

# Rumball Virtual Day Program

September & October 2023



Interested in joining the fun?

Contact Tiffany to register at [tlinton@bobrumball.org](mailto:tlinton@bobrumball.org)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00	NOW YOU KNOW 	SPORTS FAN 	THE ARTS 	SOCIAL HOUR 	MORNING STRETCH 
10:30-11:30	AROUND THE WORLD 	WOODWORK 	ASL STORYTELLING 	WELLNESS 	FUN & GAMES 

Programs run from September 5 - November 3, 2023 (except for statutory holidays).







All virtual programs are free at this time.

Questions or to be added to our distribution list, please contact Tiffany at [tlinton@bobrumball.org](mailto:tlinton@bobrumball.org)

We support adults who have a developmental disability, and are Deaf or hard of hearing and use American Sign Language to communicate. All programs will be conducted in ASL.

Our goal is to provide an inclusive program in which all our participants feel welcomed and supported.

## PROGRAM DESCRIPTIONS

<p style="text-align: center;"><b>NOW YOU KNOW</b></p>  <p>Have you ever wondered why some birds fly and others don't? Or have you ever wanted to know how to knit? Maybe you have always wanted to know what an Environmental Services employee does. This fun, unique program will talk about everything and anything you have ever wanted to know!</p>	<p style="text-align: center;"><b>AROUND THE WORLD</b></p>  <p>This program examines different countries, their culture, their food and interesting facts. Feel free to share about your culture and background as well.</p>
<p style="text-align: center;"><b>SPORTS FAN</b></p>  <p>Are you a sports fan? Join us to talk about your favourite sports, teams and players. We will discuss everything from the history of sports to the current sports news.</p>	<p style="text-align: center;"><b>WOODWORK</b></p>  <p>During our time, we will show you a variety of projects completed in our very own woodshop. We will show you the different tools and skills needed to create some amazing work.</p>
<p style="text-align: center;"><b>THE ARTS</b></p>  <p>This program combines many of our old programs- we will do some dramatic role play, some fine arts including drawing, and some dance. Make sure to have a pencil and paper with you each class.</p>	<p style="text-align: center;"><b>ASL STORYTELLING</b></p>  <p>We will spend our time watching and analyzing ASL/Deaf videos and stories. This will give a deeper insight to the language, arts and culture within the Deaf community.</p>
<p style="text-align: center;"><b>SOCIAL HOUR</b></p>  <p>This casual interactive session allows participants to chat about a variety of topics. It allows an opportunity to work on their ASL and communication skills, while enjoying time with their friends.</p>	<p style="text-align: center;"><b>WELLNESS</b></p>  <p>This new program focuses on overall wellness with a focus on social emotional wellbeing. We will cover topics such as mental health, nutrition, advocacy, anger management, relationship skills, mindfulness, stress management and conflict resolution. We will also be teaching different techniques such as meditation and yoga to deal with the stresses of life.</p>
<p style="text-align: center;"><b>MORNING STRETCH</b></p>  <p>This interactive program helps wake you up. With a little stretch, you will be ready for the day. We will spend time focusing on different areas of your body and discuss ways to keep you motivated during the day.</p>	<p style="text-align: center;"><b>FUN &amp; GAMES</b></p>  <p>We will be socializing and playing different games together! Come and join in on some friendly competition while having fun with your friends!</p>