A picture containing text, circle, logo, graphics

Description automatically generated***A cartoon flower on a plant

Description automatically generated***A red and black ladybug

Description automatically generatedA picture containing graphics, font, graphic design, colorfulness

Description automatically generated **West Village APRIL 2024**

A red and black ladybug

Description automatically generated **www.thevillagesatcopahealth.org**

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| **MONDAY** | **TUESDAY** | **wEDNESDAY** | **tHURSDAY** | **Friday** |
| |  | | --- | | 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 | |  | | --- | | 2 |   SCREENING: NC  10am Dance with Rocio  7:00-7:50: 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 | |  | | --- | | 3 |   SCREENING: NC  7:00-7:50: 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 | |  | | --- | | 4 |   SCREENING: NC  Art with Starr  7:00-7:50: 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 | |  | | --- | | 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*** |
| |  | | --- | | 8 |   SCREENING: NC  A 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 | |  | | --- | | 9 |   SCREENING: NC  10am Dance with Rocio  7:00-7:50: 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*** | |  | | --- | | 10 |   SCREENING: NC  7:00-7:50: 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 | |  | | --- | | 11 |   SCREENING: NC  Art with Starr  7:00-7:50: 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 | |  | | --- | | **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*** |
| |  | | --- | | 15 |   SCREENING: NC  7:00-7:50: 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 | |  | | --- | | 16 |   SCREENING: NC  10am Dance with Rocio  7:00-7:50: 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 | |  | | --- | | 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 | |  | | --- | | 18 |   SCREENING: NC  Art with Starr  7:00-7:50: 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 | |  | | --- | | 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 Lunch  11:30-12:00: Departure  12:00 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** |
| |  | | --- | | 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 | |  | | --- | | 23 |   SCREENING: NC  10am Dance with Rocio  7:00-7:50: 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 | |  | | --- | | 24 |   SCREENING: NC  7:00-7:50: 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 | |  | | --- | | 25 |   SCREENING: NC  Art with Starr  7:00-7:50: 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 | |  | | --- | | 26 |   SCREENING: NC  $$$***PAYDAY***  ALL STAFF ON BOARD!  6:30-7:30: Arrival & Prep for Outing  8:00 SHARP – Depart for Payson. AZ  Kickball Tournament  In Payson, AZ  Lunch served at the park!!!  Return: Chill until Departure  **Transport/ Snack Cart**  SW/ML  ***Mark – at West Village*** |
| |  | | --- | | 29 |   SCREENING: NC  7:00-7:50: 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 | |  | | --- | | 30 |   SCREENING: NC  10am Dance with Rocio  7:00-7:50: Arrival & Relaxation  8:00-8:50: 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!*** | | |