

# February 2021 VIRTUAL CALENDAR

ADULTSINMOTION.ORG

	Every Monday:	Every Tuesday:	Every Wednesday:	Every Thursday:	Every Friday:
8:30-9:15am	GOOD MORNING	GOOD MORNING!	GOOD MORNING!	GOOD MORNING!	GOOD MORNING!
9:30-10:15am	SEMI-PRIVATE <i>Please email to reserve spot</i>				
10:30-11:15am	RELAX & LISTEN READING	BODY BASICS	RELAX & LISTEN READING	NEWS & VIEWS	THE WONDERS OF SCIENCE
11:30-12:15pm	LUNCH & A SHOW	EXPLORE NATURE	BAKING DEMO	DRAWING	MEDITATION
12:30-1:15pm	KARATE LESSONS	WATCH LIVE MUSIC WITH RYAN!	THE RODD SOCIAL	INTERACTIVE ADVENTURE STORIES	THE RODD SOCIAL
1:30-2:15pm	SPECIAL GUESTS	DISNEY SING-ALONG	ONE HIT WONDERS	THEME SONGS	SONGS THAT INSPIRE
2:30-3:15pm	DANCERCISE	DANCERCISE	DANCERCISE	DANCERCISE	LAUGHTER YOGA
3:30-4:15pm	ARTS & CRAFTS <i>(with basic supplies)</i>	READING & WRITING	MATH SKILLS	READING & WRITING	MATH SKILLS
		Respite Programs:		Respite Programs:	
5:30-6:15pm		BOOK CLUB		PUB NIGHT	
6:30-7:15pm		MEAL MAKING		BAKING BASICS	

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## **VIRTUAL PROGRAMMING DETAILS:**

These host-lead classes are supervised, safe and inclusive programs. For class details visit our site at <https://adultsinmotion.org/virtual/>

## **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. SEE REGISTRATION BELOW.

## **HOW TO REGISTER:**

For newcomers to Adults in Motion, you are required to send a one-time email to [virtual@adultsinmotion.org](mailto:virtual@adultsinmotion.org) and provide the participant's name and an email address for billing **OR** complete a one-time register on our website on our 'Virtual' page at [adultsinmotion.org](https://adultsinmotion.org) No need to pre-register for each individual class, just click to join!

## **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 so 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, Feb. 1st is \$12. For group residential living or classroom rates contact [virtual@adultsinmotion.org](mailto:virtual@adultsinmotion.org)

**Visit our website at [adultsinmotion.org](https://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.**

