



FALL/WINTER SCHEDULE

Access engaging experiences online at www.wacosa.org/wacosa-connect

MONDAYS

WACOSA NEWS AND CURRENT EVENTS 9:15–10:00AM

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

NEW TIME

BREAKFAST FRIENDS 8:30AM–9:15AM

Learn to make some breakfast treats with friends!

RIGHT ON! 9:15–10:00AM

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

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.

JOIN US

WACOSA's Connect Academy Classes are easy to join and engaging for all.

Anyone who currently receives in-person services can join from their home, car or wherever they are.

All you need is a smartphone, computer or tablet with a camera and the Zoom app installed.

Participants can join anytime a class is in progress. The schedule of classes with links to join is available at wacosa.org/wacosa-connect

CHECK IT OUT!!

WACOSA ART HOUSE!!

TUESDAYS 3:30–5:00PM



WEDNESDAYS

WACOSA COFFEE HOUSE

8:30-9:15

Drop in to connect with friends and chat.



ALL ABILITIES ADAPTIVE DANCE

9:15-10:15AM

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.



NEW CLASSES!!

MEDIA CREATORS
AND
DIGITAL EXPLORERS



THURSDAYS

NEW TIME

MORNING YOGA

8:30-9:15

Starting the day off with relaxing adaptive yoga.



NEW CLASS

MEDIA CREATORS

9:15AM-10:00AM

Explore photography, video making, audio recording and more

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

9:15AM-10:00AM

Get moving to have fun and feel great!

DIGITAL EXPLORERS

10:30AM-11:30AM

Using Technology to explore the world around us.

NEW CLASS

HOME COOKING

3:30-5:00PM

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



QUESTIONS?

CONTACT
MIKE NICHOLS

manichols@wacosa.org
320-240-2875

