

Summer 2024 Virtual Program Descriptions

MONDAYS

11:00 am Zumba: Join us each Monday for an exciting and upbeat Zumba class. From the comfort of your home, get ready to move and dance along to fun Zumba music. Our Zumba instructor will take the group through exercises to get us moving to the music!

1:30 pm Learn to Draw: During the Learn to Draw program, participants will learn and collaborate as a group to draw animals, characters, objects, and more. This virtual program is perfect for anyone who has a love of drawing or who would like to grow their artistic skills. Get ready for an hour of creativity and socializing with friends.

3:00 pm Friendship Circle: A “participant-led” program to chat, catch up and explore new ideas. A facilitator is present to ensure a safe and welcoming space.

TUESDAYS

10:30 am Inclusive Yoga and Meditation: Join us each Tuesday for a morning of movement, mindfulness, and meditation. This program will focus on the movement of the body while calming the mind. All yoga poses and exercises will be adapted to be accessible for anyone who wishes to participate.

1:00 pm Jam with Dan: Come and Jam with Dan--Our resident musician. Dan will be playing a sing-a-long group where he will be playing all the classics; filling your afternoon with music and with fun.

2:30 pm My Brain: Welcome to My Brain, the program where we learn about our amazing brains and how they allow us to communicate, socialize, problem-solve, and build connections with others. We will also cover topics such as independence, interpersonal skills, adapting to change and so much more!

WEDNESDAYS

10:30 am Yoga: Join us on Wednesday mornings for yoga and meditation to start your day. This yoga class will center around stretching and gentle movements with a guided meditation at the end of the program.

1:30 pm Deep Dives: Welcome to Deep Dives! Each week we will take an in-depth look at a new topic. Discussion topics will look at areas such as reptiles, birds, music, and the Olympics, just to name a few. Participants will gain knowledge, discuss topics, ask questions, and share insight with others. We encourage participants to come ready to learn and share their knowledge!

3:00 pm Exploring Music: During this program, participants will have opportunities to explore music from various perspectives. Topics may include learning about musical instruments, music genres, music in pop culture, music creation, and cultural music exploration. These topics will be explored through outlets such as hands-on art projects, dance, song, collaborative rhythm challenges, research, and games. These programs promote creative expression, emotional regulation, teamwork, and global awareness.

THURSDAYS

10:30 am Game Shows: During this program, participants will participate in a variety of popular game show activities. Participants will work both individually as well as in teams to solve challenges and play a variety of interactive games.

1:30 pm Bingo: For this program, both in-person and virtual participants will come together for Thursday afternoon bingo. The bingo numbers will be called by our in-person facilitators for all participants to play along. Virtual Participants will receive bingo cards prior to the session start dates.

2:30 pm Health and Well-Being: Welcome to Health and Well-Being! Each week we will explore and discuss topics related to our physical and mental health and well-being. Topics will cover areas such as the importance of physical exercise, the effects of positive social connections, weather safety and so much more. During each session, participants will be encouraged to participate in discussions, ask questions, and complete group activities with other participants.

FRIDAYS

10:30 am Frosty Fridays Cooking Program: Time to Chill Out! Come and enjoy making your own ice cream, popsicles, and slushies in an interactive engaging environment. Let's get ready for the weekend!

1:30 pm Karaoke and Dance: Join us every Friday afternoon at 1:30 for karaoke and dance. Virtual participants will join with in-person participants for an hour of singing and dancing. We encourage participants to sing their favorite songs and cheer on other participants for an upbeat and fun afternoon.

3:00 pm Building your Leisure Took Kit: During this program, participants will explore topics related to recreation and leisure and how we can benefit from incorporating meaningful leisure activities into our lives. We will look at the concept of a "leisure tool kit", how to use recreation and leisure as healthy coping skills, how to locate recreation and leisure within our communities and so much more. The program will be discussion-based with activities throughout the session.

SATURDAYS

10:00 am Online Trips: Join us every Saturday morning for an online trip. Together, we will virtually explore different places around the world. This program includes interactive activities that support learning and encourage collaboration with peers.