*East Village May 2024*

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| **MONDAY** | **TUESDay** | **wEDNESDAY** | **tHURSDAY** | **Friday** |
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Mon.-Th: - 9-9:50 PhysicalTues.&Thurs.-10-10:50Life Skills Mon. & Wed.–10-10:50 Therapeutic Tues. & Thurs.- 11-11:50 Art Mon.&Wed.-11-11:50 Academic |

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| 1 |

TE/ Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 9:00-9:50: Wellness Walk/ Chair Yoga (TE) 10:00-10:50: Poetry (TE) /Priorities (JM)11:00-11:50: Science (JM) History (TE) 12:00-12:50: Lunch-TE / Member1:00-Bye:  |

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| 2 |

Jill / BC 7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-9:50: Chair Yoga (TE& BC) /Wellness Walk (JM)10:00-10:50: Priorities (JM)`11:00-11:50: Painting Rocks (JM, TE, & BC)12:00pm 12:50: Lunch-Faith / Member1:00-Bye: Foodbank: |

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| 3 |

 TE / Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(JM)9:00-9:50: Wellness Walk (JM)/ Chair yoga (TE)10:00-10:50 Fun Friday- Games (JM) &(TE)11:00-11:50 Fun Friday- Bingo (JM)12:00-12:50 Lunch- TE/Member1:00-Bye: Where Green for Mental Health MonthCopa Cookies:  |
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| 6 |

Jill/ TE7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-9:50: Weight Training (TE) Wellness Walk (JM)10:00-10:50: (Problem Solving(JM) Emotional Resiliency (TE)11:00-11:50: Science (JM)12:00-12:50: Lunch- (JM) & Member1:00-Bye:   |

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| 7 |

 Jill/ TE7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00- 8:50Wellness Hour-Dee9:00-9:50: Chair Yoga (BC)9:00-9:50: W.R.A.P.(TW)10:00-10:50 Spiritual Wellness (TE)11:00-11:50: Collages (TE & TW)12:00-12:50: Lunch-Jill / Member1:00-Bye: Ryan OffThomas Training 1-3pm  |

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| 8 |

TE/ Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee9:00-9:50-Chair Yoga (TE)10:00-10:50: Proud Moments (JM)/ Communication (TE)11:00-11:50: Math Facts (TE)Science (JM)12:00-12:50: Lunch- Jill/ Member1:00-Bye: Ryan offThomas Training 8-12 |

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| 9 |

Jill / BC7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-9:50: Chair Yoga (TE) Wellness Walk (JM)10:00-10:50: Responsibilities & Priorities (JM)/ Interpersonal skills (TE)11:00-11:50: Mother’s Day Cards (JM & TE)12:00-12:50: Lunch-TW / Member1:00-Bye:  |

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| 10 |

 TE / Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(JM)9:00-9:50: Line Dancing (TE) / Wellness Walk (JM)10:00-10:50 Fun Friday-Bingo (JM)/Games (TE&BC)11:00-11:50 Fun Friday- Corn Hole (JM & TE)12:00-12:50 Lunch- TE/Member1:00-Bye:Where Green for Mental Health Month |
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| 13 |

TE / Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00 Equine Therapy9:00-9:50: Weight Training (Wellness Walk (JM))10:00-10:50: Reading (TE) (Problem Solving (JM)11:00-11:50: Science (JM)/ 12:00-12:50: Lunch- Jill & Member1:00-Bye:  |

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| 14 |

Jill / TE7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee9:00-9:50: Chair Yoga (TE & BC)/ 9:00-9:50: W.R.A.P.(TW)10:00-10:50: Budgeting TE)11:00-11:50: Color by number (TE) 12:00-12:50: Lunch-Jill / Member1:00-Bye:  |

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| 15 |

 TE/ Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee9:00-9:50 Chair Yoga (JM)10:00-10:50: Communication (TE) Responsibilities & Priorities (JM)11:00-11:50: Reading (TE)12:00-12:50: Lunch-JM / Member1:00-Bye:  |

