

Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020



This week, we will continue with the same outline of a large group check-in at 10:30 am, and 2 to 3 groups in the afternoon. Hidden Wings Office Hours are still 9am to 3pm at this time.

Videos and Zoom links will be sent via email each morning around 9 am. You may view the links at your leisure. All Zoom Meetings are optional, but we hope to see you there!

❖ Monday Morning 5.4.2020

★ 9:00 am: Chat/Phone Communication Open

Wear a Star Wars Costume or find items from around the house!

Video Title/Topic	Video Link

Time	Zoom Link
10:30 am *Workout with Jen *Starwars Games and Party!	

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

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Week of 5.4.2020 to 5.8.2020

❖ Monday Afternoon 5.4.2020

Time	Zoom Link
1:30 pm *Movement with Jenn *Drama Game,	

Group 1:	jkieding@comcast.net bjarice@aol.com wbreish@cox.net m895@verizon.net valinsolvang@aol.com hoohootboo@yahoo.com jim@hiddenwings.org laurenokpik@gmail.com
Group 2: *How to set up goals to be successful?	CP susyparrott@gmail.com TG tinalor@msn.com DM dsuperfire1@gmail.com IA ianderegg2@gmail.com JM femtransfan@gmail.com SC scluff94@gmail.com AE liliaencinas46@gmail.com

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Week of 5.4.2020 to 5.8.2020

❖ Tuesday Morning 5.5.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link

Time	Zoom Link
10:30 am *Workout with Josh *Goals PowerPoint *Go over videos have them find a song that makes them feel something for tomorrow afternoon	

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

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Week of 5.4.2020 to 5.8.2020

❖ Tuesday Afternoon 5.5.2020

Time	Zoom Link
1:30 pm *Stretching with Robb (video) *Drawing Groups	

Group 1: Drawing Group with Jenn	AH hoohootboo@yahoo.com JB/AB jim@hiddenwings.org DM dsuperfire1@gmail.com SC scluff94@gmail.com AE liliaencinas46@gmail.com LO laurenokpik@gmail.com TG tinalor@msn.com
Group 2: Benefits of exercise on your body and brain	jkieding@comcast.net susyparrott@gmail.com ianderegg2@gmail.com femtransfan@gmail.com bjarice@aol.com wbreish@cox.net m895@verizon.net

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Week of 5.4.2020 to 5.8.2020

❖ Wednesday Morning 5.6.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
What is Emotional Intelligence?	https://youtu.be/LgUCyWhJf6s
Importance of Empathy	https://www.youtube.com/watch?v=UzPMMSKfKZQ

Time	Zoom Link
10:30 am *Workout with Coach and Josh, Workout Support/Coaching from Jenn *Go over videos and discuss Emotional Intelligence and Empathy	<u>Join Zoom Meeting</u> https://us02web.zoom.us/j/83625510215?pwd=VkZnRkF4OFRDR1I4VFZQZ2w4LzhTd09 <u>Meeting ID: 836 2551 0215</u> <u>Password: 513581</u>

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

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Week of 5.4.2020 to 5.8.2020

❖ Wednesday Afternoon 5.6.2020

Time	Zoom Link
<p>1:30 pm</p> <p>*Dance Lesson with Anna *Dance Practice, Izzy share Renaissance dance *Drama Game, Party Crasher</p>	<p>Join Zoom Meeting https://us02web.zoom.us/j/87943546016?pwd=dFlqSGxBQURBOXh4alRBVWgvcTZUUT09 Meeting ID: 879 4354 6016 Password: 164761</p>

<p>Group 1:</p>	<p>JK jkieding@comcast.net SB bjarice@aol.com CP susyparrott@gmail.com MG m895@verizon.net HR valinsolvang@aol.com IA ianderegg2@gmail.com SC scluff94@gmail.com AE liliaencinas46@gmail.com</p>
<p>Group 2: Have them talk about what song they chose and how it made them feel. If time why?</p>	<p>AH hoohootboo@yahoo.com JB/AB jim@hiddenwings.org DM dsuperfire1@gmail.com SC scluff94@gmail.com AE liliaencinas46@gmail.com LO laurenokpik@gmail.com TG tinalor@msn.com</p>

Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020

❖ Thursday Morning 5.7.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
"What Would Happen If You Didn't Sleep?"	https://www.youtube.com/watch?v=dqONk48I5vY
10 Benefits Of Exercise On The Brain And Body - Why You Need Exercise	https://www.youtube.com/watch?v=yTL_bNvXJ9s

Time	Zoom Link
10:30 am *Workout with Josh *Cooking Discussion/Possible Video or Tutorial	Join Zoom Meeting https://us02web.zoom.us/j/87118127858?pwd=ZDJLcy90eXVKNIk3NEhkaVBjOVNVZz09 Meeting ID: 871 1812 7858 Password: 099650

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

❖ Thursday Afternoon 5.7.2020

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Time	Zoom Link
<p>1:30 pm</p> <p>*"TikTok Dance" Rehearsal/Practice with Jenn *Cottage Kitchen Tutorial Continued *Cooking Group or Drawing Group</p>	<p>Join Zoom Meeting https://us02web.zoom.us/j/83478249412?pwd=OVYzSTg5NIVENWNSQlIQ2R0d kkrZz09 Meeting ID: 834 7824 9412 Password: 926868</p>

<p>Group 1: Drama Part 2, Extended Discussion</p> <p>Aimee Theresa Debbie Alexandra</p>	<p>JK jkieding@comcast.net SB bjarice@aol.com IA ianderegg2@gmail.com JM femtransfan@gmail.com SC scluff94@gmail.com AE liliaencinas46@gmail.com MG m895@verizon.net HR valinsolvang@aol.com</p>
<p>Group 2: Functional Fitness Part 2</p> <p>Jenn Coach Jim Josh</p>	<p>LO laurenokpik@gmail.com CP susyparrott@gmail.com TG tinalor@msn.com MR wbreish@cox.net AH hoohootboo@yahoo.com jB/AB jim@hiddenwings.org DM dsuperfire1@gmail.com</p>

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Week of 5.4.2020 to 5.8.2020

❖ Friday Morning 5.8.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
"Today is May Day.. May 1st. What does that mean?"	https://www.youtube.com/watch?v=i-ulhdrB_rE https://www.history.com/topics/holidays/history-of-may-day
"Family Lock Down Boogie--From Shelby Spears"	https://www.youtube.com/watch?time_continue=87&v=G-ugfNXYcDg&feature=emb_logo

Time	Zoom Link
10:30 am *Workout/Stretching *Harptoons: Find your favorite video and email to mentors *Video Review *Coping Skills Review	10:30 am Zoom Chat Link: Join Zoom Meeting https://us02web.zoom.us/j/88995585847?pwd=bEhZdmZnK3lwbmVOYy9XOFM5S0NXQT09 Meeting ID: 889 9558 5847 Password: 262528

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

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❖ Friday Afternoon 5.8.2020

May change to one group in the afternoon, depending on Mentor needs

Time	Zoom Link
1:30 pm *ZOOM DANCE: Recording Day :)) *Virtual Tour	Join Zoom Meeting https://us02web.zoom.us/j/85296896063?pwd=aHNTbEJCRmlHYzhWY2ExS1dhZ01hZQT09 Meeting ID: 852 9689 6063 Password: 832491

Group 1: Virtual Tour	JK jkieding@comcast.net SB bjarice@aol.com MR wbreish@cox.net MG m895@verizon.net HR valinsolvang@aol.com AH hoohootboo@yahoo.com JB/AB jim@hiddenwings.org DM dsuperfire1@gmail.com
Group 2: Virtual Tour	LO laurenokpik@gmail.com CP susyparrott@gmail.com TG tinalor@msn.com A ianderegg2@gmail.com JM femtransfan@gmail.com SC scluff94@gmail.com AE liliaencinas46@gmail.com