



# January-February-March 2019

## Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am-11am	Coffee Connection	Coffee Connection & Breakfast Club	Coffee Connection	Coffee Connection	Coffee Connection in the Community
11am-12pm	Yoga & 1:1 Music (11am – 4pm)	Fitness	Yoga	Fitness	Yoga
12pm-1pm	Community Kitchen	Community Kitchen	Community Kitchen	Community Kitchen	Cultural Community Kitchen (12pm -2pm)
1pm-2pm	Film and Media	Meditation	Group Music Jam	Baking 101	Film and Media
2pm-3pm	Speech and Literacy	Knitting	Speech and Literacy & 1:1 Music	Geocaching Walking Group	Gardening
3pm-4pm	Art and Craft	Art and Craft	Art and Craft	Art and Craft	Art and Craft
4pm -5pm	Karaoke	Karaoke	Karaoke	Karaoke	Karaoke