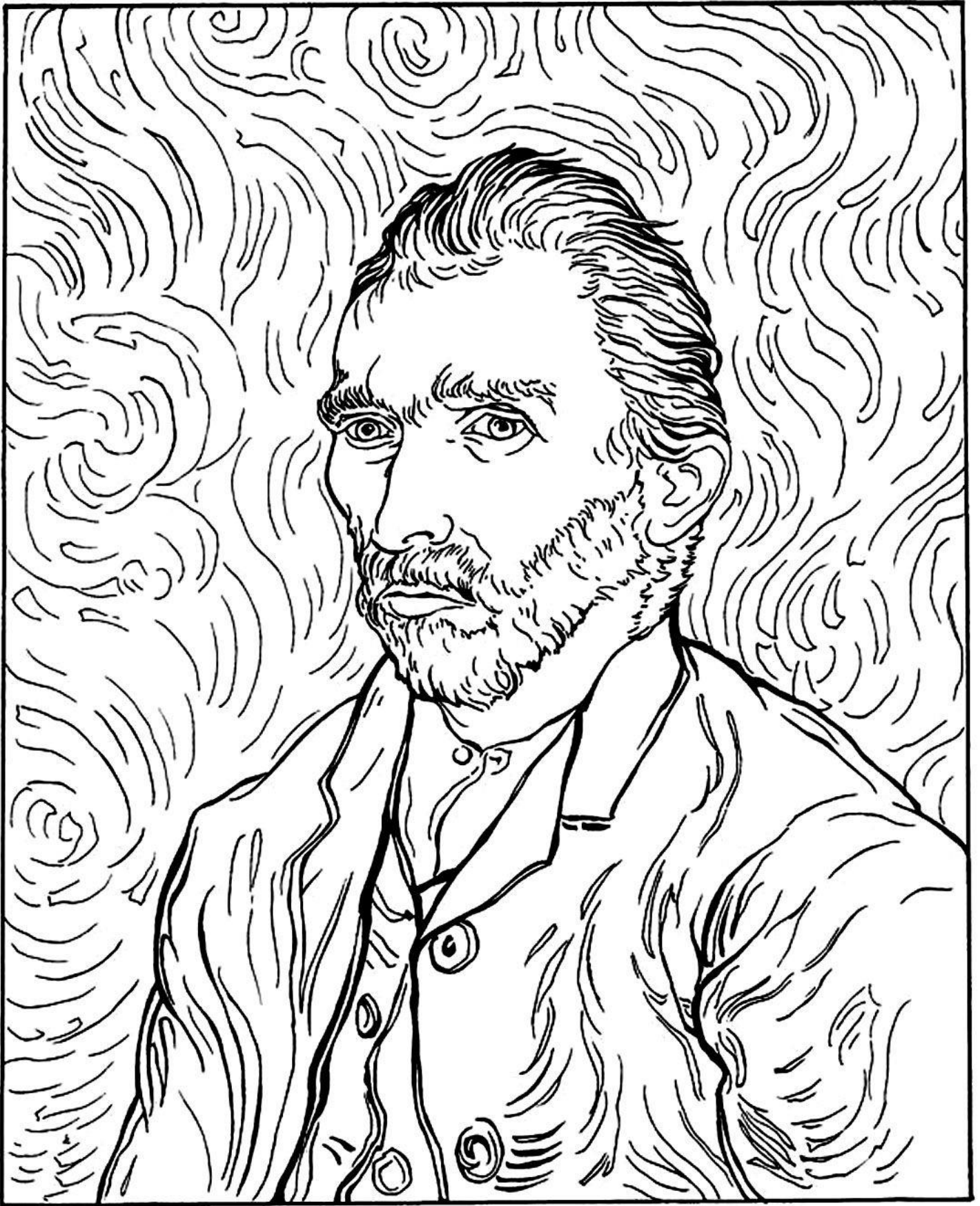
Painted by Vincent Van Gogh in 1889

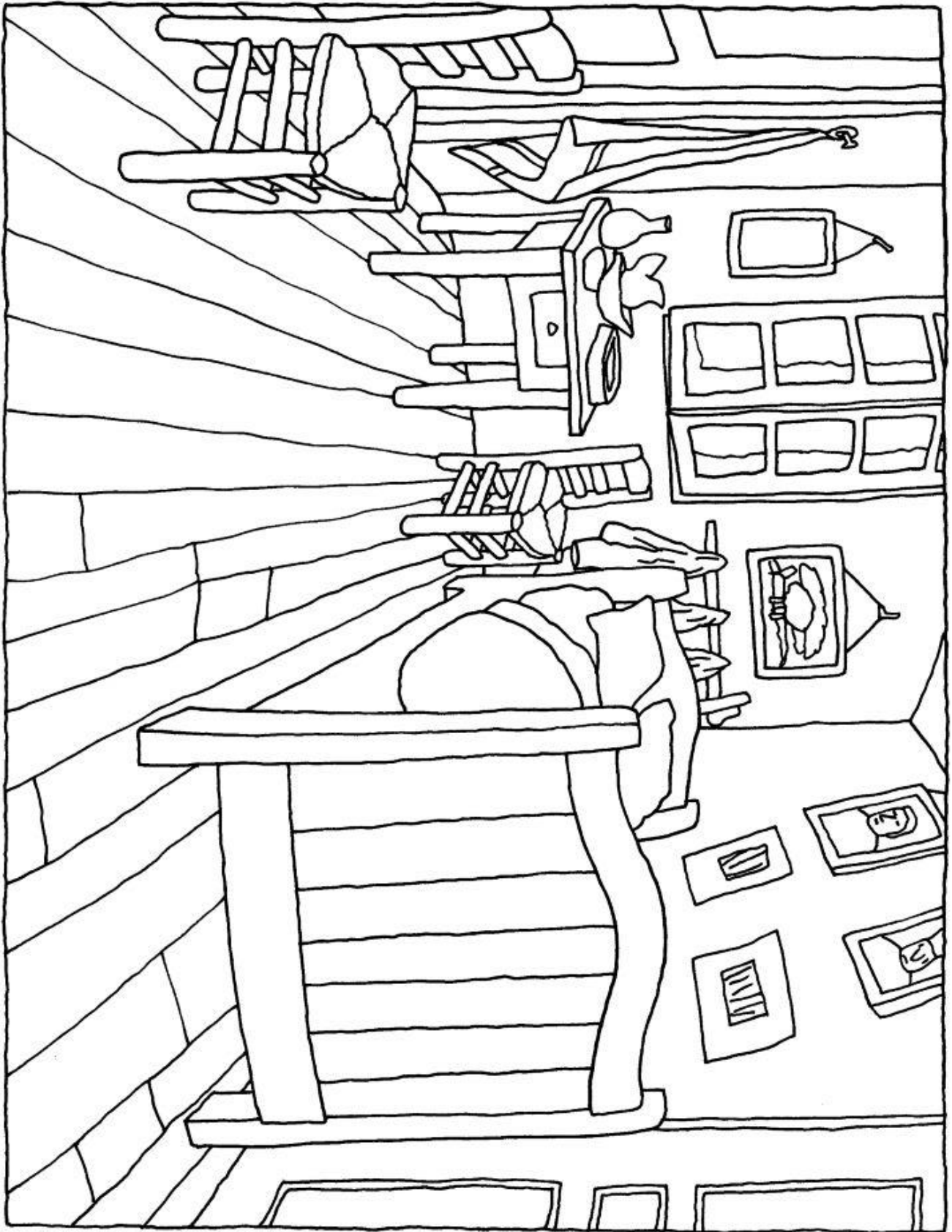
***Now paint your own "Starry Night" on the back**

I DREAM OF PAINTING AND
THEN I PAINT MY DREAM.
-VINCENT VAN GOGH



