

# Hidden Wings Weekly Plan Outline

## Week of 5.4.2020 to 5.8.2020



### ❖ 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
"Kid Snippets: "Star Wars Cantina" - May the 4th Be With You" <b>Cantina Scene Told by Kids (lol)</b>	<a href="https://www.youtube.com/watch?v=QWk_2VTuKBg">https://www.youtube.com/watch?v=QWk_2VTuKBg</a>
"May the 4th be with you" Music Video but University of Western Australia	<a href="https://www.youtube.com/watch?v=7dl2ST-C3II">https://www.youtube.com/watch?v=7dl2ST-C3II</a>
"Star Wars Undercover Boss: Starkiller Base - SNL"	<a href="https://www.youtube.com/watch?v=FaOSCASqLsE&amp;list=PLS_gQd8UB-hKzUp9s6xcbZui0LxP7XBrA">https://www.youtube.com/watch?v=FaOSCASqLsE&amp;list=PLS_gQd8UB-hKzUp9s6xcbZui0LxP7XBrA</a>

Time	Zoom Link
10:30 am  <b>*Workout with Jenn</b> <b>*Han Solo Dance</b> <a href="https://www.youtube.com/watch?v=EQ-RraV_UhE">https://www.youtube.com/watch?v=EQ-RraV_UhE</a> <b>*Star Wars Drawing Group</b> <b>*Pin the Tail on the Donkey (or the Bun on Leia)</b>  Baby Yoda <a href="https://youtu.be/jiATHPfiQ2w">https://youtu.be/jiATHPfiQ2w</a>  Ewok <a href="https://youtu.be/4GchHDmN8VU">https://youtu.be/4GchHDmN8VU</a>	Join Zoom Meeting <a href="https://us02web.zoom.us/j/89776318252?pwd=ZkdXTk4bGVFbEk0ZiI1VFc0Uy8rUT09">https://us02web.zoom.us/j/89776318252?pwd=ZkdXTk4bGVFbEk0ZiI1VFc0Uy8rUT09</a>  Meeting ID: 897 7631 8252 Password: 073146

★ 12 pm Break for Lunch, 1:1 Chat Time Available

# Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020

## ❖ Monday Afternoon 5.4.2020

<b>Time</b>	<b>Zoom Link</b>
<p>1:30 pm <a href="https://star-wars.ambient-mixer.com/">https://star-wars.ambient-mixer.com/</a></p> <ul style="list-style-type: none"><li>*Movement/Stretching</li><li>*Pin the Tail</li><li>*Drama Game, Star Wars Lines Emotion Game</li><li>*Rock Meditation</li></ul>	<p>Join Zoom Meeting <a href="https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09">https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</a></p> <p>Meeting ID: 849 5654 7309 Password: 807717</p>

<p><b>Group 1:</b></p>	<p><a href="mailto:jkieding@comcast.net">jkieding@comcast.net</a> <a href="mailto:bjarice@aol.com">bjarice@aol.com</a> <a href="mailto:wbreish@cox.net">wbreish@cox.net</a> <a href="mailto:m895@verizon.net">m895@verizon.net</a> <a href="mailto:valinsolvang@aol.com">valinsolvang@aol.com</a> <a href="mailto:hoohootboo@yahoo.com">hoohootboo@yahoo.com</a> <a href="mailto:jim@hiddenwings.org">jim@hiddenwings.org</a> <a href="mailto:laurenokpik@gmail.com">laurenokpik@gmail.com</a></p>
<p><b>Group 2:</b></p>	<p>CP <a href="mailto:susyparrott@gmail.com">susyparrott@gmail.com</a> TG <a href="mailto:tinalor@msn.com">tinalor@msn.com</a> DM <a href="mailto:dsuperfire1@gmail.com">dsuperfire1@gmail.com</a> IA <a href="mailto:ianderegg2@gmail.com">ianderegg2@gmail.com</a> JM <a href="mailto:femtransfan@gmail.com">femtransfan@gmail.com</a> SC <a href="mailto:scluff94@gmail.com">scluff94@gmail.com</a> AE <a href="mailto:liliaencinas46@gmail.com">liliaencinas46@gmail.com</a></p>

# Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020

## ❖ Tuesday Morning 5.5.2020

★ 9:00 am: Chat/Phone Communication Open

Cinco De Mayo

Video Title/Topic	Video Link
Cinco De Mayo: A Celebration of Mexican Heritage   History	<a href="https://www.youtube.com/watch?v=QIICWQyK72Y">https://www.youtube.com/watch?v=QIICWQyK72Y</a>
5 Festive CINCO DE MAYO Facts   5 FACTS	<a href="https://www.youtube.com/watch?v=FyQYwhEQS3o">https://www.youtube.com/watch?v=FyQYwhEQS3o</a>

Time	Zoom Link
10:30 am  <b>*Workout with Josh</b> <b>*Cottage Kitchen: Cinco De Mayo</b> <b>*Gather Ingredients, prep!</b>	Join Zoom Meeting <a href="https://us02web.zoom.us/j/89776318252?pwd=ZkdXTek4bGVFbEk0Zll1VFc0Uy8rUT09">https://us02web.zoom.us/j/89776318252?pwd=ZkdXTek4bGVFbEk0Zll1VFc0Uy8rUT09</a>  Meeting ID: 897 7631 8252 Password: 073146

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

# Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020

## ❖ Tuesday Afternoon 5.5.2020

Time	Zoom Link
<p>1:30 pm</p> <p>*Stretching *Discussion with Shelby *Cooking</p>	<p>Join Zoom Meeting <a href="https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09">https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</a></p> <p>Meeting ID: 849 5654 7309 Password: 807717</p>

<p><b>Group 1:</b></p>	<p>AH <a href="mailto:hoohootboo@yahoo.com">hoohootboo@yahoo.com</a> JB/AB <a href="mailto:jim@hiddenwings.org">jim@hiddenwings.org</a> DM <a href="mailto:dsuperfire1@gmail.com">dsuperfire1@gmail.com</a> SC <a href="mailto:scluff94@gmail.com">scluff94@gmail.com</a> AE <a href="mailto:liliaencinas46@gmail.com">liliaencinas46@gmail.com</a> LO <a href="mailto:laurenokpik@gmail.com">laurenokpik@gmail.com</a> TG <a href="mailto:tinalor@msn.com">tinalor@msn.com</a></p>
<p><b>Group 2:</b></p>	<p><a href="mailto:jkieding@comcast.net">jkieding@comcast.net</a> <a href="mailto:susyparrott@gmail.com">susyparrott@gmail.com</a> <a href="mailto:ianderegg2@gmail.com">ianderegg2@gmail.com</a> <a href="mailto:femtransfan@gmail.com">femtransfan@gmail.com</a> <a href="mailto:bjarice@aol.com">bjarice@aol.com</a> <a href="mailto:wbreish@cox.net">wbreish@cox.net</a> <a href="mailto:m895@verizon.net">m895@verizon.net</a></p>

# Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020

## ❖ Wednesday Morning 5.6.2020

★ 9:00 am: Chat/Phone Communication Open

Prep for Mother's Day (Sunday May 10th)

Video Title/Topic	Video Link
How to Use Tone of Voice & Volume to Communicate with a Customer	<a href="https://study.com/academy/lesson/how-to-use-tone-of-voice-volume-to-communicate-with-a-customer.html">https://study.com/academy/lesson/how-to-use-tone-of-voice-volume-to-communicate-with-a-customer.html</a>
History of Mother's Day   History	<a href="https://www.youtube.com/watch?v=k64ttlyUFvs">https://www.youtube.com/watch?v=k64ttlyUFvs</a>
This mom's video of her acting like her kids is hilarious   GMA Digital	<a href="https://www.youtube.com/watch?v=OrCzpjgurdI">https://www.youtube.com/watch?v=OrCzpjgurdI</a>

Time	Zoom Link
10:30 am  *Workout with Jenn *Tone of Voice Practice *Quick Dance Practice *Canva and Card Making	<u>Join Zoom Meeting</u> <a href="https://us02web.zoom.us/j/89776318252?pwd=ZkdXTek4bGVFbEk0Zll1VFc0Uy8rUT09">https://us02web.zoom.us/j/89776318252?pwd=ZkdXTek4bGVFbEk0Zll1VFc0Uy8rUT09</a>  <u>Meeting ID: 897 7631 8252</u> <u>Password: 073146</u>

★ 12 pm Break for Lunch, 1:1 Chat Time Available

(1:1 chat time open)

# Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020

## ❖ Wednesday Afternoon 5.6.2020

Time	Zoom Link
1:30 pm  *Dance Practice *Party Crashers Game *Tone of Voice Practice or Canva tutorial	<u>Join Zoom Meeting</u> <a href="https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09">https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</a>  <u>Meeting ID: 849 5654 7309</u> <u>Password: 807717</u>

<b>Group 1:</b>	JK <a href="mailto:jkieding@comcast.net">jkieding@comcast.net</a> SB <a href="mailto:bjarice@aol.com">bjarice@aol.com</a> CP <a href="mailto:susyparrott@gmail.com">susyparrott@gmail.com</a> MG <a href="mailto:m895@verizon.net">m895@verizon.net</a> HR <a href="mailto:valinsolvang@aol.com">valinsolvang@aol.com</a> IA <a href="mailto:ianderegg2@gmail.com">ianderegg2@gmail.com</a> SC <a href="mailto:scluff94@gmail.com">scluff94@gmail.com</a> AE <a href="mailto:liliaencinas46@gmail.com">liliaencinas46@gmail.com</a>
<b>Group 2:</b>	AH <a href="mailto:hoohootboo@yahoo.com">hoohootboo@yahoo.com</a> JB/AB <a href="mailto:jim@hiddenwings.org">jim@hiddenwings.org</a> DM <a href="mailto:dsuperfire1@gmail.com">dsuperfire1@gmail.com</a> SC <a href="mailto:scluff94@gmail.com">scluff94@gmail.com</a> AE <a href="mailto:liliaencinas46@gmail.com">liliaencinas46@gmail.com</a> LO <a href="mailto:laurenokpik@gmail.com">laurenokpik@gmail.com</a> TG <a href="mailto:tinalor@msn.com">tinalor@msn.com</a>

# 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
My Vision Board 2020	<a href="https://www.youtube.com/watch?v=Z2YMYsKJOj0">https://www.youtube.com/watch?v=Z2YMYsKJOj0</a>
Vision Board Party Ideas (from 2019)	<a href="https://www.youtube.com/watch?v=2s_6-sGZ0TE">https://www.youtube.com/watch?v=2s_6-sGZ0TE</a>
How To Look Good on Video Calls for Zoom FaceTime Skype	<a href="https://www.youtube.com/watch?v=ACNGhPKnmok">https://www.youtube.com/watch?v=ACNGhPKnmok</a>

Time	Zoom Link
10:30 am  <b>*Workout with Josh</b> <b>*Vision Boards</b> <b>*Finish Mother's Day Crafts</b> <b>*Work on Ecards or regular cards</b>  Heart Lion <a href="https://youtu.be/wSx1Po4wCNw">https://youtu.be/wSx1Po4wCNw</a>	Join Zoom Meeting <a href="https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09">https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09</a>  Meeting ID: 897 7631 8252 Password: 073146

# Hidden Wings Weekly Plan Outline

## Week of 5.4.2020 to 5.8.2020

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

### ❖ Thursday Afternoon 5.7.2020

Time	Zoom Link
1:30 pm  *Stretching *Dance Practice *Vision Boards	Join Zoom Meeting <a href="https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09">https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</a>  Meeting ID: 849 5654 7309 Password: 807717

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



# Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020

## ❖ Friday Morning 5.8.2020

★ 9:00 am: Chat/Phone Communication Open

FUNKY FRIDAY!

Video Title/Topic	Video Link
FLASH MOB DANCE TUTORIAL	<a href="https://www.youtube.com/watch?v=uya-g94oys">https://www.youtube.com/watch?v=uya-g94oys</a>
The do's and don'ts of Zoom video conferencing: Mike Polk Jr.'s instructional video	<a href="https://www.youtube.com/watch?v=kNmqqEwpyu0">https://www.youtube.com/watch?v=kNmqqEwpyu0</a>

Time	Zoom Link
10:30 am  *Workout with Robb? *Vision Boards *Video Review *Counting Meditation Review	Join Zoom Meeting <a href="https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09">https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09</a>  Meeting ID: 897 7631 8252 Password: 073146

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

# Hidden Wings Weekly Plan Outline

Week of 5.4.2020 to 5.8.2020

## ❖ Friday Afternoon 5.8.2020

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

Time	Zoom Link
1:30 pm *Stretching *Explore Harry Potter at Home Harrypotterathome.com	Join Zoom Meeting <a href="https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09">https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</a>  Meeting ID: 849 5654 7309 Password: 807717

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