

# Adaptive Recreation

Serving Individuals with Disabilities since 1986.



## Virtual Newsletter July 2020

### Peoria Community Center

8335 West Jefferson Street, Peoria, AZ 85345  
(623) 773-7436



# June 29 - July 3



## **Painting Class with Angelica!**

Join Angelica for an online painting class! We will be doing a July 4 themed painting! Just gather the supplies listed below and click the link to join!

When: Wednesday, July 1 @ 6pm

Join Here: <https://meetingsamer4.webex.com/meetingsamer4/j.php?MTID=ma84bf2f3a13a8ab84870023d8f9c0352>

Password: Call the Community Center front desk for the password to access the online class!

(623) 773-7436

## **Supply List**

Canvas or paper  
Acrylic Paint (blue, black, white, yellow, red, orange)  
Paint Brush



## **Microwave Meals!**

Join us for an online cooking class! We will be making French toast using nothing but the microwave! Just gather the supplies listed below and click the link to join!

When: Thursday, July 2 @ 6pm

Join Here: <https://meetingsamer4.webex.com/meetingsamer4/j.php?MTID=m010e8268fcdcbfddcb8a2c56859973d13>

Password: Call the Community Center front desk for the password to access the online class!

(623) 773-7436

## **Ingredients**

2 Slices of Bread  
1 Tbsp Butter  
1 Egg  
3 Tbsp Milk  
1/4 Tsp Vanilla  
1/4 Tsp Cinnamon

# July 6 - July 10



## **Disney Drawing Class with Angelica!**

Join Angelica as she teaches us how to draw our favorite Disney characters! During this class we will be drawing Pluto! Just gather the supplies listed below and click the link to join!

When: Wednesday, July 8 @ 6pm

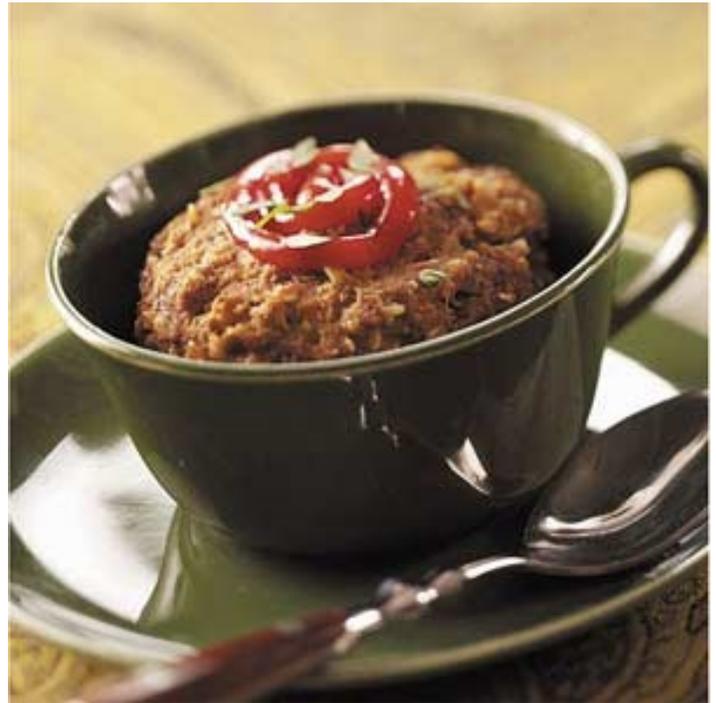
Join Here: <https://meetingsamer4.webex.com/meetingsamer4/j.php?MTID=mdb6863d79cb5c29a8e5c24f36d379cda>

Password: Call the Community Center front desk for the password to access the online class!

(623) 773-7436

## **Supply List**

Paper  
Pencils  
Crayons, Colored Pencils or Markers



## **Microwave Meals!**

Join us for an online cooking class! We will be making a meat loaf using nothing but the microwave! Just gather the supplies listed below and click the link to join!

When: Thursday, July 9 @ 6pm

Join Here: <https://meetingsamer4.webex.com/meetingsamer4/j.php?MTID=m9e4cf54e919e8165ef75ecab79a01840>

Password: Call the Community Center front desk for the password to access the online class!

