

VIRTUAL DAY PROGRAM

JANUARY 2021 ACTIVITY CALENDAR

Monday

4

Meditation:
Host: Adriana
Co-Host: Wendy
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

Feelings Group
Host: Ronda
Co-Host: Gina
10:00am -10:50am

OR

**Expresemosno
(Spanish)**
Host: Aida
Co-Host: Eliana
10:00am-10:50am

10:50am – 11:00am
Staff Break/Transition

**Independent Living
Skills: Safety at Home**
Host: Lenette
Co-Host: Marme
11:00am - 11:50am

OR

**Habilidades Para La Vida
Independiente:
Viva independiente
(Spanish)**
Host: Isela
Co-Host: Luisa
11:00am-11:50am

12:00pm – 1:00pm
Lunch

Community Safety:
Host: Valerie
Co-Host: Susana
1:00pm-1:50pm

OR

Book Club:
Host: Rocío
Co-Host: Luisa
1:00pm – 1:50pm

Tuesday

5

Chair Exercise:
Host: Ambrosio
Co-Host: Elizabeth H.
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

Veganuary
Host: Krista
Co-Host: Luisa
10:00am - 10:50am

10:50am – 11:00am
Staff Break/Transition

**Independent Living
Skills: Nutrition**
Host: Marme
Co-Host: Mayra
11:00am - 11:50am

OR

**Habilidades Para La
Vida Independiente:
Recetas Sencillas
(Spanish)**
Host: Eliana
Co-Host: Aida
11:00am - 11:50am

12:00pm – 1:00pm
Lunch

Science
Host: Josseline
Co-Host: Wendy
1:00pm – 1:50pm

OR

Drawing Class
Host: Javier
Co-Host: Rocío
1:00pm-1:50pm

1:50pm – 2:00pm
Staff Break/Transition

Book Club:
Host: Gina
Co-Host: Stephanie C.
2:00pm - 2:50pm

OR

Exercise
Host: Jeffrey
Co-Host: Emma
2:00pm - 2:50pm

Wednesday

6

Aerobics/Stretching:
Host: Elizabeth H.
Co-Host: Ambrosio
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

Virtual Games
Host: Irena
Co-Host: Mayra
10:00am-10:50am

OR

**“Juegos Virtuales”
(Spanish)**
Host: Stephanie G.
Co-Host: Susana
10:00am-10:50am

10:50am – 11:00am
Staff Break/Transition

History of the Titanic
Host: Emily
Co-Host: Stephanie C.
11:00am - 11:50am

OR

**Habilidades Para La
Vida Independiente:
Recetas Sensillas
(Spanish)**
Host: Isela
Co-Host: Lorena
11:00am - 12:00pm

12:00pm – 1:00pm
Lunch

Drawing Class
Host: Rocío
Co-Host: Luisa
1:00pm – 1:50pm

OR

Cooking Class:
Host: Sarah H.
Co-Host: Wendy
1:00pm-1:50pm

1:50pm – 2:00pm
Staff Break/Transition

Exercise:
Host: Jeffrey
Co-Host: Emma
2:00pm-2:50pm

Thursday

7

Aerobics/Stretching:
Host: Elizabeth H.
Co-Host: Ambrosio
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

**Independent Living Skills:
Safety at Home**
Host: Lenette
Co-Host: Marme
10:00am-10:50am

OR

**Habilidades Para La Vida
Independiente:
(Spanish)**
Host: Susana
Co-Host: Lorena
10:00am-10:50am

10:50am – 11:00am
Staff Break/Transition

**Tiempo de Cuentos
(Spanish)**
Host: Isela
Co-Host: Stephanie G.
11:00am-11:50am

OR

Social Skills:
Host: Wendy
Co-Host: Valerie
11:00am - 11:50am

12:00pm – 1:00pm
Lunch

Zoomed In:
Host: Mayra
Co-Host: Irena
1:00pm - 1:50pm

1:50pm – 2:00pm
Staff Break/Transition

Exercise:
Host: Jeffrey
Co-Host: Emma
2:00pm-2:50pm

Friday

8

Exercise:
Host: Ambrosio
Co-Host: Elizabeth H.
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

