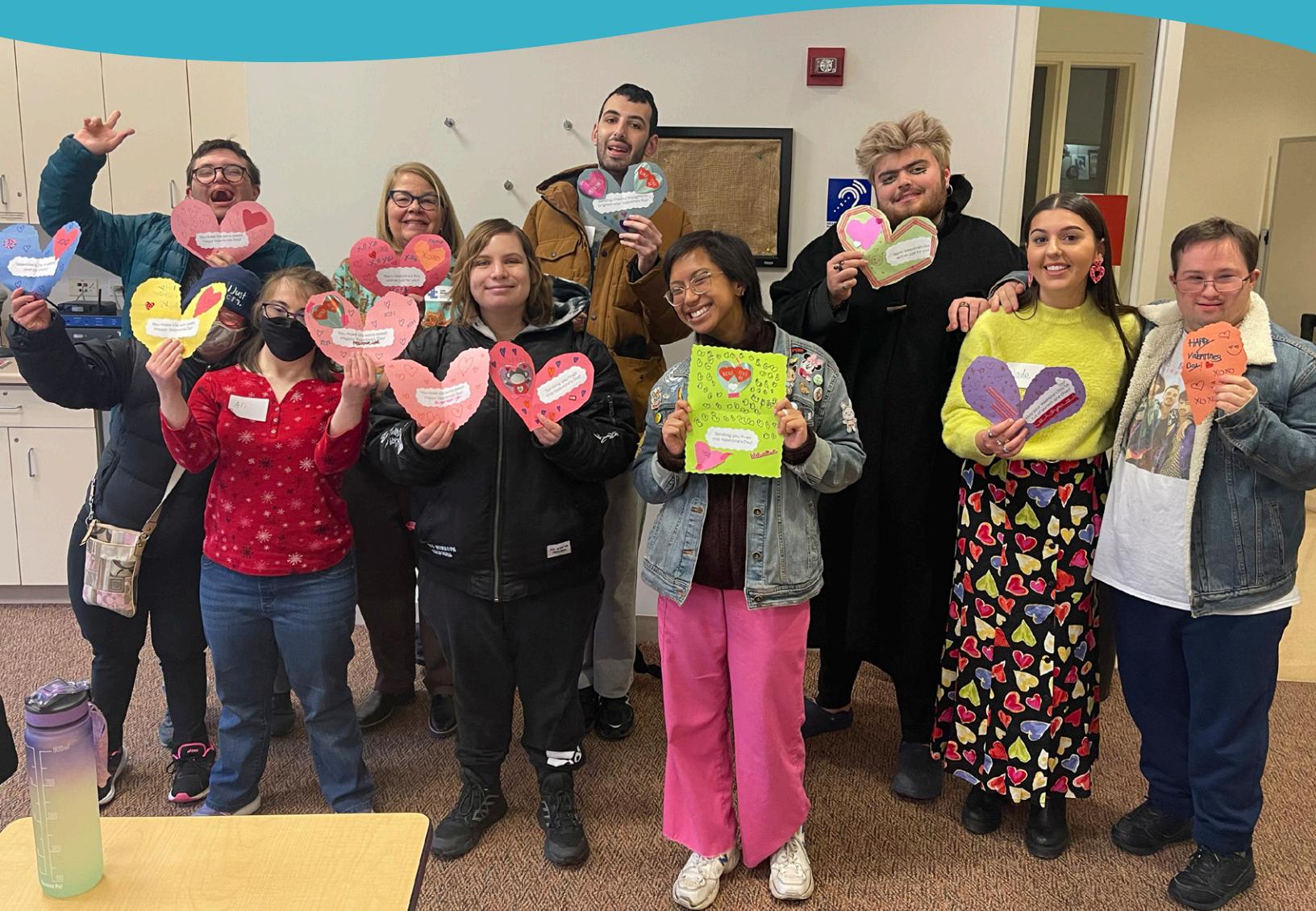


SOCIAL AND LIFELONG LEARNING PROGRAMS

Winter Programming



WHAT'S NEW THIS SESSION?

WEEKDAY PROGRAMS

- ▶ Share with Care: Online Safety Essentials
- ▶ Dating 101: Real Talk, Real Answers
- ▶ Library Life on Thursdays

WEEKEND HIGHLIGHTS

- ▶ Party at the Y
- ▶ Two Sections of Saturday Night Out!



Art Programs

NEW LOCATION! I JUST AM STUDIO

- ▶ **Monday - Coffee with Friends & Open Art Studio, 12:00 - 2:30 pm**
Please note that Coffee with Friends will meet before Open Art Studio. Your fee includes **one free drink** from the I Just Am Studio hospitality bar.
- ▶ **Wednesday - Fine Arts Series, 12:30 - 2:30 pm**
- ▶ **Wednesday - ArtLab, 4:00 - 6:00 pm**

FOOD IN THE STUDIO:

I Just Am Studio allows small snacks. Please do not bring full meals or lunch to eat in the studio.

