

FAB

Fun, **A**dvocacy, and **B**rainpower



August FAB Topic

Budgeting/Money Management

Agenda




Introductions:



Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take 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 with asking if anyone has any questions or comments.



Games

DIY Bowling

- 10 plastic bottles
- Food coloring
 - Water
 - Ball

Directions

1- Clean the ten plastic bottles thoroughly, then remove the caps.



2- Figure out how you want to paint your bottles. You can use food coloring to design your bottles





3- Squirt a small amount of paint into each water bottle. If your paint is pretty thick, add one teaspoon of water to each bottle to make the paint runnier. Don't add too much water or your paint won't be thick enough to cover the bottle properly.



4-Put the caps back on all of your bottles and make sure that they are tightly secured.



5-Shake each bottle vigorously to spread the food coloring throughout the bottle.

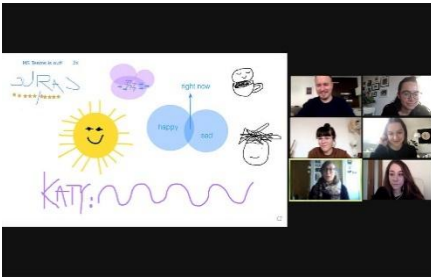


6-Grab a ball and start bowling!

ENJOY!

[Go Bowling With Plastic Bottles | Crafts for... | PBS KIDS for Parents](#)

Show and Tell



How to Play:

Theme (Optional):

You can choose a theme for the Show and Tell, such as "My Favorite Hobby," "A Travel," or "Something That Inspires Me." This can provide structure and guide participants' choices.

Object or Item:

Each participant brings an object or item that represents their chosen theme or has a personal story associated with it.

Sharing Time:

Allow each person a few minutes to share the story or background of their object with the group.



Encourage Storytelling:

Emphasize that the focus is on sharing the story behind the object, not just the object itself. This makes it more engaging and personal.

Examples of Show and Tell Ideas:

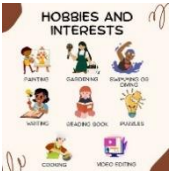
Personal Objects:

A cherished childhood toy, a piece of art, a book that changed their perspective, or a family heirloom.



Travel Souvenirs:

A photo from a memorable vacation, a souvenir from a trip, or an object representing a travel experience.



Hobbies and Interests:

An object related to a hobby, a piece of equipment, or a tool used in their craft.



Personal Achievements:

An artifact representing a personal achievement, a certificate, or a trophy.

Digital Show and Tell:

Participants can share an interesting app, website, or gadget that they find valuable.



"My Life in an Object":

Participants can choose an object that represents a significant period or event in their lives.

Money Magic

Budgeting Jeopardy

Category 1	Category 2	Category 3	Category 4	Category 5	Category 6
\$200	\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000	\$1000





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.



[Disability Savings Account | ABLE Account | Eligibility Quiz & News | ABLEnow](#)



[Plan to Achieve Self-Support \(PASS\) | Disability Research | SSA](#)



[Supported Employment – United Way of Connecticut – 211 and eLibrary](#)



[Supported Employment – United Way of Connecticut – 211 and eLibrary](#)



[Report monthly wages and other income while on SSI | SSA](#)



[8 Side Effects of Having a Bad Credit Score](#)



[How to get out of credit card debt faster](#)



[Connecticut: Help For Disabled People | Disability Resources](#)



[Supported Employment – United Way of Connecticut – 211 and eLibrary](#)



[Taken from DB101 Ohio - Financial Literacy for People with Disabilities: Budgeting](#)



<https://www.forbes.com/councils/forbesfinancecouncil/2025/04/03/tariffs-how-they-may-impact-your-wallet-and-tips-to-minimize-that/>



https://www.wfsb.com/2025/06/04/heres-why-trumps-tariffs-could-benefit-dollar-general/?fbclid=IwY2xjawKtHK9leHRuA2FlbQIxMQABHrse06eN3Tvt6Vs8mltbTg7mDQ96zhYacRgixuxlg3A6kETyc3HQ7PmoY_sO_aem_mbMTHKjOiV9CpXZqhWi4QA



<https://taxfoundation.org/taxedu/glossary/tariffs/>



<https://youtu.be/e9aEpb26LRY?si=fUwBdPy5De1IAkPm>



<https://share.google/Z1yklfyZEfj6gPtty>



<https://pirg.org/edfund/resources/how-to-identify-and-report-price-gouging/>



https://youtu.be/IUm_DwTZ2hw?si=ezi99BldHf4lQ-8Q

Virtual Board



Cooking Ideas and Exercise

Recipes



Microwave Nachos



you will need:



Tortilla Chips



Shredded Cheese



Salsa



Sour Cream



steps

1



Put chips on plate



Put cheese on chips

2



Put in microwave



Heat for 1 minute



Take out of microwave

3



Spoon salsa on plate



Spoon sour cream on plate

Microwave Nachos

Ingredients

- tortilla chips
- shredded cheese
- salsa
- sour cream

Steps

1

Put chips on plate
Put cheese on chips

2

Put in microwave
Heat for 1 minute
Take out of microwave

3

Spoon salsa on plate
Spoon sour cream on plate

Rainbow Fruit Salad



you will need:



Choose at least 2-3 different fruits.



