

Monday November 30, 2020

<https://us02web.zoom.us/j/85129651265>

10:00 am to 10:40 am		<b>We will be making Turkey (or veggie) Pot Pie</b>	Since it is right after Thanksgiving we will be making Turkey (or veggie) Pot Pie. Learn how to make a new dish and all the steps it takes to get there.	<b>Families First Cooking Class</b>
11:00 am to 11:40 am		<b>What is Racism?</b> <i>in plain language</i>	Speaking Up against racism is part of fighting for disability rights. We have easy to read booklets that explains racism. We will discuss what we can do to stop it. We have got to be the ones to change things.	<b>Max and Topper</b>
2:00 pm To 2:40 pm		<b>How to be Independent with Challenges</b>	Live your life fully and as independently as possible. What is "learned helplessness?" How can you take responsibility for the decisions in your life? You can use technology & good old-fashioned communication and organizational skills. Advocate for help when you need it & speak up for yourself when you can do something on your own.	<b>April Hartley and Jacob Weber</b>
3:00 pm to 3:40 pm		<b>Cook Cheaters Chicken and Broccoli Alfredo</b>	Join Chad for an easy to cook meal that could be split up into portions and eaten throughout the week!	<b>Chad Cleverly</b>
6:30 pm to 7:30 pm		<b>Show Your Pets</b>	We would love to meet your pet at our Pet Show & Tell Via Zoom!! Tell us about your pet's favorite things to do. Tell us how you pet brings joy into your life. <b>All are welcome.</b> If you do not have a pet join us to see your friend's pet.	<b>Randy Lizotte And Topper</b>