Four Seasons
Host: Lenette
Co-Host: Gina
10:00am-10:50am

OR

**Habilidades Para La
Vida Independiente:
Etiqueta Adecuada
(Spanish)**
Host: Paulina
Co-Host: Sarah H.
10:00am-10:50am

10:50am – 11:00am
Staff Break/Transition

Current Events
Host: Luisa
Co-Host: Lesly
11:00am-11:50am

12:00pm – 1:00pm
Lunch

Zumba
Host: Leydi
Co-Host: Wendy
1:00pm-2:00pm

OR

Karaoke
Host: Javier
Co-Host: Emily
1:00pm-2:50pm

VIRTUAL DAY PROGRAM

JANUARY 2021 ACTIVITY CALENDAR

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11	12	13	14	15
Meditation: Host: Rocio Co-Host: Rosa 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition	Chair Exercise: Host: Ambrosio Co-Host: Elizabeth H. 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition	Aerobics/Stretching: Host: Elizabeth H. Co-Host: Ambrosio 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition	Aerobics/Stretching: Host: Elizabeth H. Co-Host: Ambrosio 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition	Exercise: Host: Ambrosio Co-Host: Elizabeth H. 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition
Feelings Group Host: Lenette Co-Host: Joey 10:00am -10:50am OR Expresemosno (Spanish) Host: Isela Co-Host: Aida 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition	World of Animals Host: Marme Co-Host: Roger 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition	Virtual Games Host: Irena Co-Host: Wendy 10:00am-10:50am OR “Juegos Virtuales” (Spanish) Host: Isela Co-Host: Valerie 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition	Independent Living Skills: Community Safety-Transportation Host: Lenette Co-Host: Stephanie C. 10:00am-10:50am OR Habilidades Para La Vida Independiente: Seguridad en la Comunidad (Transportacion- Subway) (Spanish) Host: Eliana Co-Host: Aida 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition	Book Club: Harry Potter Jeopardy Game Host: Javier Co-Host: Krista 10:00am-10:50am OR Exlorando America (Spanish) Host: Isela Co-Host: Stephanie C. 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition
Independent Living Skills: Money Management Host: Roger Co-Host: Gina 11:00am - 12:00pm OR Habilidades Para La Vida Independiente: Matematica (Spanish) Host: Susana Co-Host: Stephanie G. 11:00am-11:50am 12:00pm – 1:00pm Lunch	Habilidades Para La Vida Independiente: Recetas Sencillas (Spanish) Host: Stephanie G. Co-Host: Susana 11:00am - 11:50am OR 12:00pm – 1:00pm Lunch	Independent Living Skills: Covid Care Host: Estrella Co-Host: Stephanie C. 11:00am-12:00pm OR Habilidades Para La Vida Independiente: Cuidado Contra Covid (Spanish) Host: Rosa Co-Host: Eliana 11:00am-12:00pm 12:00pm – 1:00pm Lunch	Reading Host: Sarah H. Co-Host: Luisa 11:00am - 11:50am OR Tiempos de Cuentos (Spanish) Host: Susana Co-Host: Javier 11:00am-11:50am 12:00pm – 1:00pm Lunch	Simple Recipe: Pasta Host: Paulina Co-Host: Sarah H. 11:00am-11:50am OR Marine Life Host: Joey Co-Host: Estrella 11:00am-11:50am 12:00pm – 1:00pm Lunch
Community Safety: Host: Ronda Co-Host: Stephanie C. 1:00pm-1:50pm OR Book Club: Harry Potter Host: Javier Co-Host: Krista 2:00pm - 3:00pm OR Exercise: Host: Jeffrey Co-Host: Marme 2:00pm-3:00pm	Drawing Class Host: Rocio Co-Host: Valerie 1:00pm-1:50pm 1:50pm – 2:00pm Staff Break/Transition	Vocational: Learn about Employment Host: Ronda Co-Host: Emily 1:00pm – 1:50pm OR Cooking Class: Host: Rocio Co-Host: Margie 1:00pm-1:50pm 1:50pm – 2:00pm Staff Break/Transition	Social Skills: Host: Estrella Co-Host: Stephanie G. 1:00pm - 1:50pm 1:50pm – 2:00pm Staff Break/Transition	Art Class Host: Leydi Co-Host: Janie 1:00pm-1:50pm OR Karaoke Host: Javier Co-Host: Emily & Stephanie (<i>Breakout Room Staff for Spanish Karaoke- Valarie & Emilia</i>) 1:00pm-3:00pm
Exercise: Host: Jeffrey Co-Host: Marme 2:00pm-3:00pm	Exercise Host: Jeffrey Co-Host: Estrella 2:00pm - 3:00pm	Exercise: Host: Jeffrey Co-Host: Marme 2:00pm-3:00pm	Exercise: Host: Jeffrey Co-Host: Marme 2:00pm-3:00pm	Zumba Host: Rosa Co-Host: Ambrosio 2:00pm-3:00pm

VIRTUAL DAY PROGRAM

JANUARY 2021 ACTIVITY CALENDAR

Monday

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**PROGRAM
CLOSED**

Tuesday

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Wednesday

20

Thursday

21

Friday

22

Chair Exercise:
Host: Ambrosio
Co-Host: Elizabeth H.
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

