

April-May-June 2018



Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am-11am	Coffee Connection	Coffee Connection	Coffee Connection	Coffee Connection	Coffee Connection
11am-12pm	Yoga	Adapted Fitness	Yoga	Adapted Fitness	Yoga
12pm-1pm	Community Kitchen	Community Kitchen	Community Kitchen	Community Kitchen	Community Kitchen
1pm-2pm	Film and Media	Mindful Practice	Cooperative Games	Community Outings	Film and Media
2pm-3pm	Walking Group Language Skills	Walking Group Music Therapy	Walking Group Meditation	Walking Group 1:1 Music Therapy	Walking Group Tai Chi
3pm-4pm	Karaoke Art and Craft	Karaoke Art and Craft	Karaoke Art and Craft	Karaoke Art and Craft	Karaoke Art and Craft