

Virtual CSS Programming: Art Therapy, Culture Club, and Fitness Fun



CSS is offering virtual programming! Be involved in some of your favorite CSS activities from the comfort of home. Virtual programming is geared towards providing social engagement for adults with Intellectual/Developmental Disabilities (I/DD). All activities will take place online via Zoom, so participation requires access to the Internet and a smart device, phone, tablet, or computer. There is an activity fee that covers a 5-week session for each activity and the supplies (if needed). Upon registration you will be given information regarding how to access the Zoom activity of your choosing.

Activity Descriptions:

Art Therapy: Draw, paint, build, whatever you would like, just express yourself in the presence of others. Participants have their choice to create a pre-planned activity, for which CSS staff will deliver the art materials to your door, or participants can create what ever they feel like for that day from materials they already have at home. The group is led by a licensed counselor/art therapist. Cost: \$115

Day & Time: Wednesdays 2:00–3:30pm

Dates: Session I: August 26th – September 23th

Session II: September 30th – October 28th

Session III: November 4th – December 2nd

Culture Club: Travel to new places and learn fun new facts from the comfort of your own home. Each week will explore a new culture filled with unique traditions. Through the use of online tours and videos, games, and group discussion, along with CSS staff you will learn about different landscapes, music, and cuisine, among other traditions. Cost: \$75

Day & Time: Mondays 1:00–2:00pm

Dates: Session I: August 31st – October 5th (no class 9/7)

Session II: October 12th – November 9th

Session III: November 16th – December 14th

Fitness Fun: Let's get movin'! Follow along as our CSS staff leads you through a 30-minute light fitness routine. The routine will vary slightly each week and modifications to the exercises will be offered to keep things fresh and fun for all to participate. Cost: \$75

Day: Mondays & Fridays

Dates: Session I: August 24th – September 28th (no class 9/7) Time: 2:00-2:30pm

Session II: October 12th – November 13th Time: 3:00-3:30pm

Session III: November 16th – December 18th Time: 3:00-3:30pm

How to register:

<https://cssservices.gosignmeup.com/Public/Course/Browse>

For More Information Call: 708-354-4547 Ext: 191

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