

Schedule for April 2025 Week 5	<i>Monthly Observance: Stress Awareness Month; Global Astronomy Month</i>					
	<i>Human Right of the Month: The Right to Be Free from Discrimination</i>					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>9:00 AM</b>	Arrival to Program; Find Assigned Room and Settle In					
<b>9:30-10:00</b>	Morning Coffee and Morning Meeting					
<b>10:00-10:15</b>	Flowing Into Balance *					
<b>10:15-11:15</b>	28- Setting Up the Garden; Healthy Food Choices	29- <b>Program Shopping</b> Guided Meditation	30- <i>Cooking Group (123)</i> *Weather Permitting* <b>Animal Adventure, Bolton Mass</b>			28- International Astronomy Day
<b>11:15-12:45</b>	Lunch and Social Hour					29- National Zipper Day
<b>12:45-1:30</b>	Stretching and Walking Goals <b>Fitchurg Library</b>	Stretching and Walking Goals	*Weather Permitting* <b>Community Walk;</b> Jazz Tunes			Honesty Day; International Jazz Day
<b>1:30-2:15</b>	Staff Choice Activity	Individual Choice	Individual Lead Activity			<b>Additional outings to be determined based on weather</b>
<b>2:15-2:45</b>	Bathrooms/Clean Up/ ICentrix Data Entry					
<b>2:45: 3:00</b>	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.