

VIRTUAL SERVICES | March 15 – May 7



Online registration opens Monday, March 8th at 9am. Go to www.aspiroinc.org to register.

All classes are done via Zoom. You will need a web camera via laptop, tablet or smart phone to participate. Individuals are able to sign up for multiple courses. There is a limit of 10 individuals per class. Once there are 10 individuals signed up, the class will close and you will be put on a waiting list. After you have registered, you will receive a confirmation email. If you do not receive an email, please check your spam/junk folders. Questions? Contact Joe Stocks at 920-593-4396 or jstocks@aspiroinc.org.

SAY IT WITH MUSIC: We will discuss songs with lyrics, songs without lyrics, and go over a variety of different ways to use music in a healthy and productive way!

MONDAY | 1PM - 2PM

WORLD TRAVEL EXPLORATION: Create a new worldview as we journey across the world.

TUESDAY | 10:30AM - 11:30AM

CREATOR SERIES: Create your own unique pieces under the direction of our Art Therapist using a variety of art mediums and talking about using art as a way to relieve stress. **Must be willing to pick up art supplies at ASPIRO.**

TUESDAY | 1PM-2PM

JUST DANCE: Zumba-style exercise

WEDNESDAY | 1PM - 2PM

WELLNESSOLOGY: Explore different areas to guide you to live a healthy lifestyle and be the best version of yourself. The group will discuss nutrition, personal hygiene, good sleep habits, positive self-image and more.

WEDNESDAY | 3PM - 4PM

BODY FUEL: Learn a variety of low impact exercises to help you stay active at home. These exercises help build or maintain muscle, improve blood circulation, increase flexibility and increase range of motion.

THURSDAY | 9AM - 10AM

CULINARY ARTS: Learn a variety of simple recipes to make at home with instructor led step-by- step demonstration. **An ingredient list will be emailed every week. No recipe necessary for the first class.**

THURSDAY | 1PM - 2PM

SO YOU THINK YOU CAN TRIVIA?: Playing games can be a great way to connect with peers and build many essential skills like team work and critical thinking.

FRIDAY | 10:30AM - 11:30AM