



OPPORTUNITY
DEVELOPMENT
CENTERS, INC.

VIRTUAL Services

"The classes I've attended have been so much fun. My favorite class has been learning about the different species of different places and animals."
- Alyssa O.

"I really like being able to see my staff from ODC and talk to everyone because it helps my day go by so much nicer."
- Kelly H.

COURSE DATES: NOVEMBER 16 - DECEMBER 18, 2020

Courses meet the same time and day of the week.

You may choose as many courses as you'd like. All virtual courses need approval from funding source prior to starting classes. If interested in the courses, please complete the registration/referral form and email to Carla Czarny at cczarny@odcinc.com. Questions call Carla at 715-818-6491.

MONDAY MEDIA FRENZY

Mondays | 1:00 - 2:00 pm

Learn how to access virtual classes, how to use technology, explore Google Hangout, Textus (speak to text) Instagram, Facebook, making friends on media networks. Review social skills, informational sharing, conversational skills, manners and safety.

EXERCISE THROUGH MUSIC EXPLORATION

Tuesdays | 10:00 - 11:00 am

Exercise with music, dancing and singing. Learn adaptations for exercising, chair yoga and Tia Chi, while also learning weekly healthy habits. Outcomes: self-expression, creativity and healthy lifestyle knowledge.

LET'S GET TO WORK

Tuesdays | 1:00 - 2:00 pm

Learn strategies to have solid skills to apply to your work and personal life. This class will be a peer mentor group discussing issues pertaining to them. The following topic areas will be visited to start conversations/discussions. Communication, attitude, enthusiasm, teamwork, networking, problem solving, professionalism.

"It has been very interesting to do the virtual classes. I never used Zoom before, and now I have the confidence to do it. I really enjoyed being able to see people I know and new people."
- Kevin B.

SING & LEARN WEDNESDAY

Wednesdays | 10:00 - 11:00 am

Explore different genres of music. (Blues, rock, hip hop, classical, jazz and others) Learn the history/origins of music. Enjoy visiting musicians and virtual concerts. Outcomes: self-expression, self-confidence, memory and recall, creativity and FUN!

TRAVEL & ANIMAL ADVENTURES

Thursdays | 10:00 - 11:00 am

Get up close and personal with virtual adventures to exotic lands, zoos and aquariums. Discover and explore different cultures and customs. Outcomes: appreciation of natural beauty and adventure, increased knowledge of cultures, customs and traditions.

SAFE & FREE

Thursdays | 1:00 - 2:30 pm

Learn the importance of safety on the internet, at home and in the community. Identify safe and unsafe environments and recognize healthy relationships, personally and professionally. Outcomes: Increased self-confidence, community and self-awareness.

www.odcinc.com

Opportunity Development Centers, Inc.
1191 Huntington Avenue Wisconsin Rapids, WI 54494 | 715-424-2712



2406 East 21st Street Marshfield, WI 54449 | 715-387-1161
41 Park Ridge Drive Stevens Point, WI 54481 | 715-344-4563