

Schedule for April 2025 Week 4	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	21- Patriots Day	22- Program Shopping Guided Body Check	23- Cooking Group (118) Who am I Poem	24- Whitney Field Mall Walk SpacePlace from NASA	25- Walk and Picnic at Dunn State Park Create Outline/Steps for Getting Ready in the Morning as a Group	
11:15-12:45	Lunch and Social Hour					22- Earth Day
12:45-1:30	Holiday	Stretching and Walking Goals; Positive Affirmation Building	Gym Rotation; "The Rainbow Colors of Me" Self Reflection	*Weather Permitting* Outside Games and/or Community Walk	Walk and Picnic at Dunn State Park; Hallway Bowling	23- English Muffin Day
1:30-2:15	Patriots Day	Individual Choice	Individual Lead Activity	Individual Lead Activity of Choice	Individual Choice	25- Arbor Day; World Penguin Day
2:15-2:45	Bathrooms/Clean Up/ ICentrix Data Entry					Additional outings to be determined based on weather
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.