11. *Starry Night*. 1889. Oil on Canvas.

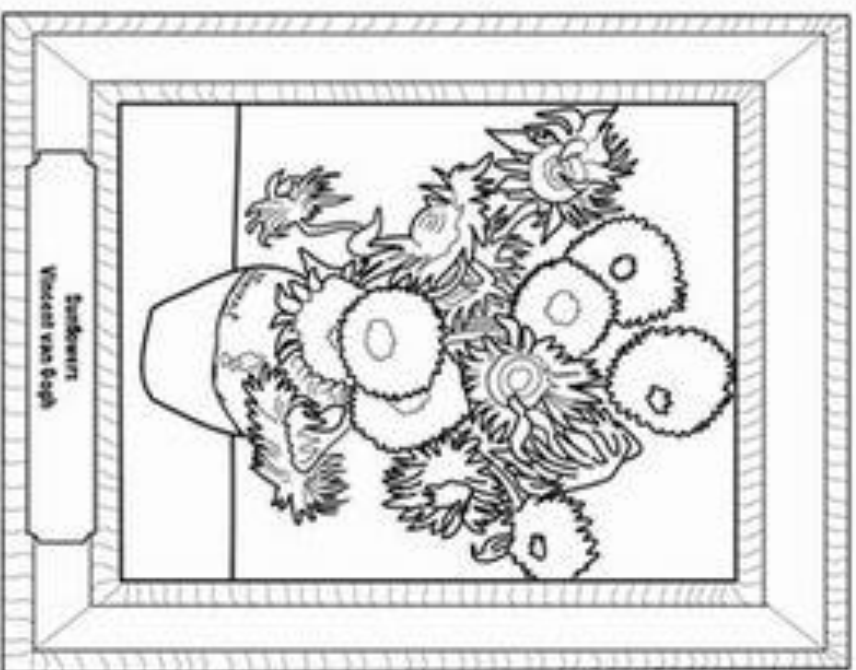






Sunflowers, Vincent van Gogh, 1888, oil on canvas, original image: http://commons.wikimedia.org/wiki/File:Vincent_Van_Gogh_0010.jpg coloring page made by www.happyfamilyart.com

