

	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>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>Nutrition Program 11:00-1:00</p> <p>Qigong 1:00-2:00</p>
Registration Required:		<p>Communicating Through Conflict Start date: Fall TBA</p>	<p>Aging Well: CBT for Managing Depression 65+ Sept 11 – Nov 13 1:00-3:00</p>	<p>Volunteer to Support Recovery September 12 11:00-12:00</p>	<p>CBT workshop September 13 11:00-12:00 *pre-requisite for full CBT course</p> <p>CBT for Managing Depression Sept 27 – Nov 29 10:00-12:00</p>