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## **Ingredients**

2 Tbsp Milk  
1 Tbsp Ketchup  
2 Tbsp Quick Cooking Oats  
1 Tsp Onion Soup Mix  
1/4 Pound Lean Ground Beef



# July 13 - July 17



## **Microwave Meals!**

Join us for an online cooking class! We will be making a personal pizza using nothing but the microwave! Just gather the supplies listed below and click the link to join!

When: Thursday, July 16 @ 6pm

Join Here: <https://meetingsamer4.webex.com/meetingsamer4/j.php?MTID=m944374a42c31e72a92aaf674768df77e>

Password: Call the Community Center front desk for the password to access the online class!

(623) 773-7436

## **Ingredients**

4 Tbsp Flour  
1/8 Tsp Baking Powder  
1/16 Tsp Baking Soda  
1/8 Tsp Salt  
3 Tbsp Milk  
1 Tbsp Olive Oil  
1 Tbsp Marinara Sauce  
1 Tbsp Shredded Mozzarella Cheese  
Mini Pepperonis  
1/2 Tsp Italian Seasoning

## **Painting Class with Angelica!**

Join Angelica for an online painting class! Just gather the supplies listed below and click the link to join!

When: Wednesday, July 15 @ 6pm

Join Here: <https://meetingsamer4.webex.com/meetingsamer4/j.php?MTID=mee0a6e5c9ca5e0fabbbfb06fb322601c>

Password: Call the Community Center front desk for the password to access the online class!

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## **Supply List**

Canvas or paper  
Acrylic Paint (green, white, black, red)  
Paint Brush

# Online Resources

# JUNE/JULY



# 07

| MONDAY 29  | TUESDAY 30  | WEDNESDAY 1                               | THURSDAY 2  |
|--|---|---|---|
| 10AM: THE KICKOFF WEEKLY RECAP WITH CURT GILPIN<br>3PM: VIRTUAL ART CLASS<br>*PRE- REGISTRATION REQUIRED | 5PM: SPECIAL OLYMPICS OREGON VIRTUAL SOCIAL HAPPY HOUR<br>*PRE- REGISTRATION REQUIRED | UNIFIED ART CHALLENGE: CHRISTMAS IN JULY! | R&R THURSDAY - TAKE A BREAK!  |
| FRIDAY 3   | SATURDAY 4  | SUNDAY 5                                  | NOTES   |
| 12PM: SPECIAL OLYMPICS INTERNATIONAL STRONG MINDFULNESS<br>*PRE- REGISTRATION REQUIRED                   | FOURTH OF JULY! UNIFIED ARTS CHALLENGE  | SHOUT OUT SUNDAY                          | CHECK OUT SOAZ VIRTUAL EVENTS: SCAN THIS CODE<br> |

## Special Olympics Arizona-SOAZ Connected

Special Olympics Arizona has created an online Facebook group to provide virtual exercise, nutrition and social activities.

Join Here: <https://www.facebook.com/groups/SOAZconnected/>



## Online Fitness Classes

Continue to stay active while at home with our virtual fitness classes! Our Active Adult fitness instructors are recording new fitness classes every week! Be sure to check back every Thursday for new classes!

Click Here: [https://www.youtube.com/playlist?list=PLTPkBlM0dVcM905f\\_7DgBqdfYbwJUHa](https://www.youtube.com/playlist?list=PLTPkBlM0dVcM905f_7DgBqdfYbwJUHa)



# Follow Us on Instagram!



Tell your friends, tell your family! City of Peoria Adaptive Recreation is now on Instagram!

Follow us: <https://www.instagram.com/peoriaazadaptive/>

We are trying to post something new every day! So far we have done a movie night and now spirit week, so check back daily! This is something that we've wanted for a long time and we finally got it! We feel like this is going to be a great way for all of us to stay connected during these challenging times! So tag us! Show us how you are staying active and engaged! And don't forget to **#peoriaazadaptive** when you post! Let's show everyone what City of Peoria Adaptive Recreation is all about!