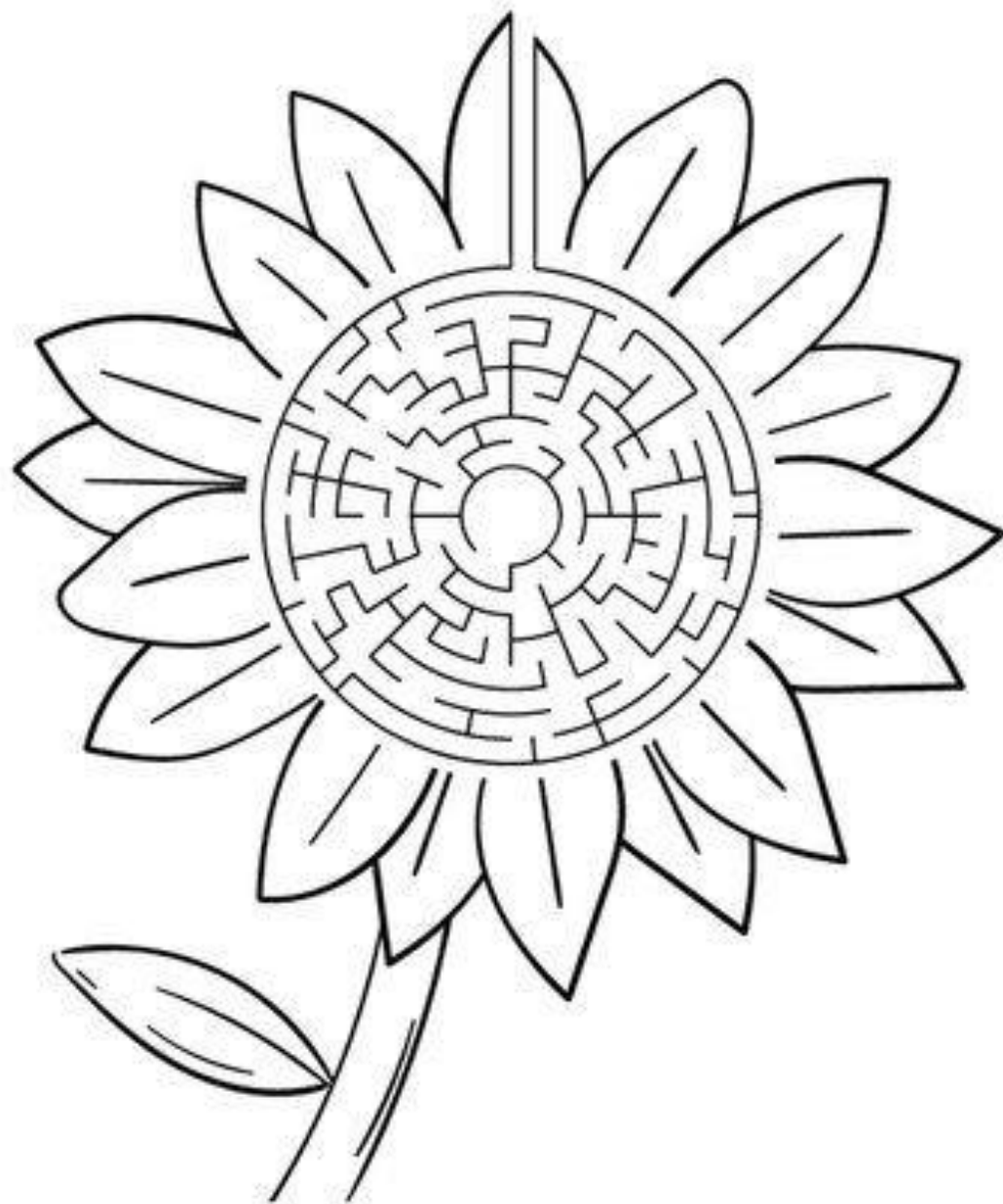
ACTIVITIES



S F J V B K S B S C S R F H J N
D M H W Q B X L U T S H J C C S
N L X O E A K O N J E L T Z Z I
A O M L W O G C Q N N M T E I O
L B Y L E F S K K S I W A D J A
R T T E C G G P A Q P Z B B Q A
E L F Y N A N R I C P T D O P R
H G L A A U I I Q S A Q A C M T
T W A B R G T N P W H J N S U I
E J H U F U N T E S N S O T X S
N A R P O I I I N H O A A R H T
E T U R J N A N K Y H J T T W I
F H E J I S P G F L E N D I F D
P U Z P S U N F L O W E R S K Q
G L W J M U P G F C M P H E J C
L Z Z P N C M Z F X H M B M R L