ART SUPPLIES:

Please bring your own art supplies. This helps you take care of your materials, express your creativity, and use the tools you know best. It also supports independence—an important life skill—and follows common practice in adult art studios.

After you register, you will receive a supply list. You can choose one of the following options:

- 1. Use what you already have at home.**
- 2. Ask TotalLink to purchase the supplies for you.** You will receive an invoice from TotalLink.
- 3. Mix and match.** Bring some supplies from home and purchase the rest using the Amazon links included in the supply list.

REGISTRATION PROCESS

1 **LOOK** • Read through the program guide to find programs of interest. **You can register for multiple programs at once.** The entire registration process takes approximately 10 minutes.

[CLICK HERE to View the Program Calendar](#)

2 **REGISTER** • Click the registration link below. Check the boxes for all programs you'd like to attend. If you need to add programs later, please email Jade Andrews at jandrews@totallink.org for assistance.

[CLICK HERE to register for Session 2 Programs](#)

3 **WATCH** • If a program is full, you'll be **placed on a waitlist** and notified accordingly. Please note that **registrations are not monitored on weekends**. Updates will be shared during the next business week.

PAYMENT & INVOICES

- ▶ TotalLink invoices include a **3% service charge** for credit card payments.
- ▶ **ACH, debit cards, and checks** are accepted with no additional fee.
- ▶ All families will be **invoiced at a later date**. For billing questions, contact Stacy Merrigan at smerrigan@totallink.org.

FINANCIAL ASSISTANCE

We're committed to making our programs accessible to all. To review our updated financial assistance guidelines, [click here](#). If you'd like to apply or update your application, please contact Jade Andrews at jandrews@totallink.org.

PROGRAM POLICIES & GUIDELINES

[CLICK HERE to view TotalLink Program Policies & Guidelines](#)



CONTENTS

Click on the Day to Navigate to Page

5 MONDAY

- 5 Coffee With Friends & Open Art Studio
- 6 Accountability: Semi-Private Coaching **VIRTUAL**
- 6 Gametime Grub

7 TUESDAY

- 7 Morning Meditation (T/Th) **VIRTUAL**
- 7 Community Life: Featuring Total Bowlers
- 8 Total Wellness (Tai Chi) & Healthy Supper Club
- 9 Share with Care - Online Safety Essentials **NEW!** **VIRTUAL**

10 WEDNESDAY

- 10 Total Fitness
- 10 Fine Art Series **NEW!**
- 11 ArtLab for Everyone
- 11 Yoga Nidra **VIRTUAL**

12 THURSDAY

- 12 Morning Meditation (T/Th) **VIRTUAL**
- 12 Library Life **NEW!**
- 13 Yoga
- 13 Sarah's Karaoke Meetup
- 14 Dating 101: Real Talk, Real Answers! **NEW!**
- 14 Dinner With Friends **VIRTUAL**
- 15 The Improvaneer Method **VIRTUAL**

16 FRIDAY

- 16 Make Day & Game Time Meetup
- 16 Dinner & Movie Night Out
- 17 Friday Night Out
- 17 Board Game Cafe

18 SATURDAY

- 18 Girlfriends Group & WERQ
- 18 Heart Words & Tai Chi
- 19 Theater Squad
- 19 Guys Night Out
- 20 Party at the Y **NEW!**
- 21 Guys Night In
- 21 Saturday Night Out

22 OTHER

- 22 1:1 & Semi-Private Coaching
- 22 Employment Services

MONDAY

TotalLink Program Icon Key

-  This is a NEW program!
-  Additional funds are required for this program.
-  There is movement during this program.
-  This is a Social Program.
-  This is a Learning Program.
-  This is a Virtual Program.



\$ Coffee With Friends & Open Art Studio

Day of the Week: Monday

Time: 12:00 - 2:30 pm

Program Dates:

January 5, 12, 19, 26

February 2, 9, 23

March 2, 9, 16, 23, 30

April 6, 13, 20

No Program: February 16 (*President's Day*)

Location: I Just Am Studio

1975 Shermer Road, Northbrook

This creative and hands-on open art studio is ideal for artists who want to independently explore and expand their artistic skills. This program focuses on the self-directed exploration of art skills and techniques. There is no art lesson in the program, but rather an open space and various supplies to create and explore. Bring your art to life or find your inspiration from exploring the work of others.

Enjoy one complimentary beverage at I Just Am's Hospitality Bar, then head into the studio for Open Art Studio. **Please eat lunch before the program. You are welcome to bring a small snack.** The program aims to develop meaningful relationships in an unstructured but supported setting.

Program facilitators:

Jake Bochniak and Wendy Cohn

► **Fee:** \$648

► **Art Supply Kit:** \$80

Please bring your own art supplies.

