

Virtual CSS Programming:



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 device, phone, tablet, or computer. There is an activity fee for some activities to cover the cost of supplies (if needed). Upon registration you will receive information regarding how to access the Zoom activity.

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 from materials they already have at home. The group is led by a licensed counselor/art therapist. Cost: \$115
Day & Time: Wednesdays 2:00–3:30pm Dates: Session III: November 11th – December 9th

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, and cuisine, among other traditions. Cost: \$45
Day & Time: Mondays 1:00–2:00pm Dates: Session III: November 30th – December 14th

Fitness Fun: Let's get moving! 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. Cost: \$60
Day & Time: Mondays & Fridays 3:00-3:30p Dates: Session III: November 23rd – December 18th

Cooking Class: What's cookin'? The CSS Food Network! Learn to cook a new meal every week. CSS will send out the recipe and ingredient list. Then a CSS participant and DSP will lead you through the recipe and you can follow along in your own home kitchen. Cost: \$50
Day & Time: Thursdays 4:00-5:00pm Dates: November 19th – December 17th

Holiday Bingo: See some friendly faces and enjoy riveting games of Winter Themed Bingo! CSS will email you your bingo card and an energetic CSS staff member will call the game. Feel free to have some snacks ready at home to munch on during the game. Date & Time: Friday,
December 4th 6:00-7:00pm

Holiday Karaoke and Sing Along: Sing your holiday spirited heart out with CSS friends, from the comfort of your home. Our CSS resident DJ will be spinning your favorite tunes upon request and leading participants in a musical sing along to spread the holiday cheer. Feel free to dress in your most cheerful holiday attire. Date &
Time: Saturday, December 12th 5:00-6:30pm

Holiday Movie Night: Put your cozy sweaters and sweatpants on, make some hot cocoa, and join your CSS friends for a holiday movie night! Date &
Time: Friday, December 18th 5:00-7:00pm

To register or for more information contact:

Cassandra Colucy, Director of CSS Academy, at 708-354-4547 Ext: 191

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