

# Community Participation Supports





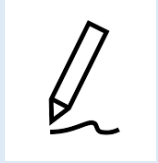





## Virtual Program

September & October 2024



Contact for Zoom link

If new to our program, please contact Tiffany to register.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00	SOCIAL HOUR 	MORNING STRETCH 	SPORTS FAN 	SOCIAL HOUR 	DRAWING SKILLS 
10:30-11:30	AROUND THE WORLD 	FUN & GAMES 	MORNING STRETCH 	HEALTH & WELLNESS 	ASL STORYTELLING 

**Programs run from September 2 - November 1, 2024 (except for statutory holidays).**

All virtual programs are free at this time. No commitment required.

We will be implementing fee-for-service program soon- more details to follow.

Questions? Contact Tiffany at [tlinton@bobrumball.org](mailto:tlinton@bobrumball.org)









We are also hosting in-person classes and community-based outings.

If you are interested in being on our distribution list, please email Tiffany to add your name.

**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><b>SOCIAL CHAT</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><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><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><b>MORNING STRETCH</b></p>  <p>This interactive program helps wake you up, or wind down. We will work on different parts of our body trying out new forms of stretching and exercise. Each movement can be adapted to your own abilities.</p>
<p><b>DRAWING SKILLS</b></p>  <p>This program is suited for participants with all artistic abilities. We will work together in making our own masterpieces with just a pencil and paper. Make sure to have these with you each class.</p>	<p><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><b>HEALTH &amp; 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><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>