# MAY 2021 ACTIVITY CALENDAR

# Monday

3

**Meditation:** Host: Adriana Co-Host: Elizabeth 9:00am - 9:50am

9:50am - 10:00am **Staff Break/Transition** 

Let's Chat! Social Hour Host: Sarah R Co-Host: Ronda 10:00am -10:50am

# OR

¡Vamos a charlar! Hora social (Spanish) Host: Stephanie C. Co-Host: Adriana 10:00am-10:50am

### 10:50am - 11:00am **Staff Break/Transition**

Independent Living Skills: Hygiene Zoomed In Host: Mayra

Co-Host: Estrella 11:00am - 11:50am

# OR

Habilidades Para La Vida Independiente: Higiene Personal (Spanish) Host: Isela Co-Host: Veronica 11:00am-11:50am

12:00pm - 1:00pm Lunch- Chat w/ Irena

**Community Safety:** Host: Janet Co-Host: Marme 1:00pm-1:50pm

### OR

Reading Club: Dr. Seuss Host: Ronda Co-Host: Rocio 1:00pm - 1:50pm

**Chair Exercise** Host: Ambrosio Co-Host: Estrella 2:00pm - 2:50pm **Chair Exercise:** Host: Ambrosio Co-Host: Estrella 9:00am - 9:50am

9:50am - 10:00am **Staff Break/Transition** 

Tuesday

May the Fourth be with vou! Host: Javier Co-Host: Mavra 10:00am - 10:50am

# OR

Historia de Los Mariachis (Spanish) Host: Paulina Co-Host: Adriana 10:00am - 10:50am

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

ILS: Taco Tuesday (Simple Recipes) Host: Gina Co-Host: Irena 11:00am - 11:50am

# OR

Habilidades Para La Vida Independiente: Taco Tuesday (Spanish) Host: Sarah R. Co-Host: Aida 11:00am - 11:50am

12:00pm – 1:00pm Lunch- Chat w/ Ronda

"Teach with Me"- Harry Potter: Jeopardy Game Host: Javier & Tyrone Co-Host: Mayra 1:00pm - 1:50pm

# OR

**Drawing Class** Host: Rocio Co-Host: Frank 1:00pm-1:50pm

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

Exercise Host: Leydi Co-Host: Susana 2:00pm - 2:50pm

# Wednesday

Aerobics/Stretching: Host: Flizabeth Co-Host: Luísa 9:00am - 9:50am

9:50am - 10:00am **Staff Break/Transition** 

Virtual Games Host Javier Co-Host: Janet 10:00am-10:50am

OR

Host: Stephanie C. 11:00am - 11:50am

Historia: Cinco De Mayo (Spanish) Host: Veronica Co-Host: Lorena 11:00am - 11:50am

12:00pm - 1:00pm Lunch- Chat w/ Mayra

Science: Bill Nye the Science Guy Host: Marme Co-Host: Javier 1:00pm – 1:50pm

# OR

**Ciencia (Spanish)** Host: Luisa Co-Host: Susana 1:00pm-1:50pm

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

Zumba Exercise: Host: Ambrosio Co-Host: Elizabeth 2:00pm-2:50pm

# Thursday

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

9:50am - 10:00am **Staff Break/Transition** 

National Nurse Day: Host: Veronica Co-Host: Luisa 10:00am-10:50am

OR

Día Nacional de la Enfermera (Spanish) Host: Rosa Co-Host: Paulina 10:00am-10:50am

10:50am - 11:00am **Staff Break/Transition** 

**Book Club: The Hunger** Games Host: Mavra Co-Host: Isela 11:00am - 11:50am

# OR

Hora de Leer Historias (Spanish) Host: Aida Co-Host: Frank 11:00am-11:50am

12:00pm - 1:00pm Lunch- Chat w/ Sarah R.

