

January 2021 VIRTUAL CALENDAR

ADULTSINMOTION.ORG

Every Monday:

Every Tuesday:

Every Wednesday:

Every Thursday:

Every Friday:

	Every Monday:	Every Tuesday:	Every Wednesday:	Every Thursday:	Every Friday:	
8:30-9:15am	GOOD MORNING!	GOOD MORNING!	GOOD MORNING!	GOOD MORNING!	GOOD MORNING!	Keep an eye out for email announcements about special Saturday Zooms!
10:30-11:15am	RELAX & LISTEN READING	EVERYTHING DISNEY	RELAX & LISTEN READING	LET'S TALK ABOUT SAFETY	THE WONDERS OF SCIENCE	
11:30-12:15pm		DRAWING		DRAWING	LUNCH & A SHOW	
12:30-1:15pm	KARATE CLASS!!!	WATCH LIVE MUSIC WITH RYAN!	THE RODD SOCIAL	INTERACTIVE ADVENTURE STORIES	TRIVIA GAME SHOW	
1:30-2:15pm	SPECIAL GUESTS!	MUSIC TRIVIA GAMES	MUSIC BY THE DECADE	MUSIC TODAY'S HITS	MUSIC DISNEY	
2:30-3:15pm	DANCERCISE/ EXERCISE	DANCERCISE/ EXERCISE	DANCERCISE/ EXERCISE	DANCERCISE/ EXERCISE	DANCERCISE/ EXERCISE	
3:30-4:15pm	MATH SKILLS	READING & WRITING	MATH SKILLS	READING & WRITING	ARTS & CRAFTS	
		Respite Programs:		Respite Programs:		
5:30-6:15pm		BOOK CLUB		PUB NIGHT		
6:30-7:15pm		MEAL MAKING		BAKING BASICS		

VIRTUAL PROGRAMMING DETAILS:

These host-lead classes are supervised, safe and inclusive programs.

LINK TO PROGRAMS:

One link access to all Virtual Classes: <https://uso2web.zoom.us/j/81895717680> (or Meeting ID: 818 9571 7680). Simply click this link at the start of your desired class to join.

HOW TO REGISTER:

No need to pre-register for each class, just click to join! For newcomers to Adults in Motion, to register all that is required is a one-time email to virtual@adultsinmotion.org to provide a participant name and email address for billing.

BILLING PROCESS:

Attendance will be taken at each class and used for billing which is sent after the month ends. Billing is sent via email – please make sure we have your name and email!

PER CLASS COST:

\$12 fee per class, for example; 2:30-3:15 Dancercise on Monday, Jan. 4th is \$12. For group residential living or classroom rates contact virtual@adultsinmotion.org

Visit our website at adultsinmotion.org to learn more about in-person day programs, workshops, one to one services and other activities for individuals with disabilities at Adults in Motion. Located in Kitchener, Cambridge, Oakville & Hamilton.

