

# VIRTUAL CLASSES AVAILABLE TO THE REACH FAMILY

## WATCH THE ART SOURCE'S WEEKLY LESSONS.

Two new videos uploaded every Monday to the Art Source youtube channel. [\(link\)](#)

Supplies are available Mondays for pickup at the Slauson site door, from 12 - 1 PM. Supplies are available for delivery if you need assistance...

Contact Art Source [\(link\)](#).

## WORKOUT WITH TRAINING SPECIALIST (REACH SUPERVISOR) CHANNARITH POT!

Pot will be hosting a 15 minute workout every Monday at 10 AM. Click this [\(link\)](#) to download the weekly schedule to your iCalendar (ics.) system.

To join enter, Zoom Meeting ID: 873-593-750 [\(link\)](#)

## STEP BY STEP COOKING LESSONS WITH NAOMI

Join Reach staff Naomi, in these easy to make cooking lessons. New videos uploaded every Monday! [\(link\)](#)

## SELF-ADVOCACY MEETING

For adults with unique disabilities. Find your voice, speak your rights, wants, and needs. Every Monday 1 - 2 PM, starting May 4th.

Objective: For the following months of May and June, we will discuss: 1)

Consumer's Rights 2) Review "Get Involved" from The ARC website [\(link\)](#)

3) Life Skills Activities.

To join, enter Zoom Meeting ID: 980-3215-2696 [\(link\)](#)

## ZOOM-BA! ZUMBA CLASS WITH CORINA

Join this fun 30 minute class and get a great workout with one of Reach's very own staff. Classes will be held every Thursday at 10AM.

To join, enter Zoom Meeting ID: 476-922-5731 [\(link\)](#)

## INSTRUCTOR STEVE OLMOS LEADS A YOUTUBE CHANNEL FREESTYLE DANCE CLASS!

New lessons can be found on his youtube channel every Tuesday, Wednesday, and Friday [\(link\)](#).



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## YOGA WITH MELANIE

Come join REACH's own in house yoga teacher, Melanie Salas, as you learn new poses and meditation techniques. Gentle classes will take place on Monday, Wednesday, and Saturday from 11 to 11:30am.

To join enter, click the Zoom Meeting [\(link\)](#)

Password: 453488



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