

# 'Tis the Season to be Freezin'

The weather outside was frightful, but Primetime remained delightful! Since we had everywhere to go, we only closed two days for the snow! The winter cold had brought us challenges but it has not stopped us from our daily trips into the community. We've also have become creative with our activities indoors on days when we were snowed in.



Our winter season started with preparing for the holidays. Decorating our Christmas tree and Hanukkah window helped spread our holiday joy! Everyone got involved in a contest to decorate each door here at our program. The imaginations ran wild and the results were some of the most amazing doors ever! We had the great fortune to be invited to a performance of the world-famous "Holiday Express". We were able to join our friends at our Eatontown location and had lunch along with great music and dance. Chef Devin and Mr. Doyle joined us for our Holiday Pajama Party! They lead our group in preparing an exquisite cooking experience. We enjoyed tacos, cookies, and made the most scrumptious hot chocolate! By the end of December everyone was in true Holiday Spirit!



We've been so grateful for Chef Devin and Mr. Doyle who have become honorary members of our PrimeTime family. They have returned on three separate occasions allowing us to learn and expand our cooking skills. Already in the New Year, they've joined us for a classic grilled cheese sandwich with tomato soup and to top it off we indulged in homemade brownies and ice cream! We look forward to continuing our cooking classes in the future!



To help burn off some of those calories, we joined Ms. Nancy for an energetic Pound Class. We used drumsticks to create our own rhythm while we worked out. Health and body recognition is a priority for us. During our visit to Centra State Health Museum, we learned more about our bodies and hygiene. This was very helpful this flu season for teaching us how to protect ourselves and remain healthy!



This winter we learned the value of working as a team. Together, we created four hundred holiday gift bags to help Holiday Express. We also gave back to our community by collecting toys for the CASA of Ocean County. *"Alone we can do so little, together we can do so much"-Helen Keller.* Working together has been our fuel for success!

*The frost may continue, but our warm hearts and spirit here at PrimeTime will help us get through.*

