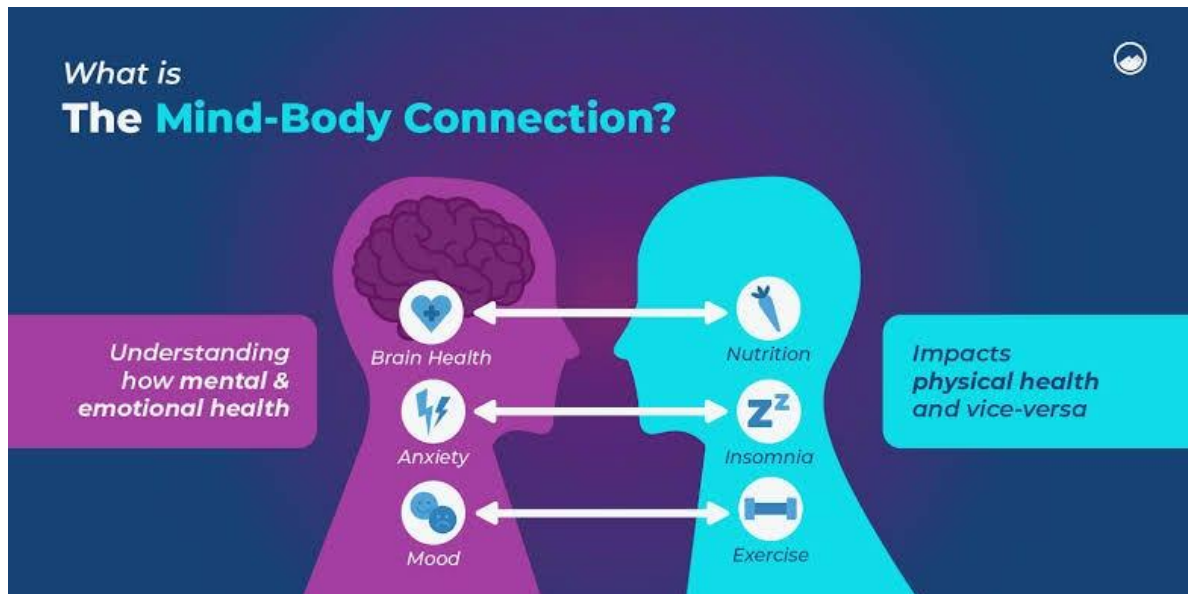




# Fun, **A**dvocacy, and **B**rainpower

## Physical and Mental Health



# Agenda



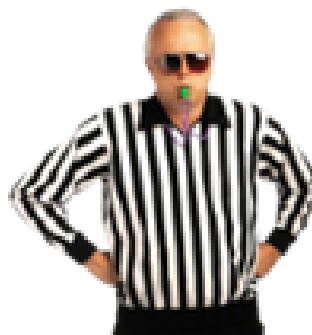
# Introductions



# Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.
- ✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.





# Fun Games



**Game** Sorry! is a classic, fast-paced 2-4 player family board game (ages 6+) where the goal is to be the first to move all four of your pawns from Start to Home by navigating a board. Players use a deck of cards to move, slide, jump, and "bump" opponents back to the start, often with dramatics  
<https://www.google.com/search?q=sorry+board+games+rules>

[How to play Pictionary | ESL Activities & Classroom Games](#)

Freeze Dance is an active game where participants dance to music and must instantly stop moving when the music pauses.

If you win the lottery...

What would you do with the money?

Would you still be working?

Ask everyone in the group the question.

There are no right or wrong answers.

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!
- ✓ End with asking if anyone has any questions or comments.



# Brainpower

## Information and Resources to Empower



### SA Members to be Self-Advocates

**If you are looking to run a Self-Advocacy meeting, you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes, and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.**

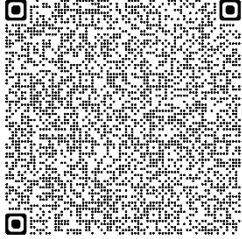


[Hot Tub Benefits: 7 Health Benefits of Soaking in a Hot Tub](#)





<https://www.amanet.org/the-7-habits-of-highly-effective-people/?pcrid=&pmt=b&pkw=habits%20s>



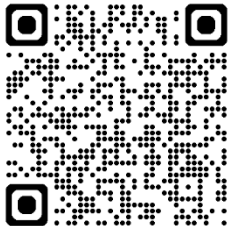
<https://mhanational.org/resources/31-tips-to-boost-your-mental-health>



<https://www.youtube.com/watch?v=NQcYZpITXnQ>



[Zesty recipes to boost mood and mental health | UCI Health | Orange County, CA](#)



# Virtual Board



## Cooking Ideas and Exercise

### Recipies

#### Sicilian Chicken and Vegetable Skewers with Pesto Farro



#### Ingredients

Chicken skewers



1 lb chicken breast, cut into small bite-size pieces



2 tablespoons olive oil



1 large lemon, zested and juiced



1 teaspoon dried oregano



1 teaspoon dried basil



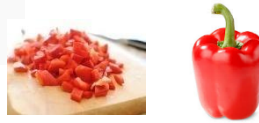
1 teaspoon granulated garlic



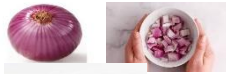
½ teaspoon kosher salt



1 red bell pepper cut into 1-inch squares



1 red onion, cut into 1-inch pieces



1 zucchini, cut into ½-inch rounds



Lemon, cut into wedges for serving



Farro



1 cup farro, rinsed



3 tablespoons homemade or store-bought pesto



Directions

Combine chicken with olive oil, lemon juice, lemon zest, oregano, basil, garlic, salt and pepper.



