

Schedule for April 2025 Week 2	Monthly Observance: Stress Awareness Month; Global Astronomy Month					
	Human Right of the Month: The Right to Be Free from Discrimination					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:00 AM		Arrival to Program; Find Assigned Room and Settle In				
9:30-10:00		Morning Coffee and Morning Meeting				
10:00-10:15		Flowing Into Balance *				
10:15-11:15	7- Mindfulness Techniques on How to Handle Stress	8- Self Advocacy Group 10am-11am; Program Shopping	9- Amazon Rainforest and Virtual Tour Cooking Group (125)	10- Lava Lamps	11- Fitchburg Library- Craft Time	7- World Health Day
11:15-12:45		Lunch and Social Hour				
12:45-1:30	Stretching and Walking Goals/ Community Walk	Stretching and Walking Goals	Craft- Butterflies	Activity Planning Coordination	Fitchburg Art Museum Chair Yoga	10- Siblings Day
1:30-2:15	Individual Lead Activity of Choice	Individual Choice	Individual Lead Activity of Choice	Individual Lead Activity	Individual Choice Movie	11- Submarine Day
2:15-2:45		Bathrooms/Clean Up/ ICentrix Data Entry				
2:45: 3:00		Coats On; Bags Packed; Rooms Ready for Departure; Bussing Starts at 3pm				

*Gentle meditative music during a period of reflection and conversation of yesterday, and what is expected for today.