*East Village April 2024*

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| **MONDAY** | **TUESDay** | **wEDNESDAY** | **tHURSDAY** | **Friday** |
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| 1 |

Jill/ Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee8:30-11:00 Outing: Gym (Faith)9:00-9:50 Yoga (JM )9:00-9:50 Open Gym Dee9:00-11:50am Outing Kickball practice-TE10:00-10:50: Problem Solving (JM)11:00-11:50: Current Events (JM)12:00-12:50: Lunch- (Jill)/ Member1:00-Bye:  |

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| 2 |

TE / Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee8:30-11:00 Outing: Gym (TE)9:00-9:50: Chair Yoga (Faith) 9:00-9:50: W.R.A.P.(TW)10:00-10:50 Spiritual Wellness (Faith)11:00-11:50: Color by number(Faith)12:00-12:50: Lunch-Jill / Member1:00-Bye:  |

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| 3 |

TE/ Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee8:30-11:00 Outing: Gym (Faith)9:00-9:50: Chair Yoga (TE) 10:00-10:50:) /Problem Solving (JM)/Communication (TE)11:00-11:50: Science (JM)12:00-12:50: Lunch-TE / Member1:00-Bye:  |

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| 4 |

Jill / Faith/ JM 7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)8:30-11:00-Outing Gym-(TE)9:00-9:50: Chair Yoga/Wellness Walk (JM)10:00-10:50: Conflict Resolution (Faith) / Priorities (JM)`11:00-11:50: Painting Rocks (JM &Faith)12:00pm 12:50: Lunch-Faith / Member1:00-Bye: Foodbank: |

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| 5 |

 TE / Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(JM)8:30-11:00 Outing: Gym (Faith)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: Copa Cookies:  |
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| 8 |

Jill/ Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-9:50: Weight Training (Wellness Walk (JM)9:00-11:30 Outing Equine Therapy (TE)9:00-11:50amOuting Kickball practice (FAITH)10:00-10:50: (Problem Solving(JM)11:00-11:50: Science (JM)12:00-12:50: Lunch- (JM) & Member1:00-Bye:   |

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| 9 |

 TE /Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00- 8:50Wellness Hour-Dee8:30-11:00 Outing: Gym (TE)9:00-9:50: Chair Yoga (Faith)/ 9:00-9:50: W.R.A.P.(TW)10:00-10:50 Spiritual Wellness (Faith)11:00-11:50: Collages (Faith)12:00-12:50: Lunch-Jill / Member1:00-Bye: Ryan OffThomas Training 1-3pm  |

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| 10 |

TE/ Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee8:30-11:00 Outing: Gym (Faith)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 & Faith)12:00-12:50: Lunch- Jill/ Member1:00-Bye: Ryan offThomas Training 8-12 |

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| 11 |

Jill / Faith/ JM7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)8:30-11:00-Outing Gym-(TE)9:00-9:50: Chair Yoga (TE) Wellness Walk (JM)10:00-10:50: Responsibilities & Priorities (JM)/ Interpersonal skills (Faith)11:00-11:50: Sketching (JM)/ collage (Faith)12:00-12:50: Lunch-TW / Member1:00-Bye:  |

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| 12 |

 TE / Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(JM)8:30-11:00 Outing: Gym (Faith)9:00-9:50: Line Dancing (TE) / Wellness Walk (JM)10:00-10:50 Fun Friday-Bingo (JM)/Games (TE&TW)11:00-11:50 Fun Friday- Corn Hole (Faith)12:00-12:50 Lunch- TE/Member1:00-Bye: |
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| 15 |

Jill/ Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00 Equine Therapy9:00-9:50: Weight Training (Wellness Walk (JM)9:00-11:30 Outing Equine Therapy(TE)9:00-11:50amOuting Kickball practice (Faith)10:00-10:50: Coping Skills (TE) (Problem Solving (JM)11:00-11:50: Science (JM)/ 12:00-12:50: Lunch- Jill & Member1:00-Bye:  |

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| 16 |

TE / Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee8:30-11:00 Outing: Gym (TE)9:00-9:50: Chair Yoga (Faith)/ 9:00-9:50: W.R.A.P.(TW)10:00-10:50: Budgeting (Faith)11:00-11:50: Color by number (Faith) 12:00-12:50: Lunch-Jill / Member1:00-Bye:  |

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| 17 |

 TE/ Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee8:30-11:00 Outing: Gym (Faith)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 / Member1:00-Bye:  |

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| 18 |

Jill / Faith/ JM7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)8:30-11:00-Outing Gym-(TE)9:00-9:50: Wellness Walk (JM) 10:00-10:50: Self Love (TE) /Forgiveness tips & Activities (JM & Faith)11:00-11:50: Collages(JM) 12:00-12:50: Lunch- Jill/ Member1:00-Bye: Food bank |

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| 19 |

TE/Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(JM)8:30-11:00 Outing: Gym (Faith)9:00-9:50: Line Dancing (TE) / Wellness Walk (JM)10:00-10:50 Fun Friday-Bingo (JM)11:00-11:50 Fun Friday- Bowling (JM)12:00-12:50 Lunch- TE/Member1:00-Bye:  |
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| 22 |

Jill/ Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-Equine Therapy9:00-9:50: Weight Training (Wellness Walk (JM)9:00-11:50amOuting Kickball practice10:00-10:50: 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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| 23 |

TE / Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee8:30-11:00 Outing: Gym (TE)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- / Member1:00-Bye:   |

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| 2024 |

TE/ Jill7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00-8:50 Wellness Hour-Dee8:30-11:00 Outing: Gym (Faith)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- / Member1:00-Bye:  |

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| 25 |

Jill / Faith/ JM 7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)8:30-11:00-Outing Gym-(TE)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-Faith / Member1:00-Bye:  |

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| 26 |

TE / Jill7:00-7:50: Arrival 8:00-8:50: Feelings check –(TE)8:30-11:00 Outing: Gym (Faith)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 12:00pmjm)11:00-11:50 Fun Friday- Movie 12:00-12:50 Lunch- TE/Member1:00-Bye:  |
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| 29 |

Jill/ Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(JM)9:00-9:50: Weight Training (KF)/ Wellness Walk (JM)9:00-11:50amOuting Kickball practice10:00-10:50: Coping Skills (TE)/ Problem Solving (JM)11:00-11:50: Current Events (JM)/ Math (TE)12:00-12:50: Lunch- (JM)/ Member1:00-Bye:  |

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| 30 |

 TE / Faith7:00-7:50: Arrival8:00-8:50: Feelings Check-(TE) 8:00- Wellness Hour-Dee8:30-11:00 Outing: Gym (TE)9:00-9:50: Chair Yoga (Faith)/ 9:00-9:50: W.R.A.P.(TW)10:00-10:50: Budgeting (Faith) 10:00 W.R.A.P. (TW)11:00-11:50: Color by number (Faith)12:00-12:50: Lunch-/ Member1:00-Bye:   |

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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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Jordan (JM)Toni (TW)Thomas (TE) JillFaith |



**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