



# STREAMline

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JUNE NEWSLETTER

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### Special points of interest:

- ✓ The STREAM Program started on March 1, 2014.
- ✓ STREAM's Monthly theme was Oceans & Rivers.
- ✓ GAAMHA's Summer Solstice BBQ was held on June 20, 2014.
- ✓ Friday Lunch Club went to Duguay's Chicken & Seafood in Gardner.

## This month in STREAM...

June proved to be a very exciting and eventful month here at GAAMHA. With the STREAM program in full swing, there were many activities taking place on a daily basis. The theme for our program this month was "Oceans & Rivers". Some of the activities to choose from were:

- Crafts - We made jellyfish and lobsters while learning about them
- Geography Club - The Mississippi River and The Great Lakes
- Science Class - Topics covered included Erosion, The Mariana Trench and The Panama canal
- Watch The Discovery Channel's series "Blue Planet"

In addition to the activities centered around our monthly theme, we also had a cooking class where individuals learned how to make a grilled cheese sandwich. We made a fruit salad and

discussed the benefits of healthy eating. On June 11, 2014, we held a BBQ lesson at Dunn's Park. The STREAM members prepared their own hamburger patty in house and were able to cook it on the grill at the park. Everyone had a great day!

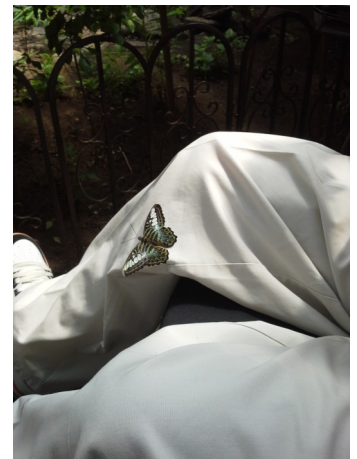
The Annual summer BBQ was held on June 20th. There was a DJ, dancing and plenty of food to go around. Fun was certainly had by all!



Pictured above is a lobster made by one of our creative individuals here at STREAM. Each member made their very own lobster out of recycled egg cartons and pipe cleaners!

Trips to Wachusett Mountain, Barre Falls Dam, Mason's Bowling, and the bike trail in Gardner were also taken.

Below, Curt G. enjoys the company of a butterfly while passing through the viewing area during our visit to The Butterfly Place in Westford, MA on June 25, 2014.



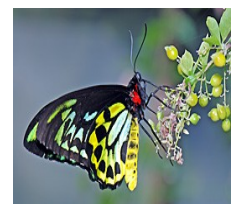
## STREAM visits The Butterfly Place!

Written by Curt G.

It was a nice, long, adventurous ride to get to The Butterfly Place. When we arrived, we were paired up with a staff member and given name tags to wear. We entered the building through the gift shop, and were instructed to enter the butterfly area by passing through two doors ensuring that the first was closed behind us before opening the second door. There was a red light outside the first door which indicated when it was safe to enter. This prevents the butter-

flies from escaping. When we entered the butterfly room it was very bright because the ceiling was like a greenhouse with the sun peeking through. The room was very warm. It was filled with plants, small trees and narrow pathways for us to follow. There were hundreds of butterflies flying around, such as, striped, bright blue, orange spots, yellow speckles and a beautiful one even landed on my leg! While exiting we were instructed to use the mirrors near the door to make sure that we

were not smuggling any butterflies out. Upon exiting we entered the Butterfly Exhibit room. There was a glassed in area where some butterflies were emerging from their cocoons. Once we were done inside we all enjoyed a picnic lunch outside before heading back to GAAMHA for the day.



# Volunteer & Offsite Opportunities



Pictured above is the Memorial Meditation Garden at True North in Hubbardston, MA.

The STREAM program strives to provide our individuals with opportunities to help maximize their capabilities within various aspects of their lives. We have obtained multiple volunteer and offsite activities to help achieve this goal. Some of the places we have visited/ volunteered at are:

- True North Holistic Center and Retreat House
- Gardner Senior Center
- Wachusett Mountain

- Gardner Community Action Committee, Inc.
- Wachusett Mountain
- Dunn's Park
- Bike Trail
- Mason's Bowling
- Gardner Ten Pins

In addition to these locations, we are constantly looking for additional opportunities out in our communities. Some of the new locations that are in the works are:

- Forward Strides Therapeutic Horsemanship
- Mass Audubon
- Easter Seals
- United Way
- Leominster Crossings

By utilizing these locations and helping the STREAM members to complete assigned tasks we are able to expand their horizons and become more versatile individuals. Not only does this help out our members but it helps our communities as well!

*"I want to thank you for planning the trip to Dunn's Park. I had fun making my own hamburger for the cook out. It was great to get out of the building, get some fresh air and socialize. I really appreciate this opportunity."*  
- Denise C.

One of our STREAM members taking in the view and fresh air at Wachusett Mountain.



## Friday Lunch Club

Each month the STREAM program chooses an offsite restaurant to visit for each Friday within that month. June's choice was Duguay's Chicken & Seafood located just down the street from GAAMHA.

The STREAM staff asked the

individuals which Friday they would like to join the Lunch Club and filled their names in on the day chosen. A letter and a menu were sent home in preparation of their trip and the individuals were able to pick out what they wanted to order. The

feedback has been extremely positive and everyone seems to really enjoy these Friday Lunch Club trips. Next months location will be The Old Mill in Westminster.

## July Birthdays

- Kyle P. - July 8
- Andrea O. - July 23
- Allysha P. - July 23
- Dylan G. - July 25
- Melissa C. - July 30

### GAAMHA Stream Program Word Search

Find and circle these words. They run up, down, across, and diagonally.

stream gaamha coleman cleanroomdials garden  
program vans canteen crayons table streamline  
time money

