****** **West Village APRIL 2024**

 **www.thevillagesatcopahealth.org**

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| **MONDAY** | **TUESDAY** | **wEDNESDAY** | **tHURSDAY** | **Friday** |
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| 1 |

 SCREENING: NC 7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (RM)9:00-9:50: Jeopardy (LN)9:00-11:50: **OUTING** Kickball (NC/ML)10:00-10:50: Resiliency (TW)11:00-11:50: Gym (RM) Bingo (NR)12:00-12:50 Lunch/Clean-up (LN)1:00-2:00: Socialization Games (TW/ML) **Coffee/Lunch Prep**LN – Smokies & Baked Beans**Transport/ Snack Cart** NR/LN  |

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| 2 |

SCREENING: NC10am Dance with Rocio7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (NR)9:00-11:50: **OUTING** Art of Soul (ML)9:00-9:50 Overcoming Insecurities (RM)10:00-10:50: **Wellness** Meal Plans (NC)11-11:50: Gym (NC) Board Games (RM)12:00-12:50: Lunch/Clean-up (NR)1:00-Departure**:** Social Games (ML)**Coffee/Lunch Prep**NR –Egg & Sausage Bowl**Transport/Snack Cart**RM/NR |

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SCREENING: NC7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (RM)9:00-9:50: WRAP (ML)9:00-9:50 Music Brainstorming (TW)10:00-11:50 Movie (ML)11:00-11:50: Gym (NC)12:00-12:59: Lunch/Clean-up (ML)1:00- Departure: Free time/Social (RM/NR) **FOOD BANK** – (LN)**Coffee/Lunch Prep**ML – Chili Mac**Transport/Snack cart:**LN/ML  |

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| 4 |

SCREENING: NCArt with Starr7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (NR)9:00-9:50: Fitness Bingo (NC)10:00-10:50: Budgeting 101 (ML)11:00-11::50: Gym (NC) Games (NR)12:00-12:59: Lunch/Clean-up (RM)1:00-Departure: Bingo (NR/NC)**Coffee/Lunch Prep**RM – Quesadillas de Papas, Rice**Transport/Snack cart:**NR/ML |

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| 5 |

 SCREENING: NC 7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (LN)9:00-9:50: Team Building (TW) 10:00-11:50: Wellness Basketball (NC) 11:00-11:50: Gym (NC) Hangman (LN/NR) 12:00-12:50 Lunch (TW)1:00-Depart: Card Games (NR/RM) **Coffee/Lunch Prep**TW – Chicken & Side**Transport/ Snack Cart** TW/LN***Mark – Copa Cookies***  |
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| 8 |

 SCREENING: NCA red and black ladybug  Description automatically generated 7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (TW)9:00-9:50: Family Feud (LN)9:00-11:50: **OUTING** Equine(ML)9:00-11:50: **OUTING** Kickball Practice (NC/TW)10:00-11:50: Trivia (NR)12:00-12:50 Lunch/Clean-up (LN)1:00-Depart: Socialization Games (NR/ML) **Coffee/Lunch Prep**LN – Egg Salad Sandwich, Chips**Transport/ Snack Cart** TW/LN |

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| 9 |

SCREENING: NC10am Dance with Rocio7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (NC)9:00-9:50 Name That Tune (NR)9:00-11:50 EV Art (SW)10:00-10:50: **Wellness** Meal Plans (NC)11-11:50: Gym (NC) Board Games (ML)12:00-12:50: Lunch/Clean-up (NR)1:00-Depart**:** Independent Activity (NR)**Coffee/Lunch Prep**NR –Beef Tacos**Transport/Snack Cart**SW/NR***Nannette – training in afternoon*** |

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| 10 |

SCREENING: NC7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (ML)9:00-9:50: WRAP (ML) Music (TW)9:00-11:50: **OUTING** – Library (LN)10:00-11:50 Movie (ML)11:00-11:50: Gym (NC)12:00-12:59: Lunch/Clean-up (ML)1:00- Departure: Free time/Social (ML/NR) **Coffee/Lunch Prep**ML – Spaghetti**Transport/Snack cart:**LN/ML |

