



UPDATED SCHEDULE!!!

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.

JOEY'S MOVIE CLUB 10:30-11:30AM



Each week we learn about a different movie!

SCIENCE WONDER WIZARDS 3:30-5:00PM

Take a deep dive into the strange, mysterious and fun world of science. From Science Fiction to Science Fact, from dragons to lizards, from Star Trek to NASA.

TUESDAYS

RIGHT ON! 9:00-10:00AM

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

OUT AND ABOUT 3:30-5:00PM

Get to know people and places around Central Minnesota.



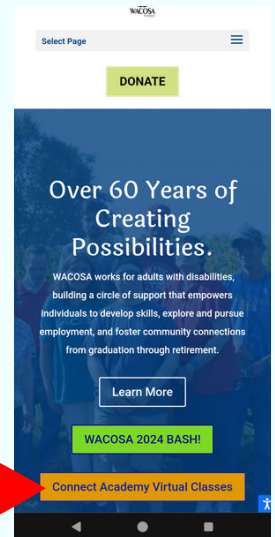
How to Join!

1.

GO TO WACOSA.ORG

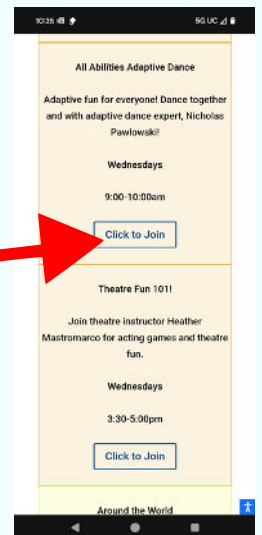
2

CLICK THE
ORANGE BUTTON



3.

JOIN THE
CLASS YOU WANT



**NEED HELP? CALL MIKE
320-240-2875**

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.



THURSDAYS

ADAPTIVE YOGA

9:00AM–10:00AM



Gentle seated yoga for all with a focus on wellness and calm movement and breathing.

WACOSA ALL STARS

3:30–5:00PM



Everyone's a star as we explore creativity and self-expression in this fun filled weekly virtual activity!

WACOSA TEST KITCHEN

6:00–7:30PM



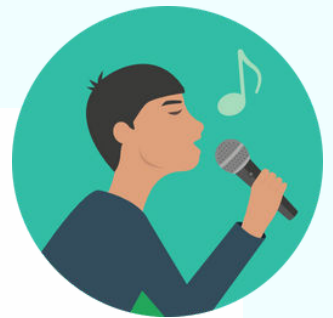
Cook along or watch, dance and join the fun! New recipe posted on the web portal weekly.

FRIDAYS

WACOSA'S GOT TALENT!

9:00AM–10:00AM

Bring your gifts and talents. It's your turn to shine. Share a dance, song, joke or a work of art. Any talent is welcome.



DAVE AND FRIENDS

10:30AM–11:30AM

Join your favorite host, Dave!

FRIDAY GAME SHOW

3:30–5:00PM



Star in our new game show! Join your WACOSA friends on Zoom for a fun evening of bingo, trivia, guessing games and more.



QUESTIONS?

CONTACT MIKE NICHOLS

manichols@wacosa.org
320-240-2875

