

Progressive Comprehensive Services LLC
CEA LIVE! Remote Services – Week at a Glance

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10AM (60 min)		Yoga Amy J & Leona GoToMeeting	Yoga Amy J & Leona GoToMeeting	Yoga Amy J & Leona GoToMeeting	
10:30 (60 min)	Art Debra Zoom	Science/Daily Life Debra Zoom	Music Tony Zoom	Social Group & Feelings Check In Debra Zoom	Wild Card Friday! Debra Zoom
11AM (60 min)	Morning Stretch Gabriel GoToMeeting	Art Amy J & Leona GoToMeeting	Cartooning Dan GoToMeeting	Art Amy J & Leona GoToMeeting	Morning Stretch Gabriel GoToMeeting
11:30 (30 min Or 60)	Tech Skills Debra Zoom	Music Tony Zoom	Skills – CEA Cares on the Job! Debra on Zoom	Music Tony Zoom	Plan Your Week Debra Zoom
12PM (60 or 30 min)	Cooking Leona GoToMeeting	Cooking Leona GoToMeeting	CEA Cares Debra Zoom or World Studies Dan GoToMtg	Lunch Bunch Leona GoToMeeting	Money Skills Shamlee Zoom
12:30 (60 min)	Lunch & a Story Debra Zoom	Personal Develop- Alison Zoom	Lunch Bunch Alison Zoom	Crafting Alison Zoom	Lunch Bunch Tony Zoom
1PM (60 min)			Crafting Leona GoToMeeting	Cooking Leona GoToMeeting	Fitness Leona & Gabriel GoToMeeting
1:30PM (30 min)	Fitness Fun! Gabriel Zoom	Skills Funs! Debra Zoom	Skills Funs! Debra Zoom	Book Club Alison Zoom	Skills – Super Store! Debra Zoom
2PM (60 min)	Yoga Amy J & Leona GoToMeeting	Drama & Cinema Debra Zoom	Dance Amy J Zoom	Pattern Blocks Shamlee Zoom	Art Fun! (Easy) Debra Zoom
3PM (60 min)	Music Tony Zoom	Wellness/Tai Chi Debra Zoom	Cooking Debra Zoom	Photo Forum- Tony Zoom	Music Tony Zoom
4PM (60 min)		Games: Bingo Shamlee Zoom		Games & Social Shamlee Zoom	
6:30PM Or 7PM			Support Groups 1 st Wed of the month		

This schedule is tentative and subject to change. Some programming may be added or shifted.

Here's your guide to help you choose:

PURPLE - Arts & Crafting

DARK BLUE - Basic Skills & Personal Development

GREEN - Daily Living & Life Skills

BROWN - Fitness & Wellness

RED - Music & Creative Movement (Dance)

LIGHT BLUE - Social Development