

FAB

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



September FAB Topic Voting

Agenda:



Introductions:



welcome everyone to your meeting.

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



- ✓ Enjoy playing one or more of the games for the month.
- ✓ 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.



Games



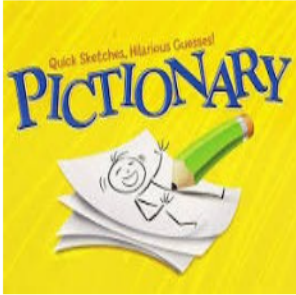
Brainpower – Information and resources to empower SA members to be Self-Advocates

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.

Voting Card Game



Pictionary



Pictionary. A homemade version of **Pictionary** consists of paper and pen. You can either make cards with random subjects to draw or you can search up a .. You could just choose your own topic and the other has to guess from your drawing. You could make up rules to make it more fun!!!



Would You Rather? Junk Food Edition 🍔🍟 | Food Quiz

[Would You Rather Junk Food Edition](#)



https://en.wikipedia.org/wiki/Political_party



[How many political parties are there in the U.S.? | Britannica](#)



<https://www.usa.gov/who-you-can-vote-for>



[Solutions for Five Common ADA Access Problems at Polling Places | ADA.gov](#)



[Accessible Elections - Information for Election Officials: Understanding Disability](#)



[Best Practices: Accessibility In-Person Voting](#)



Self – Advocacy information for FAB topic Voting 2025 -2026
[its of Self-Advocacy and How to Stand Up For Yourself](#)



Virtual Board



Cooking Ideas and Exercise



Recipes

Enchurritos



you will need:



Frozen Burritos



Enchilada Sauce



Shredded Cheese



Sour Cream



Salsa



Avocado



Cooking Spray

tools:



Casserole Dish



Oven



Oven Mitts

steps

1



Preheat oven to 375



Spray dish with cooking spray

2



Arrange burritos in dish



Pour enchilada sauce on top



Bake for 30 minutes

3



Take out of oven and sprinkle with cheese



Bake for 5 minutes



Add your favorite toppings

Ingredients

- frozen burritos
- enchilada sauce
- shredded cheese
- sour cream
- salsa
- avocado
- cooking spray

Step

1. Preheat oven to 375 Spray dish with cooking spray

2. Arrange burritos in dish
Pour enchilada sauce on top

3. Bake for 30 minutes

Take out of oven and sprinkle with cheese

Bake for 5 minutes

Add your favorite toppings and enjoy!

Quick Peach Fruit Salad



you will need:



1 package strawberries



1 package grapes



3 bananas



1 can peach pie filling

tools:



large bowl



mixing spoon



knife



cutting board



can opener



spatula



colander

steps

1



Wash



strawberries



and grapes.

2



Put grapes



in bowl.

3



4



5



6



Peach Fruit Salad Recipe

Fruit Popsicles



you will need:



strawberries



oranges



kiwi



mango



blackberries



mango juice



orange juice



strawberry lemonade

tools:



popsicle mold



popsicle stick



knife



cutting board



freezer



bowl for each fruit



measuring cup

Burrito bowl with chipotle black beans
















Serves 2

Easy

Prep: 15 mins Cook: 15 mins

Ingredients

- 25g [basmati rice](#) 
- 1 tbsp [olive oil](#) 
• 2 [garlic cloves](#) 
chopped
- 400g can black beans 
drained and rinsed
- 1 tbsp [cider vinegar](#) 


- 1 tsp [honey](#) 
• 1 tbsp [chipotle paste](#) 
• 100g [chopped curly kale](#) 
• 1 [avocado](#) 
halved and sliced
- 1 [medium tomato](#) 
chopped
- 1 [small red onion](#) 
chopped

To serve (optional)

- [Chipotle](#) 

