

Online Sessions Starting June 1st- August 27th

We are excited to be offering our latest schedule of online classes! You will notice in this upcoming online schedule that **we are offering fewer classes**. We know many individuals are wanting to come back onsite, so we are reducing the class options to see the continued interest in online classes. We plan to continue online classes moving forward, so **we welcome a mix of onsite and online classes for participants!** We have also decreased our online staffing as more staff are transitioning back to onsite, so we plan to hire some more online staff once we can gain more knowledge of the amount of interest for online classes. If you would like to take online classes but do not see any class offerings that you like (or a class you loved is no longer being offered), please feel free to let Bruce know what classes you would like to take by e-mailing the online@steppingstonesupportcenter.com e-mail and we can hopefully create those classes in the future!

If you would like to take classes, please send to online@steppingstonesupportcenter.com ASAP so we can get you into classes!

- Want to take classes with particular friends? Please coordinate with them ahead of time to request the same classes.
- Book Clubs – Sign up for all sessions during the week of that Book Club. Sandra will select a book during the first week, based on class interest. Participants are required to obtain their own book for book club. If you absolutely cannot do this, contact Bruce and Stepping Stone might be able to help. Please also consider looking at your local library for a copy of the book.
- **Please note that classes will last 55 minutes. Advisors may add in a short break for exercise and movement during the class so everyone can maintain their energy and focus.**
- **Please request the classes by three-digit class number on the template below, put in order of your preference, using the template to indicate your first and second choice for that time slot. If you don't have a 2nd choice for that time slot, please write "no 2nd choice". Please note the 5 classes that are most important to you with an asterisk ** and we will do our best to get those on your schedule.**
- **Please review the attached rules of online etiquette with your participant so that our classes remain respectful and positive for all.**

Monday			Tuesday			Wednesday			Thursday			Friday		
Time	Class	Staff	Time	Class	Staff	Time	Class	Staff	Time	Class	Staff	Time	Class	Staff
9:00	Start Your Week Right: Jokes, Jumping Jacks and Java (#110)	Bruce	9:00	Job Skills (#210)	Louie	9:00	BrainWise (#310)	Louie	9:00	Customer Service (#410)	Louie	9:00	Social Skills (#510)	Hannah
						9:00	News for You (#311)	Angie	9:00	News for You (#411)	Angie			
10:00	Fitness 1.0 (#120)	Caroline	10:00	Customer Service (#220)	Louie	10:00	Job Skills (#320)	Louie	10:00	Adaptive Exercise (#420)	Louie	10:00	Spirit Club Fitness (#520)	Bruce
			10:00	Resistance Bands Training (#221)	Bruce	10:00	Inspirational Stories (#321)	Angie	10:00	Inspirational Stories (#421)	Angie	10:00	Bible Study (#521)	Lynette
11:00	Trivia and other Online Games (#130)	Sandra	11:00	Cardio Boxing (#230)	Kristian	11:00	Communication and Conflict Management in the Workplace (#330)	Louie	11:00	BrainWise (#430)	Louie	11:00	Finance/ Money Skills (#530)	Hannah

						11:00	Fitness 2.0 (#331)	Caroline	11:00	Zumba (#431)	Ana			
						11:00	Where in the World is Angie? (#332)	Angie						
12:00	Spanish (#140)	Sandra	12:00	Lunch (#240)	Louie	12:00	Lunch (#340)	Louie	12:00	Lunch (#440)	Angie	12:00	Lunch (#540)	Lexi
			12:00	Lunch (#241)	Lexi	12:00	Spanish (#341)	Sandra						
1:00	Singalong (#150)	Caroline	1:00	Story Telling (#250)	Louie	1:00	Writers' Group (#350)	Louie	1:00	Theater Lab (#450)	Louie			
1:00	Book Club (Must sign up for Wed's class also) (#151)	Sandra				1:00	Singalong (#351)	Caroline						
						1:00	Book Club (must also take Mon) (#352)	Sandra						
2:00	Fitness 2.0 (#160)	Caroline				2:00	Fitness 1.0 (#360)	Caroline	2:00	Stress Reduction and Meditation	Louie			

									(#460)				
3:00	Starting from Scratch, more than just cooking (#170) (must also take Wed) This will end early on July 7. \$60 to take this class! Totally worth it!	Tomeka – guest instruct or				3:00	Starting from Scratch, more than just cooking (#370) (must also take Mon) This will end early on July 7. \$60 to take this class! Totally worth it!	Tomeka – guest instruct or	Card making is taking a break this summer, but we will be behind this again next session.				