Ocean Waves
Host: Emily
Co-Host: Stephanie C.
10:00am-10:50am

10:50am – 11:00am
Staff Break/Transition

Independent Living Skills: Oral Hygiene
Host: Lenette
Co-Host: Sandra
11:00am-12:00pm

OR

Habilidades Para La Vida Independiente: Higiene Oral (Spanish)
Host: Emilia
Co-Host: Luisa
11:00am-12:00pm

12:00pm – 1:00pm
Lunch

Vamos de Viaje
Host: Stephanie G.
Co-Host: Susana
1:00pm – 1:50pm

OR

Drawing
Host: Javier
Co-Host: Marme
1:00pm-1:50pm

1:50pm – 2:00pm
Staff Break/Transition

Book Club: Harry Potter
Host: Javier
Co-Host: Stephanie G.
2:00pm - 3:00pm

OR

Exercise
Host: Jeffrey
Co-Host: Ambrosio
2:00pm - 3:00pm

Aerobics/Stretching:
Host: Elizabeth H.
Co-Host: Ambrosio
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

World of Animals
Host: Marme
Co-Host: Ronda
10:00am-10:50am

OR

“Juegos Virtuales” (Spanish)
Host: Eliana
Co-Host: Aida
10:00am-10:50am

10:50am – 11:00am
Staff Break/Transition

Independent Living Skills: Self Care
Host: Valerie
Co-Host: Joey
11:00am-12:00pm

OR

Habilidades Para La Vida Independiente: Cuidado Personal (Spanish)
Host: Aida
Co-Host: Margie
11:00am-12:00pm

12:00pm – 1:00pm
Lunch

Building Dams with Beavers
Host: Ronda
Co-Host: Janie
1:00pm – 1:50pm

OR

Cooking Class:
Host: Rocio
Co-Host: Lorena
1:00pm-1:50pm

1:50pm – 2:00pm
Staff Break/Transition

Exercise:
Host: Jeffrey
Co-Host: Wendy
2:00pm-3:00pm

Aerobics/Stretching:
Host: Elizabeth H.
Co-Host: Ambrosio
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

Independent Living Skills: Controlling Emotions
Host: Lenette
Co-Host: Ronda
10:00am-10:50am

OR

Habilidades Para La Vida Independiente: Controlando Emociones (Spanish)
Host: Sandra
Co-Host: Eliana
10:00am-10:50am

10:50am – 11:00am
Staff Break/Transition

Reading
Host: Mayra
Co-Host: Estrella
11:00am - 12:00pm

OR

Tiempo de Cuentos (Spanish)
Host: Rosa
Co-Host: Aida
11:00am-12:00pm

12:00pm – 1:00pm
Lunch

Social Skills:
Host: Luisa
Co-Host: Wendy
1:00pm - 1:50pm

1:50pm – 2:00pm
Staff Break/Transition

Exercise:
Host: Jeffrey
Co-Host: Marme
2:00pm-3:00pm

Exercise:
Host: Ambrosio
Co-Host: Elizabeth H.
9:00am – 9:50am

9:50am – 10:00am
Staff Break/Transition

This Week In History
Host: Lenette
Co-Host: Frank
10:00am-10:50am

OR

Esta Semana en la Historia (Spanish)
Host: Isela
Co-Host: Emilia
10:00am-10:50am

10:50am – 11:00am
Staff Break/Transition

Safari Animals
Host: Emily
Co-Host: Ronda
11:00am-11:50am

OR

Termites
Host: Joey
Co-Host: Roger
11:00am-11:50am

12:00pm – 1:00pm
Lunch

Zumba
Host: Leydi
Co-Host: Emilia
1:00pm-1:50pm

OR

Karaoke
Host: Javier
Co-Host: Emily & Stephanie (Breakout Room Staff for Spanish Karaoke- Valarie & Rosa)
1:00pm-3:00pm

