

Debbie Densmore, Community Life Calendar

Tue Jan 5, 2021

6pm - 7pm Healthy Habits

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Since we can not meet weekly in person for our Special Olympic Sports programs let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

Fri Jan 8, 2021

6pm - 7pm Who Has Talent

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Do you have a hidden talent or something that you want to share with your friends? This is your opportunity to show us your talents, hobbies, crafts, paintings or other gifts you may have. This is sure to be a fun night ! Sign up for this program and we will sent you a link to attend.

Sat Jan 9, 2021

10am - 11am Funniest Animals/ Pet Show & Tell

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Let start our Saturday morning off with some laughs. We will watch some funny animal video's you are sure to enjoy. Bring your pet and introduce them to your friends. Sign up for this program and we will send you a link to attend.

Mon Jan 11, 2021

6pm - 7pm Men's group

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

This is a new program that will be offered to men only. It will act as a support group for men to talk about their strengths, successes and challenges. Come to this group and support each other. Sign up and we will send you a link to attend.

Tue Jan 12, 2021

6pm - 7pm Healthy Habits

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Since we can not meet weekly in person for our Special Olympic Sports programs let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

Debbie Densmore, Community Life Calendar

Fri Jan 15, 2021

6pm - 7pm Goal Setting

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

As we start a new year it's a great time to focus on what we would like to accomplish this year and long term in our lives. We will help you learn how to identify your goals in all aspects of your life and show you ways to make them achievable. Sign up for this very informative program and we will send you a link to attend. Please make sure to have some paper and something to write with.

Sat Jan 16, 2021

10am - 11am Journaling

Where: zoom

Description:

This program is back by popular demand. As you know journaling has many great benefits. It is a great way to express concerns, get your feelings out, set goals, gain clarity and feel calmer. Come to this program and we will show you different types of journaling and discuss more of the benefits this activity has to offer you. You will need to have a pen, paper or notebook. If you want to join us sign up and we will send you a link to attend.

Mon Jan 18, 2021

All day Arc Holiday- MLK JR Day

Mon Jan 18, 2021

Tue Jan 19, 2021

6pm - 7pm Voices

Where: Zoom

Description:

This is a group for women only. This is a self empowerment group for women to meet, share and talk about the challenges, successes and all that make them strong. If you would like to attend this meeting sign up and we will send you a link to attend. If you have a girlfriend who you think would like this program please invite them by sharing the link to the program.

Wed Jan 20, 2021

6pm - 7pm Self Advocacy

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Come join our Self Advocacy group. Self advocacy teaches us how to make decisions and choices that affect our lives so we can be more independent. You will learn how to speak up for what you believe in, take responsibility for your life, learn to ask questions and how to solve problems. If you would like to attend, sign up and we will send you a link.

Debbie Densmore, Community Life Calendar

Fri Jan 22, 2021

6pm - 7pm Karaoke

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Who likes to sing or listen to others sing? If you want to have some fun on a Friday night, then attend this program and sing your heart out. If there is a particular song that you would like to sing please let us know on your sign up sheet and we will have that song available. Sign up for this program and we will send you a link to attend.

Sat Jan 23, 2021

10am - 11am Martin Luther King

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Martin Luther King JR was a Minister who played a huge role in the Civil Rights Movement. Come to this program and you will learn about his role in the movement along with his achievements that have shaped the world today. Sign up for this program and we will send you a link to attend.

Tue Jan 26, 2021

6pm - 7pm Healthy Habits

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Since we can not meet weekly in person for our Special Olympic Sports programs let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

Fri Jan 29, 2021

6pm - 7pm Organize/ Declutter

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Out with the old, in with the new is what many say when a new year starts. So with that being said, lets try to clear the clutter in our homes. Often we hold on to things in our homes that should be thrown out, donated, repaired or replaced. Now that we all have a little more time on our hands lets get to decluttering our homes. Come to this program and we will show you how to start and give you tips on organizing. Sign up for this program and we will send you a link to attend.

Debbie Densmore, Community Life Calendar

Sat Jan 30, 2021

10am - 11am Life Changes

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Some things happen the same way every day but sometimes we may go through a small change or a big change in our lives. Let's talk about how you feel when things change, what physical things that happen to your body and what you can do to adapt to changes. Sign up for this program and we will send you a link to attend.

Tue Feb 2, 2021

6pm - 7pm Healthy Habits

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Since we can not meet weekly in person for our Special Olympic Sports programs let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

Fri Feb 5, 2021

6pm - 7pm American Sign Language

Where: Zoom

Description:

This program is back by popular demand. Come learn something new or improve your skills using ASL. The group will use hand shapes, lip patterns and facial expressions as a stepping stone to learning this form of communication. Sign up for this program and we will send you a link to attend.

Sat Feb 6, 2021

10am - 11am Indoor Walk

Description:

Let's get moving together. Join us for a 1 mile walk that we can do inside our own homes. You may walk at your own pace. Come dressed in clothing and shoes that are comfortable. Don't forget your water bottle. Sign up for this program and we will send you a link to attend.