*Shape, circle

Description automatically generatedEast Village May 2024*

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| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDay** | **wEDNESDAY** | **tHURSDAY** | **Friday** |
| |  | | --- | |  |   Mon.-Th: - 9-9:50 Physical  Tues.&Thurs.-10-10:50Life Skills  Mon. & Wed.–10-10:50  Therapeutic  Tues. & Thurs.- 11-11:50 Art  Mon.&Wed.-11-11:50 Academic | |  | | --- | |  | | |  | | --- | | 1 |   TE/ Jill  7:00-7:50: Arrival  8:00-8:50: 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 / Member  1:00-Bye: | |  | | --- | | 2 |   Jill / BC  7:00-7:50: Arrival  8:00-8:50: 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 / Member  1:00-Bye:  Foodbank: | |  | | --- | | 3 |   TE / Jill  7:00-7:50: 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/Member  1:00-Bye:  Where Green for Mental Health Month  Copa Cookies: |
| |  | | --- | | 6 |   Jill/ TE  7:00-7:50: Arrival  8:00-8:50: 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) & Member  1:00-Bye: | |  | | --- | | 7 |     Jill/ TE  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00- 8:50Wellness Hour-Dee  9:00-9:50: 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 / Member  1:00-Bye:  Ryan Off  Thomas Training 1-3pm | |  | | --- | | 8 |   TE/ Jill  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee  9:00-9:50-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/ Member  1:00-Bye:  Ryan off  Thomas Training 8-12 | |  | | --- | | 9 |   Jill / BC  7:00-7:50: Arrival  8:00-8:50: 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 / Member  1:00-Bye: | |  | | --- | | 10 |     TE / Jill  7:00-7:50: 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/Member  1:00-Bye:  Where Green for Mental Health Month |
| |  | | --- | | 13 |   TE / Jill  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(JM)  9:00 Equine Therapy  9:00-9:50: 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 & Member  1:00-Bye: | |  | | --- | | 14 |   Jill / TE  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee  9:00-9:50: 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 / Member  1:00-Bye: | |  | | --- | | 15 |   TE/ Jill  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee  9:00-9:50 Chair Yoga (JM)  10:00-10:50: Communication (TE) Responsibilities & Priorities (JM)  11:00-11:50: Reading (TE)  12:00-12:50: Lunch-JM / Member  1:00-Bye: | |  | | --- | | 16 |   Jill / BC  7:00-7:50: Arrival  8:00-8:50: 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/ Member  1:00-Bye:  Food bank | |  | | --- | | 17 |   TE/Jill  7:00-7:50: 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/Member  1:00-Bye:  Where Green for Mental Health Month |
| |  | | --- | | 20 |   TE / JM  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(JM)  9:00-Equine Therapy  9:00-9:50: 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) & Member  1:00-Bye: | |  | | --- | | 21 |   Jill / TE  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee  9:00-9:50: 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- / Member  1:00-Bye: | |  | | --- | | 22 |   TE/ Jill  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee  9:00-9:50 Chair Yoga-(TE)  10:00-10:50: Proud Moments (JM)  11:00-11:50: Brain Facts (JM)  12:00-12:50: Lunch- / Member  1:00-Bye: | |  | | --- | | 23 |   Jill / BC  7:00-7:50: Arrival  8:00-8:50: 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 Member  1:00-Bye: | |  | | --- | | 24 |   TE / Jill  7:00-7:50: 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 Month  jm)  11:00-11:50 Fun Friday- Movie  12:00-12:50 Lunch- TE/Member  1:00-Bye: |
| |  | | --- | | 27 |     Closed in Observance of Memorial Day | |  | | --- | | 28 |   Jill/ TE  7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee  9:00-9:50: 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-/ Member  1:00-Bye: | TE / Jill   |  | | --- | | 29 |   7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee  9:00-9:50 Yoga (JM )  9:00-9:50 Open Gym Dee  practice-TE  10:00-10:50: Problem Solving (JM)  11:00-11:50: Current Events (JM)  12:00-12:50: Lunch- (Jill)/ Member  1:00-Bye: | Jill / BC   |  | | --- | | 30 |   7:00-7:50: Arrival  8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee  9:00-9:50: 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 number  JM)  12:00-12:50: Lunch-Jill / Member  1:00-Bye  Food Bank | |  | | --- | | 31 |   TE / Jill  7:00-7:50: 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/Member  1:00-Bye  Where Green for Mental Health Month. |

Icon

Description automatically generated with medium confidence

**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.**

***A qr code and a logo

Description automatically generated*** Ryan Poulson: District Manager

Jill Murdock: Program Coordinator

Contact Information

924 North Country Club

Mesa, Arizona 85201

480-222-0078