**Arts and Crafts**
Join Diane as she guides you through the creative process. Also available as an independent Activity at HAND. (40 Minutes)

**Virtual Outing**
Let's explore the community together from the comfort of your home! (40 Minutes)

**Piano Concert**
Join the HHC Community as Jacob shares his musical talent with a piano concert for us all. Sing-A-Long to follow! (40 Minutes)

**Coffee Club**
Grab a coffee or your favorite beverage and let's share our favorite stories from the week! (40 Minutes)

**Zumba**
Put on your comfy clothes, grab a water bottle, and let's move with Rose! (40 Minutes)

**Karaoke**
Grab your microphone and get ready to sing your favorite song for all to hear! (40 Minutes)

**What are Activities at HAND?**
These quick guides provide structured activities to complete at your leisure! All activities are centered on individual goal accomplishment and relevant program themes.

*Activities at HAND can be accessed through links on the Community Day Services webpage.*

Questions?
Contact Sheila O'Connell, Manager of Day Program
Sheila.OConnell@hhcenter.org

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**Helping Hand Center**
SERVING CHILDREN & ADULTS WITH DISABILITIES