SUNFLOWERS PAINTINGS FRANCE YELLOW HAPPINESS
NETHERLANDS GAUGUIN ARTIST BLOCK PRINTING

Flower Maze





Adult Enrichment Center
1813 E Dyer Rd. Unit 411
Santa Ana, Ca. 92705

AEC Remote Service Packet | Health and Fitness | Wednesday 1.12.2022

Thank you for participating in AEC remote services. AEC has included materials to complete this packet (Paper, pens, pencil, crayons)

Physical Exercise

Warm-Up: Complete each stretch for 20 seconds. Repeat the sequence two times.



Illustrated by © Jessica Emmett - www.jessica-emmett.com

This image can be used for personal and non-commercial use with credit. This image is a basic guide only, always consult a qualified archery instructor.

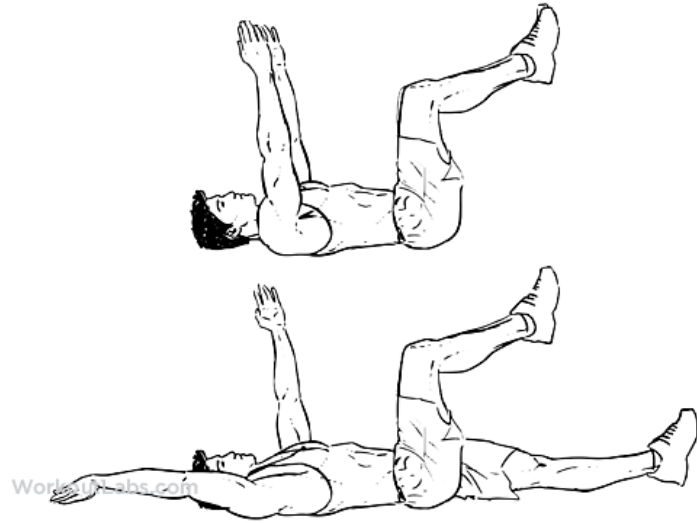
Stretching: Complete each stretch for 5-10 seconds. Complete each stretch for both sides of the body: ex, stretch the back of the upper left arm and then the back of the upper right arm; stretch the left calf and then the right calf.



Repeat the entire stretching sequence two times.

Exercises:

Dead Bug – Start by lying on your back on the ground with your feet flat on the floor, about one foot away from your hips, knees bent. Raise your arms to that your elbows are above your shoulders with your fists facing in towards each other. Lift your legs so your knees are directly over your hips. As you exhale, slowly lower your right arm and left foot until they're just above the floor. As you inhale, bring them back to the starting position. Repeat on the opposite side to complete the rep. As this exercise becomes easier, you can fully extend your legs. Complete this exercise for 8 repetitions on each side.



Goblet Squat: Stand with your feet slightly wider than hip-distance apart with your toes pointed slightly outward. Hold your hands together at your chest as if you were holding a ball. Bend your elbows so that the ball would be right at the center of your chest. Look straight ahead and press your hips back and your knees forward to perform the movement. Squat down as far as is comfortable and then return to starting position. Repeat this for 10 squats.



Take a one-minute break. Then repeat this sequence four times.

Connect
the dots.

Regular
exercise
is an
important
part of
good
health.



