

December Virtual Schedule **New Sessions**

The Arc of Plymouth & Upper Cape Cod

Technology Tips & Tricks: *Internet Safety, Android, Google Drive, iOS*

Have you ever wondered if it's possible to customize your household technology, or tap into accessibility features? You have come to the right place! Together we will unlock the secrets to personalizing your Apple or Android Device and Google Drive. We will explore a variety of different tips and hacks that will assist you in day-to-day functionality of your personal and household devices. Participants will learn skills for setting reminders, creating calendar entries, navigating and managing Google Drive documents, and utilizing accessibility features to customize your device to suit your specific needs! Along the way we'll review and discuss internet safety guidelines and responsible use of technology.

Recipe Research & Delicious Decisions: *Recipe Research and Planning, Creating A Grocery List, Live Grocery Shopping & Preparation*

Roll up your sleeves in the heart of Brandon's Bistro Kitchen and get involved with the planning of themes and recipes! Participants will learn the ins and outs of recipe research and the creation of cooking themes and shopping lists. Then, they will vote on which recipe will be created during Brandon's Bistro that week. Participants will embark on an exclusive Virtual Market Basket Field Trip, learning how to navigate through the aisles and gather materials needed to create the dish. Grab your thinking caps and aprons and let's get cooking!

The Game of Life!

Family Feud! Jeopardy! BINGO! Join your friends and our December guest host Janet Munro (also known as Vanna), and play one of America's favorite game shows or group favorite, BINGO. Each game will focus on different topic and support learning and enhancing life skills areas such as independent living, self-advocacy, personal wellness, self-help, and more.

Book Club – Guided Reading

Engaging titles jump off of the shelf and onto the screen in this engaging book club experience for readers of all skill levels. Guided by a facilitator, participants will enjoy curated selections of literature while practicing important life skills, such as making predictions, taking perspective, identifying point of view, and honoring differences. This month's selection will be "Skipping Christmas," by John Grisham, which many may recognize was later adapted into the popular holiday movie, "Christmas with the Kranks."

First Aid

Recognizing and responding to emergency situations are important skills for any person to practice and gain comfort with. In this fun and engaging series facilitated by a trained instructor, participants will review and discuss the basics of providing first aid, including key steps: assessing the scene, phoning for help/activating EMS. Participants will increase awareness of the need for universal/standard precautions and learn the skill of properly putting on and removing PPE. Medical, injury, and environmental emergencies will be considered as well as how the participant can respond in ways that increase the

likelihood of achieving desired outcomes. A certificate of achievement will be awarded to participants who complete all of the sessions in the series.

We're Better Together!

Grab a friend and head on over to our “We're Better Together” group to work on team building activities that require group work to solve problems and explore what it truly means to work together. The more the merrier!

Money Math & Personal Finance

Bring your calculators, checkbooks, and pens to this active group offering skill building and strengthening related to all things money! Topics will include: identifying prices, counting out accurate amounts using exact and next dollar up methods, anticipating change, and budgeting for savings. Additional topics will be available based on participant interest and need, including: reading restaurant receipts, calculating tips, using a debit card (determining funds sufficiency), comparison shopping, unit pricing, and calculating cost based on shopping lists.

Digital Day Trip

Join us as we celebrate New England and come together to explore the history, geography, people, and culture that make our region unique. Through a series of virtual adventures, we can see the sites without the hassle of tiresome traffic or looking for the next rest stop. Where we will land is anyone’s guess! A Maine Lighthouse? A Newport Mansion? A Vermont Dairy Farm? Don’t miss a single adventure in our Digital Day Trip Series!

It’s My Choice!

Join us for a half hour of fun, friends, and self-advocacy as we explore the ins-and-outs of future planning. Dual hosts will take on roles of group facilitator and scribe to discuss and capture what’s most important to you as the driver of your own life decisions. Together we will explore the basics: identifying key members of your team/committee (those who you trust to help guide you with hard decisions), capturing what makes you unique, identifying likes/dislikes, and best practices. Participants will be supported to envision their best life and work to outline supports that might assist with moving closer toward that goal.

Kickboxing

Grab a chair and a yoga mat for a 30-minute kickboxing with Wendy! (An alternative support and a blanket or towel will also work.) This class will consist of a dynamic warmup, punching and kicking drills, and classic conditioning exercises such as squats, pushups and jumping jacks, finished with a deep stretch!

