Social Recreation Virtual Programming
Heritage Homes, Inc.

Week of April 20th, 2020:

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<tbody>
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<td>Audio Book Club</td>
<td>National Parks Virtual Tour</td>
<td>Virtual Music Therapy</td>
<td>DIY Sensory Board</td>
<td>Friendship Bracelets</td>
<td>Succulent Plant Pot</td>
<td>Sensory Bottles</td>
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<td>Join our virtual book club! We will be listening to a selected audio book each week!</td>
<td>Tour a variety of our country’s national parks from the comfort of your own home!</td>
<td>Our music therapist, Amanda, will be creating new videos for us to watch each week!</td>
<td>Create your own customized sensory board with tactile and visual objects to explore!</td>
<td>Make your own unique friendship bracelet to remind you of all your friends in the social recreation program!</td>
<td>Create your own succulent plant to decorate your home!</td>
<td>Assemble your own sensory bottle filled with glitter, buttons, and other visual objects!</td>
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Don’t forget to check out Facebook page on Monday, Wednesday, and Friday mornings for the latest weather forecast updates from the Chase Storm Center! Chase is one of our Social Recreation participants who also creates videos to teach us about the weather!
Audio Book Club
Monday, April 20th, 2020

Bambi

Directions:
1. A link to the audio book will be provided the morning of via the Facebook page and email.
2. Once you reach the audio book page, simply click “Start Listening.”
3. Enjoy!
National Parks Virtual Tour
Tuesday, April 21st, 2020

Links will be provided via Facebook and email to various online National Park tours!
Virtual Music Therapy
Wednesday, April 22nd, 2020

Virtual Music Therapy with Amanda from Franciscan Life Process Center.

New videos will be provided via Facebook and email each week!
D-I-Y Sensory Board
Thursday, April 23rd, 2020

Directions:

1. Use the materials provided in your care package to make your own custom sensory board!
2. Glue the visual and tactile objects onto the poster board to create an interactive experience.
3. Use the markers and stickers to personalize your board.
4. An example will be provided on our Facebook page for inspiration!
Friendship Bracelets
Friday, April 24th, 2020

Directions:

1. Use the ribbon, string, and beads provided in your care package to make your own unique friendship bracelets to remind you of your social recreation friends!

2. Carefully thread beads onto your string or ribbon to create a pattern, words, or a random design!

3. Once you have finished your design you can tie your bracelet around your wrist, ankle, or even somewhere on your wheelchair!

4. Video tutorials will be provided on Facebook to guide you and give you inspiration for designs!
D-I-Y Succulent Plant Pot
Saturday, April 25th, 2020

Directions:

1. Use the supplies provided in your care package to make your own succulent plant pot!
2. Place a small block of floral foam inside of each clay pot.
3. Insert the succulents into the foam to ensure they stay in place.
4. Fill remaining gaps with moss for a fully potted look.
5. Add stones and pebbles for more decoration.
6. Use your markers or paint to decorate your pot!
Sensory Bottles
Sunday, April 26th, 2020

Directions:

1. Use the supplies provided in your care package to create your own sensory bottle!
2. Take your empty bottle and fill it with water until it’s about two-thirds full.
3. Add a couple drops of food coloring.
4. Add in the glitter, sequins, and any other visual objects.
5. Get creative with color and mixing different objects together to create a unique sensory experience!