

ADAPTIVE PROGRAMS

A
Stronger,
More Inclusive
Community

SOCIAL CONNECTION • LIFE SKILLS • CREATIVITY • FUN

WEEKLY CLASSES

Each month we offer two engaging classes designed to build skills, make friends and have fun!

MONDAY



REC NIGHT

A fun, social evening with games, activities and time with friends in a supportive environment.



KARAOKE NIGHT

Sing, dance and enjoy music with friends.



CREATIVE NIGHTS

Seasonal crafts, art projects and hands-on activities.



DANCE NIGHT

Movement, music and lots of fun!



LIFE SKILLS

Build confidence through simple, hands-on everyday skills.

SECOND CLASS EACH WEEK

Theme and day may vary each month.



\$30 – \$45 per class



Open to all abilities and ages

Registration required. Space is limited.



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