

## Community Life Calendar

**Sat Aug 1, 2020**

### **11am - 12pm Microwave Cooking Class- Stuffed Pepper**

**Calendar:** Community Life Calendar  
**Created by:** Debbie Densmore

**Tue Aug 4, 2020**

### **6pm - 7pm Fit Five**

**Where:** Zoom  
**Calendar:** Community Life Calendar  
**Created by:** Debbie Densmore  
**Description:**  
This meeting is for the Special Olympic Athletes who are participating in the Fit Five program. Sign up and we will send you a link.

**Fri Aug 7, 2020**

### **6pm - 7pm Vitual Visit- Dolphin Day Seawold**

**Where:** Zoom  
**Calendar:** Community Life Calendar  
**Created by:** Debbie Densmore  
**Description:**  
When we have visited aquariums in the past, the dolphin show was the most popular part of our visit. Since we won't be going to the aquarium this summer, let's get together and enjoy this high energy entertaining show from the comforts of our homes. You will learn about the dolphin's habits, training, and food choices. Sign up if you wish to join us for the show and we will send you a link.

**Sat Aug 8, 2020**

### **10am - 11am Happy Walk**

**Where:** Zoom  
**Calendar:** Community Life Calendar  
**Created by:** Debbie Densmore  
**Description:**  
Let's get moving together. We will be doing a 1 mile walk in the comforts of our own homes. You don't need any special equipment to participate in this program however make sure that you will have a little floor space to move around. You should dress in activewear and have some water ready to drink. Sign up and we will send you a link to attend.

**Tue Aug 11, 2020**

### **6pm - 7pm Fit Five**

**Where:** Zoom  
**Calendar:** Community Life Calendar  
**Created by:** Debbie Densmore  
**Description:**  
This meeting is for the Special Olympic Athletes who are participating in the Fit Five program. Sign up and we will send you a link.

# Community Life Calendar

**Fri Aug 14, 2020**

## **6pm - 7pm Meditation/ Story Telling**

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

This is a unique program that you are sure to enjoy. This program begins with a mini guided meditation to help you get into a peaceful state of relaxation. Once we are relaxed, we will listen to a story told by someone with a soothing voice. This program will assist you with a deep restful nights sleep. If you would like to join us sign up and we will send you a link.

**Sat Aug 15, 2020**

## **10am - 11am Chair Yoga for Beginners**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

There are many benefits of doing yoga. It helps increase your flexibility, build strength as well as improve your circulation. Some of us have tried yoga in the past and found it challenging to get up and down on the floor. This program is perfect for those with mobility limitations as you will be doing yoga in a chair. You will need a chair to sit in that has a back on it. Sign up and we will send you a link to attend.

**Tue Aug 18, 2020**

## **6pm - 7pm Fit Five**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

This meeting is for the Special Olympic Athletes who are participating in the Fit Five program. Sign up and we will send you a link.

**Wed Aug 19, 2020**

## **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.

**Fri Aug 21, 2020**

## **6pm - 7pm Game Night- Name That Tune**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Let's spend Friday night together and have some fun. We will be playing a game of Name That Tune. If you enjoy music you will love this game. Sign up and we will send you a link to attend.

# Community Life Calendar

**Sat Aug 22, 2020**

## **10am - 11am International Space Station Tour**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Ever wondered what is is like to be inside a space shuttle? Come to this program and see how the astronauts live and work aboard a spacecraft. Sign up and we will send you a link to the program.

**Tue Aug 25, 2020**

## **6pm - 7pm Voices**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**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.

**Fri Aug 28, 2020**

## **6pm - 7pm American Sign Language Class**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Let's learn something new ! Come to this program and we will introduce you to the first steps in learning how to do sign language. Sign up and we will send you a link to attend. If this program is popular then we can repeat it monthly to increase our skills.

**Sat Aug 29, 2020**

## **10am - 11am Journaling**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

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 then sign up and we will send you a link.

**Mon Aug 31, 2020**

## **6pm - 7pm Men's Only Group**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

There has been several requests to start a men's only support group. We are looking for men who want to share issues and connect with others. Whatever is discussed in this group will remain confidential. Once we meet, the group can set more specific goals. Sign up for this program if you would like to join this group, we will send you a link to attend.