

Classes may be subject to change

# ALTERNATIVE CHOICES zoom

## VIRTUAL PROGRAMS SCHEDULED CLASSES

### TUESDAY

**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...