

Alumni & Discovery Classes - July 2018

Class begins at:	Monday	Tuesday	Wednesday	Thursday	Friday
	7/2	7/3	7/4	7/5	7/6
9:00	Coffee Talk	9:15 Tabata Time!		Wellness Workout	Dance of Wellness or Digging Wellness
10:00	Special Edition of Cooking Skills	Cooking Skills		Cooking Skills	Talking Circle
11:00	Know Your Rights & Lunch	Welling Your Dwelling & Lunch		Nutrition & Lunch	Tool Time & Lunch
1:00	Health Ed	Writing for Wellness		Mindfulness	Social Activity
2:00	Drumming for Wellness	Wi! Dance		Computer Skills	Art of Wellness
	7/9	7/10	7/11	7/12	7/13
9:00	Coffee Talk	9:15 Tabata Time!	Temporal Flux or Move to Soothe	No alumni classes. Camp 48 Jubilation Celebration at 3:30	Camp is closed.
10:00	Move to Soothe	Cooking Skills	Cooking Skills		
11:00	Know Your Rights & Lunch	Welling Your Dwelling & Lunch	Wellness Workout & Lunch		
1:00	Stress Management	Writing for Wellness			
2:00	Drumming for Wellness Skills	Wi! Dance			
	7/16	7/17	7/18	7/19	7/20
9:00	Coffee Talk	9:15 Tabata Time!	Time Management or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00	Cooking Skills	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Financial Dimension & Lunch	Occupational Dimension & Lunch	Wellness Workout, Lunch & Advisory Council	Nutrition & Lunch	Tool Time & Lunch
1:00	Breaking Free	Writing for Wellness		Mindfulness	Social Activity
2:00	Drumming for Wellness	Wi! Dance		Computer Skills	Art of Wellness
	7/23 & 7/30	7/24 & 7/31	7/25	7/26	7/27
9:00	Move to Soothe	9:15 Tabata Time!	Time Management or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00	Coffee Talk	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Financial Dimension & Lunch	Occupational Dimension & Lunch	Wellness Workout & Lunch	Nutrition & Lunch	Tool Time & Lunch
1:00	Health Ed	Writing for Wellness		Mindfulness	Social Activity
2:00	Drumming for Wellness	Wi! Dance		Computer Skills	Art of Wellness

Lunch is available for those participating in the 11AM classes. All activities are at Camp Wellness unless otherwise noted. Schedule is subject to change.

Building hours are 8:30-3:30 Monday-Friday except Wednesdays 8:30-1:30.

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