[See page 2 for details and options.](#)

Monday continued

Accountability: Semi-Private Coaching

Day of the Week: Monday

Time: 5:30 - 6:30 pm*

*BACK TO THE ORIGINAL TIME

Program Dates:

January 5, 12, 19, 26

February 2, 9, 23

March 2, 9, 16, 23, 30

April 6, 13, 20

No Program: February 16 (President's Day)

Location: Zoom

Are you looking to set and reach new goals? Would having a team of people support you help you achieve your dreams? This may just be the class for you! In Accountability, you will participate in team-building games, learn how to set and reach personal goals, celebrate your progress, and engage in interactive and reflective activities with the support of our Accountability Coach and a group of 2-3 other TotalLink peers.

Your goal(s) may focus on health, daily habits, relationships, life skills, or something important to you! Your accountability coach will work with you to set achievable benchmarks and track your progress. At our weekly check-ins, you will report your achievements and be praised by your peers and the accountability coach for your hard work! The group will reach out to each other during the week to provide encouragement and support. This class is a great opportunity to grow as individuals with the caring support of the community.

Coach: Wendy Cohn

 **Fee:** \$450

Gametime Grub NEW TIME!

Day of the Week: Monday

Time: 7:00 - 9:00 pm*

*BACK TO THE ORIGINAL TIME

Program Dates:

January 5, 12, 19, 26

February 2, 9, 23

March 2, 9, 16, 23, 30

April 6, 13, 20

No Program: February 16 (President's Day)

Location: Lazy Dog, Buffalo Wild Wings, Yard House, or Landmark Inn

Join us at this weekly Monday program to enjoy watching sports with friends, strengthen your connections within your community, and practice budgeting skills. Participants will meet at either Buffalo Wild Wings, Lazy Dog, or Yard House for dinner and watch the game on that night. Budgeting and finance conversations are embedded in the evening to practice budgeting when going out with a group of friends.

The cost of dinner is not included in the price of the program.

Program facilitators:

Jake Bochniak and Brian Muetting

 **Fee:** \$510



TUESDAY

Morning Meditation (Meets Tuesday & Thursday)

Days of the Week: Tuesday and Thursday

Time: 10:00 - 10:30 am

Program Dates:

January 6, 8, 13, 15, 20, 22, 27, 29

February 3, 5, 10, 12, 17, 19, 24, 26

March 3, 5, 10, 12, 17, 19, 24, 26, 31

April 2, 7, 9, 14, 16, 21, 23

Location: Zoom

Start your day with calm, clarity, and intention. Morning Meditation meets every Tuesday and Thursday and offers a peaceful space to center yourself before the day begins. Each session includes light breathing exercises, guided meditation, and gentle reflection to help you feel grounded, focused, and ready to take on whatever comes your way. No prior experience needed—just bring yourself and a willingness to start your day with purpose.

Program facilitator: Jade Andrews

 **Fee:** \$320

Community Life: Featuring Total Bowlers

Day of the Week: Tuesday

Time: 12:30 - 2:30 pm

Program Dates:

January 6, 13, 20, 27

February 3, 10, 17, 24

March 3, 10, 17, 24

April 7, 14, 21

Location: Varies based on the week



This program will be offered weekly on Tuesdays, now with two separate groups! Participants will engage in community activities, and on alternating weeks, they will go to Pinstripes to bowl or play bocce and have a meal together. We will have thoughtful conversations about topics that are important to you. The two groups will bowl on opposite weeks.

Our Community Life program offers an opportunity for you to form relationships with community members, local businesses, villages, and townships and see what our community has to offer. We will spend time in Northbrook, Glenview, Highland Park, and Deerfield, engage in friendships, volunteer in our community, develop leadership and advocacy skills, and have fun!

Participants will practice leadership skills through active engagement and awareness of how they can contribute to the group and be self-advocates. They will also learn how to research, plan, and coordinate attending events with their friends in the community.

Given the additional activities we do out in the community, participants may need to bring additional money to pay for meals or activity fees. The program fee includes lunch on the days we go to Pinstripes.

Program facilitators:

Teri Rosenberg, Wendy Cohn, Jade Andrews, and Jacob Cohen

 **Fee:** \$630

Tuesday continued

Total Wellness (Tai Chi) & Healthy Supper Club

Day of the Week: Tuesday

Time:

Total Wellness (Tai Chi): 4:00 - 5:00 pm
Healthy Supper Club: 5:00 - 7:00 pm

Program Dates:

January 6, 13, 20, 27
February 3, 10, 17, 24
March 3, 10, 17, 24
April 7, 14, 21

Location: St. Norbert Catholic Church
1809 Walters Avenue, Northbrook

Total Wellness, which occurs right before Healthy Supper Club, focuses on learning new ways to care for yourself and be in tune with your body and mind. In this session, the group will focus on improving balance, flexibility, and mindfulness through Tai Chi and Meditation. This gentle, low-impact exercise promotes relaxation, coordination, and overall well-being. Guided by an experienced instructor, Helen Green, participants will learn flowing movements that enhance physical and mental health. Whether you're a beginner or have practiced before, this session is a great way to connect with your body and mind. Helen is a wellness expert from Body & Brain. Wendy will also support this program. Please wear comfortable clothing.

