

January-February-March 2018



Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am-11am	Breakfast Club Coffee Connection	Breakfast Club Coffee Connection	Breakfast Club Coffee Connection	Breakfast Club Coffee Connection	Breakfast Club 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	Mindful Practice	Film and Media
2pm-3pm	Walking Group Language Skills	Walking Group Music Therapy	Walking Group Meditation	Walking Group Meditation	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