VIRTUAL DAY PROGRAM

JANUARY 2021 ACTIVITY CALENDAR

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
25	26	27	28	29
Meditation: Host: Rocio Co-Host: Rosa 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition	Chair Exercise: Host: Ambrosio Co-Host: Elizabeth H. 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition	Aerobics/Stretching: Host: Elizabeth H. Co-Host: Ambrosio 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition	Aerobics/Stretching: Host: Elizabeth H. Co-Host: Ambrosio 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition	Exercise: Host: Ambrosio Co-Host: Elizabeth H. 9:00am – 9:50am 9:50am – 10:00am Staff Break/Transition
Feelings Group Host: Emilia Co-Host: Roger 10:00am -10:50am OR Expresemosno (Spanish) Host: Luisa Co-Host: Valerie 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition	The Planet Earth Host: Marme Co-Host: Roger 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition	Virtual Games Host: Mayra Co-Host: Gina 10:00am-10:50am OR “Juegos Virtuales” (Spanish) Host: Susana Co-Host: Stephanie G. 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition	Independent Living Skills: Money Management Host: Frank Co-Host: Jeffrey 10:00am-10:50am OR Vamos al Zoo (Spanish) Host: Eliana Co-Host: Aida 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition	History of Bowling Host: Ronda Co-Host: Emily 10:00am-10:50am OR Recetas simples (Spanish) Host: Luisa Co-Host: Valerie 10:00am-10:50am 10:50am – 11:00am Staff Break/Transition
Independent Living Skills: Nutrition Host: Lenette Co-Host: Sandra 11:00am - 12:00pm OR Habilidades Para La Vida Independiente: Nutricion (Spanish) Host: Wendy Co-Host: Stephanie C. 11:00am-12:00pm 12:00pm – 1:00pm Lunch	Habilidades Para La Vida Independiente: Deberes del Hogar (Spanish) Host: Stephanie G Co-Host: Luisa 11:00am-12:00pm 12:00pm – 1:00pm Lunch	Independent Living Skills: Simple Recipes Host: Irena Co-Host: Frank 11:00am-12:00pm OR Habilidades Para La Vida Independiente: Recetas Sensillas (Spanish) Host: Wendy Co-Host: Eliana 11:00am-12:00pm 12:00pm – 1:00pm Lunch	Book Club Host: Rogelio Co-Host: Estrella 11:00am - 11:50am OR Tiempo de Cuentos (Spanish) Host: Sandra Co-Host: Rosa 11:00am-12:00pm 12:00pm – 1:00pm Lunch	Book Club: Harry Potter Jeopardy Game Host: Javier Co-Host: Krista 11:00am-11:50am OR “Tutankhamen-The Boy Pharaoh” Host: Joey Co-Host: Ambrosio 11:00m-11:50am 12:00pm – 1:00pm Lunch
Community Safety: Host: Stephanie G. Co-Host: Lorena O. 1:00pm-1:50pm OR Book Club: Host: Rocio Co-Host: Joey 1:00pm – 1:50pm	Book Club: Harry Potter Host: Javier Co-Host: Krista 2:00pm - 3:00pm OR Exercise Host: Jeffrey Co-Host: Estrella 2:00pm - 3:00pm	The Mystery of the Bermuda Triangle Host: Emily Co-Host: Stephanie C. 1:00pm – 1:50pm OR Cooking Class: Host: Rocio Co-Host: Emilia 1:00pm-1:50pm 1:50pm – 2:00pm Staff Break/Transition	Social Skills: Host: Elizabeth H. Co-Host: Valerie 1:00pm - 1:50pm 1:50pm – 2:00pm Staff Break/Transition	Art Class Host: Leydi Co-Host: Janie 1:00pm-1:50pm OR Karaoke Host: Javier Co-Host: Emily & Stephanie (<i>Breakout</i> <i>Room Staff for Spanish</i> <i>Karaoke- Valerie & Emili</i>) 1:00pm-3:00pm
Personal Rights Host: Ronda Co-Host: Estrella 2:00pm-3:00pm		Exercise: Host: Jeffrey Co-Host: Marme 2:00pm-3:00pm	Exercise: Host: Jeffrey Co-Host: Marme. 2:00pm-3:00pm	Zumba Host: Rosa Co-Host: Ambrosio 2:00pm-3:00pm

Virtual Day Program

9:00am – 3:00pm

Help Desk:
(818) 618 - 2998

How to Join:

After going over the calendar and choosing which session you would like to join, please follow the steps below:

Tablet/iPad/Web:

1. Click on the class name—you will be redirected to your session.
2. Find the “Host’s” name, click on staff photo or New Horizons logo and you will be automatically redirected to the session.
 - a. If clicking on a photo/logo does not work, please try Ctrl + Click to follow link.
 - b. If that does not work, please click the following link, <https://zoom.us/join>. You will be prompt to enter the Client Connection Professional’s Meeting ID—which could be found below their photo/logo.
If neither steps work, please contact our Help Desk, (818) 618 - 2998.
3. Enter password that was provided to you via e-mail.
If you did not receive an e-mail, please contact our Help Desk, (818) 618 - 2998.