Healthy Supper Club allows you to develop your culinary strengths. It is designed for people looking to learn how to prepare and cook nutritious meals with healthy portions. We cultivate an atmosphere of safety, acceptance, independence, innovation, and creativity in the kitchen as we discuss nutrition and caring for our bodies. This cooking program is paired with Total Wellness to help you learn how to be in tune with your body and mind. The fee for this program includes dinner.

Program facilitators:

Wendy Cohn, Brian Muetting, and Helen Green

► **Fee: BOTH Total Wellness & Healthy**

Supper Club: \$1,125

ONLY Total Wellness: \$450

ONLY Healthy Supper Club: \$675



Tuesday continued

Share with Care - Online Safety Essentials

Day of the Week: 3rd Tuesday

Time: 6:00 - 7:00 pm

Program Dates: January 20, February 17,
March 17, April 14

Location: Zoom

This virtual program is on the 3rd Tuesday of the month. Share with Care is a practical and empowering program designed to help adults build confidence and independence while navigating the digital world. Participants will learn how to stay safe online, make informed choices, and use technology in ways that support their well-being and personal goals. Through real-life examples, guided discussions, and hands-on practice, the group will explore topics such as recognizing safe vs. unsafe online behavior, protecting personal information, understanding social media boundaries, and responding to uncomfortable or confusing situations. This program encourages thoughtful decision-making, promotes self-advocacy, and helps each participant feel more capable and confident using technology in everyday life.

Program facilitator: Jade Andrews

 **Fee:** \$84



WEDNESDAY

\$ Total Fitness

Day of the Week: Wednesday

Time: 10:00 am - 12:00 pm

Program Dates:

January 7, 14, 21, 28

February 4, 11, 18, 25

March 4, 11, 18, 25

April 1, 8, 15, 22

Location: Techny Prairie Activity Center
180 Anets Drive, Northbrook

Movement, friends, and fun! If you enjoy getting some movement, hanging with friends, and discussing ways to be healthy, join us for our Total Fitness program at Techny Prairie Activity Center!

Participants will take the W.O.W. (Wonderful Overall Workout) class, walk the track, talk about fitness goals, stretch, and debrief together. This program supports participants' well-being and healthy lifestyles while providing the skills needed to independently access our community workout facilities. The W.O.W. class is a low-impact class that focuses on light cardio, strength, and balance work. **Participants will pay \$12 for the W.O.W. class upon arrival.**

Program facilitator: Jade Andrews

► **Fee:** \$510



Location: I Just Am Studio
1975 Shermer Road, Northbrook

Fine Arts Series is designed for artists who want to dive deeper into specific art techniques and topics. Through guided instruction and creative experimentation, participants will learn, practice, and apply new skills to create meaningful, original artwork. Each class explores a focused area of art—such as drawing, painting, mixed media, or specialty techniques—giving artists the chance to grow their abilities, try new approaches, and express themselves with confidence.

Please note that this class can be broken up into two eight-week sessions. The first session will focus on drawing and painting, while the second session focuses on sculpture and ceramics. You may register for one or both of these sessions.

This series supports skill development at all levels and celebrates each artist's unique style and creative voice.

*Program facilitators:
Jake Bochniak and Jade Andrews*

► **Fee:** Whole Session - \$568
First 8 Weeks - \$284
Second 8 Weeks - \$284

► **Art Supply Kit:** \$80

*Please bring your own art supplies.
See page 2 for details and options.*

Fine Art Series

Day of the Week: Wednesday

Time: 12:30 - 2:30 pm

Program Dates:

January 7, 14, 21, 28

February 4, 11, 18, 25

March 4, 11, 18, 25

April 1, 8, 15, 22

Wednesday continued

ArtLab for Everyone

Day of the Week: Wednesday

Time: 4:00 - 6:00 pm

Program Dates:

January 7, 14, 21, 28

February 4, 11, 18, 25

March 4, 11, 18, 25

April 8, 15, 22

No Program: April 1

Location: I Just Am Studio
1975 Shermer Road, Northbrook

This program encourages artistic independence and individual growth by providing opportunities to explore a variety of mediums and creative techniques.

Facilitators will guide artists in developing their own artistic process, fostering self-expression and experimentation. While the focus is on creative exploration, some artists prefer step-by-step guidance, and the facilitators are happy to adapt and provide instruction as needed. Artists will be introduced to diverse styles, methods, and materials, inspiring them to discover new possibilities in their work. Whether you're a seasoned artist or just beginning your creative journey, this hands-on class is a space to explore, create, and grow in a supportive community.

Program facilitators:

Jake Bochniak and Jade Andrews

► **Fee:** \$612

► **Art Supply Kit:** \$80

Please bring your own art supplies.

[See page 2 for details and options.](#)

Yoga Nidra

Day of the Week: Wednesday

Time: 8:15 - 9:15 pm

Program Dates:

January 7, 14, 21, 28

February 4, 11, 18, 25

March 4, 11, 18, 25

April 8, 15, 22

No Program: April 1

Location: Zoom

This program meets every Wednesday of the session. This unique yoga practice focuses on breathing, meditation, and awareness. You will need quiet and space to lie down. There are no yoga poses, as the whole practice is in Shavasana, a resting position. Yoga Nidra is known to improve the functioning of the nervous system, decrease anxiety, and improve your mood.

