



Varied Abilities Days for **Adults**



September 29, 2020: Hygiene

9:00 am – 9:30 am	Showering and Handwashing
9:35 am – 10:05 am	Dental Hygiene
10:10 am – 10:40 am	Bathroom Etiquette
10:45 am – 11:15 am	Skin Care
11:20 am – 11:50 am	Showering and Handwashing

Themed Activity Time

12:30 pm – 1:00 pm	Showering and Handwashing
1:05 pm – 1:35 pm	Dental Hygiene
1:40 pm – 2:10 pm	Bathroom Etiquette
2:15 pm – 2:45 pm	Skin Care



November 9, 2020: Safety

9:00 am – 9:30 am	Going Viral
9:35 am – 10:05 am	Anger Management
10:10 am – 10:40 am	Boundaries
10:45 am – 11:15 am	Emergency
11:20 am – 11:50 am	Home Safety

Themed Activity Time

12:30 pm – 1:00 pm	Going Viral
1:05 pm – 1:35 pm	Anger Management
1:40 pm – 2:10 pm	Boundaries
2:15 pm – 2:45 pm	Emergency



January 21, 2021: Drugs and Alcohol

9:00 am – 9:30 am	Vaping
9:35 am – 10:05 am	The News About Booze
10:10 am – 10:40 am	The Stink About Smoking
10:45 am – 11:15 am	PHARM Crisis
11:20 am – 11:50 am	Outlook on Opioids

Themed Activity Time

12:30 pm – 1:00 pm	Vaping
1:05 pm – 1:35 pm	The News About Booze
1:40 pm – 2:10 pm	The Stink about Smoking
2:15 pm – 2:45 pm	PHARM Crisis



February 23, 2021: Nutrition

9:00 am – 9:30 am	Healthy Eating
9:35 am – 10:05 am	Living an Active Lifestyle
10:10 am – 10:40 am	Revealing the Fat
10:45 am – 11:15 am	Sugar Simplified
11:20 am – 11:50 am	Healthy Eating

Themed Activity Time

12:30 pm – 1:00 pm	Healthy Eating
1:05 pm – 1:35 pm	Living an Active Lifestyle
1:40 pm – 2:10 pm	Revealing the Fat
2:15 pm – 2:45 pm	Sugar Simplified

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