Social Skills: Empathy Host: Emily Co-Host: Stephanie C. 1:00pm-1:50pm

# OR

Habilidades Sociales: Empatia (Spanish) Host: Susana Co-Host: Stephanie G. 1:00pm - 1:50pm

# 1:50pm - 2:00pm Staff Break/Transition

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

# Friday

**Friday Dance Exercise** Host: Adriana Co-Host: Luísa 9:00am - 9:50am

9:50am - 10:00am **Staff Break/Transition** 

Scavenger Hunt Host: Rogelio Co-Host: Frank 10:00am-10:50am

# OR

6

Busqueda (Spanish) Host: Stephanie C. Co-Host: Veronica 10:00am-10:50am

10:50am - 11:00am **Staff Break/Transition** 

Show and Tell Your Art Host: Janet Co-Host: Mayra 11:00am-11:50am

# OR

Mostrar y Contar Su Arte(Spanish) Host: Frank Co-Host: Margie 11:00am-11:50am

12:00pm - 1:00pm Lunch- Chat w/ Javier

Virtual Fieldtrip Host: Joey Co-Host: Jeffrev 1:00pm-2:00pm

# OR

Movie Day Host: Javier Co-Host: Sarah R. 1:00pm-3:00pm

Zumba Host: Levdi Co-Host: Ambrosio 2:00pm-2:50pm





"Juegos Virtuales" (Spanish) Host: Stephanie G. Co-Host: Leydi 10:00am-10:50am

10:50am - 11:00am **Staff Break/Transition** 

# History of Cinco de Mayo: Co-Host: Paulina

OR

# MAY 2021 ACTIVITY CALENDAR

12

# <u>Monday</u>

10

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

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

Feelings Group Host: Jeffrey Co-Host: Marme 10:00am -10:50am

# OR

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

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

Independent Living Skills: Personal Rights Host: Frank Co-Host: Ronda 11:00am - 12:00pm

# OR

Habilidades Para La Vida Independiente: Derechos Personales (Spanish) Host: Rosa Co-Host: Margie 11:00am-11:50am

12:00pm – 1:00pm Lunch Chat w/ Marianne

Community Safety: Stranger Danger Host: Rogelio Co-Host: Veronica 1:00pm-1:50pm

### OR

Reading Club: Dr. Seuss Host: Ronda Co-Host: Rocio 1:00pm – 1:50pm

Zumba Exercise: Host: Ambrosio Co-Host: Elizabeth 2:00pm-3:00pm Chair Exercise: Host: Ambrosio Co-Host: Elizabeth 9:00am – 9:50am

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

Tuesday

11

Nature: Host: Gina Co-Host: Sarah R. 10:00am - 10:50am

# OR

Naturaleza: (Spanish) Host: Luísa Co-Host: Paulina 10:00am - 10:50am

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

Independent Living Skills: Self Care Host: Javier Co-Host: Marme 11:00am-12:00pm

# OR

Habilidades Para La Vida Independiente: Cuidado Propio (Spanish) Host: Isela Co-Host: Stephanie C. 11:00am - 11:50am

12:00pm – 1:00pm Lunch Chat w/ Ronda

Book Club: Harry Potter Host: Javier Co-Host: Mayra 1:00pm - 1:50pm

# OR

Drawing Class Host: Sarah R. Co-Host: Frank 1:00pm-1:50pm

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

Exercise Host: Leydi Co-Host: Susana 2:00pm - 3:00pm

# **Wednesday**

Aerobics/Stretching: Host: Elizabeth Co-Host: Luisa 9:00am – 9:50am

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

Virtual Games Host: Isela Co-Host: Frank 10:00am-10:50am

OR

"Juegos Virtuales" (Spanish) Host: Lorena Co-Host: Adriana 10:00am-10:50am

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

Vocational: Host: Ronda Co-Host: Emily 11:00am - 11:50am

# OR

Vocacion: (Spanish) Host: Frank Co-Host: Mayra 11:00am - 12:00pm

12:00pm – 1:00pm Lunch Chat w/ Sarah R.