Class Descriptors

Adapted Exercise (Louie) – This class will involve stretches and strengthening done in a sitting or standing position (no on-the-floor moves required) and will also include breathing and relaxation techniques.

Bible Study – This class will read and reflect on some favorite Bible stories. Music will enhance the experience. If there is high demand for this class, additional sessions may be added with different facilitators.

Book Clubs – Participants can listen to the story or follow along in their own book. Participants must sign up for all sessions for that week for that particular book club. Participants are required to get their own books. There will be a guided discussion and possibly related activities. Books will be chosen by the advisor depending on interest and make-up of the participants who sign-up.

Book Club with Sandra (two classes per week): Advisor will determine book based on the interests of the class. If you sign up for this class, we will follow up the week before to ensure you can secure the book by the time the class starts.

BrainWise – This class is about learning problem solving skills and how to “Stop and Think” instead of acting impulsively. Participants will learn how to use their “Wizard Brain” rather than their impulsive “Lizard Brain” when interacting with others and confronting problems or stressors in life. This will be a repeat of prior classes but if you want to continue to practice and learn about these skills, feel free to sign up again.

Cardio Boxing with Kristian – Cardio Boxing is presented through a partnership with a fantastic organization called Spirit Club. Their website is here: <https://www.spirit-club.com> Join Kristian to break a sweat and learn some important self-defense techniques. This class will work on improving your balance, coordination, core strength, and endurance. You will also learn about footwork and different boxing combinations to help keep you as safe as possible!

Communication and Conflict Management in the Workplace – Louie will help participants learn to negotiate common workplace issues like advocating for yourself, getting along with co-workers, what to do if you have a problem...

Customer Service – In this class you’ll seek to improve customer interactions and improve work social skills through role playing and interactive activities.

Finance/Money Skills – This class teaches the fundamentals of money, counting, making change, how to tip, and other basic money principles needed for the everyday workplace and home. General content will be a repeat of prior classes, but participants are welcome to sign up again for added practice and learning some new skills as well!

Fitness 1.0 - This class promotes overall core strengthening and mobility while working on balance, stretching, breathing, and meditation. Some yoga poses and concepts will be incorporated into these classes.

Fitness 2.0 – This class promotes overall health with toning exercises (including light weights), stretching, and cardio. Some health related/fitness related discussion will be incorporated into this class.

Job Skills – Explore the different skills needed to find a job in the community, such as filling out job applications, interviewing, and dressing for a successful job interview, as well as skills to be successful when you start a new job.

Inspirational Stories with Angie – Angie will use stories and wisdom from the Bible to help participants find inspiration in their daily lives.

Lunch/Social Skills – Have lunch with your peers and an advisor while getting to know each other through visiting and practicing communication skills on Google Meet platform. Interesting videos and/or online games may be shared to enhance the group’s time together.

Resistance Bands Workout with Bruce – Bruce will lead an exercise class focused on building strength through the use of resistance bands. Participants must have resistance bands for the class. Some prefer the type with built-in handles (rather than just the band). They are available at Walmart, Big 5, Amazon... [Click Here](#) for a link to Big 5.

Singalong with Caroline – Caroline will play her guitar while the group sings along to some of their favorite songs. If you want to have some fun and sing with friends, this is your class!

Social Skills – Work on & discuss skills to problem solve and communicate in different social situations at work and in the community.

Spanish with Sandra – Sandra will help participants build Spanish language skills?

Spirit Club Fitness (Cardio, Balance, & Strength) -- We are pleased to supplement our online fitness offerings through a partnership with a fantastic organization called Spirit Club. Their website is here: <https://www.spirit-club.com> Spirit Club Fitness (Cardio, Balance, & Strength) classes focus on teaching you functional movements to help your whole body become healthier and more physically capable. These classes aim to improve your range of motion, and your ability to perform your activities of daily living. All exercises are designed to be engaging and easy to follow so everyone can join in and have a great time.

