

ProAct Virtual Enrichment Schedule and Descriptions

ProAct will be offering the following enrichment activities beginning **September 8th** through **December 31st** of 2020.

Please reserve your spot by contacting Stephanie Osman at sosman@proactinc.org.

ProAct Virtual Services- **9/8-12/31**

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM-10:00AM			Exercise		Exercise
9:30AM-10:00AM	Coffee Club				Coffee Club
10:00AM-11:00AM		Creative Writing		NEW! Theatre Games	Scavenger Hunt
11:00AM-12:00PM	NEW! Smoothies			Group Trivia	
12:00PM-1:00PM					
1:00PM-2PM	Current Events		Crafts		Easy Drawing
2:00PM-3:00PM	Book Club			Guided Imagery	NEW! Planet Earth
2:30PM-3:00PM	Connect with Friends	Connect with Friends	Connect with Friends		

Book Club: Pick a genre, then a book, then read and discuss as a group. Books on tape can be presented as well. You won't need the book to participate but if you'd like to read aloud, you may need a printer to print copied pages. Pages can also be presented on the computer or tablet screen. Class runs every Monday from 2PM-3PM.

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 Wednesday and Friday 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 and Friday from 9:30AM-10AM.

Group Trivia: 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 Thursday from 11AM-12PM.

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 1PM-2PM.

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 every Friday from 10AM- 11AM.

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 Wednesdays from 1PM-2PM.

NEW! Smoothies: Learn some basic cooking skills as you learn how to make some healthy and delicious smoothies. Instructors will inform you of materials that will be needed each week before class begins. Materials needed: you will need a blender, food processor, or any device that can blend ingredients. Class runs Mondays from 11AM-12PM.

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 Wednesday from 2:30PM-3PM.

NEW! Theatre Games: Use your imagination and build self-esteem while showing your acting chops by participating in some fun improvisation games. Learn to work as a group to tell a story through body movement, voice intonation and facial expression. Materials needed: Just you and your imagination! Class runs Thursday from 10AM-11AM.

NEW! Planet Earth: From the highest mountain peak to the deep blue ocean...learn about Earth's vast and diverse environment, animals, mountains, seas, etc. If you love animals and/or are interested in anything to do with nature, this class is for you. Class visits together every Friday 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. Class runs every Thursday from 2PM-3PM.

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 Fridays from 1PM-2PM.

Creative Writing: Use your imagination to create stories (verbal or written is accepted), poems, and/or blogs/journals. Projects can be individual and group and will be led by an instructor. Materials needed: pen or pencil and paper. Class runs every Tuesday from 10AM-11AM.