

THERAPEUTIC RECREATION March 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 10a-12p: Candle Making 5-6:30p: Yoga	2	3
4	5 10a-12p: Canvas Art	6 NO EVENING PROGRAMS	7 10a-12p: Storytelling	8 10a-12p: Leisure Exploration 5-6:30p: Yoga	9	10 10a-12p: Saturday Arts
11	12 10a-12p: Self Esteem Enhancement	13 5:30-6:30p: Latin Dance	14 10a-12p: Irish Culture	15 10a-12p: Jeopardy 5-6:30p: Yoga	16	17
18	19 10a-12p: Cooking	20 5:30-6:30p: Latin Dance	21 10a-12p: Mystery Role-Playing	22 10a-12p: Conversation Jenga 5-6:30p: Yoga	23	24
25	26 10a-12p: Mindfulness	27 5:30-6:30p: Latin Dance	28 10a-12p: Drum Circle	29 10a-12p: Urban Hike 5-6:30p: Yoga	30	31

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