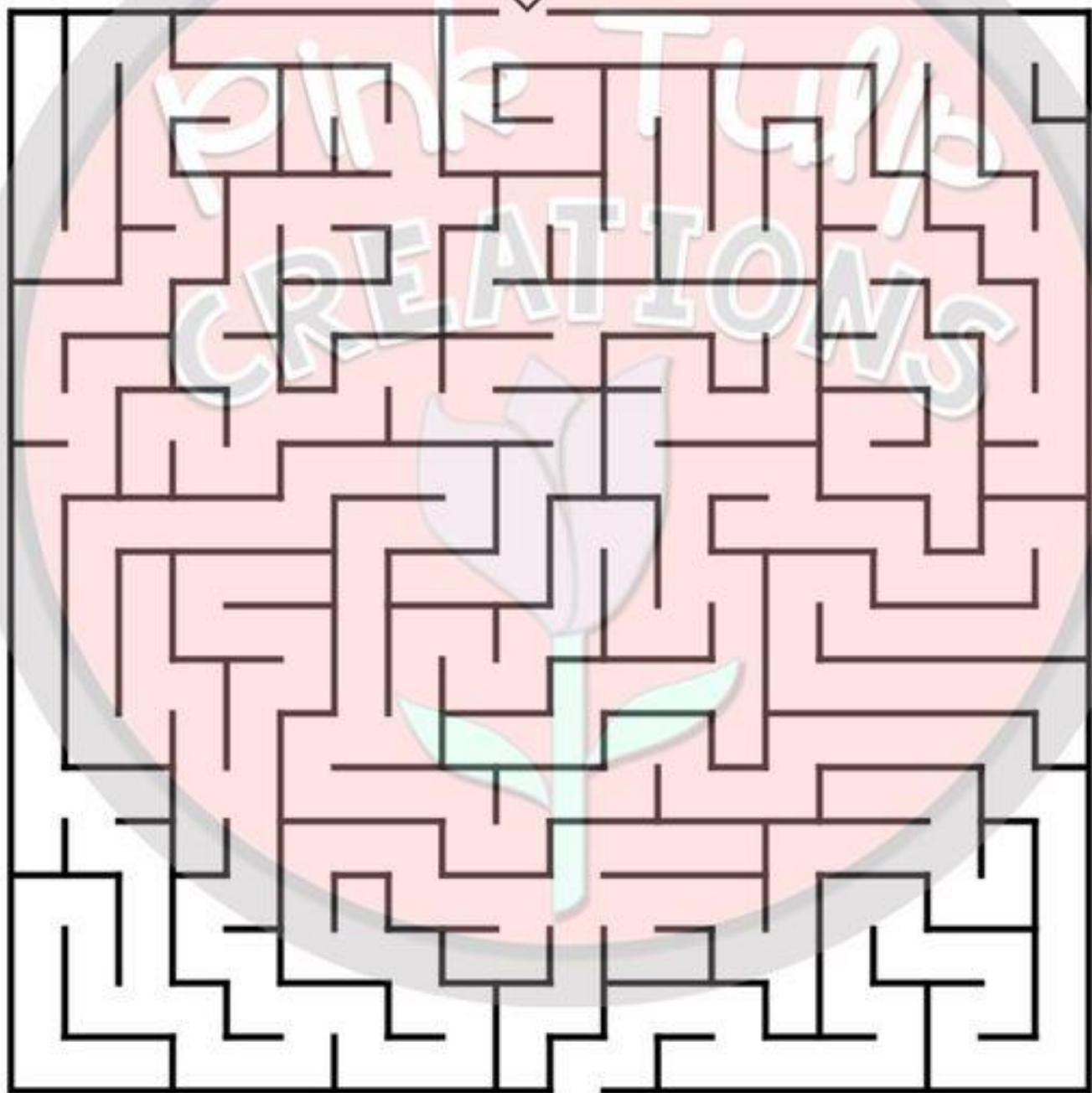
Make it a healthy habit to get some type of daily exercise.

GET THROUGH THE MAZE

Name: _____

Find the healthy food at the end of the maze.

start



Healthy Foods

Find and color the foods in the picture that are good for you!



ALWAYS wash your hands before eating and after using the bathroom.



There are two kinds of germs that can make you sick: bacteria and viruses. Germs are so small they can only be seen with a microscope. Since you can't see them, you can help protect yourself from getting sick from germs by practicing healthy habits. Washing your hands, brushing your teeth, not sharing eating utensils and keeping your hands out of your mouth are all ways to help prevent the spread of germs.



AEC Remote Service Packet Thursday (1/13/2022)

Thank you for participating in AEC remote services. AEC has included materials to complete this packet.

Identifying Descriptive Language — Activity

Name _____

Date _____

Identifying Descriptive Language - Nouns and Adjectives

- Common nouns are the names of people, places or things.
Underline the common nouns in **blue**.
- Adjectives are words used to describe nouns.
Underline the adjectives describing the common nouns in **green**.
- Remember, not every noun will have an adjective connected to it.

The Cat and the Whale

Many years ago, some ferocious pirates sailed the seas. One of the pirates decided to bring his adventurous cat along for the journey.

A terrible storm overturned the unlucky ship. The doomed pirates fell into the rocky ocean. The fearful cat thought that he would drown. A giant whale appeared and bravely rescued the cat.

