



# SKILLS PLUS PROGRAM

CLASSES START JANUARY 5, 2021- MARCH 5, 2021

NO CLASSES FEB. 15, 2021 - FEB. 19, 2021

## CLASS SCHEDULE

### Tuesday

#### Mobility 1

On-Line  
9:00am- 9:45am

#### Arm Class

On-Line  
10:00am- 10:45am

#### Speech Level 1

On-Line  
11:00am-11:45am

#### New Mobility 3

On-Line  
12:00pm-12:45pm

#### Speech Level 2

On-Line  
1:00pm- 1:45pm

#### Upper Body Exercise Seated & Standing

On-Line  
2:00pm- 2:45pm

### Wednesday

#### Upper Body Exercise

On-Line  
10:00am- 10:45am

#### Speech Level 1

On-Line  
11:00am-11:45am

#### Mobility 2

On-Line  
12:00pm-12:45pm

#### Speech Level 2

On-Line  
1:00pm-1:45pm

#### Communication & Memory

On-Line  
2:00pm- 2:45pm

### Thursday

#### Mobility 1

On-Line  
9:00am- 9:45am

#### Arm Class

On-Line  
10:00am- 10:45am

#### Speech Level 1

On-Line  
11:00am-11:45am

#### New Mobility 3

On-Line  
12:00pm-12:45pm

#### Speech Level 2

On-Line  
1:00pm- 1:45pm

#### Upper Body Exercise Seated & Standing

On-Line  
2:00pm- 2:45pm

### Friday

#### Upper Body Exercise

On-Line  
10:00am-10:45am

#### Speech Level 1

On-Line  
11:00am-11:45am

#### Mobility 2

On-Line  
12:00pm-12:45pm

#### Speech Level 2

On-Line  
1:00pm-1:45pm

#### Communication & Memory

On-Line  
2:00pm-2:45pm

**Payment can be made by:** On-line, calling (408) 423-3500, mailing your registration form along with the payment or in-person. To register on-line and pay on-line for classes, click on the follow links bellow.

- Skills Plus: 6 Online Classes - Dates: 1/5/21 - 3/5/21 \$300 [Click to register](#)
- Skills Plus: 3 Online Classes - Dates: 1/5/21 - 3/5/21 \$175 [Click to register](#)
- Skills Plus: Online Caregiver Class - Dates: 1/12/21 - 2/23/21 \$50 [Click to register](#)  
(Every other week Jan. 12, 26, Feb. 9, 23)
- Skills Plus: Online Game Night - Dates: 1/11/21 - 2/22/21 \$50 [Click to register](#)  
(Every other week Jan. 11, 25, Feb. 8, 22)
- Skills Plus: Individual Communication Class (Online) \$80 [Click to register](#)  
On Mondays - Dates: 1/11/21 - 3/1/21

