

## Virtual Class Descriptions

Each class is a 4-week session (1-hour classes each week) for \$80.00 or 4 hours DSA\*

**Baking Session (4-5 PM):** Join Courtney, a summer staff member in learning to bake! Each week will be a new baking recipe while also learning about recipe sequencing and measurements. \*Baking classes require access to a kitchen with an oven during each class time. 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.

**Move & Groove Session (5-6 PM):** 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 Session (2-3 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 classes require access to a kitchen during each class time. An ingredient list will be sent to you once you register and are enrolled.

**MHKC Fun & Crafts Session (4-5 PM):** Join Susie Jo, a summer staff member in some fun crafts, socialization, meeting new friends, and games! \*The craft classes will require a small list of items you will need to gather from your home or go buy. A supply list will be sent to you once you register and are enrolled.

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

Payment Options Available:

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

# APRIL 2021



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> <b>Baking</b> <i>Banana Bread</i> <b>4-5 PM</b>	<b>7</b> <b>Chair Yoga</b> <b>2-3PM</b> <b>Move &amp; Groove</b> <b>5-6 PM</b>	<b>8</b> <b>Cooking</b> <i>Fried Rice</i> <b>2-3 PM</b>	<b>9</b> <b>MHKC Fun &amp; Crafts</b> <i>Storytelling Rock Painting</i> <b>4-5 PM</b>
<b>13</b> <b>Cake</b> <b>4-5 PM</b>	<b>14</b> <b>Chair Yoga</b> <b>2-3PM</b> <b>Move &amp; Groove</b> <b>5-6 PM</b>	<b>15</b> <b>Meatloaf</b> <b>2-3 PM</b>	<b>16</b> <b>Socialization &amp; Trivia</b> <b>4-5 PM</b>
<b>20</b> <b>Brownies</b> <b>4-5 PM</b>	<b>21</b> <b>Chair Yoga</b> <b>2-3PM</b> <b>Move &amp; Groove</b> <b>5-6 PM</b>	<b>22</b> <b>Lasagna</b> <b>2-3 PM</b>	<b>23</b> <b>Fidget Making</b> <b>4-5 PM</b>
<b>27</b> <b>Scones</b> <b>4-5 PM</b>	<b>28</b> <b>Chair Yoga</b> <b>2-3PM</b> <b>Move &amp; Groove</b> <b>5-6 PM</b>	<b>29</b> <b>Hamburgers &amp; Fries</b> <b>2-3 PM</b>	<b>30</b> <b>Music &amp; Games</b> <b>4-5 PM</b>



# MAY 2021

M T W T F

3	4 <i>Cooking</i> 4-5 PM	5 Chair Yoga 2-3PM MHKC Fun & Dance 5-6 PM	6	7 MHKC Fun & Crafts 3-4 PM
10	11 <i>Cooking</i> 4-5 PM	12 Chair Yoga 2-3PM MHKC Fun & Dance 5-6 PM	13	14 MHKC Fun & Crafts 3-4 PM
17	18 <i>Cooking</i> 4-5 PM	19 Chair Yoga 2-3PM MHKC Fun & Dance 5-6 PM	20	21 MHKC Fun & Crafts 3-4 PM
24	25 <i>Cooking</i> 4-5 PM	26 Chair Yoga 2-3PM MHKC Fun & Dance 5-6 PM	27	28 MHKC Fun & Crafts 3-4 PM
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