Program facilitator:

Nadia Flodstrom from CNTR Yoga

► **Fee:** \$294



THURSDAY

Morning Meditation (Meets Tuesday & Thursday)

This program meets virtually twice a week. Information regarding this program is listed in the Tuesday section on page 7.

Library Life

Day of the Week: Thursday

Time: 12:30 - 2:30 pm

Program Dates:

January 8, 15, 22, 29

February 5, 12, 19, 26

March 5, 12, 19, 26

April 2, 9, 16, 23

Location: Northbrook Public Library
1201 Cedar Lane, Northbrook

Join TotalLink to Community for a weekly small group experience at the Northbrook Public Library—a place full of discovery, creativity, and connection! Together, we'll explore all the library has to offer while becoming confident and comfortable using its many resources.

Each week, participants can choose how they'd like to enjoy their time at the library with the guidance and support of TotalLink facilitators. Options may include:

- Exploring the Collaboratory Maker Space to create and learn hands-on.
- Relaxing in quiet spaces to read, journal, or enjoy a personal hobby.
- Volunteering with library projects and giving back to the community.
- Discovering new media—books, movies, music, and more.
- Participating in mini learning topics like nutrition, sign language, or other group interests.

This program also celebrates the power of community and routine. Regular visits help participants get to know library staff, build comfort, and form meaningful relationships. Over time, the group and library team will learn from one another—creating a welcoming and inclusive space where everyone belongs.

Whether you come to explore, create, learn, or simply relax, the library offers something for everyone! This program pairs nicely with yoga which occurs at the library from 3:00 - 4:00 pm.

*Program facilitators:
Jake Bochniak and Wendy Cohn*

 **Fee:** \$544



Thursday continued

Yoga

Day of the Week: Thursday

Time: 3:00 - 4:00 pm

Program Dates:

January 8, 15, 22, 29

February 5, 12, 19, 26

March 5, 12, 19, 26

April 2, 9, 16, 23

Location: Northbrook Public Library
1201 Cedar Lane, Northbrook

Pairing nicely with Library Life. Join us in engaging in self-care and exercise that promotes healthy living. We will focus on teaching yoga concepts such as breathing, balance, strength, and flexibility. Yoga poses and salutations are adapted to support all participants.

*Program facilitator: Kruti Macklin,
certified Yoga instructor*

 **Fee:** \$352



Sarah's Karaoke Meetup

Day of the Week: 3rd Thursday

Time: 4:00 - 6:00 pm

Program Dates: January 22, February 19,
March 19, April 16

Location: Madame ZuZu's Cafe
1876 1st Street, Highland Park

Whether you can carry a tune or not, we're all stars during Sarah's Karaoke Meetup, so join us! The mission of Sarah's Karaoke Meetup is to bring people who love music together for singing, friendship, and fun!

Madame ZuZu's is a fun, modern, and exciting location with both food and beverages. When you arrive, feel free to grab something to eat or drink, then come enjoy time singing with your friends! Sign up at the table up front with your favorite party song.

A Community Coach from TotalLink will attend the event from 4:00 - 6:00 pm to promote social engagement and support participation. If you or your family member benefits from more support or one-to-one support at public community events that involve sitting and listening independently to a speaker or socializing with the public, please reach out to Jade Andrews at jandrews@totallink.org. The Community Coach may contact the family if additional support is needed.

Community coach: Jade Andrews

 **Fee:** FREE

Thursday continued

Dating 101: Real Talk, Real Answers!

Day of the Week: Thursday

Time: 4:15 - 5:15 pm

Program Dates:

January 8, 15, 29

February 5, 12, 26

March 5, 12, 26

April 2, 9, 23

No Program: 3rd Thursday of the month

Location: TotalLink to Community

1200 Shermer Road, Northbrook

Dating 101 is a safe place to learn about our physical bodies, who we are, and what we believe. We will offer this class at the TotalLink office, and we will cover topics on sexual health and reproduction, our physical anatomy, healthy communication, gender identity, developing healthy relationships, body image, physical attraction, consent, sexual harassment, self-advocacy, romantic relationships, etc. This is a space to better understand who we are as people and about relationships (friendships, employer/employee, intimate, etc.). Join us for a time to connect, reflect, and access sexual education topics. The content of this program will come from the ElevateUs Curriculum, a sexual education curriculum designed for people with developmental disabilities.

Please note that this program requires four registrants to allow for the most meaningful discussions. If the roster does not reach four, we will reach out to explore other options with you.