Strawberries



Raspberries



Kiwi



Grapes



Apples



Oranges



Cantaloupe



Bananas

Steps: Rainbow Fruit Salad



1



Clean work
space.



Wash your
hands.

2



Get out the
cutting board



and the
butter knife.



Choose your
first fruit.

3



Do you need
to wash it?



Do you need
to peel it?



Do you need
to cut it?



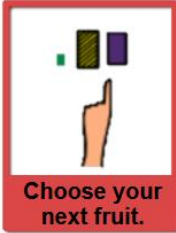
Put it in your
bowl.

4

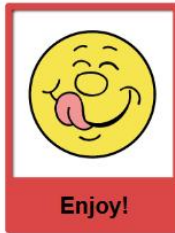


Be careful with
the knife.

6



7



Grands Unsloppy Joes recipe



Pillsbury Grands! Unsloppy Joes recipe is all the fun of a sloppy joe dinner or lunch without the mess. This hassle-free unsloppy joes recipe is made

with refrigerated Pillsbury™ Grands!™ Biscuits and a cheesy sloppy joe filling.



Ingredients



1 lb lean (at least 80%) ground beef, cooked, drained Stop & Shop \$5.99



1 can (15 oz) sloppy joe sauce Walmart

\$1.36



1 teaspoon chili powder Walmart \$1.24



1 can (16.3 oz) refrigerated Pillsbury™

Grands!™ Southern Homestyle Original Biscuits (8 Count) Walmart \$2.87

1/2 cup shredded cheddar cheese (2 oz) Walmart \$2.29

Grands! Unsloppy Joes

Prep Time	Total	Ingredients	Servings
30 min	45 min	5	8

Varian's recipe for FAB Topic Group on Budgeting/Money Management

Step 1

Heat oven to 375° F. In large skillet, cook ground beef over medium-high heat until beef is thoroughly cooked, stirring frequently; drain. Stir in sauce and chili powder; simmer 5 minutes.



Varian's recipe for FAB Topic Group on Budgeting/Money Management

Grands Unsloppy Joes recipe

Step 2

Press each biscuit into 6-inch round. Spoon 1/3 cup meat mixture and about 1 tablespoon cheese onto center of each round. Fold dough in half over filling; press to seal. Place on ungreased cookie sheet.



Varian's recipe for FAB Topic Group on Budgeting/Money Management

Grands Unsloppy Joes recipe

Step 3

Bake 9 to 14 minutes or until golden brown.



380 20g 20g 30g 8g
Calories Total Fat Protein Total Carbohydrate Sugars

<https://www.youtube.com/watch?v=bsIKuNwUhlI&t=2s>

Recipe Spaghetti with ground beef

Ingredients



1 Pound ground beef



1 Medium onion, chopped



4 Cloves garlic minced



1 Small green bell pepper diced



1-2 Jars of Spaghetti sauces



1 pack of pasta noodles of your choices



Season of your choice

Directions

Step 1 Gather all the ingredient

Step 2

Combine ground beef, onion, garlic, and green pepper in a large saucepan over medium-high heat. Cook and stir until meat is browned and crumbly and vegetables are tender, 5 to 7 minutes. Drain grease.

Step 3

Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.

Exercises

1. The One Arm Hug

Take one arm across your body and place it on the back of your opposite shoulder. To get a deeper stretch, use your other arm to push back on the elbow. You should feel this stretch on the outside of your arm and shoulder. Hold for 30 seconds, repeat 2-3 times each arm.



2. Office Chair Back Stretch

While sitting, reach both hands behind your back and around the office chair. Once you have a good hold, arch your back and move your chest forward. Hold each stretch for 30 seconds and repeat 5 times.



3. Reach for the Sky

To stretch your back, interlock both hands above your head, palms facing the ceiling. Sit straight up, then push your palms upward and elongate your spine. You should feel a nice stretch in your back. Make sure to keep your shoulders loose and relaxed. Hold for 10 seconds, repeat 5 times.



4. Calf Raises

Take a break from sitting, stand up and try 20 calf raises. Keep your legs straight and raise yourself by rolling up onto the ball of your foot while tightening your calf.



5. Hamstring Chair Stretch

While sitting, straighten your legs and fold your body towards your toes. Make sure to keep your back straight. Hold for 30 seconds, repeat 3-5 times.



6. Seated Lat Stretch

To get a nice lat stretch, raise one arm above your head and bend it slightly across your body. Grab your wrist with the opposite arm and gently tug down to get a deeper stretch. Hold for 30 seconds, repeat 3-5 times per arm.



7. Seated Spine Twist

Cross one leg over the other, then twist your body toward the leg that is on top. You can use the arm of the chair to push yourself into a deeper twist if need be. Hold for 30 seconds, repeat 3 times each side.



