

## Hot On Life Session Descriptions

**Wheelchair Dance:** Learn basic and fun Hip Hop moves and a short dance routine.

**Introduction to Wheelchair Sports:** Learn about wheelchair basketball and tennis rules, skills and drills.

**Container Gardening:** Two Projects:

- 1) Potting, planting and caring for a houseplant.
- 2) Creating a succulent terrarium.

**Rolling Travel Access:** Gain insight into travel locations and wheelchair accessibility within the United States and beyond.

**Creative Writing:** Learn how to write your life story using a simple template.

**Home-Based Recreation:** Learn active games that can be played at home either indoors or outside with creative equipment hacks.

### Registration

Name (First and Last Name) \_\_\_\_\_

Email Address (For Zoom Invitation): \_\_\_\_\_

Cell Phone \_\_\_\_\_ Age \_\_\_\_\_

Are you a:  Person with a disability  Family/Friend  Other \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Are you a wheelchair user?  Yes  No

If yes, what kind of wheelchair:  Power wheelchair  Manual wheelchair

### SESSION SELECTION

Choose one activity per time session

**10:30-11:15 a.m.**  Rolling Travel Access  Home-Based Recreation

**1-1:45 p.m.**  Container Gardening  Intro to Wheelchair Sports

**2-2:45 p.m.**  Wheelchair Dance  Creative Writing

Return Registration to Rene' Van Hoorn by Monday, November 2, 2020: [rvanhoor@sbch.org](mailto:rvanhoor@sbch.org)

Session confirmations will be sent with additional resources after receiving registration.