Winter Session 2019-2020 Thursdays 3-6pm

**Thursday 3-6 November 28th:**
No Programming – Thanksgiving

**Thursday 3-6 December 5th:**
3:00pm – Arrival
3:00- 3:15pm – Daily job assignment and COF Rules/Circle Concept/Fire & Tornado Drill
3:15- 3:30pm – Eat Snack
3:30- 3:45pm – Warm Up with Freeze Dance
3:45- 4:00pm – Lights, Camera, Action: History of Cinema / Trivia
4:00- 4:30pm – Self-Expression Series: Emotions / Reaction Game
4:30- 5:00pm – Art
5:00- 5:15pm – Exercise: Abdominal Workout
5:15- 5:45pm – Product Creation: Candles / Ornaments
5:45- 6:00pm – Jobs and Goodbyes

**Thursday 3-6 December 12th:**
3:00pm – Arrival
3:00- 3:15pm – Daily job assignment
3:15- 3:30pm – Eat Snack
3:30- 4:00pm – Music: Classic Rock / Conducting with Terry
4:00- 4:15pm – Warm Up with Dancing / Film NATM Video
4:15- 4:30pm – Product Creation: Recipe Jars
4:30- 5:00pm – Gardening with Kathy
5:00- 5:15pm – Art
5:15- 5:45pm – Technology: Journals / Games
5:45- 6:00pm – Jobs and Goodbyes

**Thursday 3-6 December 19th:**
3:00pm – Arrival
3:00- 3:15pm – Daily job assignment
3:15- 3:30pm – Eat Snack
3:30- 3:45pm – Warm Up with Four Corners
3:45- 4:15pm – Self-Expression Series: Expressing Ourselves / Collages
4:15- 4:30pm – Christmas Music Bingo
4:30- 5:00pm – Art
5:00- 5:15pm – Exercise: Abdominal Workout
5:15- 5:45pm – Technology: Journals / Games
5:45- 6:00pm – Jobs and Goodbyes
Thursday 3-6. December 26th

3:00pm – Arrival
3:00- 3:15pm – Daily job assignment
3:15- 3:30pm – Eat Snack
3:30- 4:00pm – Music: Country / Conducting with Terry
4:00- 4:15pm – Warm Up with Freeze Dance
4:15- 4:30pm – Lights, Camera, Action: Musicals / Musical Bingo
4:30- 5:00pm – Art
5:00- 5:15pm – Exercise: Pilates
5:15- 5:45pm – Technology: Journals / Games
5:45- 6:00pm – Jobs and Goodbyes

Thursday 3-6. January 2nd

3:00pm – Arrival
3:00- 3:15pm – Daily job assignment
3:15- 3:30pm – Eat Snack
3:30- 3:45pm – Warm Up with Name It Ball
3:45- 4:15pm – Self-Expression Series: How Others Express Themselves / Color Game
4:15- 4:30pm – Volunteer: Placemats
4:30- 5:00pm – Art
5:00- 5:15pm – Exercise: Circuit Training
5:15- 5:45pm – Scrapbooking / Games
5:45- 6:00pm – Jobs and Goodbyes

Thursday 3-6. January 9th

3:00pm – Arrival
3:00- 3:15pm – Daily job assignment
3:15- 3:30pm – Eat Snack
3:30- 4:00pm – Music: Pop / Conducting with Terry
4:00- 4:15pm – Warm Up with Action Squares
4:15- 4:30pm – Lights, Camera, Action: Sounds of Cinema / Music Scavenger Hunt
4:30- 5:00pm – Art
5:00- 5:15pm – Exercise: Circuit Training
5:15- 5:45pm – Technology: Journals / Games
5:45- 6:00pm – Jobs and Goodbyes
Thursday 3-6 January 16th:

3:00pm – Arrival
3:00 - 3:15pm – Daily job assignment
3:15 - 3:30pm – Eat Snack
3:30 - 3:45pm – Warm Up with Dancing
3:45 - 4:00pm – Volunteer: Ornaments
4:00 - 4:30pm – Product Creation: Cork Coasters
4:30 - 5:00pm – Art
5:00 - 5:15pm – Exercise: Circuit Training
5:15 - 5:45pm – Technology: Journals / Games
5:45 - 6:00pm – Jobs and Goodbyes

Thursday 3-6 January 23rd:

3:00pm – Arrival
3:00 - 3:15pm – Daily job assignment
3:15 - 3:30pm – Eat Snack
3:30 - 4:00pm – Music: Hip Hop / Conducting with Terry
4:00 - 4:15pm – Warm Up with Balloon Tennis
4:15 - 4:30pm – Self-Expression Series: Coping Skills / Guided Meditation
4:30 - 5:00pm – Art
5:00 - 5:15pm – Exercise: Circuit Training
5:15 - 5:45pm – Technology: Journals / Games
5:45 - 6:00pm – Jobs and Goodbyes

Thursday 3-6 January 30th:

3:00pm – Arrival
3:00 - 3:15pm – Daily job assignment
3:15 - 3:30pm – Eat Snack
3:30 - 3:45pm – Warm Up with Fitness Cards
3:45 - 4:15pm – Product Creation: Flower Pots
4:15 - 4:30pm – Lights, Camera, Action: The Oscars / Acceptance Mad Libs
4:30 - 5:00pm – Art
5:00 - 5:15pm – Exercise: Zumba
5:15 - 5:45pm – Technology: Journals / Games
5:45 - 6:00pm – Jobs and Goodbyes
Thursday 3-6 February 6th

3:00pm – Arrival
3:00- 3:15pm – Daily job assignment
3:15- 3:30pm – Eat Snack
3:30- 4:00pm – Music: Alternative Rock / Conducting with Terry
4:00- 4:15pm – Warm Up with Obstacle Course
4:15- 4:30pm – Self-Expression Series: Healthy Conversation / T/F
4:30- 5:00pm – Art
5:00- 5:15pm – Exercise: Weights
5:15- 5:45pm – Technology: Journals / Games
5:45- 6:00pm – Jobs and Goodbyes

Thursday 3-6 February 13th

3:00pm – Arrival
3:00- 3:15pm – Daily job assignment
3:15- 3:30pm – Eat Snack
3:30- 3:45pm – Warm Up with Dancing
3:45- 4:15pm – Gardening: Seedlings
4:15- 4:30pm – Self-Expression Series: Breaks & When to Take Them / Break Choices
4:30- 5:00pm – Art
5:00- 5:15pm – Exercise: Weights
5:15- 5:45pm – Technology: Journals / Games
5:45- 6:00pm – Jobs and Goodbyes

Thursday 3-6 February 20th

3:00pm – Arrival
3:00- 3:15pm – Daily job assignment
3:15- 3:30pm – Eat Snack
3:30- 4:00pm – Music: Jazz / Conducting with Terry
4:00- 4:15pm – Warm Up with Keep the Balloon Up
4:15- 4:30pm – Product Creation: Plant Markers
4:30- 5:00pm – Art
5:00- 5:15pm – Exercise: Weights
5:15- 5:45pm – Technology: Send Journals Home / Games
5:45- 6:00pm – Jobs and Goodbyes