

# FEBRUARY 2021

## Virtual Class Descriptions

Each class is 1 hour long & \$80.00 or 4 hours DSA\*

**Session 1 & 3: *Cooking 101 with Chef Brigette!*** Join our Camp Chef for beginning cooking skills, recipe reading, and using kitchen gadgets and knives. You will end the series knowing a few new recipes to make at home and a broadened knowledge of the kitchen!

\*This class **requires** you to have access to a kitchen during each class time, your favorite cutting knife, cutting board, and a Crockpot/Instapot or a large stovetop pot. An ingredient list will be sent to you once you register and are enrolled.

**Sessions 2: *MHKC Fun*** - Come ready to meet new people, mingle and play along with Virtual Tours, Trivia, Interactive Games, and our traditional Social Hour!

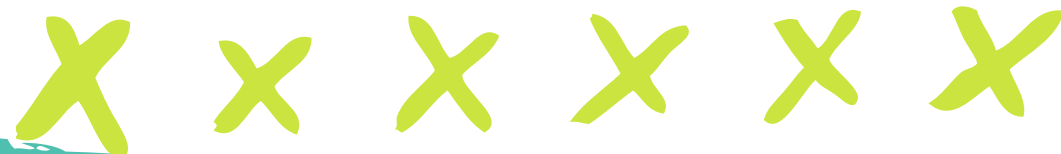
**Session 4: *Skills Based*** - MHKC knows the value of skill based classes all year long. Learn or be reminded on how to foster friendships with your community members, learn how to meal plan for the week, social media etiquette and safety along with tools to self-care in different aspects!

**2-Day Retreat: \$120.00 or 6 hours DSA\* + \$45 Activity Fee (includes Retreat Supply Bag)**

Join us for a fun-filled weekend of games, arts & crafts, socialization, at-home cooking, dancing, and special guests! You will receive a Retreat Supply Bag with art supplies, an activity book and more!

\*\*The Retreat Supply Bag will be mailed to you.\*\*

Participants can sign up for more than one session per month!



S	M	T	W	T	F	S
		Session 1	Session 2	Session 3	Session 4	
	1	2 Cooking 201 2-3PM Breakfasts	3 MHKC Fun 1 4-5PM Virtual Tour	4 Cooking 201 2-3PM Breakfasts	5 MHKC Fun 2 4-5PM Social Hour	6
7	8	9 2-3PM Lunches	10 4-5PM Disney Trivia	11 2-3PM Lunches	12 4-5PM Tai Chi	13 2-Day Retreat 4:30-7:40PM Day 1 of 2
14 2-Day Retreat 4:30-7:40PM Day 2 of 2	15	16 2-3PM Dinners	17 4-5PM Interactive Games	18 2-3PM Dinners	19 4-5PM Interactive Games	20
21 MLK Jr. Day	22	23 2-3PM Desserts & Snacks	24 4-5PM Social Hour	25 2-3PM Desserts & Snacks	26 4-5PM Virtual Tours	27
28						

### Payment Options Available:

Private Pay or Brokerage/Agency (Must be pre-arranged in an ISP or Service Agreement by Brokerage/Agency)

**Any questions please email: Kathy Werschkul at [Kathy@mhkc.org](mailto:Kathy@mhkc.org)**

# MARCH 2021

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2

Literacy Circle  
Writer's Workshop  
4-5 PM

3

Move & Groove  
5-6 PM

4

Cooking w/Chef 1  
12-1PM

Cooking w/Chef 2  
2-3PM

5

Chair Yoga  
2-3PM

9

Literacy Circle  
Book Club  
4-5 PM

10

Move & Groove  
5-6 PM

11

Cooking w/Chef  
12-1PM

Cooking w/Chef  
2-3PM

12

Chair Yoga  
2-3PM

16

Literacy Circle  
Poetry Slam  
4-5 PM

17

Move & Groove  
5-6 PM

18

Cooking w/Chef  
12-1PM

Cooking w/Chef  
2-3PM

19

Chair Yoga  
2-3PM

23

Literacy Circle  
Tea & T  
4-5 PM

24

Move & Groove  
5-6 PM

25

Cooking w/Chef  
12-1PM

Cooking w/Chef  
2-3PM

26

Chair Yoga  
2-3PM

## Virtual Class Descriptions

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**Literacy Circle Session:** Join Courtney, a summer staff member in a cool, fun, and informative Literacy Circle. Each week will consist of new prompts, engaging discussions, and sharing time while getting to know new people!

**Move & Groove Session:** Join Sarah, a summer staff member in getting up and moving in her Move & Groove Class! Each week we will be connecting in movement and dance, with fun routines, games, and a variety of music! \*Adaptive dance moves will be an option too.

**Cooking w/ Chef 1 Session (12-1 PM):** Camp Chef Brigette will be leading new cooking classes this month! These will focus on learning how to use the stove, oven, and microwave while practicing to make simple meals.

**Cooking w/ Chef Session 2 (2-3 PM):** This is the same class as explained above just at 2-3 PM.

\*Both cooking classes require access to a kitchen during each class time, your favorite cutting knife, cutting board, and a Crockpot/Instapot or a large stovetop pot. An ingredient list will be sent to you once you register and are enrolled.

**Chair Yoga Session (2-3 PM):** Join Marta, a previous Nurse at MHKC in learning Chair Yoga. She is a certified Yoga Instructor. She will guide you through the history of yoga, poses, stretches, breathing, and relaxation techniques.

\*\*Participants can sign up for more than one session per month! Classes must have 3+ participants to hold the class.

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