



# SPRING/SUMMER SCHEDULE

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

## MONDAYS

### WACOSA NEWS 9:00-10:00AM

WACOSA's Adaptive Media Program Presents WACOSA News with stories from around WACOSA and the community and interactive sharing time for all.

### WRITE FOR ALL: ADAPTIVE WRITING AND STORYTELLING 3:30-5:00PM

Exploring character development, story writing, poetry, creative nonfiction, journaling and more

# How?

It's Easy!

All you need is a smartphone, laptop or tablet with the free Zoom app installed.

Join anytime a class is in progress! A schedule with links to join is available at: [wacosa.org/wacosa-connect](http://wacosa.org/wacosa-connect)

## TUESDAYS

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

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.



## TRY A NEW CLASS!!

### WRITE FOR ALL!!

MONDAYS 3:30-5:00PM



# WEDNESDAYS

## WACOSA COFFEE HOUSE 8:30-9:00

Drop in to connect with friends and chat.



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

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 FRIDAY CLASSES!!

CREATIVE COMPOSERS AND  
MOVIE MAKERS



# THURSDAYS

## DIGITAL CONTENT CREATORS 9:00AM-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

## CREATIVE COMPOSERS 9:00AM-10:00AM

Exploring instruments, sound, movement and creative expression!

## MOVIE MAKERS 10:30AM-11:30AM

Lights, Camera, Action! It's your time to shine!

## HOME COOKING 3:30-5:00PM

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



## QUESTIONS?

## CONTACT MIKE NICHOLS

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