



WEEKLY SCHEDULE FOR FALL 2009 PROGRAMS (SEPT. – NOV.)

Please note: Individuals of any age can access any program.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	10-12 pm: Digital Photography 10-12 pm: Walk with Theo	10-12 pm: Digital Photography 10-11 am: Men's Coffee Hour 10-12 pm: Healthy Living	10-12 pm: Digital Photography 10-12 pm: Managing Stress 10:30 -12:30 pm: Urban Gardening	9-12 pm: Computer Fundamentals 10-11 am: Men's Coffee Hour 10-12 pm: Active Living	9-12 pm: Computer Fundamentals 10:45-12:30pm: Golden Years Fitness	9-12 pm: Internet Café 9:30-11 am: Saturday Morning Edition
Afternoon	1:30-3 pm: Creative Expressions 1-4 pm: One-Day Workshops (computer)	1:30-3:30 pm: Healthy Gourmet 201 1-4 pm: Making Ends Meet 1-3 pm: Taoist Tai Chi	1:30-3:30 pm: Healthy Gourmet 101 1:30-3:30 pm: Creative Arts	1-4 pm: Computer Fundamentals 1:30-3:30 pm: Making Connections 1:30-3:00 pm: Dance for Health	1-4 pm: Computer Fundamentals 1:30-3:30 pm: Making Connections Alumni 2 – 4 pm: Celebrating Diversity 3-5 pm GO Adventure	12-3:45 pm: Internet Café 1-3 pm: GO Gourmet 1-3:45 pm: Nintendo Wii
Evenings		4-7:45 pm: Internet Café (Movie night)	3:30-5:45 pm: Nintendo Wii 4-7:45 pm: Internet Café (Games Night)	3:30–5:30 pm GO Youth 6:30–7:30 pm Resources to Go! 4-7:45 pm: Internet Café (Creative Multi-Media)		

Programs for: **Youth**

Programs for: **Adults**

Programs for: **Older Adults**

Drop-in Orientation Sessions: First and Third Tuesdays of the month from 11am-12 noon.

September 1, 15; October 6, 20; November 3, 17; December 1, 15

Consumer Advisory Committee: First Wednesday of every month from 4-5 pm. *(September 2, October 7, November 4, December 2)*

Note: Our programs are located throughout the community; please confirm the time and location with your recreation therapist.

For Programs at 30 East 6th Avenue, please report to reception and receive directions to your classroom.