

THERAPEUTIC RECREATION February 2018

Monday's Art & Wellness: arts, crafts, cooking, poetry, meditation, mindfulness, horticulture, etc...

Wednesday's Therapeutic Fine Arts: music, dance, drama, humor, culture, etc...

Thursday's Leisure & Adventure: games, sports, leisure education, outdoor-based, nature-based, adventure-based, STEM, etc...

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10a-12p: Team Building Activities 5-6:30p: Yoga	2	3
4	5 10a-12p: Forging Friendships	6 5:30-6:30p: Latin Dance	7 10a-12p: Cardio Drumming	8 10a-12p: Valentine's STEM 5-6:30p: Yoga	9	10
11	12 10a-12p: Homemade Valentine's	13 5:30-6:30p: Latin Dance	14 10a-12p: Love Performance Art	15 10a-12p: Indoor Lawn Games 5-6:30p: Yoga	16	17
18	19 10a-12p: Winter Olympics Art	20 5:30-6:30p: Latin Dance	21 10a-12p: Trip Around the World (Culture)	22 10a-12p: Indoor Curling 5-6:30p: Yoga	23 Winter Weekend @ Highbrook Lodge	24 Winter Weekend @ Highbrook Lodge
25 Winter Weekend @ Highbrook Lodge	26 NO PROGRAMMING	27 5:30-6:30p: Latin Dance	28 10a-12p: Poetry			

Schedule subject to change. For up-to-date information please call 216-658-4600.