

Wellness Center 3626 Ontario St. November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1-2 Chair yoga with Marie Edwards 2-3:30 Learn about Buddhism with Paul Nelson 4-5 Art Therapy	2 1-2:30 Whole Health 3-4 Let's Update Our WRAP's	3 1:30 Meet with Deb Niehof 2-3:30 Connection Group	4 1-4 Whole Health in the kitchen: Cooking, eating & cleaning up 1:30-4 Movie and discussion
7 1-1:30 Goal Setting Support Group 1:30 -2:30 Current Affairs 1:30-4 Crafts	8 Center Closed for Election Day 3 - 5 Writing group in church library with Xavier	9 1-2:30 Whole Health 2:30-4:00 Guest speaker on budget friendly meals	10 12:45-1:45 Photography 2-3:30 Connection Group	11 1-4 Games, crafts and Card making
14 1-1:30 Goal setting support group 2-4 Let's Walk or Craft	15 1-2 Chair yoga with Marie Edwards 2-3:30 Learn about Buddhism with Paul Nelson	16 1-2:30 Whole Health 3-4 Preparing for the Holidays	17 1-2 Beverages & Conversation 2-3:30 Connection Group	18 1-2 Beverages & Conversation 2-3:30 Art Activity
21 12:30-2 Thanksgiving Potluck with RC 2-4 Crafts	22 1-2 Chair yoga with Marie Edwards 2:30-4:40 Writing group with Janice	23 1-2:30 Whole Health 2:30-4 Just Relax and Breathe	24 Thanksgiving Day Center Closed No Connection Group	25 1-4 Games, crafts and Card making
28	29	30		

1-1:30 Goal setting support group 2-3 Healthy eating and the holidays	1-2 Chair yoga with Marie Edwards 2-4 Knit and crochet	1-2:30 Whole Health 3-4 Setting priorities		
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