Program facilitator: Jade Andrews

 **Fee:** \$360

Dinner With Friends

Day of the Week: Thursday

Time: 5:00 - 6:00 pm

Program Dates:

January 8, 15, 22, 29

February 5, 12, 19, 26

March 5, 12, 19, 26

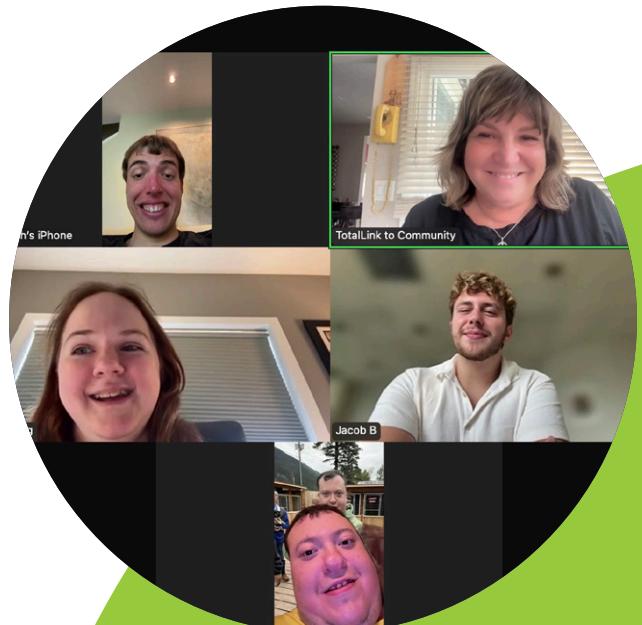
April 2, 9, 16, 23

Location: Zoom

This program meets every Thursday of the session. Join us for a virtual Dinner With Friends, where participants enjoy conversation around meaningful topics to get to know one another in different areas of their lives (i.e., friendship, self-advocacy, dating, healthy living, etc.). Come to the meeting with your meal and be ready to share what you made and something about it. Most of all, be ready for some great dinner conversation!

Program facilitator: Jake Bochniak

 **Fee:** \$240



Thursday continued

The Improvaneer Method

Day of the Week: Thursday

Time: 7:00 - 8:00 pm

Program Dates:

January 8, 15, 22, 29

February 5, 12, 19, 26

March 5, 12, 19, 26

April 2, 9, 16, 23

Location: Zoom

Laughter, connection, and discovery come to life in TotalLink's Improvaneer Method Online! This engaging and interactive class harnesses the power of improvisation to build essential life skills—all while having a blast. With a supportive and humor-filled atmosphere, participants naturally develop key abilities such as:

- **Teamwork & Problem-Solving** – Working together to create scenes and navigate challenges.
- **Confidence & Communication** – Strengthening voice projection, eye contact, and self-expression.
- **Resilience & Adaptability** – Practicing ways to handle frustration and unexpected situations with flexibility, problem-solving, and creative thinking.

Using a **scaffolding approach**, each session carefully builds on previous lessons, ensuring that skills are developed step-by-step. Activities are tailored to each individual's abilities, creating a space for **fun-filled discovery** without pressure.

One of the biggest joys of the class?

Connection and reprieve. Participants walk in giddy with anticipation, ready to share laughs and creativity with their peers. Through playful exercises—like reimagining the frustrations of standing in a long line—learning happens naturally, without even realizing it!

[Click here](#) to watch a video of Improvaneers playing the game Breaking News.

Program facilitators:

Improvaneer Method's Derick Cox and Liz Kutinsky

► **Fee:** \$352



FRIDAY

Make Day & Game Time Meetup

Day of the Week: Friday

Time: 1:00 - 3:00 pm

Program Date: January 16

Location: I Just Am Studio
1975 Shermer Road, Northbrook

Join us for a free TotalLink Meetup to create products for our Total Goodness product line, play games, and volunteer our time to support TotalLink! We will spend time chatting, crafting, and enjoying one another's company.

Community Coaches from TotalLink will attend the event to promote social engagement and support participation. If you or your family member benefits from one-to-one support at public community events that involve sitting and listening independently to a speaker or socializing with the public, please reach out to Jade Andrews at jandrews@totallink.org. The Community Coach may contact the family if additional support is needed.

*Community coaches:
Jake Bochniak and Jade Andrews*

 **Fee:** FREE

Dinner & Movie Night Out

Day of the Week: 3rd Friday

Time: 5:00 - 9:00 pm

Dinner and movie times vary based on the movie available.

Program Dates: January 23, February 20, March 20, April 17

Location: AMC Northbrook Court
1525 Lake Cook Road, Northbrook
OR
Landmark at the Glen
1850 Tower Drive, Glenview

Join your friends at AMC Northbrook Court or the Landmark at the Glen for fun on Friday! Come for great chats, lots of laughs, and a good time. Eat dinner together while discussing movie reviews and the cast at Tony and Bruno's (AMC Northbrook Court), Noodles and Company, or Potbelly (Landmark at the Glen). We select our theaters and movies based on the best films and times available.

