

November Alumni & Discovery Classes

Class begins at:	Monday	Tuesday	Wednesday	Thursday	Friday
	11/4	11/5	11/6	11/7	11/1 & 11/8
9:00	Coffee Talk	9:15 Tabata Time!	Temporal Flux or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00	Move to Soothe	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Know Your Rights! & Lunch	Nutrition & Lunch	Wellness Workout & Lunch	Welling Your Dwelling & Lunch	Tool Time & Lunch
1:00	Health Ed	SMART	Just Be	Spiritual Dimension	Social Activity
2:00	Computer Skills	Social Activity		Computer Skills	Art of Wellness
	11/11	11/12	11/13	11/14	11/15
9:00	 Camp is Closed	9:15 Tabata Time!	Temporal Flux or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00		Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00		Nutrition & Lunch	Wellness Workout & Lunch	Welling Your Dwelling & Lunch	Tool Time & Lunch
1:00		SMART	Be Yourself	Spiritual Dimension	Social Activity
2:00		Social Activity		Computer Skills	Art of Wellness
	11/18	11/19	11/20	11/21	11/22
9:00	Coffee Talk	9:15 Tabata Time!	Temporal Flux or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00	Move to Soothe	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Know Your Rights! & Lunch	Nutrition & Lunch	Wellness Workout & Lunch	Welling Your Dwelling & Lunch	Tool Time, Advisory Council & Lunch
1:00	Health Ed	SMART	Be Thankful	Spiritual Dimension	Social Activity
2:00	Computer Skills	Social Activity		Computer Skills	Art of Wellness
	11/25	11/26	11/27	11/28	11/29
9:00	Coffee Talk	Cooking Skills	Temporal Flux or Move to Soothe	 Happy Thanksgiving Camp is closed	
10:00	Move to Soothe	Beast B4 the Feast Workout	Cooking Skills		
11:00	Know Your Rights! & Lunch	Nutrition & Thanksgiving Celebration 11pm-3pm	Wellness Workout & Lunch		
1:00	Health Ed		Be Kind		
2:00	Computer Skills				

All activities are at Camp Wellness unless otherwise noted. Building hours are 8:30-3:30 Monday-Friday/Wednesdays 8:30-1:30. Schedule is subject to change. Located at 1030 N. Alvernon Way Tucson, AZ 85711, ph#520-621-7473, www.campwellness.org



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