Hot sauce



• Coriander



Leaves



Lime Wedges

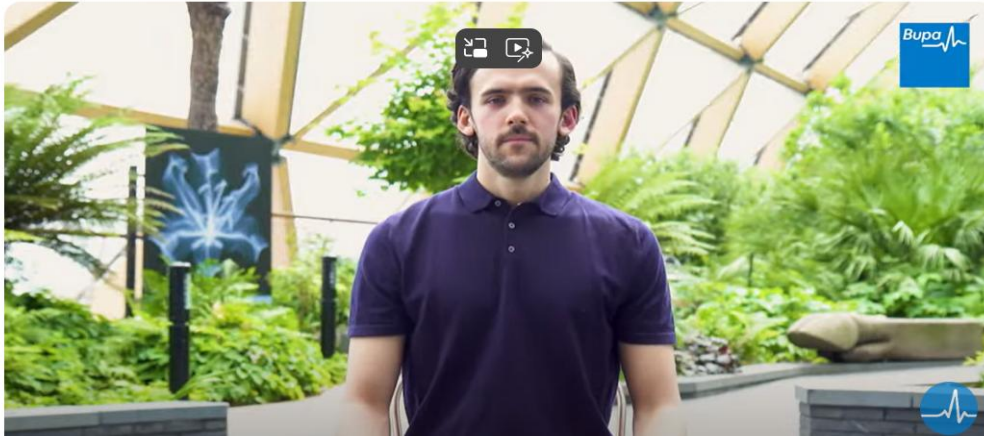


Step 1. Cook the rice following pack instructions, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.

Step 2.

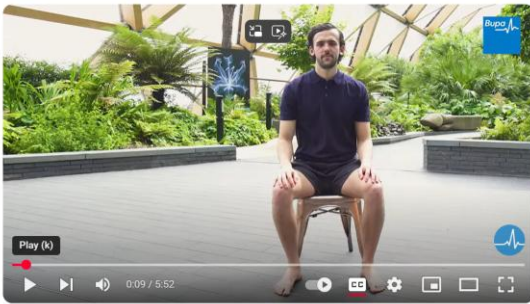
Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and lime wedges, if you like. [Enjoy !!!](#)

Exercises

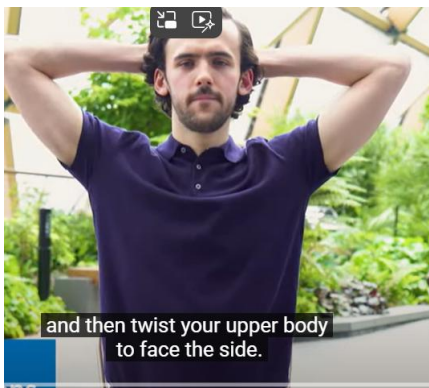


[Chair](#)
[Yoga](#) -
click the
blue link to
watch the

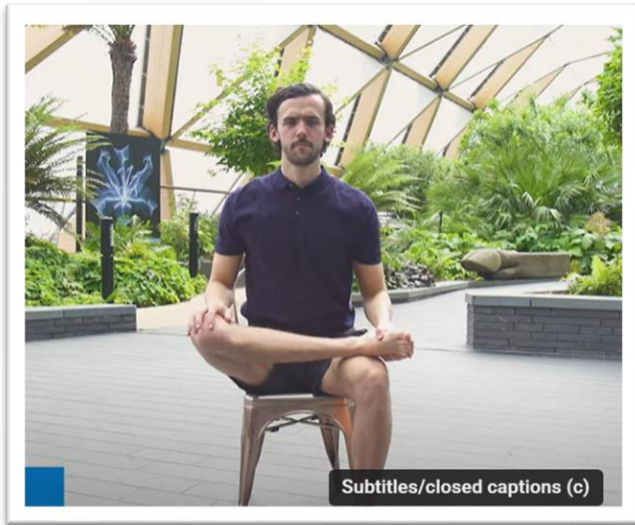
video.



Hands on both knees and practice deep breathing



Both hands behind head and twist upper body side to side



Lift your leg up and place on your opposite knee.



12 Minute Walk at Fat Burning Pace | Walk at Home

[Walking Exercise Video](#)



Wheel Chair Zumba

Chair Fitness Low Impact Workout | Easy Seated Exercise |



30 Minutes | Limited Mobility Home Workout
[Chair Fitness](#)