The water-logged cat and the heroic whale arrived at a tropical island. The cat jumped excitedly onto the golden sand. The curious whale asked the cat, "Do you know this island?" The confident cat replied, "Yes! The king of this beautiful island is my best friend and I am a famous prince!"

The clever whale knew that this was a deserted island. He said to the cat, "You're a famous prince? How extraordinary! Well, now you can be king!"

The confused cat answered, "But how can I be king?"

The whale laughed. "Easy! There's no other living creature on this island. There is no one else who can be king!"



Name: _____

Noun, Adjective, and Verb

Directions: Write examples of things or places that the words might describe.

cozy	hard	loud
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Directions: Choose the best form of verb for each sentence.

1. I want to get there fast, so I will _____ .	jog walk run
2. I could tell Tina was very sad because she _____ loudly.	wailed sniffed cried
3. Bob is so hungry that he will _____ the whole pizza.	nibble eat devour
4. If you want them to hear you over the trucks, you will have to really _____.	whisper yell talk
5. The puddle is pretty big, so you will have to _____ over it.	step leap hop

Action!
(Verbs)



Name: _____

Practice Using Action Verbs

Write the correct tense of the action verb to match the rest of the sentence.

1. (to write) Yesterday, Samuel _____ his name on his test.
2. (to sing) My mother _____ in church next Sunday.
3. (to play) Robert can't come over right now because he _____ soccer.
4. (to teach) Our teacher _____ us how to do that last week.
5. (to drive) Mr. Peterson now _____ a big truck for a moving company.
6. (to eat) I _____ dinner with my best friend's family last night.
7. (to work) Michael and Scott often _____ at the fast food restaurant.
8. (to study) Tomorrow night, Jessica _____ with me at the library.
9. (to watch) My dad and I _____ a movie on t.v. right now.
10. (to paint) Last summer Uncle Ted _____ the outside of our house.
11. (to buy) My aunt _____ me a game for my birthday next month.
12. (to cook) Whenever my brother _____ dinner, he burns it!
13. (to park) Susie's mom _____ her car right next to ours.
14. (to look) I _____ for my keys for two hours!
15. (to sit) When we went to the football game last night, Joe _____ next to me.
16. (to sleep) Jennifer _____ late today. She's still not up.
17. (to run) My friend and I _____ in a race this weekend.
18. (to clean) Johnathan _____ his room each Saturday.

Three Little Pigs

by: _____
your name

Once upon a time a time, there were three _____ pigs. One day, their mother said,
"You are all grown up and must _____ on your own." So they left to _____
their houses. The first little pig wanted only to _____ all day and quickly built his
house out of _____. The second little pig wanted to _____ and _____
all day so he _____ his house with _____. The third _____ pig
knew the wolf lived nearby and worked hard to _____ his house out of _____.
One day, the wolf knocked on the first pig's _____. "Let me in or I'll _____
your house down!" The pig didn't, so the wolf _____ down the _____.
The wolf knocked on the second pig's _____. "Let me in or I'll blow your _____
down!" The pig didn't, so the wolf _____ down the house. Then the wolf knocked on the
third _____ pig's door. "Let me in or I'll blow your house down!" The little pig didn't so
the wolf _____ and _____. He could not blow the house down. All the pigs
went to live in the _____ house and they all _____ happily ever after.

The End

STAR WARS



Star Wars is a _____ of _____
(adjective) (noun) (adjective)
versus evil in a _____ far far away.
(noun; place)
There are _____ battles between
(adjective)
_____ in _____
(adjective) (plural noun; vehicle) (adjective)
space and _____ duels with _____
(adjective) (plural noun)
called _____ sabers. _____
(adjective) (Plural Noun)
called "droids" are helpers and _____
(plural noun)
to the heroes. A _____ power called
(adjective)
The _____ s people to do _____
(Noun) (verb) (adjective)
things, like _____. The Jedi
(verb) (plural noun)
_____ use The Force for the
(plural noun; type of job)
_____ side and the Sith _____ it for
(adjective) (verb)
the _____ side.
(adjective)





Normal life vs Lockdown (Madlibs)

Before coronavirus, I woke up at (1)_____. I had a shower, I brushed my (2)_____ and I ate (3)_____ for breakfast. I went to(4) _____ at 8.30am. My favourite lesson at school is (5) _____, but I don't like (6)_____. After school, I went to (7)_____ club. Then I went to bed at (8) _____.

Now, I (9)_____ at 9am. I have classes on the internet, using my (10)_____. I like having classes online, but sometimes they are (11)_____. I have a lot of free time now, so I often(12) _____ but I can't go outside so I never (13)_____. I usually zoom with my best friend, (14)_____. I don't mind staying at home, but I want the quarantine to finish in (15) _____.

