

NEW SCHEDULE STARTING OCTOBER 3RD, 2022



# FALL / WINTER SCHEDULE



[www.wacosa.org/wacosa-connect](http://www.wacosa.org/wacosa-connect)

## MONDAYS

### WACOSA MORNING SOCIAL 8:30-9:00

Chat with friends about events and more.

### WACOSA NEWS AND CURRENT EVENTS 9:00AM-10:15AM

What's your news? All have a chance to share.

### JOB EXPLORERS 10:30AM-11:30AM

Learn about types of jobs with local employers.

### MUSIC 3:30-5:00PM



Explore musical genres, instruments, guest musicians and class member performances.



## ALL NEW MONDAY CLASS: MUSIC!

## TUESDAYS

### WACOSA MORNING SOCIAL 8:30-9:00

Drop in to connect with friends and chat.

### RIGHT ON! 9:00AM-10:15AM

Join the conversation as we explore our rights with each other and guest speakers.

### GAME TIME! 3:30-5:00PM



Join for party games, dice games, virtual board games, video games and more!

## NEED MORE INFORMATION?

**CONTACT MIKE NICHOLS**  
[manichols@wacosa.org](mailto:manichols@wacosa.org)

**320-240-2875**

# WEDNESDAYS

## WACOSA MORNING SOCIAL

8:30-9:00

Drop in to connect with friends and chat.

## ALL ABILITIES ADAPTIVE DANCE

9:00AM-10:15AM

Adaptive fun for everyone! Dance together and with adaptive dance expert, Nicholas Pawlowski!

## THEATRE FUN 101!

3:30-5:00PM

Join theatre instructor Heather Mastromarco for acting games theatre fun.



# THURSDAYS

## WACOSA MORNING SOCIAL

8:30-9:00

Drop in to connect with friends and chat.

## CHAIR YOGA

9:00AM-10:15AM

Engage in adaptive yoga routines



## HEALTHY RELATIONSHIPS

3:30-5:00PM

Learn about healthy relationships together.

## TUNES AND SPOONS

6:30-8:00PM

Cook, dance and enjoy some tunes.



# FRIDAYS

## MOVES AND GROOVES

9:00AM-10:15AM

Get moving to have fun and feel great!

## AROUND THE WORLD

10:30AM-11:30AM

Explore different places in the world with your friends and talk to guest speakers from other cities, states and countries.

## BAKING

3:30-5:00PM

Learn how to make sweet and easy treats.

Bake along or watch with friends!



Register for classes  
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