Pre-Historic Animals Host: Emily Co-Host: Stephanie C. 1:00pm – 1:50pm

# OR

Animals Pre-Históricos Host: Rocio Co-Host: Sarah R. 1:00pm-1:50pm

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

Zumba Exercise: Host: Ambrosio Co-Host: Elizabeth 2:00pm-3:00pm

# **Thursday**

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

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

National Apple Pie Day: Host: Janet Co-Host: Stephanie C. 10:00am-10:50am

# OR

Día Nacional del Pastel de Manzana: (Spanish) Host: Rosa Co-Host: Margie 10:00am-10:50am

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

OR

The Hunger Games Trivia Host: Mayra Co-Host: Isela 11:00am - 11:50am

# OR

Hora de Leer Historias: (Spanish) Host: Stephanie G. Co-Host: Susana 11:00am-11:50am

12:00pm – 1:00pm Lunch Chat w/ Sarah R.

Social Skills: Host: Veronica Co-Host: Janet 1:00pm-1:50pm

# OR

Habilidades Sociales: (Spanish) Host: Paulina Co-Host: Javier 1:00pm - 1:50pm

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

"Teach with Me" Exercise: Host: Irena & Marylin Co-Host: Estrella 2:00pm-3:00pm

# **Friday**

Friday Dance Party Host: Leydi Co-Host: Ambrosio 9:00am – 9:50am

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

Karaoke Host: Javier Co-Host: Stephanie & Emily 10:00am-12:00pm

# OR

13

"Teach with Me"-Ramadan Host: Ambrosio & Mohamad Co-Host: Elizabeth M. 10:00am-10:50am

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

## Virtual Fieldtrip Host: Estrella Co-Host: Sarah R. 11:00am-11:50am

# OR

Paseo Virtual (Spanish) Host: Lorena Co-Host: Veronica 11:00am-11:50am

12:00pm – 1:00pm Lunch Chat w/ Javier

Hidden Picture Host: Isela Co-Host: Mayra 1:00pm-2:00pm

# OR

Busca La Imagen (Spanish) Host: Rocio Co-Host: Stephanie C. 1:00pm-1:50pm

Meet with John Host: Ronda Co-Host: Luisa 2:00pm-2:50pm



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# MAY 2021 ACTIVITY CALENDAR

19

# <u>Monday</u>

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

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

Let's Chat! Social Hour Host: Irena Co-Host: Sarah R. 10:00am -10:50am

### OR

iVamos a charlar! Hora social (Spanish) Host: Eliana Co-Host: Aida 10:00am-10:50am

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

Independent Living Skills: Host: Gina Co-Host: Sarah H. 11:00am - 12:00pm

# OR

Habilidades Para La Vida Independiente: (Spanish) Host: Stephanie C. Co-Host: Isela 11:00am-11:50am

12:00pm – 1:00pm Lunch- Chat w/ Irena

Community Safety: Host: Javier Co-Host: Joey 1:00pm-1:50pm

# OR

Reading Club: Dr. Seuss Host: Ronda Co-Host: Rocio 1:00pm – 1:50pm

Exercise: Host: Jeffrey Co-Host: Estrella 2:00pm-3:00pm \_\_\_\_\_

17

Chair Exercise: Host: Ambrosio Co-Host: Estrella 9:00am – 9:50am

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

Tuesday

18

A Penguin's Life Host: Rogelio Co-Host: Rocio 10:00am - 10:50am

# OR

"Teach with Me"-Monopoly (Spanish) Host: Mayra & Tyrone Co-Host: Sarah R. 10:00am - 10:50am

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

Independent Living Skills: Personal Growth Host: Janet Co-Host: Sarah H. 11:00am-12:00pm

# OR

Habilidades Para La Vida Independiente: Crecimiento Personal (Spanish) Host: Lorena Co-Host: Paulina 11:00am-12:00pm

