

# VIRTUAL



# CONNECTIONS

A program of  Citizens Options Unlimited

## What is Virtual ComeUnity Connections?

Virtual ComeUnity Connections is an engaging, recreation program through ZOOM! Groups of friends gather to learn and socialize in a safe, supervised setting. All classes are personalized and interactive. They are joined by experienced full-time staff members of Citizens Options Unlimited and incorporate guest speakers from around the world. This brochure provide a brief overview and how you can begin this new adventure!

## Who Can Join?

Virtual ComeUnity Connections is for those who are over the age of 18 with intellectual and/or other disabilities. New friends to our program are always welcome!

## Is There a Fee?

This is a Medicaid Waiver funded program. Necessary documents would need to be provided. If the person does not have Medicaid Waiver, alternate funding may be available. Please contact our office to find out more. If living in an agency supervised residence, private pay options will be available.

## How do I sign up?


Simply give us a call or send us an e-mail and we will guide you through the process. 516-626-1000x1452 or [smtorres@citizens-inc.org](mailto:smtorres@citizens-inc.org)

## Once I sign up, do I have to attend all classes?

You may attend as many or few as you would like.

**Is there always someone supervising the virtual program?** Yes, a full-time, team member is always present to monitor and ensure respect between members and ZOOM etiquette is followed.






**Performing Arts: MUSIC  
every day at 3:30pm**

Did you know that music reduces anxiety and decreases stress? Join us for daily music sessions. They include singing, learning about various artist and playing instruments. All abilities are welcome.

**Health & Wellness:  
EVENING STRETCH &  
MEDITATION every night at  
8:30pm**

Meditating before you go to bed **could significantly enhance your night time relaxation**. It could help you sleep better and deeper. Join us every night and reap the benefits of a guided stretch and meditation.



**Recreational Arts: DANCE NIGHT  
every Friday night at 6:30pm**

Themed dance parties are the best way to end the week. Every Friday night we dance the night away. Keep an eye out for the theme of the week to dress up or make song requests!

**Recreational Arts: MOVIE NIGHT  
every Sunday at 6:30pm**

You bring the popcorn and goodies and we will host the movie. Join friends as we watch Disney and other popular movies! Nothing like watching a favorite movie with friends.

**Recreational Arts:  
MAKATON every Saturday  
at 7:30pm**

Makaton is a communicative method. It is similar to sign language. Enjoy learning this through fun, contemporary music!

**Recreational Arts:  
GAME SHOW NIGHT! Every Monday  
at 6:30pm**

Come on Down! You are the next contestant for fun! Family Feud! Jeopardy! Wheel of Fortune! Match Game! Are just some of the fun games we play on Game Show Night!

**Recreational Arts: CREATIVE  
GAMES! Every Wednesday at  
6:30 pm**

Come and enjoy hour of fun-filled drawing games such as Pictionary, Skribl, Collaborative Coloring and more!

**Recreational Arts: BINGO  
Traditional BINGO Every  
THURSDAY at 7:30pm!  
MUSICAL BINGO EVERY  
Sunday @ 1:00PM!**

We can provide to you a digital card or you can bring/make your own. Just be sure to bring your smiles!

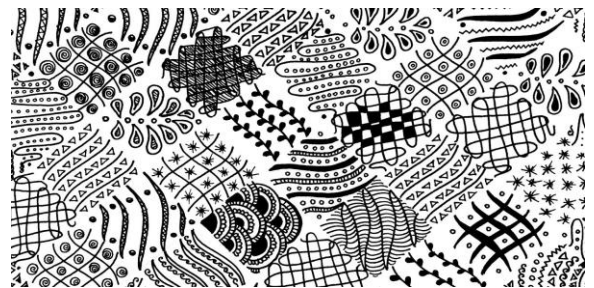
Did you know that there over 100 members of Virtual ComeUnity Connections!

**Recreational Arts:  
BRAIN GAMES! Every  
Tuesday at 6:30pm**

Join friends in fun challenging puzzles and games! Puzzles, quizzes and trivia games that promise to make you think as well as laugh!!

**Recreational Arts: ZENTANGLES  
Every Wednesday at 7:30pm**

Come and enjoy the creative and meditative practice of drawing  
~ZENTANGLES~





Below is an example of a typical, weekly schedule. You may participate in as many as you would like.

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm – 3:00pm	Recreational Arts: Disney Trivia & Disney Name That Tune!	Recreational Arts: Musical Bingo	☺ see you at 3:30pm	☺ see you at 3:30pm	☺ see you at 3:30pm	☺ see you at 3:30pm	☺ see you at 3:30pm
3:30pm – 5:30pm	Performing Arts: Music	Performing Arts: Music	Performing Arts: Music	Performing Arts: Music	Performing Arts: Music	Performing Arts: Music	Performing Arts: Music
6:30pm-8:30pm	Recreational Arts: Learn Makaton/Outburst	Recreational Arts: Movie Night!	Recreational Arts: Wheel of Fortune	Recreational Arts: Brain Games!	Recreational Arts: Pictionary & Zentangles	Recreational Arts: B-I-N-G-O	Recreational Arts Dance
8:30pm - 9:00pm	Evening Stretch & Meditation	Evening Stretch & Meditation	Evening Stretch & Meditation	Evening Stretch & Meditation	Evening Stretch & Meditation	Evening Stretch & Meditation	Evening Stretch & Meditation

"I like Music with Nyle every day! ~ Lauren J.

With talented and upbeat people "Zooming in" from New Zealand, Ireland, Mexico, Jamaica, and other remote locations this program has provided high-quality programming in arts, nature studies, and music and dance for all. Our daughter, April is really enjoying the current Zoom classes!" ~ Stephen K.

I love seeing all of my friends and having a good time! ~Melissa M.



**CONTACT US**

**We are here to assist and support you with any questions you may have or to help you apply. Please contact our offices at 516 626-1000x1452 or e-mail our offices at [smtorres@citizens-inc.org](mailto:smtorres@citizens-inc.org).**