Holiday Crafts & Kits

Pull up a seat to this unique Holiday Craft & Kits Virtual Session. Explore your artistic expertise while creating a unique, handmade holiday gift. Learn to create beautiful holiday-themed decorations using provided materials and step-by-step instruction. You will get a chance to create unique decorations, from ornaments to snow globes, to awesome gift ideas for family and friends! Provided kits will contain

everything you need for that specific project. Participants will receive step-by-step instructions by the session facilitator to finally reveal your beautiful and unique handmade craft.

Paint Club

Paint Club will teach participants about mixing colors, the application of paint on the canvas, and how to create good composition. The group will be working toward creating their own personalized version of the same paintings. This month's painting choices will be a Nordic Gnome or a Holiday Truck. The facilitator will lead you through the painting step-by-step, helping you to create the image yourself, and will offer advice and answer questions while you paint.

In Partnership with South Shore Conservatory (SSC)

Creative Arts Therapies Department

SSC Creative Arts Dept. staff are highly qualified therapists and specialists who use the arts and creative processes to help individuals maximize their abilities and improve health and wellness. Staff are highly trained and maintain board certification and continuing education in their specific disciplines.

Merrily We Sing: *Holiday Singalong*

An inclusive chorus designed for singers of all abilities. Join us for a holiday singalong choir and sing for joy and well-being! Dive into singing as an integrated, uplifting, and expressive experience - nurturing your mind, body, and spirit. Sing holiday songs that bring joy and reflection, and finish the session with a renewed sense of energy and voice as a path toward healing.

Music Therapy

Music therapy is an established allied health profession that uses music to address the physical, emotional, cognitive, social, and communication needs of individuals of all ages. The inherent structure of music provides a safe and inviting environment in which individuals may actively explore and participate. Music therapy interventions can be designed to improve communication, manage stress, reduce pain, provide an outlet for expression of ideas and feelings, promote physical rehabilitation, enhance memory, and promote wellness.

Moving for Life - Dance/Movement Therapy

Where there is life, there is movement. From our very first breath to our final heartbeats, we constantly move to the ever-changing rhythms of life. Dance/movement therapy integrates various elements of physical wellness including: body awareness, flexibility, coordination, and strength. Dance/movement therapy also promotes socialization as individuals of all ages and abilities come together to dance to beloved music. Recent research in neuroscience has found support for the use of mirroring exercises in dance/movement therapy to aid with specialized populations.

Accessible Yoga

Improve the quality of your life and your family's life through Yoga. Everyone, regardless of age or ability, can learn simple techniques that help us experience more happiness, feel more peaceful, improve our focus, and enrich our lives by connecting with others. Join us and start experiencing more peace and harmony today! This style of yoga is gentle, safe, and requires no special equipment. Participants will have the opportunity to practice skills to manage stress and anxiety in a fun and social atmosphere.

Children's Workshops & Sessions *(Registration Required)*

Storytime with Santa!

- Thursdays December 10th, 17th and 24th at 4:00pm
- Saturdays: December 12th, 19th and 26th at 10am

Circle of Friends *Facilitated by Weronika Powers, Board Certified Behavior Analyst (BCBA)*

This social group is designed for children ages 5-8, who are often engrossed in learning more about social and behavioral expectations. This session will be built upon social exploring and learning new skills through play and games. These sessions will also focus on teaching basic concepts through frequent visuals, recaps in form of games/ matching, word/picture searches, and social rule reviews.

Social Club *Facilitated by Weronika Powers, Board Certified Behavior Analyst (BCBA)*

This social group is designed towards children in age 9-12, who are learning to become more aware of a complex surrounding environment. Children in this age group learn through independence, discovering themselves, and through showing sensitivity towards others. This social group is focused on teaching social concept by seeing other's point of view, empathy, self-recognition in form of social scenarios with visuals. Children will also be able to be part of group discussions and group social games.

Parent Workshops

A Forum on Financial Planning for People With IDD

Tuesday, December 15 at 2:00p

The ability to save is crucial in securing a life plan for people with intellectual and developmental disabilities (IDD) who often rely on public benefits like Supplemental Security Income (SSI), Medicaid, and housing and food assistance to pay for things that they need to live in the community.

However, many public benefits have very strict limits on how much money you can have to qualify and keep the benefits. How do people know what public benefits they are eligible for? How can people save to buy the things they want and need when they have so little money to start with? What are special needs trusts and ABLE accounts, and when should people have one?

While our panel of experts will not be able to provide advice on anyone's individual situation, they will provide an overview of these important issues, provide helpful resources, and be available to answer your questions. Come learn how people with IDD can plan for their financial future.