

Online Class Descriptions

Mondays

9am 110 Music Therapy with Kris- This Spring, Stepping Stone is excited to partner with Empower You Therapy Services to offer group Music Therapy for our Spring session! Our very own Kris Edwards will be your Stepping Stone Advisor throughout this session, and a board certified music therapist from Empower You will lead each class. Participants in this class will explore various music interventions designed to nurture overall well-being. This includes soothing music relaxation to calm the mind, creative themed songwriting to express thoughts and feelings, and engaging sensory exploration to connect with the space and things around you. After the initial few sessions, the group will focus on goals that may include improving emotional regulation and expression, boosting verbalization, and fostering deeper engagement and communication. Let's explore the possibilities of music together!

This Music Therapy Class starts on March 30th - one week earlier than our other Spring classes - if you sign up for this class, please mark this adjusted start date on your calendars!

10am 120 World Music with Kris – This session Kris will explore music internationally. Genres including Rock, Hip-Hop, Country and the unique instruments other cultures have developed and incorporated into their vision of what music means to them.

11am 130 Movin' and Groovin' - Fitness video classes set to energetic popular music which focus on teaching functional movements for your whole body for a healthier and more physically capable. Each class features two instructors, demonstrating two exercise levels, one standing and one sitting, so everyone can participate! Family and caregivers can join in the fun too!

12pm 140 Lunch and Games with Pam- Don't miss a fun social hour of lunch and online games with Pam Moore!

1pm 150 Jeopardy and Bingo with Pam- Have fun with your friends and meet new people playing Bingo every Monday afternoon.

Wednesdays

9am 310 Book Club with Kelly C — Join Kelly for an hour of talking about books. Read along, follow along or just listen. We will be learning about the author of the book and other pertinent facts or history relating to the book. Kelly includes videos, pictures, and other media to enhance the story and learn from the book. Participants are responsible for obtaining a copy

of the book through purchase or library. Book to be determined. Kelly is open to suggestions and interests.

10am 320 - Inspirational Stories with Angie – In this class we use the Random Acts of Kindness website to discuss and put into action random acts of kindness in our daily lives. We also listen to and share inspirational stories that happen throughout our community to increase our awareness of acts of compassion, courage, and inspiration. Participants are working on skills such as reciprocal communication, character development, and social awareness.

11am 330 - Where in the World is Angie? - Join Angie for a fun, entertaining and educational virtual travel experience to learn about cultures and destinations around the world.

12pm 340 – Lunch & Current News Stories with Angie—Continue to join Angie for a lively discussion of current events and how they impact your life.

1pm 350 - Arts & Crafts with Pam—Let your inner artist blossom. Join Pam Moore to make a fun creations each class with seasonal themes.

Fridays

10am 520 Pop Culture with Bruce- This class explores the trends, media, and ideas that influence modern society. Students will examine how music, movies, television, fashion, social media, and celebrities shape public opinion, identity, and everyday life

11am 530 Music, Music, Music with Bruce- Explore a diverse selection of music by engaging with a variety of works representing notable artists and genres. Listen, analyze, appreciate, and experience the richness of musical expression.

12pm 540 Stepping about Denver- In this new class, we will examine current events and activities occurring in Denver, including live theatre, music concerts, and various sporting events. We will identify events that may interest participants and discuss the necessary arrangements for their attendance. Additionally, there will be opportunities to inform participants about upcoming Stepping Stone events.