

FAB

Fun, Advocacy, and Brainpower



AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTES



FAB Topic

Budgeting Money, Management, Able Accounts

Agenda



Introductions:



Ground Rules



- ✓ Go over your meeting to see if a new rule or take



ground rules for your anyone would like to add a rule off.

- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.

Fun Games



- ✓ Enjoy playing one or more of the games for the month.

- ✓ Share one or more of the wonderful recipes at your meeting.

✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



✓ End
has any
comments.



with



asking if anyone
questions or



Games

1. Lightning Scavenger Hunts ⚡

For Lightning Scavenger Hunts, create a list of items or characteristics. Then, for your next group activities on Zoom, challenge your coworkers to find the items to earn points. You can encourage winners of each round to share stories about the item.



Items to find

1. Something Pink
2. Something small
3. Something that makes a sound
4. An item in your purse
5. Something you find in an office
6. Something round
7. Something that starts with the letter S
8. Something you can eat

- 9. A large item
- 10. Something you write with

2. Money Magic

Follow the link below to practice budgeting for a scenario.

[Money Magic \(playmoneymagic.com\)](http://playmoneymagic.com)



3. Icebreaker

Ask the questions.

What do they spend their money on the most?



Ex. Shopping, Food, Electronics, Bills



Do they have a plan/list of what they spend their money on?



Do they want or need what they are buying?

Roll the Dice Break the Ice

1. My favorite television show is...
2. My favorite movie is...
3. My favorite place is...
4. My favorite band/singer is...
5. My favorite song is...
6. My favorite store is...
7. My favorite book/author is...
8. My favorite sports team is...
9. My dream car is...
10. My favorite food is...



Game instructions:



You need one dice.

Each player rolls the dice.

Whatever number you land on

You answer the question to that number.



Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes

and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



[How to do a time off request](#)



[Money management tips](#)



[Budgeting Strategies](#)



[Creating a Household Budget](#)



[10 Tips for Budgeting Paycheck to Paycheck | Her Nexx Chapter](#)



[11 Ways to Organize Your Bills Once and For All \(onecrazyhouse.com\)](#)



[Creating a Household Budget | Cambridge Credit \(cambridge-credit.org\)](#)



[100 Envelope Challenge](#)



[Virtual Board](#)

Cooking Ideas and Exercise



Recipes

Broccoli and Cheese Stuffed Chicken

Baked, seasoned chicken breasts with cheese and broccoli stuffed inside! These are delicious!

Prep Time 20 minutes

Cook Time 25 minutes



Total Time 45 minutes

Servings 6

Author Life in the Lofthouse

Ingredients

- 3 large chicken breasts cut in half lengthwise (you'll have 6 thin cutlets total)



- 1 large egg



- 1 cup Italian seasoned breadcrumbs



- 1 10 ounce bag frozen broccoli florets



- 6 slices mozzarella cheese



- cooking spray



- toothpicks



Instructions

1. Preheat oven to 350° F. Line a baking sheet with foil or parchment paper. Spray with cooking spray.
2. Cook broccoli according to package directions.
3. Whisk the egg in a medium bowl. Place breadcrumbs in a separate bowl.

4. Lay the 6 chicken cutlets out on a flat surface. Add one slice of cheese over the chicken and top cheese with 3-4 broccoli florets. Wrap up the



sides of the chicken over the filling and secure with toothpicks. (The filling may not be fully covered and that's ok)

5. Dip the chicken rolls in the egg. Let excess drip off. Then dip in the



bread crumbs to coat entirely. Place coated chicken on the baking sheet. Bake for 25 – 30 minutes, or until chicken is no longer pink.

Egg Salad Sandwich

you will need:



Hard boiled egg



Mayo



Mustard



Salt



Pepper



2 slices of bread

tools:



Knife



Teaspoon



Bowl



Fork

steps

1



Peel hard
boiled egg

2



Cut hard
boiled egg



Put chopped
eggs in bowl

3



1 tablespoon
of mayo



1 teaspoon
of mustard



Add a pinch
of salt



Add a pinch
of pepper



Put in bowl

Jamaican Jerk Burgers



1.5 pound of ground beef or turkey,



4 teaspoons of jerk seasoning



4 slices of chipotle cheddar cheese



4 burger buns

COOKING DIRECTIONS

Cooking instructions



Heat up the pan or your griddle.



Shape the beef into 4 individual patties. Rub each patty with the jerk seasoning.



Grilled or pan cooked burgers. Cook to your liking.



Lightly toast your bun



Put a slice of cheese on the top of the burger.

Then enjoy a good Jamaican burger.

Exercises

Exercise Chair



[15 Chair Exercises That Will Light Up Your Entire Body, From Your Shoulders to Chest to Your Legs to Your Butt | SELF](#)



30 MINS / FUN
INSPIRING
HIGH ENGERY

pauleugene

SEATED CARDIO

WORKOUT

WHEELCHAIR OR CHAIR

A promotional graphic for a workout. On the right, Pauleugene is shown in a wheelchair, wearing a grey t-shirt and black pants, pointing his right arm upwards. The background is a purple and blue gradient. Text on the left includes '30 MINS / FUN INSPIRING HIGH ENGERY', 'pauleugene' in a stylized font, 'SEATED CARDIO WORKOUT' in large bold letters, and 'WHEELCHAIR OR CHAIR' at the bottom.

Walking Instructions

- 1) Swing your arms.
- 2) Keep your head up.
- 3) Back straight and abdomen flat.
- 4) Point your toes straight ahead.
- 5) Follow along with the video