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| 11 |

SCREENING: NCArt with Starr7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (NR)9:00-9:50: Fitness Bingo (NC)10:00-10:50: Budgeting 101 (ML)11:00-11::50: Gym (NC) Games (NR)12:00-12:59: Lunch/Clean-up (RM)1:00-Departure: Bingo (NR/NC)**Coffee/Lunch Prep**RM – Breakfast Sandwich**Transport/Snack cart:**NR/ML |

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| **12** |

SCREENING: NC $$$***PAYDAY***7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (LN)9:00-9:50: **Community Meeting** (TW)10-12: **OUTING** GoldenCorral (LN)10:00-10:50: Wellness Activity (NC)11:00-11:50:Gym (NC)What’s Up(SW)12:00-12:50 Lunch (TW)1:00-Depart: Hangman (NR) **Coffee/Lunch Prep**TW – Tostadas**Transport/ Snack Cart** TW/NR***Mark – Copa Cookies*** |
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| 15 |

 SCREENING: NC7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (TW)9:00-9:50: Jeopardy (LN)9:00-11:50: **OUTING** Equine(ML)9:00-11:50: **OUTING** Kickball Practice (NC/RM)10:00-11:50: Resiliency (TW)12:00-12:50 Lunch/Clean-up (LN)1:00-Depart: Socialization Games (NR/ML) **Coffee/Lunch Prep**LN – Hotdogs, Chips**Transport/ Snack Cart** TW/LN |

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| 16 |

SCREENING: NC10am Dance with Rocio7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (NC)9:00-11:50: EV Art (SW)9:00-9:50 Ball in Cup Challenge (NR)10:00-10:50: **Wellness Activity** (NC)11-11:50: Gym (NC) Games (ML)12:00-12:50: Lunch/Clean-up (NR)1:00-Departure**:** Social Games (NR)**Coffee/Lunch Prep**NR –Pasta Salad**Transport/Snack Cart** SW/NR |

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| 17 |

SCREENING: NC:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (ML)9:00-9:50: WRAP (ML) 9:00-9:50 Music Brainstorming (TW)11:00-11:50: Gym (NC)10:00-11:50 Movie (ML)12:00-12:59: Lunch/Clean-up (ML)1:00- Departure: Free time/Social (ML/NR) **FOOD BANK** – (LN)**Coffee/Lunch Prep**ML – Denver Scramble**Transport/Snack cart:**LN/ML |

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| 18 |

SCREENING: NCArt with Starr7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (NR)9:00-9:50: Exercise for the Brain (NC)10:00-10:50: Budgeting 101 (ML)11:00-11::50: Gym (NC) Games (NR)12:00-12:59: Lunch/Clean-up (RM)1:00-Departure: Bingo (NR/NC)**Coffee/Lunch Prep**RM – Cheese Quesadillas**Transport/Snack cart:**NR/ML |

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| 19 |

SCREENING: NC:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (LN)9:00-9:50: Team Building (TW)10:00-10:50: Wellness Physical (NC)10:00-11:50: Games & Music (LN/NR) 11:00-11:30: Early Lunch11:30-12:00: Departure12:00 Staff Meeting**Coffee/Lunch Prep**TW – Ham & Cheese Sandwich**Transport/ Snack Cart** TW/LN***Mark – Copa Cookies*** |

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| **MONDAY** |  **TUESDAYay** | **wEDNESDAY** | **tHURSDAY** | **Friday** |
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| 22 |

 SCREENING: NC 7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (TW)9:00-9:50: Family Feud (LN)9:00-11:50: **OUTING** Kickball Practice (NC/ML)10:00-11:50: Resiliency (TW)12:00-12:50 Lunch/Clean-up (LN)1:00-Depart: Socialization Games (NR/ML) **Coffee/Lunch Prep**LN – Tostadas, Rice, Beans**Transport/ Snack Cart** TW/LN |