This program occurs on the 3rd Friday of each month. **The price of the movie ticket and dinner are not included in the cost of the program.**

Check out the menu here:
[Tony & Bruno's menu](#)
[Noodles & Company menu](#)
[Potbelly menu](#)

*Program facilitators:
Jade Andrews and Wendy Cohn*

 **Fee:** \$240

Friday continued

Friday Night Out

Day of the Week: 1st Friday

Time: 5:00 - 8:00 pm

Program Dates: January 9, February 6, March 6, April 3

Location: Varies based on the date

Kick off your weekend with Friday Night Out! This fun and social monthly program takes place on the first Friday of each month. The group will enjoy a night out in the community at some of their favorite places—a local concert, comedy show, Painted Penguin, Madame Zuzu's, local sports games, community events, etc., as well as dinner together.

Friday Night Out is the perfect way to build friendships, practice social skills in the community, and have a blast! Drop-off and pickup will be at the determined location for the night.

The cost of community activities and dinner are not included in the program fee.

Program facilitators:

Jake Bochniak and Jade Andrews

 **Fee:** \$204

Board Game Cafe

Day of the Week: 2nd & 4th Friday

Time: 5:30 - 7:30 pm

Program Dates:

January 16, 30
February 13, 27
March 13, 27
April 10, 24

Location: Cafe Zupas
711 Deerfield Road Unit C, Deerfield

Are you looking to connect with your friends and enjoy time together? Join us every other Friday for Board Game Cafe! Meet at Cafe Zupas with your ideas and your board games and be ready for some gameplay while also developing closer friendships. **Participants may choose to purchase snacks or beverages while at the program. This cost is not included in the fee for the program.**

Program facilitators:

Jake Bochniak and Brian Muetting

 **Fee:** \$272



SATURDAY

Girlfriends Group & WERQ

Day of the Week: 1st and 3rd Saturday

Time:

WERQ: 1:00 - 1:45 pm

Girlfriends Group: 1:45 - 3:45 pm

Program Dates:

January 10, 24

February 7, 21

March 7, 21

April 4, 18

Location: St. Norbert's Church

1809 Walters Ave., Northbrook

Activities may occur within walking distance.

If you enjoy developing meaningful friendships, creativity (arts & crafts, cooking), playing games, or volunteering with fun-loving girlfriends, this group is for you! This is an opportunity for a small group of women to develop and strengthen friendships, gain confidence in community settings, and create new friendships. There will be a focus on fostering connections among group members in and outside of scheduled group meetings.

WERQ is a fun and inspiring dance class that is accessible to all dance abilities and levels. Come ready to dance, engage in self-care, and enjoy yourself with your friends! Feel empowered and entertained, and celebrate one another through dance.

Program facilitators:

Jade Andrews, Katherine Rosenberg, and Analisa Martorano

WERQ facilitator: Leah Silverman

► **Fee:** BOTH Girlfriends Group & WERQ: \$376

ONLY Girlfriends Group: \$272

ONLY WERQ: \$104

Heart Words & Tai Chi

Day of the Week: 2nd and 4th Saturday

Time:

Tai Chi at Body and Brain: 1:00 - 2:00 pm
1947 Cherry Ln, Northbrook*

Heart Words at Bean Bar: 2:00 - 3:30 pm
1901 Cherry Ln, Northbrook*

Program Dates:

January 17, 31

February 14, 28

March 14, 28

April 11, 25

***Location:** *The locations are in same plaza and are walking distance from one another.*

This gentle, low-impact exercise promotes relaxation, coordination, and overall well-being. Guided by an experienced instructor, participants will learn flowing movements that support both physical and mental health. Open to beginners and experienced practitioners alike, Tai Chi offers a meaningful way to connect body and mind. Please wear comfortable clothing.

Helen, a wellness expert from Body & Brain, will lead this session, with additional support from Wendy. Together, they create a welcoming environment that encourages participants to engage in self-care and mindful movement.

Heart Words is an inclusive community for writers of all abilities. Through inspiring verbal and visual prompts, facilitators encourage self-expression of emotions, imagination, experience, and heart. Participants are invited to share their writing with the group in a supportive setting.

Program facilitators:

Jake Bochniak and Jade Andrews

Tai Chi instructor: Helen Green

► **Fee:** \$380

Saturday continued

Theater Squad

Day of the Week: Saturday

Time: 1:30 - 4:30 pm

Please note that the ending time may vary depending on the show.

Program Date: TBD

Location: TBD

Theater Squad offers a fun way to enjoy high-quality musical productions with roots in the community through various local theatre companies. More information to follow. Please note that if you have a TotalLink program conflict - reach out to Jade. We will provide you with credit for the conflict.

Program facilitator: Jade Andrews

👉 **Fee:** \$60 (Fee subject to change depending on cost of tickets)



Guys Night Out

Day of the Week: 1st Saturday

Time: 5:00 - 9:00 pm

Program Dates: January 10, February 7, March 7, April 4

Location: Varies based on the month

Pick up/drop off at TotalLink to Community 1200 Shermer Rd., Northbrook

On the 1st Saturday, the group will enjoy a night out in the community at some of their favorite places. Participants and facilitators will meet at TotalLink and drive together to dinner and an activity nearby.

