



FALL/WINTER SCHEDULE

Join classes directly from
www.wacosa.org/wacosa-connect

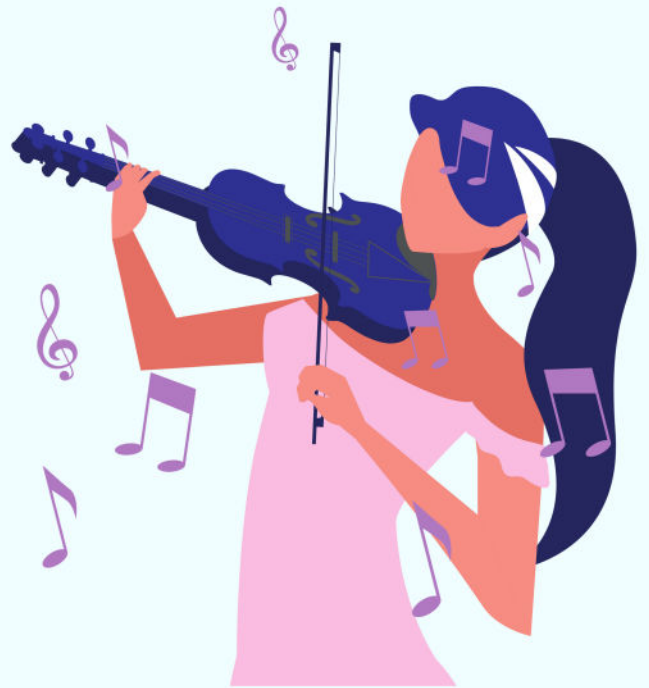
MONDAYS

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

Learn about events and activities in the community! What's going on in the world? How's the weather? What's your news? All have a chance to share.

MUSIC 3:30-5:00PM

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



TUESDAYS

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

Join the conversation as we explore rights, responsibilities and advocacy with each other and with guest speakers.

NEW **WACOSA ART HOUSE!**
3:30-5:00PM

Learn about styles of art, tools and techniques. Draw or paint along and share your art or crafts with others.

NEW CLASS!! WACOSA ART HOUSE!!

TUESDAYS 3:30-5:00PM

WEDNESDAYS

WACOSA COFFEE HOUSE
8:30-9:00

Drop in to connect with friends and chat.



ALL ABILITIES ADAPTIVE DANCE
9:00AM-10:00AM

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.



NEW CLASS!!

BREAKFAST FRIENDS
THURSDAYS
8:30-9:00AM



THURSDAYS

NEW

BREAKFAST FRIENDS
8:30-9:00

Learn to make simple breakfast and chat with friends

MINDFUL MOVEMENT
9:00AM-10:00AM

Taking time for the body and mind



A HEALTHY ME
3:30-5:00PM

Learn about positive relationships, healthy routines, self esteem and personal wellness.

TUNES AND SPOONS
6:30-8:00PM

Cook, dance and enjoy some tunes.



FRIDAYS

MOVES AND GROOVES
9:00AM-10:00AM

Get moving to have fun and feel great!

JOB EXPLORERS
10:30AM-11:30AM

Join us as we explore jobs around the community

HOME COOKING
3:30-5:00PM

Learn how to make meals and sweets. Bake along or watch with friends!

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