

THERAPEUTIC RECREATION January 2018

Monday's Art & Wellness: arts, crafts, cooking, poetry, meditation, mindfulness, horticulture, etc...

Wednesday's Therapeutic Fine Arts: music, dance, drama, humor, culture, etc...

Thursday's Leisure & Adventure: games, sports, leisure education, outdoor-based, nature-based, adventure-based, STEM, etc...

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Agency Closed, No Programming	2 5:30-6:30p: Latin Dance	3 10a-12p: Chair Dancing	4 10a-12p: Board Games 5-6:30p: Yoga	5	6
7	8 10a-12p: No Bake	9 5:30-6:30p: Latin Dance	10 10a-12p: Drum Circle	11 10a-12p: Seated Soccer 5-6:30p: Yoga	12	13 10a-12p: Saturday Arts
14	15 Agency Closed, No Programming	16 5:30-6:30p: Latin Dance	17 10a-12p: Improv	18 10a-12p: Emotions Bingo 5-6:30p: Yoga	19	20
21	22 10a-12p: Meditation	23 5:30-6:30p: Latin Dance	24 Time TBA: Art Museum Field Trip	25 NO PROGRAMMING	26	27
28	29 10a-12p: Horticulture	30 5:30-6:30p: Latin Dance	31 10a-12p: Humor Therapy			

Schedule subject to change. For up-to-date information please call 216-658-4600.