1. A time
2. A body part
3. A food
4. A place in town
5. A school lesson
6. A school lesson
7. A hobby
8. A time
9. Something you do every day
10. An electric device
11. An adjective
12. Something you do at home
13. Something you do outside
14. A person's name
15. A month



Remote Service Packet Friday (1/14/2022)

Thank you for participating in AEC remote services. AEC has included materials to complete this packet.

Activity #1: Multiplication Codebreaker

Directions: Complete the math exercises below.

Name _____

Date _____

**FUN MULTIPLICATION TO 10x10
SHEET 6 THE CODEBREAKER RETURNS!**



C	T	R	L	A	E	P	D	N	I	M	Y	S	G	B
21	24	27	30	36	42	48	49	54	56	63	64	72	81	90

Work out these multiplications, then find the coded message!

The first letter is done for you.

Letter	C													
Number	21													
Fact	7 x 3	9 x 4	6 x 8	8 x 3	4 x 9	7 x 8	6 x 9			8 x 9	6 x 6			

Letter														
Number														
Fact	5 x 6	4 x 9	9 x 7	6 x 6	6 x 9	7 x 7	6 x 7	9 x 3						

Letter						"								
Number														
Fact	9 x 8	6 x 6	8 x 8	8 x 9			9 x 9	3 x 9	7 x 6	9 x 4	4 x 6			

Letter														
Number														
Fact	8 x 3	8 x 7	9 x 7	6 x 7	8 x 9			6 x 4	6 x 6	9 x 10	6 x 5			

Letter														"
Number														
Fact	7 x 6	9 x 8		10 x 3	6 x 7	9 x 4	3 x 9	9 x 6	7 x 8	6 x 9	9 x 9			



Activity #2: I Spy Space

Directions: Complete the activity by locating the space items as instructed.

I SPY SPACE!



FIND AND COLOR THE SPACE ITEMS! CAN YOU FIND THE ASTRONAUT?


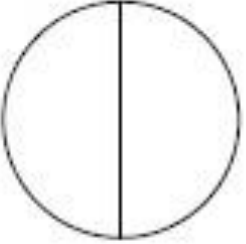

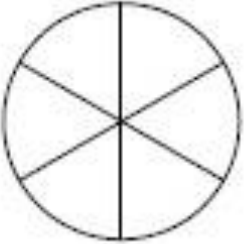

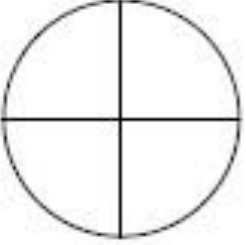
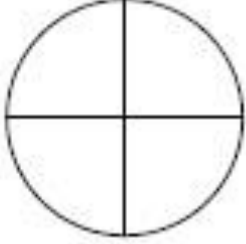
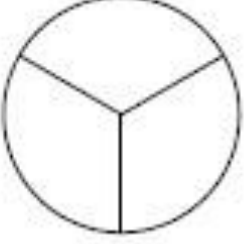
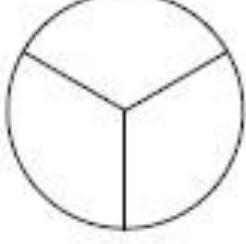
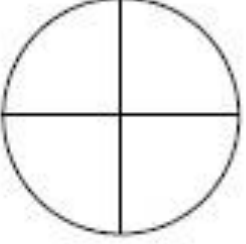


Activity 3:

COLOR THE FRACTION



NAME _____ DATE _____

	$\frac{1}{5}$		$\frac{1}{2}$
	$\frac{3}{5}$		$\frac{2}{6}$
	$\frac{5}{6}$		$\frac{1}{4}$
	$\frac{3}{4}$		$\frac{2}{3}$
	$\frac{1}{3}$		$\frac{2}{4}$

Activity 4:

Directions: Solve the word search and let us know whose name needs to be added to the word search.

Add _____ to the word search.

Adult Enrichment Center WordSearch

N	L	N	I	T	S	U	A	H	S	I	R	H	C
S	S	J	J	E	S	U	S	I	K	P	A	C	I
I	R	Y	E	S	E	N	I	A	I	E	A	R	C
J	O	L	V	L	O	M	H	E	M	T	C	T	I
M	A	S	I	I	I	A	A	O	B	E	I	I	F
A	A	S	C	L	R	G	S	T	E	I	S	E	J
A	G	E	T	I	E	G	I	G	R	J	S	N	A
I	E	N	O	A	H	I	A	J	L	T	E	I	Z
H	N	A	R	N	S	E	S	R	Y	Y	J	H	M
T	E	U	I	A	I	R	T	Y	U	N	T	S	I
N	C	A	A	J	F	H	C	E	T	A	N	N	N
Y	U	T	N	I	R	A	N	I	G	S	L	U	I
C	S	P	T	A	L	Y	Z	R	R	A	I	S	A
I	L	A	H	C	J	U	F	Y	E	V	N	I	A

