

SMALL STEPS/ADULT DAYS FEBRUARY 2022

RESERVATIONS REQUIRED

TO ATTEND ANY SMALL STEPS OR ADULT DAY ACTIVITIES WITH ABILITYPOINT YOU MUST BE A CURRENT MEMBER AND HAVE ALL PAPERWORK NEEDED.

To be eligible to attend Adult Day, your participant cannot be receiving adult day services. However, they may still attend Monday and Thursday evenings.

If you are not a current Member you may join by contacting the AbilityPoint office or visiting our website for more information.
 Yearly fees are: \$20.00 Individual (Non-voting), \$30.00 Voting Individual or \$50.00 Family Membership

All participants must have a Camp InTouch account to register for Small Steps or Adult Days. Please visit <https://thearc.campintouch.com/ui/forms/application/camper/App> to complete your application.

Date	Activity	Duration	Fee	Availability
Thurs Feb 03	Fitness Thursday	5:00pm - 6:00pm	\$0	12
We'll start our evening with outdoor cardio. Please dress accordingly. Back to the big room for a workout followed by a healthy snack.				
Mon Feb 07	NO PROGRAM			
Thurs Jan 10	Fitness Thursdays	5:00pm - 6:00pm	\$0	12
Workout games, light weightlifting and stretching followed by a healthy snack.				
Fri Feb 11	Adult Day	8:00am - 2:00pm	\$0	12
Donuts at Hurts Donuts, Herb Cultivating with a SCEC Master Gardener, Lunch and Bowling. <u>Spending money is Welcome but not required.</u>				
Mon Feb 14	Mindfulness Monday	5:00pm-6:00pm	\$0	12
Relax and Zen out with our mindfulness Monday at AbilityPoint. We will be focusing on our energy and self love in honor of Valentine's Day				
Thurs Feb 17	Fitness Thursday	5:00pm - 6:00pm	\$0	12
Workout games, light weightlifting and stretching followed by a healthy snack.				
Mon Feb 21	Mindfulness Monday	5:00PM-6:00PM	\$0	12
Restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing <u>Please feel free to bring a blanket and pillow for comfort.</u>				
Thurs Feb 24	Fitness Thursday	5:00pm - 6:00pm	\$0	12
Workout games, light weightlifting and stretching followed by a healthy snack.				
Fri Feb 25	Adult Day	8:00am - 2:00pm	\$0	12
Bowling, Rows of Sharin Community Garden Seed Starting, Lunch and Scavenger Hunt at Museum of World Treasures. <u>Spending money is welcome but not required.</u>				
Mon Feb 28	Mindfulness Monday	4:30pm-6:15pm	\$0	12
Yoga with ThroughBreath Yoga. We will be off campus this evening at ThroughBreath Yoga. Please arrive on time. <u>Spending money is welcome but not required.</u>				