

ProAct Virtual Enrichment Schedule and Descriptions

ProAct will be offering the following enrichment activities through the month of June.

There are 4 spots available for each class. Please reserve your spot by contacting Stephanie Osman at sosman@proactinc.org.

ProAct Virtual Services- June 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM-10:00AM	Exercise	Stretching	Exercise	Stretching	Exercise
9:30AM-10:00AM	Coffee Club	Coffee Club	Coffee Club	Coffee Club	Coffee Club
10:00AM-11:00AM	Brain Teasers	1. Games Galore 2. Playhouse Rehearsal	Brain Teasers	1. Games Galore 2. Playhouse Rehearsal	Brain Teasers
11:00AM-12:00PM	Current Events	How to: Home Edition	Home Scavenger Hunt	How to: Home Edition	Home Made Crafts
12:00PM-1:00PM	Let's Have Lunch	Let's Have Lunch	Let's Have Lunch	Let's Have Lunch	Let's Have Lunch
1:00PM-2PM	Sing Along	Move and Groove	Sing Along	Move and Groove	Sing Along
2:00PM-3:00PM	Easy Drawing	Guided Imagery	How To: Cooking Edition	Guided Imagery	Easy Drawing
2:30PM-3:30PM	Connect with Friends	Connect with Friends	Connect with Friends	Connect with Friends	Connect with Friends

***Playhouse Rehearsal:** This class is reserved for the participants that are currently involved in the current production of *Under the Big Top...* Actors can check in at least once a week to run lines with the Director. Materials needed: your scripts. Rehearsals run Tuesday and Thursday from 10AM-11AM.

Exercise: Start your day off with a burst of energy. Exercises will be led by an instructor and include easy circuit training, chair exercise, cardio. Materials that can be used but not needed: weights (grab those canned goods if you don't own weights!), a chair, and/or a wall in your house. Class runs every Monday, Wednesday and Friday from 9AM-10AM.

Stretching: Just got out of bed? It's important to get those muscles stretched out after a long night's sleep. Stretches will be led by an instructor and focus on arms, neck, shoulders, and legs. Materials that can be used but not needed: resistance band (some alternatives are a towel, scarf, nylons or a tie), chair or mat to lie on the floor. Class runs every Tuesday and Thursday from 9AM-10AM.

Coffee Club: For the early risers who like to gather with a cup 'o' joe in their hands. Beverage not limited to coffee. Feel free to join with tea (hot or iced), orange juice, milk, water, etc. This is much like Connect with Friends but a morning edition! Class runs Monday through Friday from 9:30AM-10AM.

Brain Teasers: If you enjoy solving a riddle, then this class is for you! Give your brain a healthy workout and continue strengthening your attention to detail, memory, multitasking, etc with an instructor led set of brain teasers that everyone will have fun solving as a team! Materials that can be used but not needed: pen or pencil and paper. Class runs every Monday, Wednesday and Friday from 10AM-11AM.

Games Galore: Discover your competitive nature and join in the games! Instructors will coordinate games such as Family Feud, Heads up (the electronic version of Headbands), 20 Questions, etc. Be ready to create your own game and set of rules with the group as well! Materials needed: Just bring yourself! Class runs Tuesday and Thursday from 10AM-11AM.

Current Events: What's in the News? Stay up to date with local, national and global news stories. This will include discovering what's happening around us other than COVID-19. No materials needed unless you want to share and/or read what's in your newspaper. Class runs every Monday from 11AM-12PM.

How To: Home Edition: Let's all learn some independent living skills together! Instructor will demonstrate and teach everyone how to perform basic household responsibilities such as making the bed, folding laundry, loading the dishwasher, etc. Instructors will send the lesson plan ahead of time so you are in the correct area of your home and prepared with the materials needed. Class runs every Tuesday and Thursday from 11AM-12PM.

Home Scavenger Hunt: Instructor will concoct a list of items that everyone will race to find around their house. First one to complete the hunt wins a virtual high five! Materials needed: just yourself. Class runs Wednesdays from 11AM-12PM.

Home Made Crafts: Let's get creative and construct a cute and easy craft out of some household items. There's a lot you can do with a toilet paper roll or a paper plate. Instructor will inform you ahead of time for the materials that will be needed for the craft each week. Class runs Fridays from 11AM-12PM.

Let's Have Lunch: Lunch is social time at ProAct so feel free to connect for this virtual lunch date! Instructor and group will chat and connect while enjoying their meals. Materials needed: you and your lunch. Class runs Monday through Friday from 12PM-1PM.

Sing Along: This is similar to our Krazy Karaoke class. Participants can take turns singing their favorite songs and the class can discuss general facts about the musical genre or artist that they are singing. Group singing will also be encouraged! Materials needed: Just your voice! Class runs Monday, Wednesday, and Friday from 1PM-2PM.

Move and Groove: Show us your best dance moves and learn some cool choreography as well. Participants will choose a genre of music or artist and come up with cool dance moves to share or have an all out dance party online! Materials needed: an energetic body ready to move and maybe headphones with a long chord if others in your household don't want the noise distraction. Classes run Tuesday and Thursday from 1PM-2PM.

Easy Drawing: Anyone can draw if shown the right steps to take. In this class, you will learn how to draw all kinds of things such as animals, plant life, cartoons, etc in very simple steps. Materials needed: writing utensil(s) and paper. Class runs Monday and Friday from 2PM-3PM.

How To: Cooking Edition: Learn some basic cooking skills as the instructor demonstrates simple tasks such as using the microwave, using measuring spoons and cups and making something easy like boiling an egg. This is a beginners course on learning your way around the kitchen. Instructors will inform you of materials that will be needed each week before class begins. Class runs Wednesdays from 2PM-3PM.

Guided Imagery: Feeling full from lunch? Wind down and relax while listening to the instructor as they guide your way to relaxation. Focus on deep breathing and tightening and releasing the body from head to toe. No materials needed. Classes run Tuesday and Thursday from 2PM-3PM.

Connect with Friends: Every afternoon from 2:30PM-3PM, ProAct will assist in connecting participants with each other to chat and socialize. We look forward to introducing new friends as well and can connect Eagan and Shakopee participants. Our very own Pen Pal, or in this case, Online Pal system! No materials needed. Chats will connect Monday through Friday from 2:30PM-3PM.