



OPPORTUNITY
DEVELOPMENT
CENTERS, INC.

VIRTUAL Day Services

Each course will have more than one meeting, please note course dates and times. You may choose as many courses as you'd like.

FEEL THE BEAT (MONDAYS)

Monday, May 4, 11 & 18 | 12:00 - 1:00 pm

This energetic virtual music group will engage you in your favorite music and songs. Get up and dance, sing, and jam in the comfort of your own home! Group goals: self-expression, self-confidence, memory, recall, creativity and FUN!

EARTH DAY, EVERY DAY & OTHER DAILY LIVING SKILLS (MONDAYS)

Monday, May 11 & 18 | 1:00 - 2:00 pm

Learn household living skills and ways you can recycle at home while implementing independence and ownership of your personal space. You will also learn the balance of housework and leisure time at home while utilizing time management skills. Group goals: increased knowledge of recycling, hygiene, and effective self-care.

VIRTUAL BOOK CLUB (TUESDAYS)

Tuesday, May 5, 12 & 19 | 10:00 - 11:00 am

The club leader will read you a book with energy and inflection to stimulate interest and attention. You will listen, envision the story, and follow/retain the storyline. Questions will stimulate discussions and life lessons will be noted throughout. Group goals: discovering the love of stories and books, increased attention, listening skills, and recall.

BASIC SIGN LANGUAGE (TUESDAYS)

Tuesday, May 12 & 19 | 12:00 - 1:00 pm

Have you ever wanted to learn some basic everyday sign language to use with friends and family? This is the class for you! Basic skills will be taught, and words and phrases for everyday use will be learned. Group goals: increased problem solving, attention, retention, and communication skills.

DISCOVER PORTAGE COUNTY (TUESDAYS)

Tuesday, May 12 & 19 | 1:00 - 2:00 pm

Learn about and increase your knowledge of some fun and exciting happenings and resources in Portage County. Come on the virtual tour and explore local parks, events, recreation, and community resources that are available. Group goals: increased knowledge of resources and recreation opportunities in the community, planning and decision making on community events and resources, and appreciation of the natural beauty of Portage County!

HISTORY & SOCIAL STUDIES (WEDNESDAYS)

Wednesday, May 6, 13 & 20 | 10:00 - 11:00 am

Are you interested in History and other topics of study? Come join this class and have conversations with people with similar interests! Bring ideas and questions! This will be an interactive session focused on history, cultures, and geography! Group goals: increased knowledge and understanding of important past happenings and how they shape the present, learning from mistakes, and seeing others perspectives.

COURSES RUN DURING THE MONTH OF MAY 2020

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.

MORE COURSES
ON THE BACK 

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



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LIGHTS, CAMERA, ACTION! (WEDNESDAYS)

Wednesday, May 13 & 20 | 12:00 - 1:00 pm

Want to learn to take better pictures and videos? This class will teach basic photography and video recording skills for anyone looking to improve their techniques. Group goals: learning a healthy hobby and improving basic skills, creativity, and problem solving.

LET'S GET COOKING (WEDNESDAYS)

Wednesday, May 13 & 20 | 1:00 - 2:00 pm

You will learn the basic safety and skills of cooking healthy snacks, desserts, and simple meals. An emphasis will be put on utilizing different cooking methods (stove, oven, and microwave), food prep, measuring skills, recipe reading, safety, cleanliness, and healthy choices. Group goals: increased independence, planning, cooking skills, self-confidence and self-sufficiency.

CATCH UP & CRAFT WITH KAREN (THURSDAYS)

Thursday, May 7, 14 & 21 | 10:00 - 11:00 am

Take time to socialize and do a project with Karen from Wisconsin Rapids Day Services. The first class is a Cinco De Mayo discussion and craft. Come catch up and be involved with friends! Group goals: socialization with friends, increased awareness of current events, and creativity.

MEN'S GROUP WITH DWAYNE (THURSDAYS)

Thursday, May 7, 14 & 21 | 11:00 am - 12:00 pm

Grab a cup of coffee and tune into this class to gab and catch up with friends. Dwayne will discuss happenings and other topics determined by the group. Planning for future activities will also be discussed. Group goals: group discussion and awareness of day to day matters, improved planning and social skills, increased awareness of community resources.

JAMMIN' WITH STEPHEN (THURSDAYS)

Thursday, May 7, 14 & 21 | 1:00 - 2:00 pm

Show off your musical skills and interests. You and other participants get to decide the music that is played and/or music videos that are viewed. Stephen may also grab his guitar! This is an energetic and entertaining group activity. Group goals: self-expression, self-esteem, confidence, supporting and encouraging others, music appreciation, respect, memory and recall, creativity, and FUN!!!!

BAKING SKILLS (FRIDAYS)

Friday, May 15 & 22 | 10:00 - 11:00 am

Learn the basic safety and skills of whipping up no bake desserts (no oven or stovetop required). There is an emphasis on food prep, measuring skills, recipe reading, safety, cleanliness. Group goals: improved baking skills, following basic steps, and increased independence.

READY TO READ (FRIDAYS)

Friday, May 8, 15 & 22 | 1:00 - 2:00 pm

Would you like to improve your reading skills? Here is your opportunity! This class will provide basic reading instruction all in a fun, relaxed manner! Group goals: improved basic reading skills and self-esteem, learning patience with yourself.
