

Classes may be subject to change

ALTERNATIVE CHOICES zoom

VIRTUAL PROGRAMS SCHEDULED CLASSES

THURSDAY

10:00 to 10:30

CURRENT EVENTS

Engage in conversation about events to share, i.e, new pet, vacations, etc. Events that are Local/State or Nationwide maybe the topic of the discussion.

10:30 to 11:00

WELLNESS

Lets exercise, meditate, dance and breathe together and learn how we can apply this to a healthier lifestyle we live in today's new world.

11:00 to 12:00

SKILL SET

Each week will be the focus of ways to get help, who to ask with questions regarding personal, safety and social skills.

12:30 TO 1:30

ACTIVITY CHOICE

Our Activity Choice will target a specific activity that enhances our creative side along with critical thinking.

1:30 TO 2:30

CULTURE CLUB

Who doesn't want to be introduced each week to a new and cool culture learning about food, music and dance traditions? How they relate and differ from our own culture in this fun club.

2:30 TO 3:00

A-CHOICES Q & A

Lets discuss the good, the fun and the activities we learned and improve the experience each week together...