Mix well, set aside to marinate for 20 minutes.



Skewer vegetables and chicken.



Preheat grill to medium-high, about 400 degrees.



Place skewers on grill, rotating frequently for 10-15 minutes, or until chicken is cooked through (165 degrees).



Alternately, skewers can be baked in a 400-degree oven for 15 minutes, or until the chicken reaches 165 degrees.



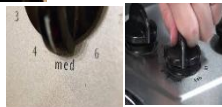
For farro:



Bring 4 cups of water to a boil and place farro in water.



Reduce heat to medium-high and cook farro 30-35 minutes, until tender.



Drain farro then stir in pesto.



Serve the farro with chicken skewers, adding extra lemon wedges.





<https://www.allrecipes.com/recipe/22137/strawberry-angel-food-dessert/>

**Prep Time:**

15 mins

**Total Time:**

15 mins

**Servings:**

18

- Ingredients 1 (10 inch) angel food cake
- 2 (8 ounce) packages cream cheese, softened
- 1 cup white sugar
- 1 (8 ounce) container frozen whipped topping, thawed
- 1 quart fresh strawberries, sliced
- 1 (18 ounce) jar strawberry glazed



## **Directions**

Step 1. Gather all ingredients.

Step 2. Crumble or cut cake into bite-sized pieces. Arrange in a 9x13-inch dish.

Step 3. Beat cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping.

Step 4. Press cake down to form a layer. Spread cream cheese mixture over cake layer.

Step 5. Combine strawberries and glaze in a bowl until strawberries are evenly coated.

Step 6. Spread over cream cheese layer.

Step 7. Chill until serving

# Pizza Grilled Cheese Sandwich



**you will  
need:**



**Two slices of  
bread**



**Mozzarella  
Cheese**



**Pepperoni**



**Mayonnaise**

**tools:**



**Pan or griddle**



**Spatula**



**Knife**



**Plate**

# Instructions:

1



Turn burner on medium high



Slice cheese



Spread mayo on bread

2



Place 1 piece of bread in pan mayo, side down



Place cheese on top of bread



Place pepperoni on top of cheese



Place cheese on top of pepperoni



Place second slice of bread on top, mayo side up

3



When brown on the bottom, flip it over with spatula



When other side is brown, remove to a plate



Don't forget to turn off the burner!



Slice in half to cool and enjoy!

# Pizza Grilled Cheese Sandwich

## Ingredients

- 2 slices of bread
- mozzarella cheese
- pepperoni
- mayonnaise

## 1

Turn burner on medium high

Slice cheese

Spread mayo on cheese

## 2

Place 1 piece of bread in pan, mayo side down

Place cheese on top of bread

Place pepperoni on top of cheese

Place cheese on top of pepperoni

Place second slice of bread on top. mayo side up

## 3

When brown on the bottom, flip it over with spatula

When other side is brown, remove to a plate

Don't forget to turn off the burner!

Slice in half to cool and enjoy!

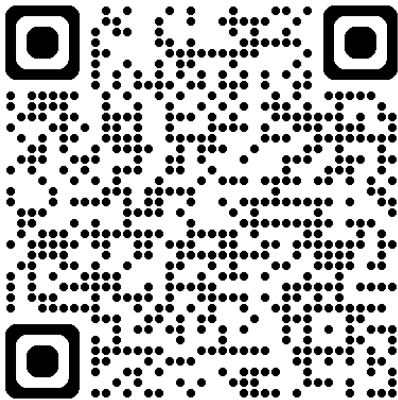
## Chicken boil



### Recipe

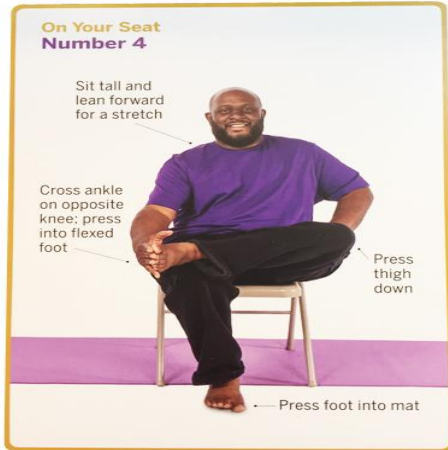
Click the link below for the recipe

<https://www.isdinner-ready.com/blog/blog-post-four-hef9c-bp5be>

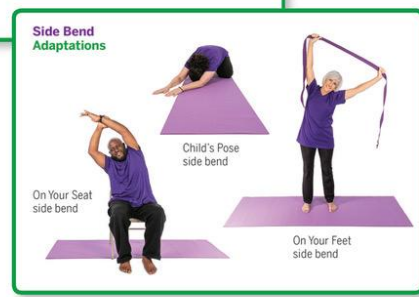


# Exercises

## On Your Seat, Feet or Mat - Adaptive Yoga



## On Your Seat, Feet or Mat - Adaptive Yoga



Click on the links for more information

[https://www.youtube.com/watch?v=qT\\_lf5HrNGo&t=2s](https://www.youtube.com/watch?v=qT_lf5HrNGo&t=2s)

<https://gracefullygreying.com/News/on-your-seat-feet-or-mat-adaptive-yoga>



## Specialized trainer helps adults with disabilities stay

[fithttps://www.youtube.com/watch?v=KjgdSrtRyDU](https://www.youtube.com/watch?v=KjgdSrtRyDU)