The cost of dinner and the activity are not included in the fee.

Program facilitators:

Jake Bochniak, Andrew Millen, and Brian Muetting

👉 **Fee:** \$272



Saturday continued

Party at the Y

Day of the Week: 2nd Saturday

Time: 5:00 - 8:00 pm

Program Dates: January 17, February 14, March 14, April 11

Location: North Suburban YMCA
2705 Techny Road, Northbrook

On the 2nd Saturday of each month, there will be a focus on making friends, friendly competition, and exploring common interests. Regular get-togethers foster a sense of community, friendship, and confidence.

Party at the Y is a Saturday night celebration for adults with disabilities who want to have fun, connect with friends, and try new activities in a welcoming community space. Each month offers something different at the Northbrook YMCA, including Tipsy Toes dancing, Paint & Sip, Pickleball, and Pool Party nights. Participants can relax, move, create, or play in a supportive environment that encourages friendship and joy. Dinner will be served from a variety of local restaurants, giving each event a special treat. Party at the Y is all about community, good energy, and a great night out.

Program facilitators:
Jake Bochniak and Wendy Cohn

 **Fee:** \$320

No additional money is needed. This fee includes both the activity and dinner.



Saturday continued

Guys Night In

Day of the Week: 3rd Saturday

Time: 5:00 - 8:00 pm

Program Dates: January 24, February 21, March 21, April 18

Location: Village Church of Northbrook
1300 Shermer Rd., Northbrook

On the 3rd Saturday, there will be a focus on making friends and exploring common interests through interactive activities and games to get everyone up and moving. Regular get-togethers foster a sense of community, friendship, and confidence. At each meeting, there will be a topic of discussion (friendship, relationships, etc.), dinner, and active gameplay. We will order pizza together, then walk over to Lou Malnati's or Sarpinos to pick it up when it's ready, or shop at Sunset Foods for groceries to make DIY pizzas, then eat together. The price of this program includes dinner.

Program facilitators:

Jake Bochniak and a facilitator who will be announced soon

 **Fee:** \$240

Saturday Night Out

Day of the Week: 4th Saturday

Time: 5:00 - 8:00 pm

May vary based on the activity/meal selected

Program Dates: January 31, February 28, March 28, April 25

Location: Varies based on the date

Cap off your weekend with Saturday Night Out, now with two groups! This exciting monthly program happens on the fourth Saturday of each month and offers a fun, social evening in the community. Whether it's exploring a local event, enjoying dinner together, or discovering hidden gems in the area, participants will have a blast making new memories and building friendships.

Saturday Night Out is a fantastic opportunity to practice social skills, try something new, and enjoy the company of friends in a relaxed, supportive setting. Drop-off and pickup will be at the designated location for each event.

The cost of community activities and dinner is not included in the program fee.

We plan to offer two Saturday Night Out Groups on the same night at the same time in an effort to meet the needs of our waitlist. The groups will visit different activities each month. More information will be provided once we have a registration list. Group accommodations are made for carpooling, location conveniences, and safety.

Program facilitators:

Andrew Milen, Analisa Martorano, Katherine Rosenberg, and Jake Bochniak

 **Fee:** \$204

OTHER

1:1 & Semi-Private Coaching

TotalLink to Community is proud to offer one-on-one individual and semi-private (2-3 people) coaching in a variety of areas. This is an opportunity to work privately with a coach on a goal that is important to you.

Coaching areas may include but are not limited to art, cooking, yoga, technology, life skills (including self-advocacy, problem-solving, etc.), building a meaningful schedule, meal preparation, and budgeting.

Coaching services are provided in a variety of settings (at our office, a local coffee shop, in the adult's home, or over Zoom) and typically last anywhere from 30 to 120 minutes.

Progress towards your goal is monitored monthly, including a meeting with your circle of support two months into your coaching. At this meeting, the team will decide the next best time to meet for a progress check-in.

Please contact Jade Andrews at jandrews@totallink.org to schedule an introductory call. If you decide to move forward with coaching, we will have a goal-setting meeting to identify your most important goal of interest. TotalLink works with several coaches that may be a good fit for you. Once we identify the right coach, they will arrange a meet and greet to get to know you and create a coaching schedule.

1:1 coaching is a partnership between TotalLink, the participant, and the family. In order to participate in coaching, we ask that those involved [review and sign the 1:1 Coaching Agreement](#).

► **Fee:** Introductory Call – No fee

Goal-Setting Meeting/Coaching/Progress Check Meetings – \$60/hr

Employment Services



We believe EVERYONE wants the opportunity to contribute and belong to their community.

We believe EVERYONE has talents, skills, and abilities to share with the rest of the world.

We believe that giving individuals an opportunity to work provides a critical foundation for building a meaningful life.



Interested in learning more?
Contact Lauren Feldman
Director of Programs & Employment Services
lfeldman@totallink.org



Have a question or want more information?

Please contact:

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Jade Andrews

Program Manager

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