

## VIRTUAL SERVICES | November 9 – December 18



Online registration opens Monday, November 2 at 9am. Go to [www.aspiroinc.org](http://www.aspiroinc.org) to register.

All classes are done via Zoom. You will need a web camera via laptop, tablet or smart phone to participate. Individuals are able to sign up for multiple courses. There is a limit of 8 individuals per class. Once there are 8 individuals signed up, the class will close and you will be put on a waiting list. After you have registered, you will receive a confirmation email. If you do not receive an email, please check your spam/junk folders. Questions? Contact Joe Stocks at 920-593-4396 or [jstocks@aspiroinc.org](mailto:jstocks@aspiroinc.org).

**SAY IT WITH MUSIC:** We will discuss songs with lyrics, songs without lyrics, and go over a variety of different ways to use music in a healthy and productive way!

**MONDAYS | 1 PM – 2:00 PM**

**WORLD TRAVEL EXPLORATION:** Create a new worldview as we journey across the world.

**TUESDAY | 10:30AM - 11:30AM**

**CREATOR SERIES:** Create your own unique pieces under the direction of our Art Therapist using a variety of art mediums and talking about using art as a way to relieve stress. **Must be willing to pick up art supplies at ASPIRO.**

**TUESDAYS | 1PM-2PM**

**SIGN LANGUAGE:** Learn commonly used words to begin learning this second language.

**WEDNESDAY | 10:30AM-11:30AM**

**DID YOU KNOW?** Unique and fun facts that will WOW your friends.

**WEDNESDAY | 1PM-2PM**

**JUST DANCE:** Zumba-style exercise

**WEDNESDAY | 2:30PM-3:30PM**

**BODY FUEL:** Learn a variety of low impact exercises to help you stay active at home. These exercises help build or maintain muscle, improve blood circulation, increase flexibility and increase range of motion. Two sessions offered.

**THURSDAY | 9AM – 10AM | 10:30AM-11:30AM**

**CULINARY ARTS:** Learn a variety of simple recipes to make at home with instructor led step-by- step demonstration. **An ingredient list will be emailed every week. No recipe necessary for the first class.**

**THURSDAY | 1pm-2pm**

**WELLNESSOLOGY:** Explore different areas to guide you to live a healthy lifestyle and be the best version of yourself. The group will discuss nutrition, personal hygiene, good sleep habits, positive self-image and more.

**FRIDAY | 9AM-10AM**

**SO YOU THINK YOU CAN TRIVIA?:** Playing games can be a great way to connect with peers and build many essential skills like team work and critical thinking.

**FRIDAY | 10:30AM - 11:30AM**