

ADAPTIVE SERVICES

Interactive Programs Brochure



Craft Corner

Purpose: To promote self-expression by providing an outlet to express creativity and feelings.

Get creative and learn about different art materials. Create a different craft every week to display in your home.

Instructors: Megan & Ady

Google Classroom Code: **i5nzq3q**



Health & Wellness

Purpose: To promote activities of daily living by encouraging overall health.

Explore various topics that will enable you to effectively handle issues encountered in daily life. Wellness is achieved by making choices towards a healthy and fulfilling life.

Instructors: Stacy

Google Classroom Code: **hghy2kr**



Leisure Education

Purpose: To promote understanding of purposeful leisure through group activities.

This class will help you gain a better understanding of how to pursue leisure experiences and interests. You will learn functional responses based on your individual strengths, limitations, & environment.

Instructors: Stacy

Google Classroom Code: **mu3vq33**



Stretch & Strengthen

Purpose: To improve body function and range of motion through group exercises.

Join us as we stretch and build our muscles. We will use a combination of stretching, body weight, and some yoga.

Instructors: Chauncey

Google Classroom Code: **a5srllv**



Healthy Cooking

Purpose: To promote activities of daily living through hands on experience.

We will encourage at home participation in preparing healthy food choices. Kitchen and food safety as well as nutrition will also be discussed.

Instructors: Stacy & Ady

Google Classroom Code: **7bslr1p**



S.T.E.M.—SCIENCE, TECHNOLOGY, ENGINEERING, & MATHEMATICS

Purpose: To use science to promote positive affect and enhance interpersonal relationships.

Have you ever wondered what it is like to be a scientist? Now is your chance. Join us as we explore simple, gross, risky, fascinating, & puzzling experiments and activities.

Instructors: Stacy & Megan

Google Classroom Code: **vrc5fq4**



Intro to Drawing

Purpose: To promote self-expression by providing an outlet to express creativity and feelings and working on fine skills.

Learn the basics of drawing and how to draw your favorite cartoon characters.

Instructors: Hayden

Google Classroom Code: **vldtijo**



Did You Know?

Purpose: To enhance cognitive and social skills through group activities.

Have you ever wanted to know more about random things? Now is your time. Join us as we play a couple rounds of trivia and expand your knowledge!

Instructors: Liz

Google Classroom Code: **tfhgfid**



Talent Tuesday

Purpose: To promote self-expression through a group activity and laughter.

Join us on Tuesdays to show off your talents! You will be given time to sing, dance, and show off your skills.

Instructors: Joey

Google Classroom Code: **ab4ckc7**



Jeopardy

Purpose: To enhance cognitive and social skills through group activities.

Escape boredom by playing your favorite TV gameshow Jeopardy. Each week will have a different theme!

Instructors: Megan

Google Classroom Code: **yjyxany**

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Hobby Hunters

Purpose: To promote an understanding of purposeful leisure.

Do you have a hobby? Do you get bored easily? Every week, we will learn and explore about a new hobby in hopes of finding you a hobby that is purposeful and meaningful!

Instructors: Stacy

Google Classroom Code: **a6bpsz**



What Do You Do If?

Purpose: To promote understanding by providing real life scenarios.

Have you ever been in a situation and you weren't sure what to do? This class will help you enhance those life skills by working through scenarios.

Instructors: Liz

Google Classroom Code: **peuxam5**



Virtual Tours

Purpose: To facilitate coping with isolation by encouraging socialization through group tours.

Join us as we tour some of the most famous museums, exhibits, and amusement parks. You will learn about history, science, and go on scavenger hunts.

Instructors: Kate

Google Classroom Code: **ichjpbv**



Tour de Scottsdale

Purpose: To promote a sense of community.

Do you know what's outside your own backyard? Each week we will visit a different business in Scottsdale. We will take a tour of it, see how it functions, and why its important to Scottsdale.

Instructors: Kate

Google Classroom Code: **4avbr52**



Sharing Circle Group

Purpose: To promote coping with anxiety and depression through a hands on group activity.

We understand that you may have all kinds of feelings about not being able to see your friends and programs being cancelled. This is a safe place to come and talk about your worries, fears, and anxieties regarding the COVID pandemic.

Instructors: Deanna and trained social workers

Google Classroom Code: **Im4vcks**



Chair One Fitness

Purpose: To promote overall health by working on fitness goals.

This is a chair exercise program designed for individuals who may have mobility, balance, or stamina issues.

Google Classroom Code: **ly72q2f**



Bingo

Purpose: To promote social skills and a sense of community.

Join us as we play a few rounds of virtual bingo! You can play on a computer or phone or you can print out your card. Winner gets a fantastic prize!

Instructors: Liz

Google Classroom Code: **p5dli3s**



Ice Breakers

Purpose: To provide a group activity that will promote social skills and a sense of community.

Each week we will learn and play new fun social games and team builders. We will work on social skills and carrying conversations with peers.

Instructors: Kate

Google Classroom Code: **7morbp7**



Virtual Dance Party

Purpose: To use dance to empower our participants and promote positive affect.

Join us the 2nd Saturday of the month to get your groove on to your favorite songs with DJ Raf!

Instructors: Liz & Rachel



Book Club

Purpose: To provide a group activity that will foster socialization and community.

Join us weekly as we read through and discuss a popular book.

Instructors: Joey

Google Classroom Code: **dzahrdu**



American Sign Language

Purpose: To learn the basics of sign language and basic conversation sayings.

Instructors: Kate

Google Classroom Code: **mybyugh**

ADAPTIVE SERVICES

Interactive Programs Calendar

Stay Active with Adaptive

SEPTEMBER 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Rec 2 Go Bags
9 am - 12 pm
 Chauncey

Stretch & Strengthen
11 am
 Chauncey

Jeopardy
10 am
 Megan

Stretch & Strengthen
11 am
 Chauncey

S.T.E.M.
10 am
 Megan

S.O. Aquatics Group 1
9 am - 10:15 am
Aug 15 - Oct 3

Hayden
 Rachel / Liz
 Angela

Craft Corner
10 am
 Megan & Ady

Craft Corner
2 pm
 Megan & Ady

Virtual Tours
11 am
 Kate

Sharing Circle
1 - 2:30 pm
 Deanna / Kelly / Lexi

Tour de Scottsdale
11 am
 Kate

S.O. Aquatics Group 2

10:30 am - 12 pm
Aug 15 - Oct 3

Hayden
 Rachel / Liz
 Angela

Ice Breakers
11 am
 Kate

Did You Know?
3 pm
 Liz

American Sign Language
2 pm
 Kate

What Would You Do If?
3 pm
 Liz

Healthy Cooking
2 pm
 Ady

Leisure Education
3 pm
 Stacy

Bingo
6 - 7 pm
Sept 12

Liz

Chair One Fitness
4 pm
 Stacy

FRIDAY
 (continued)

Health & Wellness
4 pm
 Stacy

Healthy Cooking
5 pm
 Stacy

Chair One Fitness
4 pm
 Stacy

Intro to Drawing
4 pm
 Hayden

Ice Cream Social
6 - 7 pm
Sept 11

Dance Party
6 - 7 pm
Sept 18
 Liz / Rachel / DJ Raf

Book Club
6 pm
 Joey

Talent Tuesday
6 pm
 Joey

Book Club
6 pm
 Joey

Drive Thru Movie
7 pm
Sept 25