

*Zoom Classes August 16 thru August 29*

*Please check out the following to learn more about how to use Zoom:*

*<https://support.zoom.us/hc/en-us/articles/206080966-WeeklyZoom-Training-Webinars>*

<b>Program</b>	<b>Dates</b>	<b>Time/ Zoom ID:</b>	<b>Description of program</b>
<b>Theatre Club</b> Grease Live! -----	<b>Sunday, August 16</b> -----	7:30pm – 9:00pm <a href="https://zoom.us/j/95138392978">https://zoom.us/j/95138392978</a>	American teenager Danny meets and falls for Sandy, who's visiting from Australia. At the end of summer, they say goodbye. But instead of returning home, Sandy enrolls in Rydell High and meets Danny again, only to be disappointed after learning he's the leader of a high school gang.
<b>The Wiz Live!</b>	<b>Sunday, August 23</b>	7:30pm -9:30pm <a href="https://zoom.us/j/99535157959">https://zoom.us/j/99535157959</a>	24-year-old kindergarten teacher Dorothy, born, raised, and still working in Harlem, is celebrating Thanksgiving with her extended family, but she doesn't seem to be thankful for much. She lives a self-imposed sheltered life and is shy and unfulfilled. When she gets caught in a snowstorm while chasing her dog Toto, they're transported to the mysterious Land of Oz, where she's informed that the only way she can find her way home is through the assistance of the powerful wizard in Emerald City.
Fitness Class	<b>Mondays, August 17-24</b>	4:30pm -5:30pm <a href="https://zoom.us/j/94684359870">https://zoom.us/j/94684359870</a>	This program is designed to utilize movement patterning, exercise, and physical development to improve day to day life. Along with improving their physical ability, individuals will build their self-confidence and independence. Each weekly session will be broken down into three phases, mobility, strength, and personalized development to reach the goals of the individual.
Family Trivia	<b>Mondays, August 17-24</b>	7:00pm -8:00pm <a href="https://zoom.us/j/97679762091">https://zoom.us/j/97679762091</a>	The participants assist on choice topics every week. Answers are given 1 point per correct answer. Teams add up their total score after each category. If two or more teams score the same number, they will play a mixed category of harder questions to get to a winning team.
Kicking & Moving	<b>Tuesdays, August. 18-25</b>	8:15am -8:45am <a href="https://zoom.us/j/94352815744">https://zoom.us/j/94352815744</a>	Whether you're looking to increase strength, confidence, or coordination, then this will keep you coming back for more.
Zumba Classes	<b>Tuesdays, August. 18-25</b>	4:30pm -5:30pm <a href="https://zoom.us/j/99496269928">https://zoom.us/j/99496269928</a>	Are you ready to party yourself into shape? That is exactly what the Zumba® program is all about. It is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning.
Let's get back into the Kitchen.	Wednesdays, August 19-26	2:30pm -3:30pm <a href="https://zoom.us/j/93617082133">https://zoom.us/j/93617082133</a>	We are making healthy desserts and meals, but on an alternating week schedule. Of course, we will start with deserts on August 5 <sup>th</sup> ,
Drawing Class	<b>Wednesdays, August 19-26</b>	4pm -5pm <a href="https://zoom.us/j/92058490944">https://zoom.us/j/92058490944</a>	Class provides step-by-step instruction drawing pictures. Boost confidence and inspire creativity with more than 45 projects including animals, flowers, cars, fruits, and other everyday objects. Bring markers and/or colored pens, crayons and drawing paper.

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Parent and/or Caregiver Support Group	<b>Wednesdays, August 19-26</b>	7:00pm -8:00pm <a href="https://zoom.us/j/95925176328">https://zoom.us/j/95925176328</a>	The groups will consist of 10-12 participants with each session lasting 60 minutes and will be facilitated by a skilled moderator who will guide the participants through their conversations.
Adult Yoga	<b>Thursdays, August 20-27</b>	4:30pm -5:30pm <a href="https://zoom.us/j/97033795901">https://zoom.us/j/97033795901</a>	Learn breathing and relaxing technique along with stretching to promote inner focus and body awareness! The instructor wants your individual to “feel empowered,” as they learn how to correctly do the poses.
Engineering Class	<b>Thursdays, August 20-27</b>	7:00pm -8:00pm <a href="https://zoom.us/j/94256293221">https://zoom.us/j/94256293221</a>	It is virtual space to design, create and share your ideas with others who like to build. Together, we will explore how engineers of all ages can use the design process to create incredible projects. Each meeting will include time to share projects, discuss work and brainstorm new design challenges. We will learn how to talk about our ideas and how to appreciate the ideas of others.
Karate Class	<b>Fridays, August 21-28</b>	4:30pm -5:30pm <a href="https://zoom.us/j/93484227789">https://zoom.us/j/93484227789</a>	Specific exercises can be created to fit each student’s developmental needs. These can help those who may have trouble with walking, flexibility, balance and coordination, strength, physical and motor skills, patience, awareness.
Fun Friday Scavenger Hunt	<b>Fridays, August 21-28</b>	7:00pm -8:00pm <a href="https://zoom.us/j/99278888080">https://zoom.us/j/99278888080</a>	A virtual scavenger hunt is a super fun way to connect with friends and family virtually! Share scavenger hunts sheet. It is a great way to make this stay at home time a little more fun!
Saturday Night Dance Party	<b>Saturdays, August 22</b>	7:30pm -8:30pm <a href="https://zoom.us/j/93987303397">https://zoom.us/j/93987303397</a>	Let’ South Shore Support Services bring the Dance Party your living room! Invite your family, roommates, staff, pets and let’s break it down! DJ’s by your very own staff-we want to see your moves!
<b>Saturday Dance Party</b>	(Just for this week) Saturday, August 29	2:30pm -3:30pm <a href="https://zoom.us/j/94662718567">https://zoom.us/j/94662718567</a>	Let’ South Shore Support Services bring the Dance Party your living room! Invite your family, roommates, staff, pets and let’s break it down! DJ’s by your very own staff-we want to see your moves!

If you have any questions, please call me directly at 617-347-8828.