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| 16 |

Jill / BC7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-9:50: Wellness Walk (JM) 10:00-10:50: Self Love (TE) /Forgiveness tips & Activities (JM & BC)11:00-11:50: Collages (JM & TE & BC) 12:00-12:50: Lunch- Jill/ Member1:00-Bye: Food bank |

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| 17 |

TE/Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(JM)9:00-9:50: Line Dancing (TE) / Wellness Walk (JM)10:00-10:50 Fun Friday-Bingo (JM& TE)11:00-11:50 Fun Friday- Bowling (JM& TE)12:00-12:50 Lunch- TE/Member1:00-Bye: Where Green for Mental Health Month |
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| 20 |

TE / JM7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-Equine Therapy9:00-9:50: Weight Training (Wellness Walk (JM)10:00-10:50: Coping Skills (TE) (Problem Solving (JM)11:00-11:50: Science (JM)/ Resiliency and Recovery (TW)12:00-12:50: Lunch- (JM) & Member1:00-Bye:  |

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| 21 |

Jill / TE7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee9:00-9:50: Chair Yoga (Faith)/ 9:00-9:50: W.R.A.P.(TW)10:00-10:50: Spiritual Wellness (TE & Faith) W.R.A.P.(TW)11:00-11:50: Color by numbers (TE)/ Sketching ()12:00-12:50: Lunch- / Member1:00-Bye:   |

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| 22 |

TE/ Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee9:00-9:50 Chair Yoga-(TE)10:00-10:50: Proud Moments (JM)11:00-11:50: Brain Facts (JM)12:00-12:50: Lunch- / Member1:00-Bye:  |

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| 23 |

Jill / BC 7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-9:50: Chair Yoga (TE)/Wellness Walk (JM)10:00-10:50: Environmental (JM) /Positive Self Talk (Faith) 11:00-11:50 sketching (JM)12:00pm 12:50: Lunch-Jill Member1:00-Bye:  |

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| 24 |

TE / Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(TE))9:00-9:50: Line Dance (TE) / Wellness Walk (JM)10:00-10:50 Fun Friday-Movie (TE & JM)11:00-11:50 Fun Friday-Movie (TE &JM)***Staff Meeting Closing at 12:00pm***Where Green for Mental Health Monthjm)11:00-11:50 Fun Friday- Movie 12:00-12:50 Lunch- TE/Member1:00-Bye:  |
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| 27 |

 Closed in Observance of Memorial Day |

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| 28 |

 Jill/ TE7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee9:00-9:50: Chair Yoga 9:00-9:50: W.R.A.P.(TW)10:00-10:50: Budgeting (10:00 W.R.A.P. (TW)11:00-11:50: Color by number (Faith)12:00-12:50: Lunch-/ Member1:00-Bye:   | TE / Jill

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| 29 |

7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee9:00-9:50 Yoga (JM )9:00-9:50 Open Gym Deepractice-TE10:00-10:50: Problem Solving (JM)11:00-11:50: Current Events (JM)12:00-12:50: Lunch- (Jill)/ Member1:00-Bye:  |   Jill / BC

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| 30 |

7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee9:00-9:50: Chair Yoga (Faith) 9:00-9:50: W.R.A.P.(TW)10:00-10:50 Spiritual Wellness (TE)11:00-11:50: Color by numberJM)12:00-12:50: Lunch-Jill / Member1:00-ByeFood Bank |

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| 31 |

TE / Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(JM)9:00-9:50: Wellness Walk (JM)/ Chair yoga (TE)10:00-10:50 Fun Friday- Games (JM) &(TE)11:00-11:50 Fun Friday-Bingo (JM)12:00-12:50 Lunch- TE/Member1:00-ByeWhere Green for Mental Health Month. |



**Remember to be healthy by eating a good breakfast before attending the Village.**

**We provide lunch daily; coffee is also provided in the mornings.**

**Due to unforeseen circumstances the calendar may change, thank you for understanding.**

****** Ryan Poulson: District Manager

 Jill Murdock: Program Coordinator

 Contact Information

 924 North Country Club

 Mesa, Arizona 85201

 480-222-0078