12:00pm – 1:00pm Lunch Chat w/ Ronda

Harry Potter: Jeopardy Game Host: Javier Co-Host: Mayra 1:00pm - 1:50pm

# OR

Drawing Class Host: Sarah R. Co-Host: Joey 1:00pm-1:50pm

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

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

# **Wednesday**

Aerobics/Stretching: Host: Elizabeth Co-Host: Luisa 9:00am – 9:50am

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

Virtual Games Host: Javier Co-Host: Frank 10:00am-10:50am

OR

"Juegos Virtuales" (Spanish) Host: Leydi Co-Host: Lorena 10:00am-10:50am

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

Vocational: Host: Stephanie C. Co-Host: Veronica 11:00am - 11:50am

# OR

Vocacion: (Spanish) Host: Rosa Co-Host: Isela 11:00am - 12:00pm

12:00pm – 1:00pm Lunch- Chat w/ Marianne

Ghost Ships Host: Emily Co-Host: Stephanie C 1:00pm – 1:50pm

# OR

The Indian Tribes Host: Joey Co-Host: Sarah R. 1:00pm-1:50pm

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

Zumba Exercise: Host: Ambrosio Co-Host: Elizabeth 2:00pm-3:00pm

# <u>Thursday</u>

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

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

Star "Tours" Day: Host: Javier Co-Host: Sarah H. 10:00am-10:50am

OR

Historia Azteca:(Spanish) Host: Aida Co-Host: Eliana 10:00am-10:50am

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

Book Club: The Hunger Games Host: Mayra Co-Host: Isela 11:00am - 11:50am

# OR

Hora de Leer Historias (Spanish) Host: Eliana Co-Host: Leydi 11:00am-11:50am

12:00pm – 1:00pm Lunch Chat w/ Sarah R.

Social Skills: Restaurant Etiquette Host: Marme Co-Host: Irena 1:00pm-1:50pm

# OR

Habilidades Sociales: Etiqueta del Restaurante (Spanish) Host: Stephanie C. Co-Host: Margie 1:00pm - 1:50pm

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

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

# Friday

Friday Dance Party Host: Ambrosio Co-Host: Adriana 9:00am – 9:50am

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

Pictionary Host: Javier Co-Host: Stephanie G. 10:00am-10:50am

# OR

20

Pictionary (Spanish) Host: Stephanie C. Co-Host: Veronica 10:00am-10:50am

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

Cirque du Soleil Host: Irena Co-Host: Estrella 11:00am-11:50am

# OR

Como se hace (Spanish) Host: Eliana Co-Host: Aida 11:00am-11:50am

12:00pm – 1:00pm Lunch Chat w/ Javier

Art Class (Bilingual) Host: Leydi Co-Host: Janet 1:00pm-2:00pm

OR

Movie Day Host: Javier Co-Host: Sarah R. 1:00pm-3:00pm

Zumba Host: Leydi Co-Host: Ambrosio 2:00pm-2:50pm

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21

# MAY 2021 ACTIVITY CALENDAR

26

# <u>Monday</u>

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

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

Feelings Group Host: Jeffrey Co-Host: Marme 10:00am -10:50am

# OR

Expresemonos Host: Rosa Co-Host: Paulina 10:00am-10:50am

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

ILS: "Teach with Me"-Simple Recipes Host: Irena & Bjorn Co-Host: Frank 11:00am - 12:00pm

# OR

Habilidades Para La Vida Independiente: Recetas Sensillas (Spanish) Host: Stephanie G. Co-Host: Susana 11:00am-11:50am

12:00pm – 1:00pm Lunch- Chat w/ Irena

Community Safety: Inside a Vehicle/Bus Host: Javier Co-Host: Stephanie C 1:00pm-1:50pm

