

Hidden Wings Weekly Plan Outline

Week of 6.8.2020-6.12.2020



❖ Monday Morning 6.8.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
Functional Stretching Hidden Wings Live! (recorded)	https://www.youtube.com/watch?v=0zWObaqFbKo
Workout with Josh Hidden Wings Live! (recorded)	https://www.youtube.com/watch?v=svGOdSCUcDI

Time	Zoom Link
8:30 am--Meet at HW house if you need a Van Ride. 9 or 9:15 am--Meet at Riverview Park <i>**Zoom only if available, otherwise it is cancelled for today, 6/8/2020</i>	Join Zoom Meeting https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09 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 6.8.2020-6.12.2020

❖ Monday Afternoon 6.8.2020

Time	Zoom Link
1:30 pm	Join Zoom Meeting https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09 Meeting ID: 849 5654 7309 Password: 807717

Hidden Wings Weekly Plan Outline

Week of 6.8.2020-6.12.2020

❖ Tuesday Morning 6.9.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
How Important is Sleep for Building Muscle?	https://www.youtube.com/watch?v=pz6TbZ3INV8
What is the Cycle of Anxiety?	https://www.youtube.com/watch?v=-CA9o9OiqM

Time	Zoom Link
10:30 am *Workout with Josh *Boundaries *Breakout Groups *Drama Practice	Join Zoom Meeting https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09 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 6.8.2020-6.12.2020

❖ Tuesday Afternoon 6.9.2020

Time	Zoom Link
1:30 pm *Stretching/Dance *Drama *Cottage Kitchen Prep	Join Zoom Meeting https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09 Meeting ID: 849 5654 7309 Password: 807717

Hidden Wings Weekly Plan Outline

Week of 6.8.2020-6.12.2020

❖ Wednesday Morning 6.10.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
The Try Guys Try Coding With Girls Who Code	https://www.youtube.com/watch?v=H5Vzo-iPGCo
Career Paths animated short	https://www.youtube.com/watch?v=-VasGrFLqW8

Time	Zoom Link
10:30 am *Workout with Jenn *Fitness Discussion *Fitness Full Review *Drama Practice	<u>Join Zoom Meeting</u> https://zoom.us/j/98513376295?pwd=cVcvTDI0UFIjWHQ3TVpCUEY2M1hqdz09 Meeting ID: 985 1337 6295 Password: 1qESUi

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

(1:1 chat time open)

Hidden Wings Weekly Plan Outline

Week of 6.8.2020-6.12.2020

❖ Wednesday Afternoon 6.10.2020

Time	Zoom Link
<p>1:30 pm</p> <p>*Stretching</p> <p>*Cottage Kitchen Prep</p> <p>*Planning and Group Feedback</p>	<p><u>Join Zoom Meeting</u> https://zoom.us/j/97334264182?pwd=OGczM3lkMTE0cWJXVWISQ0pGd1J3dz09</p> <p><u>Meeting ID: 973 3426 4182</u> <u>Password: 5Yew6P</u></p>

Hidden Wings Weekly Plan Outline

Week of 6.8.2020-6.12.2020

❖ Thursday Morning 6.11.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
8 Steps to Career Planning	https://www.youtube.com/watch?v=Bu-pBhM3FJ1o
Top 10 Best CODING GAMES to Learn How to Code!	https://www.youtube.com/watch?v=HM5d-NcXcwA

Time	Zoom Link
10:30 am *Workout with Josh *Cottage Kitchen? *Career Discussion	Join Zoom Meeting https://zoom.us/j/98513376295?pwd=cVcvTDI0UFljWHQ3TVpCUEY2M1hqdz09 Meeting ID: 985 1337 6295 Password: 1qESUi

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

(1:1 chat time open)

Hidden Wings Weekly Plan Outline

Week of 6.8.2020-6.12.2020

❖ Thursday Afternoon 6.11.2020

Time	Zoom Link
1:30 pm *Dance or Tai Chi *Drama *Group Planning	Join Zoom Meeting https://zoom.us/j/97334264182?pwd=OGczM3lkMTE0cWJXVWISQ0pGd1J3dz09 Meeting ID: 973 3426 4182 Password: 5Yew6P

Hidden Wings Weekly Plan Outline

Week of 6.8.2020-6.12.2020

❖ Friday Morning 6.12.2020

★ 9:00 am: Chat/Phone Communication Open

FUNKY FRIDAY!

Video Title/Topic	Video Link
How Stress Affects Your Brain	https://www.youtube.com/watch?v=WuyPuH9ojCE
Despacito Dance	https://www.youtube.com/watch?v=abL55UXZDBw

Time	Zoom Link
10:30 am *Workout with Robb?	Join Zoom Meeting https://zoom.us/j/98513376295?pwd=cVcvTDI0UFljWHQ3TVpCUEY2M1hqdz09 Meeting ID: 985 1337 6295 Password: 1qESUi

★ 12 pm Break for Lunch, 1:1 Chat Time Available
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Week of 6.8.2020-6.12.2020

❖ Friday Afternoon 6.12.2020

Time	Zoom Link
1:30 pm *Richard Simmons *Dance *Drawing group or Drama	Join Zoom Meeting https://zoom.us/j/97334264182?pwd=OGczM3lkMTE0cWJXVWISQ0pGd1J3dz09 Meeting ID: 973 3426 4182 Password: 5Yew6P