



OPPORTUNITIES for INCLUSION

A New Name and a Bright Future

Formerly GWArc

OppsforInclusion.org



Fall 2020 Recreation



Welcome to Opportunities for Inclusion's Fall 2020 Recreation Program!

Fall is almost here, bringing cooler weather, colorful leaves, pumpkins and more!

As you will read inside, we have lots of fun activities planned for September, October and November.

For Fall 2020, all activities will be held online on Zoom.
We hope you will join us!

To join, go to [Zoom.com](https://zoom.com), click on **Join a Meeting** and enter the Meeting ID. To get the Meeting ID, please contact Lorelei at 339-222-6591 or Recreation@OppsforInclusion.org.

This Meeting ID is the same for all Recreation activities.
No password is required.

Questions? Please contact Lorelei Meuse at 339-222-6591 or Recreation@OppsforInclusion.org.

See you at our Recreation events!

Lorelei

Lorelei Meuse
Recreation Coordinator



Lorelei Meuse
Recreation Coordinator



Watch City Self Advocates

Dates: Saturday, September 5
Saturday, October 3
Saturday, November 7

Time: 10 AM - Noon

Location: Zoom

Details: Join us for virtual Watch City Self Advocates meetings!

We have special guests, fun activities and more, all led by participants. Watch City Self Advocates is a great opportunity to socialize and engage with the community. Join Watch City Self Advocates in the fight for your rights! Learn how to speak up for yourself and others, enjoy guest speakers, volunteer for a favorite cause, meet community members and have some fun while you are doing good for yourself and others! All are welcome.



Zumba

Dates: Tuesday, September 8
Tuesday, November 17

Time: 7-8:30 PM

Location: Zoom

Details: Join our virtual Zumba class! Zumba is a movement based fitness dance class that uses a variety of dance styles to get your whole body grooving. Be sure to wear comfortable clothes and have water handy.



Dance Party!

Dates: Thursday, September 10
Thursday, September 24
Thursday, October 8
Thursday, October 22
Thursday, November 12
Thursday, November 19

Time: 7-8 PM

Location: Zoom

Details: Join our virtual dance parties and dance the night away! Suggest songs and dance along with your friends to all your favorite music.



Karaoke Night

Date: Tuesday, October 13

Time: 7-8:30 PM

Location: Zoom

Details: Show everyone your singing skills! Suggest songs and belt your heart out with our virtual karaoke night.



Disney Dance Party!

Date: Tuesday, September 15

Time: 7-8:30 PM

Location: Zoom

Details: Dance the night away to Disney songs! Join our virtual Disney themed dance party. Suggest songs and dance along with your friends to all your favorite Disney music.



Game Night

Dates: Tuesday, September 22

Tuesday, November 3

Time: 7-8:30 PM

Location: Zoom

Details: Just like family game night, but virtual! Join us to play games like “guess the song” and more. The games may change, but the fun won’t!



Disney Movie Night

Date: Tuesday, September 29

Time: 6-8:30 PM

Location: Zoom

Details: Grab some popcorn, a cozy blanket and join us virtually to watch a Disney classic movie together. You can craft while watching or just have a relaxing night watching a Disney movie together.



Trivia Night

Date: Tuesday, October 6

Time: 7-8:30 PM

Location: Zoom

Details: Test your knowledge with a classic trivia night! Participants will play quiz style games about general knowledge or themed trivia questions.



Morning Yoga

Dates: Saturday, September 19

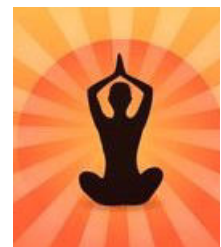
Saturday, October 17

Saturday, November 21

Time: 10 AM - 11 AM

Location: Zoom

Details: Experience the benefits Yoga has on your health and wellness. Our virtual Yoga class uses both movement and relaxation exercises to help make you feel better and more focused. This class is designed for all participants. Yoga exercises can be performed from a chair and adapted for all abilities. Join to have fun while you exercise and feel better and more relaxed.



Comedy Night

Date: Tuesday, October 20

Time: 7-8:30 PM

Location: Zoom

Details: Enjoy a night of laughter with our virtual comedy night! You can prepare a stand up set of your favorite jokes and we'll watch comedy sets from popular comedians together.



HALLOWEEN MOVIE & CRAFT NIGHT

Date: Tuesday, October 27

Time: 6-8:30 PM

Location: Zoom

Details: Join us for a night filled with family fun frights! Wear your costume and watch a Halloween themed movie together with your friends. Prepare some hot chocolate, apple cider or your favorite drink to enjoy while creating spooky crafts and decorations.



Disney Trivia

Date: Tuesday, November 10

Time: 7-8:30 PM

Location: Zoom

Details: How many Disney facts do you know? Find out with our virtual Disney themed trivia night! Guess, the song, the character or even Disney facts in this fantastically fun night.



Thanksgiving Movie & Craft Night

Dates: Tuesday, November 24

Time: 6-8:30 PM

Location: Zoom

Details: Enjoy a relaxing night watching a Thanksgiving themed movie with your friends. You can cozy up with a blanket or create your own Thanksgiving decorations while watching a festive movie.



Fall Calendar At a Glance

September 2020

Saturday 9/5 Watch City Self Advocates 10 AM-Noon
Tuesday 9/8 Zumba 7-8:30 PM
Thursday 9/10 Dance Party! 7-8 PM
Tuesday 9/15 Disney Themed Dance Party! 7-8:30 PM
Saturday 9/19 Yoga 10 AM-11 AM
Tuesday 9/22 Game Night 7-8:30 PM
Thursday 9/24 Dance Party! 7-8 PM
Tuesday 9/29 Disney Movie Night 6-8:30 PM

October 2020

Saturday 10/3 Watch City Self Advocates 10 AM-Noon
Tuesday 10/6 Trivia Night! 7-8:30 PM
Thursday 10/8 Dance Party! 7-8 PM
Tuesday 10/13 Karaoke Night 7-8:30 PM
Saturday 10/17 Yoga 10 AM-11 AM
Tuesday 10/20 Comedy Night 7-8:30 PM
Thursday 10/22 Dance Party! 7-8 PM
Tuesday 10/27 Halloween Movie & Craft Night 6-8:30 PM

November 2020

Tuesday 11/3 Game Night 7-8:30 PM
Saturday 11/7 Watch City Self Advocates 10 AM-Noon
Tuesday 11/10 Disney Trivia 7-8:30 PM
Thursday 11/12 Dance Party! 7-8 PM
Tuesday 11/17 Zumba 7-8:30 PM
Thursday 11/19 Dance Party! 7-8 PM
Saturday 11/21 Yoga 10 AM-11 AM
Tuesday 11/24 Thanksgiving Movie & Craft Night 6-8:30 PM