

THE COMMUNITAS CHRONICLE

ISSUED BY YOUR PEERS IN EVAN'S GROUP & UPWARD

Communitas

Empowering people. Enriching lives.

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Two Week Break!

With how crazy of a year it has been, it was no surprise that the holidays brought some changes to our plans. We had program on December 24th as we normally do, but we were not back to our regular schedule until January 11th!



DANCING THROUGH LIFE

Anna and Marisa put on their ballet shoes and guided us through some basic ballet steps. We learned some amazing stretching techniques and positions which provided us with confidence to audition for The Nutcracker!

We didn't let that get us down though! The break gave us some extra time to enjoy our family over the holidays, and we didn't miss a beat with our programming either, our awesome staff worked very hard to provide us with some fun lessons on zoom! From the comfort of our homes we learned about music, nutrition, and did lots of exercise! It was fun to see our friends on zoom. We're super grateful for having such good technology that keeps us together even when we're apart.



Recipe

HOMEMADE HOT COCOA

Cooked Up By: Evan's Group

We know with the cold weather that you're probably looking for a delicious hot beverage. What better beverage on a cold winter day than Hot Cocoa? It might be easy to grab a cup from Dunkin or make a cup with a packet of hot cocoa powder but we think it always tastes better to make things yourself so we have found a recipe for some very delicious hot cocoa that you can make at home! We hope you enjoy it and stay warm!

INGREDIENTS

4 cups of Milk of your choosing

1/4 cup of unsweetened cocoa powder

1/4 cup of sugar

1/2 cup semisweet or bittersweet Chocolate Chips

Whipped Cream



HOT ITEM
**COCOA
BOMBS**
SO FUN! SO TASTY!



Step 1: Put your milk and cocoa powder in your sauce pan and mix until well combined

Step 2: Put the pan on the stove and heat until warm but not boiling

Step 3: Slowly stir in your chocolate chips and stir until they are melted and incorporated

Step 4: Add Vanilla Extract

Step 5: Put it into different mugs, garnish marshmallows and whipped cream

Step 6: Enjoy it!

This drink should be naturally Gluten Free and can be made Vegan by using Dairy Free milk and chocolate.

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Dave & Busters Has Reopened!

My Trip To The Arcade

By: Tommy D



Dave & Buster's is an arcade with lots of new arcade games. It is also a restaurant & a bar because they serve food and drinks. I like going to there because they have games that I like to play such as "Deadstorm Pirates" and an animal-shooting game called "Big Buck Wild HD". They are my favorite arcade games!

In **Deadstorm Pirates**, a group of pirates goes on an epic adventure to find a treasure called "Poseidon's Breath" that is a small piece of gold. They encounter many dangers like pirate skeletons, grim reapers, bats, ghosts with swords, scary bugs and other stuff. Every time the bad guys and monsters try to defeat you; you must reload your card, so you will keep playing where you left off.

There are seven locations to go to in the game. The game starts with the crew being caught in a storm out in the sea where they meet and fights some pirate skeletons on ships. Then they go to an ancient fortress where they are attacked by live statues and flying bats. After that, the crew goes to a cave where they're attacked, once again, by pirate skeletons, flying bats, and this time, a giant snake, ghosts with swords and scary bugs. During that adventure, they ride through the cave on some carts that hang on the cave. It looks like a ski lift the way the carts hang from the tracks on the ceiling. During the ride, they get chased by the giant snake and steer the wheel avoid broken shreds of wood.

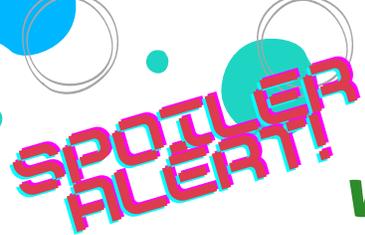
Their next adventure is riding down a steep stream where they encounter bats and, this time, scary crabs and fish. During that ride, they steer the wheel to avoid giant boulders. Then the crew gets stuck in a giant whirlpool where they encounter a giant squid-like monster called the "Kraken". Following that, they go to two giant towers where they get attacked by a giant four eyed-bird and venomous frogs with teeth in their mouths. Finally, they battle more pirate skeletons, who's captain is a ghost for Poseidon's Breath.

In the final battle, the pirate skeletons appear out of portals. During the fight with pirate skeleton's captain, skeleton ghost heads appear out of nowhere and you must defeat them. And After you spin the wheel to shoot an arrow into the captain's belly (where Poseidon's Breath is located), a scary squid-like monster comes out his mouth and the battle continues. While you do, you also shoot skeleton ghost heads that come out of the captain's body. Once the final boss is defeated, he disintegrates permanently, and the pirate crew finally get Poseidon's Breath. After that, the crew finally leaves the island as the game ends!

In **Big Buck Wild HD**, there's many different types of deer and antelope from North America and Africa for to choose which to hunt. The options of bucks you choose are the Moose, Elk, White-tailed Deer, Bighorn Sheep, Kudu and Wildebeest. They have dangerous trophies which are a grizzly bear, a black bear, a cougar, a lion, a cheetah and a black panther. After each part of every adventure, you get play bonus shooting games. There are many different bonus games to play like ducks, frogs, targets, salmon, jars, electric eels and more.

