

	Monday	Tuesday	Wednesday	Thursday	Friday
On-going groups:	<p>Yoga Practice 1:00-2:30</p> <p>Brainteasers 1:00-2:00</p> <p>Music Appreciation 2:00-3:00</p>	<p>Conversation Café 9:30-11:00</p> <p>Qigong 1:00-2:00</p> <p>Art Open-Studio 1:00-3:00</p> <p>Open Computer Lab 1:00-3:00</p> <p>Young Adult Social 3:00-4:00</p>	<p>Nutrition Program 11:00-1:00</p> <p>Pathways to Mindfulness 1:00-2:00</p>	<p>Ecological Restoration (Government House) 10:00-11:30</p> <p>Yoga for Beginners 1:00-2:00</p> <p>Art Open-Studio 1:00-3:00</p> <p>Open Computer Lab 1:00-3:00</p>	<p>Conversation Café 9:30-11:00</p> <p>Nutrition Program 11:00-1:00</p> <p>Qigong 1:00-2:00</p>
Registration Required:		<p>Communicating Through Conflict July 9 – September 3 9:30-12:00</p>	<p>Aging Well: CBT for Managing Depression 65+ May 22 – July 24 1:00-3:00</p>	<p>CBT for Managing Depression Next course September</p> <p>Volunteer to Support Recovery July 18 11:00-12:00</p>	<p>CBT workshop July 5, August 22 *pre-requisite for full CBT course 11:00-12:00</p>