



July Calendar of Virtual Events!

What's a Virtual Exercise/Stretch Class? A group of people who come together for some exercise and stretching so we can move our bodies and have fun! Participants will be notified of weekly exercise routine.

What's Virtual Bingo? Grab your favorite snack and join us for Bingo!

What is Virtual Cooking? Let's get together to make a fun recipe!

Please download the Zoom app. By providing your email address, we will be able to send the Zoom meeting link to you.

Monday, July 5 th	6:30pm – 7:00pm	Exercise/Stretch (Core)
Wednesday, July 7 th	5:00pm – 5:30pm	Craft
Sunday, July 11 th	7:00pm – 7:30pm	Bingo
Monday, July 12 th	6:30pm – 7:00pm	Exercise/Stretch (Floor)
Wednesday, July 14 th	5:00pm – 5:30pm	Craft
Saturday, July 17 th	4:00pm – 5:00pm	Cooking (Recipe TBD)
Monday, July 19 th	6:30pm – 7:00pm	Exercise/Stretch (Standing)
Sunday, July 25 th	7:00pm – 7:30pm	Bingo
Monday, July 26 th	6:30pm – 7:00pm	Exercise/Stretch (Yoga)

Registration Form

Name: _____ District: _____

Activities Interested in: Please check all that apply.

- July 5th Virtual Exercise/Stretch (Core): _____
- July 7th Virtual Craft” _____
- July 11th Virtual Bingo: _____
- July 12th Virtual Exercise/Stretch (Floor): _____
- July 14th Virtual Craft: _____
- July 17th Virtual Cooking: _____
- July 19th Virtual Exercise/Stretch (Standing): _____
- July 25th Virtual Bingo: _____
- July 26th Virtual Exercise/Stretch (Yoga): _____

Age: _____ Phone: _____ e-mail: _____

Photo Release Statement

I understand that my child may be photographed or videotaped during this activity and I release my child’s image for use by TIES.

Parent/Guardian Signature

Date

Participant Signature

Please return this form **as soon as possible** to: Sarah Salamone
20 Diana Drive
Scottsville, New York 14546
Or ssalamone@starbridgeinc.org