# OR

Reading Club: Dr. Seuss Host: Ronda Co-Host: Rocio 1:00pm – 1:50pm

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

24

Chair Exercise: Host: Ambrosio Co-Host: Estrella 9:00am – 9:50am

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

Tuesday

25

Show & Share our Pets Host: Mayra Co-Host: Irena 10:00am - 10:50am

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

Independent Living Skills: Grocery Shopping Host: Sarah H. Co-Host: Stephanie G. 11:00am-12:00pm

# OR

Habilidades Para La Vida Independiente: Compras (Spanish) Host: Eliana Co-Host: Aida 11:00am-12:00pm

12:00pm – 1:00pm Lunch Chat w/ Ronda

Book Club: Harry Potter Host: Javier Co-Host: Mayra 1:00pm - 1:50pm

OR

Drawing Class Host: Rocio Co-Host: Emma 1:00pm-1:50pm

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

Exercise Host: Leydi Co-Host: Lorena 2:00pm - 3:00pm

# <u>Wednesday</u>

Aerobics/Stretching: Host: Elizabeth Co-Host: Luisa 9:00am – 9:50am

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

Virtual Games Host: Adriana Co-Host: Eliana 10:00am-10:50am

OR

"Juegos Virtuales" (Spanish) Host: Stephanie G. Co-Host: Luisa 10:00am-10:50am

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

Vocational: Host: Rogelio Co-Host: Joey 11:00am - 11:50am

# OR

Vocacional: (Spanish) Host: Susana Co-Host: Isela 11:00am - 12:00pm

12:00pm – 1:00pm Lunch Chat w/ Mayra

Virtual Fieldtrip Host: Marme Co-Host: Sarah R 1:00pm – 1:50pm

# OR

Paseo Virtual: (Spanish) Host: Lorena Co-Host: Margie 1:00pm-1:50pm

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

Zumba Exercise: Host: Ambrosio Co-Host: Elizabeth 2:00pm-3:00pm

# <u>Thursday</u>

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

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

History of Dragon Ball-Z: Host: Javier Co-Host: Ronda 10:00am-10:50am

OR

Tipos de Musica: (Spanish) Host: Eliana Co-Host: Aida 10:00am-10:50am

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

Book Club: The Hunger Games Host: Mayra Co-Host: Isela 11:00am - 11:50am

# OR

Hora de Leer Historias (Spanish) Host: Lorena Co-Host: Margie 11:00am-11:50am

12:00pm – 1:00pm Lunch Chat w/ Sarah R.

Social Skills: Communication Host: Franks Co-Host: Rogelio 1:00pm-1:50pm

# OR

Habilidades Sociales: Comunicacion (Spanish) Host: Veronica Co-Host: Paulina 1:00pm - 1:50pm

### 1:50pm – 2:00pm Staff Break/Trans

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

# Friday

28

Friday Dance Party Host: Irena Co-Host: Adriana 9:00am – 9:50am

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

"Teach with Me" Malissa Says Host: Gina & Malissa Co-Host: Adriana 10:00am-10:50am

# OR

27

Teatro Musical (Spanish) Host: Luísa Co-Host: Rosa 10:00am-10:50am

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

Riddle Me This Host: Sarah R. Co-Host: Mayra 11:00am-11:50am

# OR

Dice Simon (Spanish) Host: Eliana Co-Host: Aida 11:00am-11:50am

12:00pm – 1:00pm Lunch Chat w/ Javier

Dance Party/Karaoke Host: Javier Co-Host: Emily & Stephanie 1:00pm-3:00pm

Zumba Host: Ambrosio Co-Host: Jeffrey 2:00pm-2:50pm



# 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:

VDP Website: www.virtualdayprogram.newhorizons-sfv.org/

- 1. Choose and Click on the day of the week.
- 2. View Class you would like to join and click on the class picture and you will automatically be redirected to Zoom
- 3. Enter member name and meeting passcode

Tablet/iPad/Web:

- 1. 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, <u>https://zoom.us/join</u>. 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.

- 2. 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



HORIZONS