Start Your Week Right (Bruce) – Start your Week Right is a class designed to get your week going. We begin with casual conversation to reconnect with each other and work on communication skills. We follow with some humor and finish up with some invigorating exercise.

Starting from Scratch (More than just cooking!) -- Starting from Scratch offers a six-week program providing an opportunity for students to increase independence, build relationships and provide structure through various cooking experiences. Please head to www.startingfromscratch.love/programs for additional information. Please note, this class is \$60 private pay to cover the Starting from Scratch materials (It’s \$120/person but Stepping Stone will pay for \$60 for each person so its 50% off!). It is a 6-week class on Mondays and Wednesdays and will end on **July 7**, 2021. See a quote from a Stepping Stone parent from last session on how valuable it was for her daughter, “*When we first*

received this wonderful box of materials in the mail, I looked through it and my initial thought was, "S knows all this." However, Olivia kept S totally engaged in this program through her wonderful teaching techniques - she asks the students great questions, is very clear in her directions, always clarifies and checks for understanding, and has a great knack for adapting her program to all levels. S has not only increased her cooking skills, she has loved the activities in the workbook which requires her to plan, think, write and produce. She has learned how to download (upload?) her assignments on the computer and send them to Olivia; and she LOVES the immediate online feedback Olivia gives her. I can honestly say, this has been one of the most beneficial classes we have participated in thanks to this great teacher. Thank you, Olivia!!" This session will be facilitated by Tomeka Speller. Tomeka Speller has practiced psychotherapy in the State of Colorado for several years. She holds a Bachelor's degree in Human Services & Management and a Master's degree in Marriage and Family Therapy from Regis University. Much of Tomeka's professional experience includes working in private practice, with victims/survivors of domestic violence, children in foster care, and supporting individuals and families through varying traumas. She is passionate about working with people who are at crossroads and various transitions in life, and has created and facilitated many workshops and support classes for different groups in the Colorado community. Tomeka is beyond thrilled to join her passions for supporting people and facilitating healthy environments for growth as a teacher with Starting from Scratch.

Storytelling with Louie – Learn the components of a story, written or oral, and use your imagination and the group dynamic to build and share stories.

Theater Lab with Louie – Participants will explore acting techniques like improvisation and others.

Stress Reduction and Meditation with Louie – Join Louie for a relaxing guided meditation session designed to leave you feeling more balanced and calmer. Just the thing we need in these difficult times.

Trivia Game with Sandra – Sandra hosts a fun hour of online games!

Where in the World is Angie? – Angie will guide participants in adventures to learn about geography and the cultures of different places around the world.

Writer's Group with Louie – Participants will develop their creative writing skills through writing exercises and practice.

Zumba with Ana – Zumba with Ana is presented through a partnership with a fantastic organization called Spirit Club. Their website is here: <https://www.spirit-club.com> Zumba is a fun, music-based dance fitness class led by Ana! She will teach you some new moves and show both a slower and faster paced version of each movement. This class has fun pop music and some great throwbacks.

Online Meeting Etiquette

- Enter the class within 5 minutes of the start of class unless an appointment delays you (ex: 9:00-9:05). If you are going to be late due an appointment or you are going to be absent, please leave a message on the absence line.
- Stay connected the entire class and stay present the entire class, no surfing the web during class on the computer or phone
- Use good posture and pay attention to where the camera is facing. Your face should be in view and if it is an exercise class, the instructor should be able to see your whole body.
- Wear appropriate clothing. You are in a class or a meeting.... You would not wear pajamas or short shorts to school or a work meeting.
- Reduce any background noise. Ask others in your household to respect your time and space when you are on a class
- Muting
 - Keep yourself muted unless you are sharing something and keep muted especially if there is background noise
 - Do not mute other people in the group. Only the advisors (lead or tech) are allowed to mute meeting attendees
- Bathroom
 - Do NOT take your phone or I-Pad to the restroom with you
 - If you must leave the group to use the restroom, let the advisor/meeting leader know and come back as soon as possible.
- Chat Box
 - The chat box should only be used to add information to the topic being discussed or to request a chance to share on the topic.
 - You can raise your hand to have an opportunity to share
- Remember to practice good listening and turn-taking skills
- Do not record any of the sessions – We would need signed permission from all participants in order to record sessions.