8. Seated Tricep Stretch

Put one arm up and bend your elbow so that the underside of your arm is facing outward. Next, use your opposite arm to push your elbow backwards so that you feel a stretch in your triceps. Hold for 30 seconds, repeat 3-5 times per arm.



9. Wrist Stretch

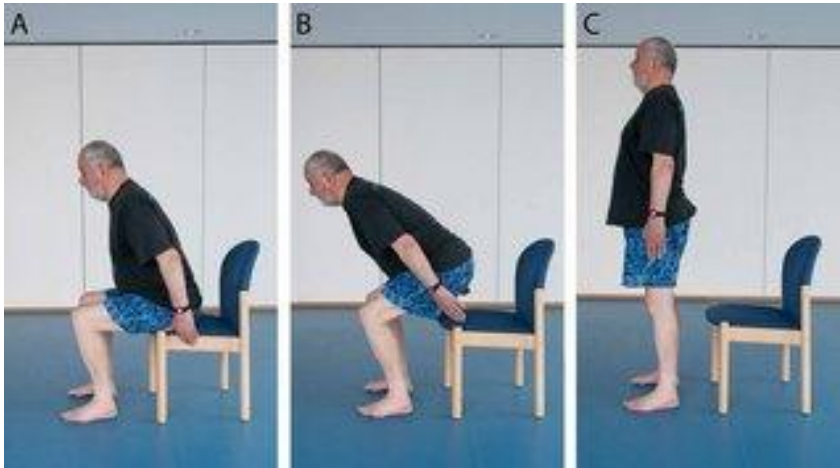
Press your palms together in front of your chest and hold for 15 seconds. Next, push the backs of your hands together for a reverse stretch and hold for another 15 seconds. Repeat 5 times.



Note: these stretches are merely recommendations. If you feel pain, stop and contact a medical professional.

(website that I used: [9 Desk Stretches for People Who Sit All Day | Readers.com](http://9DeskStretchesforPeopleWhoSitAllDayReaders.com))

Sit-to-stand



A. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.

B. Stand up slowly using your legs, not arms. Keep looking forward and do not look down.

C. Stand upright and then slowly sit down, using your hands or arms just to guide you if possible .

Aim for 5 repetitions. The slower the repetitions, the better.

Mini-squats



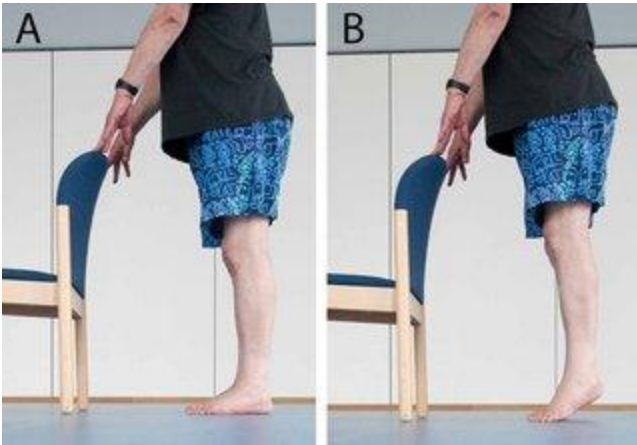
A. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.

B. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.

C. Gently come up to standing, squeezing (clenching) your buttocks as you do so.

Repeat 5 times.

Calf raises



A. Rest your hands on the back of a chair for stability.

B. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

Repeat 5 times.

To make this more difficult, perform the exercise without support.

Sideways leg lift



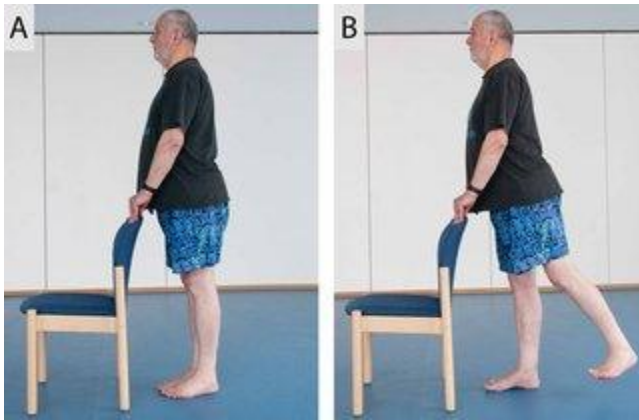
A. Rest your hands on the back of a chair for stability.

B. Raise your right leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.

C. Return to the starting position. Now raise your left leg to the side as far as possible

Raise and lower each leg 5 times.

Leg Extension



A. Rest your hands on the back of a chair for stability.

B. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.

C. Repeat with the right leg.

Hold the lift for up to 5 seconds and repeat 5 times with each leg.

[20 min Fat Burning Workout for TOTAL BEGINNERS \(Achievable, No Equipment\)](#)



Low Intensity Workout for Special Needs

https://www.youtube.com/watch?v=mfarj_zHleY.