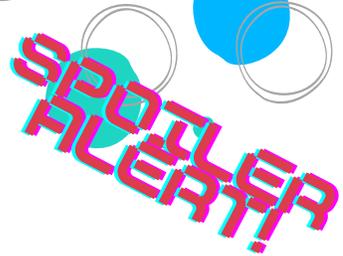
Playing with a partner allows you to win more bonus points! The game also features an adventure where you hunt this prehistoric elk called the Irish Elk". That adventure has three dangerous trophies which are a saber-toothed tiger, a cave bear and a scary pig-like mammal. That adventure also has three big game animals which are a woolly mammoth, a rhinoceros with four small horns on its head and an over-sized hornless rhinoceros that's body is similar the body structure of a giraffe. I like playing those two games!

My favorite part is shooting the virtual animals, pirates and monsters. I wouldn't harm a fly so it's fun to pretend in the arcade. I recommend if you like games, you should try these two games one of these days.



WHAT TO WATCH: THE MASKED DANCER

By: Connor S



Is this a new show? What is it about? It's a spin-off show about dancing while wearing a mask.

Who is the host? Craig Robinson.

Who are the judges? Brain Austin Green, Paula Abdul, Ken Jeong and Ashley Tisdale.

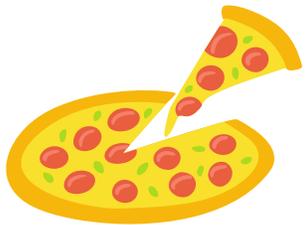
How many contestants? Ten

What channel and time? Wednesday nights On Fox at 8:00/7:00c

What makes it different from Masked Singer? Masked Singer sings while Masked Dancer dance. Each episode there some each clues, WIB stands for Women In Black present the clue packages and the contestants can only say one word.

For season 1 Masked Dancer guest judges are: So far, Cheryl Hines, 9-1-1 Lone Star actor Rob Lowe, and Whitney Cummings.

The Masked Dancer eliminated dancers are: Disco Ball, Ice Cube, Miss Moth, Cricket, & Hammerhead. The Disco Ball is Grammy winner legend and his character Fin "Law & Order SUV" actor Ice-T, Ice Cube is Emmy winner 90's icon scientist who got Ken's first guest celebrity dancer is Bill Nye aka the Science Guy, Miss Moth is best seller, child safety activist, dateline and Brian's first guest celebrity dancer Elizabeth Smart, Cricket is Grammy nominated R&B artist, special guest star on 90210 and who got Paula's first guest celebrity dancer Brian McKnight, Hammerhead is MTV's reality tv star of "Jersey Shore" Vinny Guadagnino.



PIZZA & DRIVING

Yummy Treats, Maps and Streets by Alok S.



Pizza is my favorite food of all time! My favorite is Pepperoni Pizza! If you ever wanted slices of pizza for dinner and wanted to take a road trip in the great state of Massachusetts, here are three suggested pizza places across the Bay State (including the miles of the trip and driving directions – starting from Woburn Communitas)

#1 Village Pizza - 42 Bank Row in Greenfield MA. From Woburn, take the ramp towards Providence and merge onto Massachusetts state highway 128 south/ interstate 95 south then drive 9 miles on 95 south then take EXIT 30B for 2A west towards Concord merge on Massachusetts state route 2A west after ¾ of a mile passing Minuteman high school on the left entering Lincoln Drive about 85 miles on Route 2A west until you get to the city of Greenfield near Vermont turn left onto Bank Row destination will be on the right

#2 Teresa's Pizza - 198 Millbury Ave in Millbury MA. From Woburn, take the ramp towards Providence and merge onto 95 south drive 16 miles then take EXIT 24 on the right for Route 30 towards Mass Pike and Newton. Take 30 west and then drive 27 miles until you get to Grafton then take backroads to Millbury (so take bridge street then take MA 122 north for 2 miles then turn left onto wheelock ave turn left onto millbury ave) then arrive at destination

#3 Pizza Place - 74 Union St in Ashland Massachusetts Directions from Woburn, take a left on the ramp towards Rhode Island then drive 23 miles on 95 south until you get to north Dedham then take exit 17 for Massachusetts state route 135 west towards Natick merge onto s r 135 west drive about 24 miles on 135 west until u get to Ashland then get off the state route and take homer ave. to your destination pizza mine in Ashland mass.

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CALENDAR UPDATES – JANUARY



1/1 New Year's Day, 1/18 - Martin Luther King Jr. Day,
1/20 - Inauguration Day

BIRTHDAYS: Olivia, Patrick P, Kyle S, Hailey, Daniel, Peter A!



● **FIRST VIRTUAL INAUGURAL BALL**

Because of COVID-19, there was no inaugural ball in honor of President Biden. This tradition first started with the inauguration of our fourth President, James Madison. Madison, and First Lady Dolley Madison, were the guests of honor at an event held at a local hotel that featured dancing and music. It wasn't an event for the average person in 1809. Tickets cost \$4. Instead, all celebrations were televised to ensure social distancing.

