

# July-August-September 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	Self-Management Workshops	Community Outings	Film and Media
2pm-3pm	Speech and Literacy	Music Therapy	Speech and Literacy	Music Therapy	Tai Chi
3pm-4pm	Art and Craft	Art and Craft	Art and Craft	Art and Craft	Art and Craft
4pm -5pm	Karaoke	Karaoke	Karaoke	Karaoke	Karaoke