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| 23 |

SCREENING: NC10am Dance with Rocio7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (NC)9:00-11:50: EV Art (SW)9:00-9:50 Music Trivia (NR)10:00-10:50: **Wellness** Eat Healthy (NC)11-11:50: Gym (NC) Games (ML)12:00-12:50: Lunch/Clean-up (NR)1:00-Departure**:** Games (NR)**Coffee/Lunch Prep**NR –Meat Loaf, Mashed Potatoes**Transport/Snack Cart** SW/NR |

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| 24 |

SCREENING: NC7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (ML)9:00-9:50: WRAP(ML)9:00-9:50 Music Brainstorming (TW)9:00-11:50: **OUTING** – Library (LN)10:00-11:50 Movie (ML)11:00-10:50: Gym (NC) 12:00-12:59: Lunch/Clean-up (ML)1:00- Departure: Free time/Social (ML/NR) **Coffee/Lunch Prep**ML – Turkey & Swiss Sandwich**Transport/Snack cart:**LN/ML |

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| 25 |

SCREENING: NCArt with Starr7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (NR)9:00-9:50: Fitness Trivia (NC)10:00-10:50: Budgeting 101 (ML)A red and black ladybug  Description automatically generated11:00-11::50: Gym (NC) Games (NR)12:00-12:59: Lunch/Clean-up (RM)1:00-Departure: Bingo (NR/NC)**Coffee/Lunch Prep**RM – Nachos**Transport/Snack cart:**NR/ML |

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| 26 |

SCREENING: NC$$$***PAYDAY*** ALL STAFF ON BOARD!6:30-7:30: Arrival & Prep for Outing 8:00 SHARP – Depart for Payson. AZKickball TournamentIn Payson, AZLunch served at the park!!!Return: Chill until Departure **Transport/ Snack Cart** SW/ML***Mark – at West Village***   |
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| 29 |

 SCREENING: NC7:00-7:50: Arrival & Relaxation (SW)8:00-8:50: Feelings Check (TW)9:00-9:50: Jeopardy (LN)9:00-11:50 **OUTING** Kickball (NC/ML)10:00-11:50: Resiliency (TW)11:00-11:50: Gym (NR) Bingo (ML)12:00-12:50 Lunch/Clean-up (LN)1:00-Depart: Socialization Games (NR/ML)**Coffee/Lunch Prep**LN – Sausage & Eggs **Transport/ Snack Cart** TW/LN |

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| 30 |

SCREENING: NC10am Dance with Rocio7:00-7:50: Arrival & Relaxation8:00-8:50: Feelings Check (NC)9:00-11:50: EV Art (SW)9:00-9:50 Movia Trivia (NR)10:00-10:50: **Wellness Activity** (NC)A red and black ladybug  Description automatically generated11-11:50: Gym (NC) Games (ML)12:00-12:50: Lunch/Clean-up (NR)1:00-Departure**:** Games (NR)**Coffee/Lunch Prep**NR –Beef Enchiladas, Beans**Transport/Snack Cart** SW/NR |  | ***A qr code and a logo  Description automatically generated*** |  |
| A yellow flower with green leaves  Description automatically generated**Contact Information*****3617 W Cambridge Ave*** ***Phoenix, AZ 85009******West Village:*** *(602)443-3555**Program Director: Ryan Poulson*A red and black ladybug  Description automatically generated*Program Coordinator: Starr Williams****Send referrals to: referrals@copahealth.org*** | Remember to be healthy & eat a good breakfast before attending the Village. **WE DO NOT PROVIDE BREAKFAST**.Enjoy a cup of coffee with us in the mornings.**LUNCH IS PROVIDED DAILY to attending members.****Due to unforeseen circumstances the calendar may change.** **Thank you for understanding.** ***A colorful butterfly with wings  Description automatically generated Happy Birthday…****\*Julissa G. \*Stephen S. \*Angel V. \*Joe W.* ***Happy Easter, Everyone!***  |