LAURA
JANAE
SAM
YESENIA
MAGGIE
VICTORIA
KIMBERLY
CHRIS
CYNTHIA
JAZMIN
PETE
FISHER
JESUS
LILIANA
AUSTIN
JESSICA
SUNSHINE

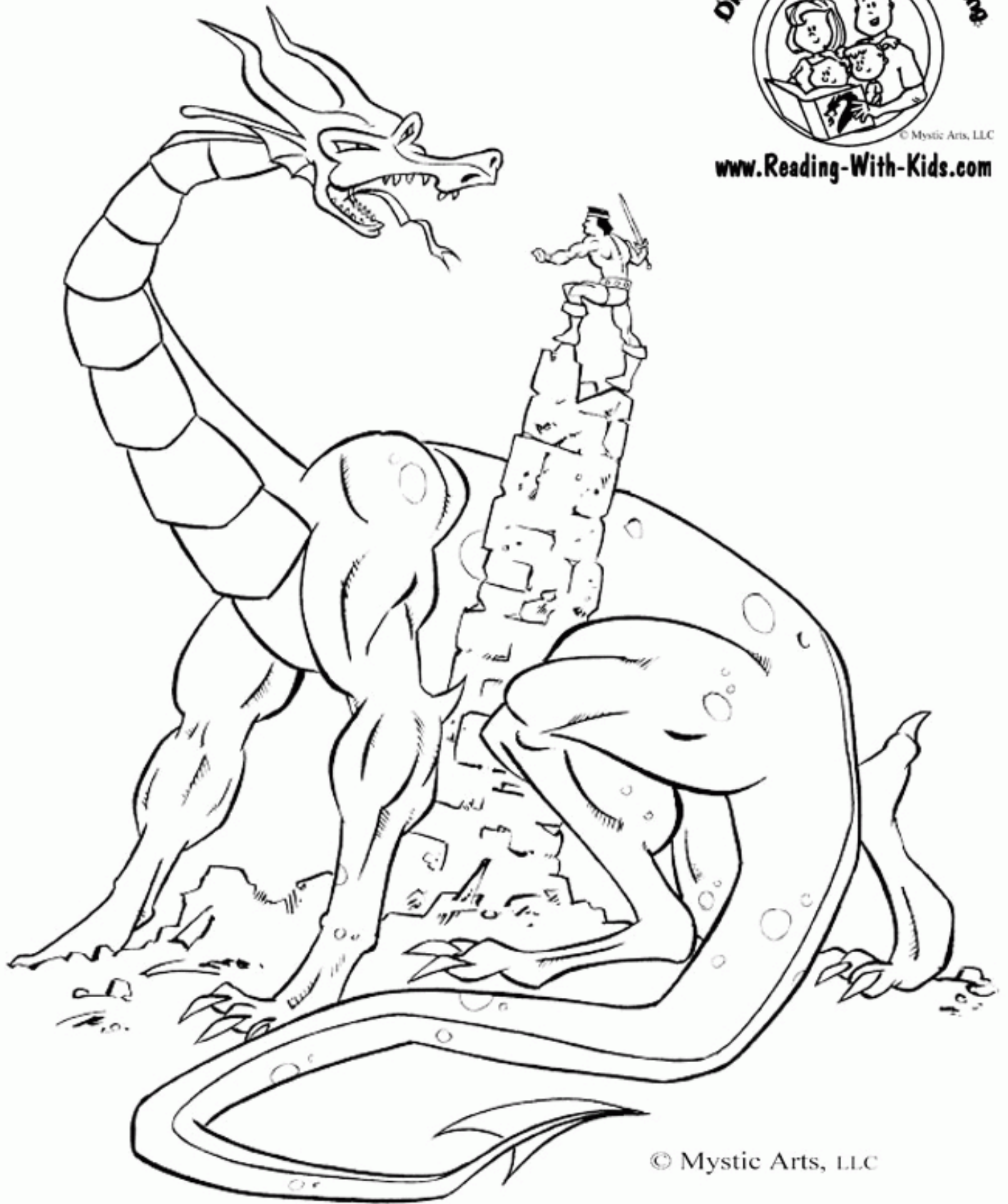
Play this puzzle online at : <https://thewordsearch.com/puzzle/1486309/>

Discover the Magic of Reading



© Mystic Arts, LLC

www.Reading-With-Kids.com



© Mystic Arts, LLC

