

Schedule for April 2025 Week 3	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	14- Sleep + Activities	15 -Program Shopping Painting Our Earth	16- Cooking Group (128) Our Universe	17- Virtual Drum Circle (Zoom)	18- Ways to Manage Stress through Breathing, Mindfulness and Imagery	14- International Moment of Laughter Day
11:15-12:45	Lunch and Social Hour					
12:45-1:30	Gratitude "Messy Monday" at Fitchburg Library	Stretching and Walking Goals	Individual Chosen Earth Science Experiment	Haiku's and Rhymes	Individual Choice Movie Community Walk and Lunch	16- National Orchid Day
1:30-2:15	Role Playing Appropriate Interactions	Activity Planning for May	Individual Choice or Outdoor Games	Individual Choice	Individual Choice Movie	17- Haiku Poetry 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.