Phone:

1. Dial, 1-669-900-6833.
2. Enter the Meeting ID, then press #
3. Enter Participants number and press #.
 - a. If you do NOT have a Participants number, press # (you should be admitted into the session).
If you are unable to dial in, please contact our Help Desk, (818) 618 - 2998.





















Reminder:

1. In all Zoom session interactions, use netiquette: a social code that defines appropriate online behavior, such as, being respectful, professional and polite to your Client Connection Professional and peers.
*****If you are being disruptive, you will kindly be asked to exit the session*****
2. All Zoom sessions will be recorded. If you do not wish to be recorded please turn off your camera.

Disclaimer: Our content is provided for informational purposes only. The above Zoom sessions is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Virtual Day Program Team

<p>ADRIANA</p>  <p>Meeting ID: 235 638 2122</p>	<p>AIDA</p>  <p>Meeting ID: 655 1379 275</p>	<p>AMBROSIO "Bong"</p>  <p>Meeting ID: 370 445 1764</p>	<p>DAYMOND</p>  <p>Meeting ID: PENDING</p>	<p>ELIANA</p>  <p>Meeting ID: 583 620 7493</p>	<p>ELIZABETH H.</p>  <p>Meeting ID: 438 938 0375</p>
<p>ELIZABETH M.</p>  <p>Meeting ID: 347 034 7849</p>	<p>EMILIA</p>  <p>Meeting ID: 652 173 6936</p>	<p>EMILY</p>  <p>Meeting ID: 902 673 7348</p>	<p>ESTRELLA</p>  <p>Meeting ID: 589 432 8789</p>	<p>FRANKLIN</p>  <p>Meeting ID: 323 417 2875</p>	<p>GINA</p>  <p>Meeting ID: 780 645 3594</p>
<p>IRENA</p>  <p>Meeting ID: 319 249 1181</p>	<p>ISELA</p>  <p>Meeting ID: 684 431 7481</p>	<p>JANIE</p>  <p>Meeting ID: 662 408 3451</p>	<p>JAVIER</p>  <p>Meeting ID: 542 217 7743</p>	<p>JEFFREY</p>  <p>Meeting ID: 969 587 9285</p>	<p>JOEY</p>  <p>Meeting ID: 461 048 6693</p>
<p>JOHANA</p>  <p>Meeting ID: 235 917 8718</p>	<p>JOSELINE</p>  <p>Meeting ID: 746 8622942</p>	<p>KRISTA</p>  <p>Meeting ID: 519 654 2623</p>	<p>LENETTE</p>  <p>Meeting ID: 542 394 3640</p>	<p>LESLY</p>  <p>Meeting ID: 583 123 9208</p>	<p>LEYDI</p>  <p>Meeting ID: 585 709 3416</p>

<p>LUISA</p>  <p>Meeting ID: 212 880 2386</p>	<p>LYMAIRI</p> <p>NEW HORIZONS Bold Futures. Unlimited Possibilities.</p> <p>Meeting ID: 605 415 8915</p>	<p>MARGIE</p>  <p>Meeting ID: 651 084 6445</p>	<p>MARIANNE</p>  <p>Meeting ID: 769 810 9691</p>	<p>MARME P.</p>  <p>Meeting ID: 910 122 2856</p>	<p>MAYRA</p>  <p>Meeting ID: 284 533 8697</p>
<p>MICHELLE</p>  <p>Meeting ID: 604 041 7410</p>	<p>ROCIO</p>  <p>Meeting ID: 767 853 7929</p>	<p>ROGELIO</p>  <p>Meeting ID: 808 360 4571</p>	<p>RONDA</p>  <p>Meeting ID: 843 292 6474</p>	<p>ROSA</p>  <p>Meeting ID: 971 009 2633</p>	<p>SANDRA</p>  <p>Meeting ID: 660 521 5440</p>
<p>SARAH H.</p>  <p>Meeting ID: 243 051 5882</p>	<p>SPENCER</p> <p>NEW HORIZONS Bold Futures. Unlimited Possibilities.</p> <p>Meeting ID: 544 008 6322</p>	<p>STEPHANIE C.</p>  <p>Meeting ID: 741 246 0808</p>	<p>STEPHANIE G.</p>  <p>Meeting ID: 337 687 8754</p>	<p>SUSANA</p>  <p>Meeting ID: 854 524 5890</p>	<p>VALERIE</p>  <p>Meeting ID: 394 092 9387</p>
<p>WENDY</p>  <p>Meeting ID: 832 727 8877</p>	<p>YOLANDA</p>  <p>Meeting ID: 518 320 3090</p>	<p>LORENA</p>  <p>Meeting ID: 237 0537466</p>	<p>PAULINA</p>  <p>Meeting ID: 478 5983 890</p>		