● **MADAME VICE PRESIDENT**

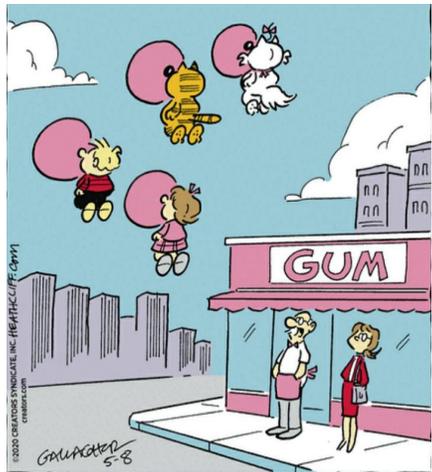
Vice President Kamala Harris represents multiple historic firsts—she is the first woman, person of South Asian descent and African-American to serve in the role.

● **YOUNGEST INAUGURAL POET**

Amanda Gorman, 22 years old, made history this year as the youngest poet in recent history to read a poem at a presidential inauguration. Gorman finished writing the poem, titled "The Hill We Climb," on the night of Jan. 6, hours after rioters took part in a siege on Capitol Hill.

JOURNEY Lakes

By: Andrew & Emily K.



Dog Video Conferences

WINTER ACTIVITIES

Get Moving!

BY: EVAN'S GROUP



The cold weather can definitely encourage us to stay inside and cozy up under blanket, but we know that it's still really important to get outside and be active. At program we've been enjoying the cold weather as best we can with frequent walks and playing soccer! Our soccer game was just upgraded quite a lot by the O'leary Family thanks to their kind gift of a soccer ball and new soccer net. For those of you without a soccer net we thought we could provide you with a list of fun activities you can do outside in the cold! Remember, it's not too cold out, you're just not wearing enough layers. List seen below.



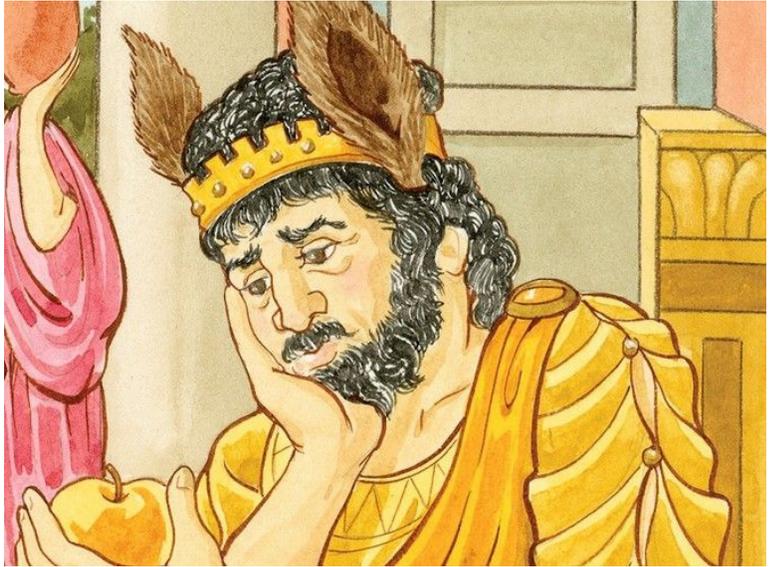
FUN ACTIVITIES:

- 1: You could make a snowman:** When it snows, it's really fun to practice your snow art skills and make your own Frosty!
- 2: Exercise and Sports:** Maybe you have a basketball or soccer ball to take out with you and just play a bit or maybe go for a walk! If you stay moving you'll stay warmer.
- 3: Ice Skating:** This winter has had mild temperatures but if the temperatures get colder, check with your town to see if there are any safe ponds to skate on! It's fun to feel like you're gliding effortlessly across the ice.
- 4: Snow Ball Fight:** If it snows again, bundle up and throw snow at all your friends!
- 5: Skiing:** If you're feeling adventurous and have the chance to get out of town for a day, skiing can be a fun challenge and a great to enjoy nature!

The Secret of King Midas

By: Matt B.

In ancient Greece, there was a king named Midas. Midas was a rogue ruler that disgraced the gods. Usually, Midas' story is told about his golden touch and the lesson he learned. But this story is about what happened a few days after that incident.



It all started with the judgement of who was a greater musician. Midas listened and heard, finally declared Pan the Faun the greater one. This seemed like his right choice, but it was a big insult to the sun god, Apollo.

As a result, Apollo declared Midas must have the ears of a donkey for bad judgement. Baffling for the king, as he kept his cursed ears hidden in public. They were only seen by his barber as he was sworn to secrecy during grooming.

The barber stifled his laughter and fought the urge to tell, yet the secret consumed him. Then one day, the barber walked outside the city and dug a hole. Then he plunged his head into the ground and whispered, "Midas has donkey ears".

Soon after, a bunch of reeds grew in the place where the barber buried his words. When the wind blew, they carried his whisper through the breeze. At the sound, mules in the fields raised their heads and people chuckled at the follies of their king.

