

Virtual CSS Programming:

Activity Option include Art Therapy, Fitness Fun, and Culture Club



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 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. The group is led by a licensed counselor/art therapist.

Day & Time: Wednesdays 2:00–3:30pm

Dates: August 19th – September 16th

Cost:\$115

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, cuisine, among other traditions.

Day & Time: Mondays 1:00–2:00pm

Dates: August 17th – September 14th

Cost: \$75

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.

Day & Time: Mondays & Fridays 2:00–2:30pm

Dates: August 14th – September 16th

Cost: \$75

How to register:

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

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

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